

Date - 09 March 2019



*And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the Lord. (Isaiah 66:23)*

A PRISONER | A PATIENT | AN ORPHAN

**BETH SERMON**

# adopt...

**MAR2019**

- 16 GLOBAL YOUTH DAY #GYD19
- 17-22 WEEK OF PRAYER #WOP19
- 23 HOME COMING SABBATH #HCS19
- 24-30 TOTAL YOUTH INVOLVEMENT #TYI19

**#GYD19**

**Global Youth Day** is set to launch the official week of the Youth Week of Prayer meetings. Ahead of time, please contact your pastor or conference youth leader to see what projects your church will be involved in on this day, March 16. If you are planning a full day event, the **Adventist Development and Relief Agency (ADRA)** has an amazing activity that can be done during your afternoon AY program. In Their Shoes is an interactive poverty experience that takes teens on a 24-hour journey into the lives of teens from other countries around the world. Through the eyes of this new identity, they will begin to understand the challenges that millions of people in developing countries face every day. You'll discover what ADRA is doing to help and what the Bible has to say about living a life of Christian service. [Click the link below to download the PDF](#)



www.globalyouthday.org

Global Youth Day

K3 Integrations LLC Social

\*\*\*\*\* 460

This app is compatible with some of your devices.

**Click to Install the 2019 GYD APP** Installed

# #100K

## TOTAL YOUTH INVOLVEMENT

Young Adults and Ambassadors (Teens) to lead 100 000 preaching sites or small groups around the world

**#TYI19 | #100K | #TMI**

**MAR 24-30 2019**

10 DAYS OF PRAYER

NORTH CARIBBEAN CONFERENCE OF SDA  
P.O. Box 580, Christiansted, St. Croix, U.S.V.I. 00821  
PHONE: (340) 778 - 6589  
FAX: (340) 778 - 6593

## MUSICAL EXPERIENCE 2019

PLACE: ST. THOMAS, US VIRGIN ISLANDS  
DATE: April 18 – April 22, 2019

With the 110 plus persons registered for 2019 Musical Experience, we are expecting great things coming out of St. Maarten and look forward to your registration happening as practice is going on across the conference region.

CONTACT YOUR LOCAL Seventh-day Adventist Youth Department for Registration Forms and more information. Join Us in St. Thomas for

## MUSICAL EXPERIENCE 2019

Immediately after the annual Week of Prayer comes another week in which Ambassadors and Young Adults will stand on the pulpits or sit in groups to teach the Word of God and passionately call other young people to Jesus. This is an expression of Total Youth Involvement. While the world church is focusing its effort on the Total Member Involvement initiative, the Youth Ministries (department) has decided to make the mantra intentional and relevant for what we do by dubbing it **Total Youth Involvement! #TYI19**

Philipsburg Seventh-day Adventist Church, 28 Zagersgut Road, Philipsburg St.Maarten Telephone—(721)-542-6644  
Email—contact@philipsburgsdasxm.org - [www.philipsburgsdasxm.org](http://www.philipsburgsdasxm.org)

**PHILIPSBURG SDA CHURCH**



*It is the same with my word.  
I send it out, and it always produces fruit.  
It will accomplish all I want it to  
and it will prosper everywhere I send it. (New Living Translation  
(Isaiah 55:11)*



### SUPERWOMAN SYNDROME

Jun 19, 2013 | Trudy J. Morgan-Cole

"In Joppa there was a disciple named Dorcas, who was always doing good and helping the poor" (Acts 9:36).

Always doing good. That simple three-word motto could be used as an advertising slogan for many women. Do you ever feel as though you're always doing good by cooking a meal, cleaning the house, volunteering on a committee or listening to a friend? There are many ways to be a do-gooder. Most of us have filled at least one of these roles.



