



# WESTVALE NEWSLETTER

Westvale Seventh-day Adventist Church  
2511 W Genesee St. Syracuse, NY 13219  
Pastor: Seong Cho

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him."

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Colossians 3:17

## An Issue of Obedience Pastor Cho's letter

Our obedience matters. Why do we think so? We don't obey God to gain brownie points or so that our good deeds stack up higher than the bad ones. Similarly, we shouldn't obey God for fear of angering Him. The primary reason for obedience is that God uses us to reveal himself to others. Every day, we're faced with little choices, "Will I obey God or will I not?" Depending on what you decide to do at that fleeting moment, your life may or may not impact another person's. When you know in your heart that the Spirit is prompting you, that is an opportunity to spring into action.

We should see this as the subject of gratitude and thanksgiving. Paul says, "We always give thanks to God for all of you and mention you in our prayers, constantly remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ." ~ (1 Thess. 1:2, 3). Notice that Paul is constantly remembering to thank God for the members who are ministering the gospel; meaning that Christians are vessels and catalysts to the blessings of God on others.

After a bit of reflection of the times when I was thankful, I am shameful to admit that I'm more likely to thank God for His blessings but not for the people who were the agents of the good deeds. That's why Paul says to "constantly remember" not just the blessings of God but also the people God has used. It takes **devotion** to thank God, but it takes **obedience** to thank others.

Let's take this one step further. The purpose of God's followers is not only to receive blessings but to **become the vessels of blessings**. We are called to produce more thankfulness in others. Isn't that an awesome picture? People are thanking God because they see God through the work of your hands, generosity, and self-sacrifice. Your decision to be a vessel has a huge impact on how you affect the lives of other people. This isn't easy, and that's why it takes obedience. *How we obey God today could very well be God's way of answering somebody else's prayers.*

"The teacher asked the pupils to tell the meaning of lovingkindness. A little boy jumped up and said, 'Well, if I was hungry and someone gave me a piece of bread that would be kindness. But if they put a little jelly on it, that would be loving kindness.'" (God's Little Devotional Book for Women, Honor Books, Inc.)

"Bless the Lord, O my soul...who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things."  
~Psalm 103: 1,4,5

A couple of summers ago, when Jessica Cordon attended tween camp at Camp Cherokee, she made the decision that she wanted to be baptized. After studying with Pastor Seong Cho, Jessica was ready.

The Westvale congregation, along with Jessica's family, witnessed her baptism on Sept 1st. All who were present that day rejoiced with the angels as Pastor Bill Hrovat eased Jessica into the baptismal waters. *God bless you always, Jessica, as you walk in His path!*

We experienced a double dose of joy that morning as Pastor Hrovat also delivered the day's sermon. He was our pastor from 2002-20011. It was wonderful to see him, Jennifer, and their three children again. We hope they will consider making (at least) a yearly trip to their "old" church!





On Sunday, August 12, Joan Payne, Faith Community Nurse, & Cyndi Cooper traveled to Scotia, NY to visit church member Nan Petrillose, who moved out to that area a few years ago. According to Joan, they had a wonderful visit.

As FCN, Joan says that she's "trying to visit church members & establish relationships so as to be able to help with physical, emotional, social, & spiritual needs of individuals & congregation."



The *Effective Encounters* Sabbath School class met for a picnic on August 11th. Per Sally Hafner, "We had a very nice time visiting with each other; the Holy Spirit was present."

### The Top 20 Most Healthful Foods

The U.S. Department of Agriculture has developed a list of the top 20 most healthful foods. They all happen to be antioxidant-rich foods. The USDA nutritionists examined more than 100 kinds of fruits, vegetables, nuts, spices, cereals, and other foods. Not surprisingly, fruits, vegetables and beans claimed nearly all the spots in the Top 20. Here they are:

20. Gala apples
19. Plums
18. Black beans (dried)
17. Russet potatoes (cooked)
16. Black plums
15. Sweet cherries
14. Pecans
13. Granny Smith apples
12. Red Delicious apples
11. Strawberries
10. Raspberries
9. Prunes
8. Blackberries
7. Artichokes (cooked)
6. Cranberries
5. Blueberries (cultivated)
4. Pinto beans
3. Red kidney beans
2. Blueberries (wild)

And the number one most healthful food:

1. Small red beans (dried). Small red beans look like kidney beans - same color and shape - except they're smaller. They're sometimes referred to as Mexican red beans, but they are grown only in Washington, Idaho, and Alberta, Canada.

~Submitted by Fred Burghardt

"It's a pleasure Lord, to come into your presence, and be still before you, and rest in your love. How good it is to worship you, and commune with you. And what strength and refreshment come from warm fellowship with you !

But don't let me forget that *prayer* is more than this. Give me grace to work diligently in *prayer for others*. And please lead me to *wrestle earnestly* in prayer on their behalf. Put a special burden on my heart, and enable me to pour out my heart for you to fulfill your purposes.

