

## Church Life

### Welcome to the West Covina Hills SDA Church Family!

We pray you will hear God speak to you through various ways and through His people. If you don't have a church home we would love to have you consider making us your church home. **Guests and members please share with us your presence and any other information on the Communication Card in the pews and place them in the offering plate, thank you!**

**We also have wireless services for the hearing impaired.**



Please see a Deacon for assistance.

#### THIS WEEK:

**TODAY, Nov. 5th — Speaker:** Dr. Wes Youngberg—10:45 a.m.

1:00 p.m.—Choir Rehearsal (Sanctuary)

2:00—3:00 p.m.—TMI Prayer & Gathering (Fellowship Hall)

3:30 p.m.—Dr. Wes Youngberg/Cooking Demonstration

**Wednesday, Nov. 9th -** 7:00 p.m.— Bible Study

7:00 p.m.— Greek/Hebrew Class

**Friday, Nov. 11th —** 7:00 p.m.—Grounded Youth Vespers & Young Adult Bible Study

7:30 p.m.—Prayer Warriors

#### UPCOMING EVENTS:

**Sabbath, Nov. 12th — Speaker:** Jillian Lutes—10:45 a.m.

1:00 p.m.—Choir Rehearsal (Sanctuary)

2:00—3:00 p.m.—TMI Prayer & Gathering (Fellowship Hall)

5:30 p.m.—Get Connected (Sanctuary)

**Wednesday, Nov. 16th -** 7:00 p.m.— Bible Study

7:00 p.m.— Greek/Hebrew Class

**Friday, Nov. 18th —** 7:00 p.m.—Grounded Youth Vespers & Young Adult Bible Study

7:30 p.m.—Prayer Warriors

**The SCC Community Services Department** is requesting brand NEW blankets from our churches. These will be distributed to the homeless for Thanksgiving. Must be received by Nov. 21. For further details, please call Barbara Hart at 818/546-8405 .

**If you are interested in being a kidney donor,** please see the letter on the bulletin board in the hallway.

**WCHAS is looking for a part-time teacher** to teach classes in grades 5-8. For more information contact Donald Krpalek or the school office.

**November 12th, Elder Linton Manier** will provide a short presentation on Planned Giving and Trust Services.



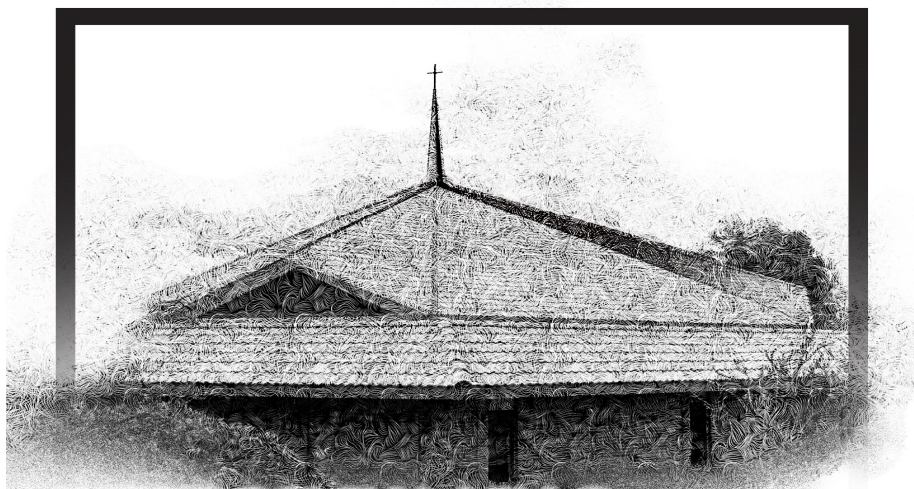
### Cheerful Giving! October 2016

<b>Church Budget Monthly Goal:</b>	<b>\$16,900.00</b>
Received to date in October:	\$21,554.56
Over YTD as of October 31 :	\$ 795.15
<b>Total Scholarship Need for 2016/2017:</b>	<b>\$15,000.00</b>
Lambs' Offering in October:	\$ 1,238.92
Received to date for 2016/2017:	\$ 4,243.27
<b>Local Evangelism Goal:</b>	<b>\$40,000.00</b>
Received to date:	\$38,647.69

Mark any special offerings on the tithe envelope.  
All loose offerings go toward Church Budget.