## Sabbath School

*Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.*

*2 Corinthians 1:3-4 KJV*

Song service	Church choristers
Opening Hymn " # 501 T'is the blessing hour of prayer "	Sister Trever Williams
Prayer	
Scripture Reading	
Welcome	Sister Gladys Emmanuelson
Mission Story	Sister Marie Fearson
Lesson Study	Sabbath School Action units
Special Item of Music (by Sis Arlene Gumbs)	Sis Gladys Emmanuelson
Closing remarks	Sister Alice Flanders
Closing Hymn # 482 Father lead me day by day	Sister Alice Flanders
Prayer	Sister Alice Flanders



## Sabbath Celebration



*"Is anyone thirsty? Come and drink— even if you have no money! Come, take your choice of wine or milk— it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good?"*

*Listen to me, and you will eat what is good. (Isaiah 55:1-2)*

Song service	Church choristers
Call to Worship	Sister Arlene Walker
Hymn of Praise - <b>574, O Master, Let we walk with Thee</b>	Sister Arlene Walker
Prayer of Intercession	Sister Georgia Richardson
Welcome	Sister Lavern Nelson
Offertory	Sister Linda Richardson
Special Music	Sister Linda Richardson
Special Music by Sis Jaella Carti	
Children Story and Children scripture Reading	Sister Yvette Dupuis
Scripture Reading <b>Luke 9:57-62</b>	Sister Judy Phillips
Introduction of Speaker	Sister Klara Cuvalay
Special Music by Christina Blythe	Sister Klara Cuvalay
Sermon - "Walking with Jesus"	Sister Jacklyn Barry
Benediction, Hymn 590, Trust and obey, closing prayer	Sis Clara George

### IN THE IMAGE OF GOD

**During Jesus' ministry on earth, He valued the contributions of women and elevated their status.**

For instance, He initiated a deep conversation with a Samaritan (outcast) woman—who subsequently evangelized her whole town (John 4). He protected the woman caught in adultery and challenged her to begin a new life (John 8).

He defended the mothers who brought their children to Him (Mark 10). During His last moments on the cross, He made arrangements for His own mother's care (John 19).

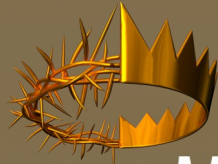
When a sinful woman poured expensive perfume on His feet, He stopped the onlookers' criticism and declared: "Wherever this Good News is preached in all the world, this woman will be remembered for what she has done" (Matthew 26:13, NLV). Indeed, He was correct.

The Adventist Church follows Christ's example by reaching out

to women all over the world and offering love, support and enrichment. Adventists minister to women by establishing a support system for hurting women and creating a forum to address topics and issues that affect women in and out of the church.

The church also promotes programs to mentor young women and support their academic achievements through a scholarship program. The six primary areas of concern that guide the church's outreach to women are health, abuse, poverty, women's workloads, lack of leadership training, education and illiteracy.

These issues affect women of all cultures, social standings and countries. The Adventist Church strives to nurture women in the church and in the community while empowering them to become stronger women of God in the areas of Bible study, prayer, personal growth and outreach in the community. Christ's ministry lifted women up, and in turn, the church empowers women to lift Him up. ([www.adventist.org](http://www.adventist.org))



# STEWARDSHIP MINISTRIES

North Caribbean Conference of Seventh-day Adventists



## IMPACT *St. Maarten* March 16<sup>th</sup> – 23<sup>rd</sup> 2019

### • Upcoming Events and Announcements –

- **Happy Sabbath Friends, Brothers and sisters!** We extend a very special Sabbath greeting to you our special guests and regular members. May the messages and the Music elevate you heart and soul to a closer relationship to our God.
- **All members, visitors, friends and family members are invited to attend the Direct Care/ Senior Care Worker Graduation Ceremony tomorrow Sunday 10th March at the Philipsburg SDA Church at 10am.** Lunch will follow after the ceremony. Come out and support the Ceremony.
- **There will be a Child Protection / Safety Workshop held at this church on Sunday 10th March at 4:00pm.** This is a Certification program Sponsored and Conducted by the Children and Women's Ministries Director of the NCC. Please contact sister Yvette Dupuis for more details.
- **On March 16 begins NCC / St.Maarten Stewardship Impact 2019.** Each district will host a guest speaker. All are encouraged to attend these nightly meetings with Power Messages. Bring your relatives and friends it promises to be great.
- The Pioneer Pathfinder Induction and Pinning Ceremony will be held on Sabbath March 23rd at 4:00pm here at the Philipsburg Seventh-day Adventist Church.
- **Bible Study resumes this Sabbath afternoon at 3:30pm. Bring your bibles, bring a friend and study the word together. Jesus is Coming friends , are you ready for His return?**