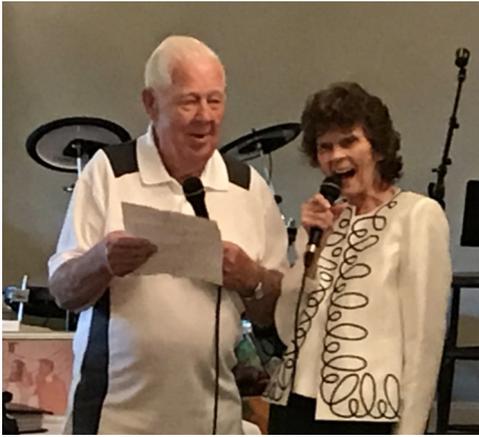
Father, your great desire is for all your children to be both mature and effective. Do this for me, and for those in my church. Do it for believers and non-believers in our area and elsewhere. Thank you for your Spirit and the power he gives me to serve you and others through prayer.

Thank you for the way praise refreshes and strengthens me to persevere in prayer, and the way it stimulates my faith and helps assure me.

In Jesus' name, amen."

~ by Ruth Myers

Submitted by Marion Lake



Congratulations and best wishes to  
Len & Jeannie Schmidt as they celebrated  
70 years of marriage on September 2nd.

Len & Jeannie found each other all those years ago,  
and they are still singing and laughing together!

May our Lord continue to bestow His  
blessings on your marriage and  
on each of you individually!



Every two years, our church goes through a nominating process to fill the various positions in the different ministries. The new two year term is from 7/1/18-6/30/20. Most of the Elders as well as some Deacons and Deaconesses decide to continue serving, but sometimes we have new officers. On September 15, the Elders, Deacons, and Deaconesses who had not been ordained previously, were ordained that day during the church service.

Thank you to all who serve in the various capacities. May our Lord God, Jesus Christ, and the Holy Spirit bless and keep you as you give of yourselves, your time, and your talents to serve the Church!

"Dear Lord, work in me so that I will always be alert and thankful when I pray, whether alone or with others. So much depends on prayer! Don't let me be careless, or distracted, or on and off in my praying. May the same be true as I immerse myself in your word. I praise You for inspiring this marvelous book to build us up and set us free. How glad I am for the way it keeps me on track in my praying and in my living! May I look intently into your word day-by-day with longing to know You better and do your will at all times. May the Spirit unfold its truth to me, may he motivate me to meditate on it and apply it to my life. Make me diligent to hear it and read it often, to make notes on it, to memorize it. Empower me to trust You and obey all your commands. May your word be the joy and rejoicing of my heart. Strengthen and renew me, my family, friends, and church through your word, keeping us from sin. So that time after time we may know the refreshment that comes from your presence. Give us gracious boldness and power to share it with others, both believers and unbelievers. In Jesus' name, amen." ~ by Ruth Myers

Submitted by Marion Lake



Meet Francesco Obedi, born 9/13/18 to Lydia Twizere. Francesco has 2 brothers and 6 sisters.

May Francesco grow to be healthy & strong, and to love Jesus!  
We know he already is a sweet blessing to his family!



The *Messengers of Christ*, comprised of young people from families of our African brothers-and-sisters-in-Christ, blessed us as they sang one of their songs during the church service on Sept. 15th. The newly formed singing group had a concert at the church that afternoon which was an added blessing to all who attended. What beautiful voices! They sang in Swahili, with the translation provided on the overhead screen. It was a true delight to hear and see all of the young people enjoy praising our God together in song! May God bless each one as they make beautiful music for His pleasure and ours!

Our *homebound* need our prayers and, just as important, they need to know that we haven't forgotten them. Please make a point of reaching out to them with a note or a call. You will make their day!

Duane Cady  
PO Box 137  
LaFayette, New York 13084 -0137  
Phone: 315-677-9826  
Birthday: February 28

Burnell Carney  
Sunnyside Adult Home  
7010 Collamer Rd. Rm.#6  
East Syracuse, N.Y. 13057-9764  
Phone: 315-656-3968  
Birthday: January 24

Jane Guiles  
8547 Morgan Rd. Apt. 107  
Clay, New York 13041-9730  
Phone: 315-715-4494  
Birthday: August 23

Fred Hafner  
1890 West Genesee Rd  
Baldwinsville, New York 13027-9043  
Phone: 315-635-5655  
Birthday: March 9

Helen Harper  
504 Plymouth Ave.  
Mattydale, N.Y. 13211-1243  
Phone: 315-760-30390  
Birthday: July 19

Dorothy Hopkins  
11961 Cummings Rd.  
Cato, New York 13033-9628  
Phone: 315-626-6298  
Birthday: August 26

Euphemia Hungerford  
123 Bennett Ave.  
Solvay, New York 13209-1001  
Phone: 315-457-9544  
Birthday: July 21

Audry Wiggins  
8725 E. Mud Lake Rd.  
Baldwinsville, N.Y. 13027-9670  
Phone: 315-678-2857  
Birthday: May 4

"Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will... Do not fear, therefore; you are of more value than many sparrows."  
Matthew 10:29,31