#### Ministry Leaders (2016/2018)

**Adventurers** - Stephen Lutes  
**Children's S.S. Coordinator** - Maria Botello  
**Church Clerk** - Celeste Mercy  
**Community Service**—Morris Sianturi  
**Head Deacon** - Alejandro Garcia  
**Head Deaconess** - Pauline Reid  
**Elder, Co-Head** - Sam Ang  
**Elder, Co-Head** - Harry Walker  
**Evangelism/Personal Ministries** - Harry Walker  
**Evangelism/Personal Ministries** - Sam Ang  
**Get Connected Ministry** —Marisela Garcia  
**Greeters Ministry** - Audree Luevano  
**Health & Temperance Ministry** - Sam Ang  
**Home & School** -  
**Men's Ministry**— Richard Alamillo  
**Music Committee** - Alan Beaumont  
**Music Committee**—Casey Hughes  
**Music Committee**—Gene Manners  
**Pathfinders** - Susan Benitez  
**Pathfinders** - Genemar Porsona  
**Religious Liberty** - Daniel Benitez  
**Risk Manager**— Guidel Rivera  
**Sabbath School Secretary** - Linda Barrett  
**Treasurer**—Debbie Ang  
**Visitation**—Pastor Jillian Lutes  
**WCH School Board Chair** - A. D. Hall  
**Wedding Coordinator**—Josefina Davis  
**Wedding Coordinator**—Bertha Galech  
**Women's Ministry Leader** - Marisela Garcia  
**Youth Ministry Leader**— Pastor Jillian Lutes



## WEST COVINA HILLS SEVENTH-DAY ADVENTIST CHURCH

2016

CREATION HEALTH:

THE YEAR OF WHOLENESS

*Spiritual, Physical, Mental, Emotional, Financial and Family*

Turning Good Genes ON  
and Bad Genes OFF



Wes Youngberg, DrPH, FACLM

# NOVEMBER 5, 2016

#### Vision Statement

Our community will know the one true God and His Son, Jesus Christ which is eternal life. (John 17:3)

#### Mission Statement

“Christ’s method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’” MH p143

“Prayer is the key in the hand of faith to unlock heaven’s storehouse, where are treasured the boundless resources of Omnipotence.” SC, pp. 94, 95

*The bulletin is available on our website.*

### West Covina Hills Seventh-day Adventist Church

3536 East Temple Way, West Covina, CA 91791

**Church Office Hours: Mon.--Thurs. 9:00-1:00; Fri.-Closed**

**Secretary:** Celeste Mercy

**Office:** 626-915-7819

**E-mail:** wchsdachurch@gmail.com

**Fax:** 626-339-2413

**Website:** wchsdachurch.com

**West Covina Hills Seventh-day Adventist Church is now on Facebook**

**Pastor:** Lew Gray

**Home:** 909-599-6425

**E-mail:** lgsayglory@yahoo.com

**Associate Pastor:** Jillian Lutes

**Cell:** 707-980-9891

**E-mail:** jlslutes@gmail.com

**Cross—Trainer:** Sam Ream

**Cell:** 213-700-4525

**E-mail:** samream2@gmail.com

## November 2016

### Adventurers

**12 Club meeting & Thanksgiving Feast** 3:00 p.m.—8:00 p.m.

**13 Club meeting** 10:00 a.m.—Noon

### Pathfinders

**12 Club meeting** 3:00 p.m.—5:00 p.m.

**13 Swimming w/Disabled**

**19 Homeless Ministry (TBD)**

**20 Club meeting** 10:00 a.m.—Noon



# Sabbath School at 9:15 a.m.

## Adults may attend any of these classes:

Class #1 (Sanctuary)	“To Know God”	Harry Walker
Class #2 (Training Room)		
Class #3 (Library)	“Open Discussion”	Mildred Williams
Class #4 (Sanctuary)	“Contemporary Application”	Rotating Teachers
Class #5 (Pastor’s Office)	“New Believers”	Lew Gray
Class #6 (Choir Room)	“Young Adults”	Sam Ang