Direct care worker (DCW)/Senior Care

# Graduation Ceremony



Lunch will be served after the ceremony

*Your are cordially invited to attend the Graduation Ceremony at the Philipsburg Seventh-day Adventist Church on Sunday 10<sup>th</sup> March 2019 Time : 10.00am – 1.00pm*



### PASTORAL STAFF

**Pastor:** Vashni Cuvalay **Tel:**524-0283  
**Email:** pastorcuvalay@philipsburgsdasxm.org  
**First Elder:** Alphaeus Tatem **Tel:** 5205383  
**Church Clerk:** Cheryl Berkel / Jacqueline Barry **Tel:**520-2212  
**Email:** clerk@philipsburgsdasxm.org  
**Media Dept :** media@philipsburgsdasxm.org



**\*\*\*\*Please submit notices and bulletin information between Sundays and Wednesdays of each week \*\*\*\***

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**PHILIPSBURG SDA CHURCH**



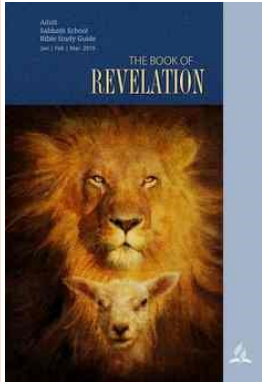


# The Three Angels' Messages

Just before the end, God sends His warning messages, symbolically portrayed in terms of three vocal angels flying in the sky. The Greek word for angel (angelos) means "messenger". Evidence from Revelation suggests that the three angels stand for God's people who are entrusted with the end-time message to share with the world.



Read Revelation 14:6 Open in Logos Bible Software (if available) along with Matthew 24:14 Open in Logos Bible Software (if available). The first angel's message is referred to as the "everlasting gospel" (Rev. 14:6 Open in Logos Bible Software (if available)). What does describing this proclamation as "the everlasting gospel" tell us about the content and purpose of the first angel's message? Why is this message central to all that we believe?



This first end-time message is the gospel proclamation in the context of the hour of God's judgment that has come upon the world. The gospel is good news about God, who saves human beings on the basis of faith in Jesus Christ and His work for them. The gospel is "everlasting" because God never changes. His plan was put in place even before we existed (2 Tim. 1:9 Open in Logos Bible Software (if available), Titus 1:2 Open in Logos Bible Software (if available)). The first angel's message includes both salvation and judgment. It is good news for those who give glory to God and worship Him as their Creator, but it also is a judgment warning for those who reject the Creator and the sign of true worship He has given - the seventh-day Sabbath.

The three angels are described as proclaiming the messages with "a loud voice" (Rev. 14:7 Open in Logos Bible Software (if available), 9 Open in Logos Bible Software (if available)). These messages are urgent and important; they must be heard by all because it concerns their eternal destiny. As such, they must be proclaimed to every nation, tribe, tongue, and people. This proclamation is particularly significant because, at the time of the end, the beast will exercise authority over "every tribe, tongue, and nation" (Rev. 13:7, NKJV Open in Logos Bible Software (if available)). Satan's deceptive activities, worldwide in scope, are met by the end-time proclamation of the gospel worldwide.