**Sabbath School Quarterlies:** If you are in need of the Sabbath School Quarterly you can go on-line at [www.ssnet.org](http://www.ssnet.org), select “current lesson.”

[www.BibleInfo.com](http://www.BibleInfo.com)

## Children/Youth may attend any of these classes:

<b>Beginners</b>	(Ages Birth-3)	Lisa Lucero/Stephanie Ramirez
<b>Kindergarten</b>	(Ages 3-5)	Isabel York
<b>Primary 1</b>	(Grades 1-2)	Elizabeth Alamillo
<b>Primary 2</b>	(Grades 3-4)	Melanie Rumbaoa
<b>Juniors</b>	(Grades 5-6)	Maria Botello
<b>Earliteens</b>	(Grades 7-8)	Jennifer Walker
<b>Youth</b>	(Grades 9-12)	Susan Benitez

[www.kidsbibleinfo.com](http://www.kidsbibleinfo.com)

## Participants Today

P.A.	Daniel Benitez
Church Chorister(s)	Don Krpalek
Organist	
Church Pianist/keyboard	Jeremy Ang
Ushers and Deacons-Leader	Edward Luevano
Greeters 9-10 a.m.	Hazelle Ticzon
Concierges greeters 9-10 a.m	Rona Paguio
Greeters 10-11 a.m.	Marie Maranan
Concierges greeters 10-11 a.m.	Olga Lederer and Suzy Salinas
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Linda Barrett/Gerda Mamora

## West Covina Hills Adventist School News

### DATES TO REMEMBER: November

10—Parent/Teacher Conferences (min. day)  
18—Thanksgiving Chapel and Feast  
21—25—Thanksgiving Vacation

Please continue your prayers for our school

We thank the WCH church family for all their continued support.

West Covina Hills SDA School

Principal: Donald Krpalek

Website: [www.wchas.adventistfaith.org](http://www.wchas.adventistfaith.org)

Follow us on Facebook: [www.facebook.com/WCHASchool](http://www.facebook.com/WCHASchool)

Office: 626-859-5005

Fax: 626-859-5724



### Sunset Time

This week— 5:57

Next week— 4:51

Wi-Fi —wchsdachurch7

# Our Church at Worship

10:35 a.m.

Song Service

Leader: Don Krpalek

“Hail Him the King of Glory”	202
“Higher Ground”	625
“Come Thou Fount”	334

**Prelude** Jeremy Ang

**Welcome & Announcements** Morris Sianturi

Please place your communication card in the offering plate

**Hymn of Praise** “This Is My Father’s World” 92  
**Chorister** Don Krpalek

**Prayer** Harvey Reid

**Tithes & Offering** Church Budget Harry Walker  
**Offertory** “Everywhere I Go” Abby Ortiz

## Wholistic Health Video

**Ministry Spotlight** Sam Ream

**Children’s Story** Lew Gray  
**Lambs Offering**

**Scripture** 3 John, verse 2 Maria Botello

**Special Music** “When Answers Aren’t Enough”  
Abby Ortiz & Ralph Canales

**Message** “Turning Good Genes ON and Bad Genes OFF”  
Dr. Wes Youngberg

**Hymn of Dedication** “Give of Your Best to the Master” 572  
**Choristers** Don Krpalek

**Benediction** Dr. Youngberg

**Postlude** Jeremy Ang

Thank you for placing your mobile phone and pagers on silent mode!