The three angels' messages are proclaimed by God's people to counter Satan and his end-time allies - the dragon, a symbol of paganism/spiritualism; the sea beast, which signifies Roman Catholicism; and the false prophet, or lamblike beast, representing apostate Protestantism (Revelation 13). They will operate up through the time of the sixth plague (Rev. 16:13-14 Open in Logos Bible Software (if available)). Thus, the world is presented with two rival messages, each with the goal to win the allegiance of the people on earth.

[www.ssnet.org](http://www.ssnet.org) (Click to Study More)



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**Purvi Parwani, MD**, a Loma Linda University International Heart Institute cardiovascular disease specialist who focuses on women's cardiovascular disease, says high mortality due to cardiovascular disease in women can only be changed if women put their heart health first. Parwani says part of taking ownership over women's heart health is about making it work and taking small steps in one of the most stressful places: the workplace. Here are her five tips for reducing stress at work:



1. **Try facial stress-relief techniques.** If you are in a stressful situation at work, Parwani advises to use havening relaxation techniques, such as rubbing your cheeks or forehead. She also says to take a break from the stressful environment by practicing deep breathing with a straight posture and closed eyes. This additional technique may help you calm down if you are having a stressful conversation with a co-worker or are upset about something on the job.
2. **Snack on exercising.** Parwani says some exercise is better than no exercise, and having a busy schedule or not enough time to exercise because of work should not be the reason for you to be inactive. She keeps a miniature stationary bike under her desk and peddles on it while working at her desk. She says other things that will help increase your heart rate at work include doing push-ups, parking far from your office, standing up every hour, taking stairs instead of the elevator or going for a 10-minute walk after

lunch.

3. **Stay hydrated.** Always have a water bottle handy. Our bodies are mostly water, and staying hydrated is important to keep our systems functioning.
4. **If you are a leader, be an activity leader.** If you are a leader within your organization, use exercise for team building. Organize an optional exercise hour in the office gym or a stress relief activity such as yoga or a meditation class — after all, you're the boss.
5. **Plan your meals.** When you plan your meals for the week, you can avoid using up mental energy with food choices during your workday. Be sure to think of healthy foods and healthy portions. Remember to avoid meat and include lots of vegetables and fruits.

**Seventh-day Adventist Church**  
NORTH CARIBBEAN CONFERENCE

**FOR NEWS AROUND THE CONFERENCE**  
(CLICK ABOVE)

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# COLORECTAL CANCER

## SIGNS & SYMPTOMS

(many people experience no symptoms)

- Change in bowel habits, including diarrhoea/constipation
- Rectal bleeding or blood in stools
- Persistent abdominal discomfort (cramps, gas or pain)
- A feeling that the bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

## EARLY DETECTION IS KEY

The risk for **30%** of cancers can be reduced by changing your diet and lifestyle

- Go for regular colon screening tests such as a colonoscopy as from age 50 - every 10 years
- Some CANSA Care Centres & Mobile Health Clinics countrywide offer faecal occult blood tests (sample of stool collected on end of an applicator to help detect small quantities of blood). Although not always an indication of cancer, positive results require a referral to a doctor

Lifestyle factors that contribute to increase the risk of colorectal cancer:



Lack of regular exercise



Low fruit/vegetable intake



Being overweight (obesity)



Low-fibre & high-fat diet



Insufficient intake of clean safe water



Alcohol consumption



Tobacco use

**RISK FOR COLON CANCER INCREASES WITH AGE (50+)**



Male lifetime risk  
**1:114 in SA\***

Most colorectal cancers begin as a **POLYP**, a small growth of tissue that starts in the lining & grows into the centre of the colon or rectum. Doctors can remove polyps during the colonoscopy procedure



**POLYP**



Female lifetime risk  
**1:182 in SA\***

## Other risk factors:

- Inflammatory bowel disease
- Personal or family history of:
  - Colorectal polyps
  - Colorectal cancer

\* Stats as per the National Cancer Registry 2010

Health Information compliments the Health Ministries Department of The Philipsburg Seventh-day Adventist Church

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*

(3 John 1:2)

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