## Prayer and Praise

**Please pray for:** Celia Adam, Linda Barrett, Amy Bauzon, Grace Casey, David Che, Esther Chow, Liz Corless, Sarah Corless, Richard Dizon, Betsy Hirayama, Kathy Ann Jenny, Johnson family, Richard Kemby, Timothy Kim, Evangeline & Steve Murphy, Esther Ramos, Cherylee Robles, Roosevelt Sampson, Virginia Shull, Jill Korolsky-Smith, Eddy Supriadi, Fred Urbina, Marina Williams **and for those who are currently serving our country:** Danny Castillo, Jason Corless, Greg Ramirez, Scott Robertson, Brendon Roller, and TJ Wear.

**Homebound Members:** For information regarding homebound members call the church office at (626) 915-7819.

“Rejoice with those who rejoice; mourn with those who mourn” Romans 12:15

## THEME OF WORSHIP

### Turning Good Genes On and Bad Genes Off

(excerpt from *Goodbye Diabetes* by Dr. Wes Youngberg)

You were probably taught in your middle-school biology class that the genes a person inherits determine their destiny. This long-held theory teaches that, at the beginning of life, every person is “dealt a hand” of genes. These genes largely determine whether or not you will contract certain diseases. Some people inherit “good genes,” while others inherit “bad genes.” Since we don’t have a choice as to which genes we inherit, we must simply hope for the best.

For decades, this has been the mainstream teaching regarding genetics. However, in recent years a wealth of new research has proven that this theory isn’t true. Research in the field of epigenetics has challenged traditional viewpoints.

Epigenetics comes from two words. The first is the Greek word *epi* meaning “on top of” or “in addition to,” and the second word is *genetics*. Epigenetics refers to the factors that affect the way genes work, independent of the genes themselves.

Regardless of what genes we have, there are thousands of factors that influence the way those genes are expressed. The environment that we live in, the choices that we make, and the habits that we form all have profound effects on how our genes function. The role these factors play in the epigenetic phenomenon is best illustrated in the following story about a startling scientific discovery made over a decade ago at Duke University.

Randy Jirtle, PhD, directs a large genomics research laboratory at Duke. Several years ago, he began researching Agouti mice. These fat mice are genetically bred to become obese. They are born with a yellow coat instead of a brown coat. Under normal laboratory conditions, the Agouti mice rapidly gain weight and then develop diabetes and heart disease. The majority of the mice die prematurely of cancer. The poor Agouti mice inherit a triple- whammy of significant health risks.

Dr. Jirtle and his fellow researchers were curious to learn if they could change the Agouti gene in these mice. They were astonished to discover that, by feeding the fat yellow mice a special nutritional supplement along with their regular Purina mouse chow, the mice began giving birth to lean, brown-coated mice within a short time period. The brown-coated mice did not develop obesity, diabetes, heart disease, or cancer.

### SAME GENES, DIFFERENT OUTCOMES

Although a traditional view of genetics would assume that the Agouti gene had been eradicated from the offspring and that the brown-coated mice were genetically different, that isn’t what the researchers found. When they compared the genetic codes, they discovered that the brown mice still had the Agouti gene. Although they looked completely different and were much healthier, the lean, brown-coated mice were genetically identical to the fat, sick, yellow-coated mice.

Although the special diet fed to the Agouti mice did not change their actual genes, it completely changed the way their genes worked. The additional nutrients had such a powerful effect that they actually deactivated the Agouti gene.

The good news is that gene expression changes don’t just occur in mice. They also occur in people! Every lifestyle choice you make has the potential to turn your good genes on and your bad genes off. Epigenetics teaches that you are not a helpless victim when it comes to your genetics. Instead, you play an active role in the way your genes are expressed.

After the Agouti mouse experiment, Dr. Jirtle concluded: “Epigenetics is proving we have some responsibility for the integrity of our genome. Before, genes predetermined outcomes; now, everything we do—everything we eat or smoke—can affect our gene expression and that of future generations. Epigenetics introduces the concept of free will into our idea of genetics.”