



**BETHESDA**

*Seventh-day Adventist Church*  
HOUSE OF MERCY

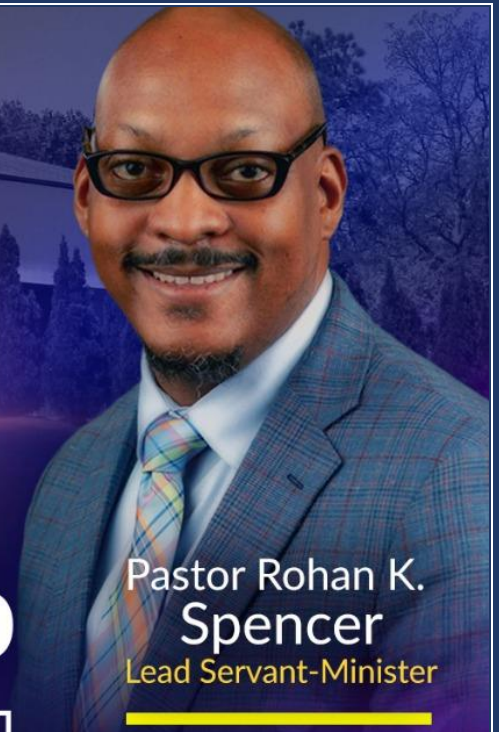
*Invites you to our*



# Hybrid Majestic Worship

**HEALING - HOPE - HAPPINESS**

- ▷ SABBATHS @10:00 AM - **STUDY**
- ▷ SABBATHS @11:30 AM - **WORSHIP**
- ▷ SABBATHS @04:00 PM - **YOUTH**
- ▷ WEDNESDAYS @7:00 PM - **PRAYER**



Pastor Rohan K.  
Spencer  
Lead Servant-Minister



Nita  
Ditele-Bourgeois  
Lead Elder



76 Parkway Avenue,  
Amityville, NY 11701

You Tube



ID: 230 894 65  
PW: 530654



**NORTHEASTERN CONFERENCE**  
OF SEVENTH-DAY ADVENTISTS



connect.  
**grow.**  
serve.  
Stewardship-A Way of Life.

## *Pastoral Page*

### **PASTORAL COUNSELING OFFICE HOURS:**

- Sundays @10:00 am – 1:00 pm - Church Ministries Consultation
- Wednesdays @5:30 pm – 7:00 pm - Pre-Marital & Marriage Counseling
- Thursdays @5:30 pm – 8:30 pm - Bible Studies & Individual Counseling

**OUR STEWARDSHIP GOAL:** Every Believer blessed, prospering and returning a **faithful Tithe** of **10%** of gross income, contributing an additional **5%** in **Offering** to support local church mission activities and passionately serving as ministry volunteers using their spiritual gifts & talents to impact individuals for Jesus Christ. Also, to support the **55<sup>th</sup> Anniversary** Capital Development Campaign of **\$55,000** each year for the next three years.

### **SERVICES & MINISTRY PROGRAMS OF CHURCH:**

| <b>SATURDAYS</b>                  |  | <b>Format</b> |
|-----------------------------------|--|---------------|
| Sabbath School                    | 10:00 am – 11:15 am  | Hybrid        |
| Worship Service Experience        | 11:30 am – 01:30 pm  | Hybrid        |
| Adventist Youth Ministry          | 05:30 pm – 07:00 pm(summer)<br>0:400 pm – 06:00pm (winter) | In-Person     |
| Adventurers Ministry (Ages 3-9)   | 02:00 pm – 03:30 pm  | In-Person     |
| <b>SUNDAYS</b>                    |  |               |
| Pathfinders Ministry (Ages 10-15) | 10:00 am – 01:00 pm  | In-Person     |
| <b>WEDNESDAYS</b>                 |  |               |
| Mid-Week Prayer & Praise Service  | 07:00 pm – 08:00 pm  | Virtual       |
| <b>BAPTISM</b>                    | Every Fourth Sabbath                                       | In-Person     |
| Fasting & Prayer                  | First Wednesdays   | Remote        |

### **PREACHING CALENDAR**

| <b>SABBATH WORSHIP SERVICE</b> |    |                             |   |
|--------------------------------|----|-----------------------------|---|
| <b>MARCH</b>                   | 03 | Pastor Petrice A. Wideman   | Women's Day of Prayer                           |
|                                | 09 | Sister Jennifer Green       |   |
|                                | 16 | Elder Nita Ditele-Bougeios  | <b>ADVENTIST YOUTH</b><br><b>Week of Prayer</b> |
|                                | 23 | Pastor Trevor Stewart       |   |
|                                | 30 | Pastor Rohan K Spencer      | <b>Communion</b>                                |
| <b>APRIL</b>                   | 06 | Pastor Marty Vargas         | Friends of Hope                                 |
|                                | 13 | Dr. Walton Rose             | Evangelism Symposium                            |
|                                | 20 | Dr. Nicardo Delahaye        | <b>Men's Day</b>                                |
|                                | 27 | Pastor Richard Calhoun, Snr | Evangelism Symposium                            |
|                                |    |                             |   |
| <b>MAY</b>                     | 04 | Dr. Ainsworth Kieth Morris  | Evangelism                                      |
|                                | 11 | Family Life Ministries      | <b>Mothers' Day</b>                             |
|                                | 18 | Adventurer Ministry         | <b>World Adventurers' Day</b>                   |
|                                | 25 | Children's Ministry         | LITTLE LAMBS                                    |
|                                |    |                             |   |

# Church Monthly Financial Summary

January - December 2023

## January 2024 Giving Summary Totals

**Tithe:** \$31,720.80

*\*Tithe received by the local congregation is sent on to the local conference, overseeing and administering mission in Connecticut, Maine, New Hampshire, New York, Rhode Island, and the Commonwealth of Massachusetts.*

**Offering:** \$13,016.48

*\*Offerings remain at local church for ministry, expenses etc.*

|  |   |
|--|---|
| Church Monthly Budget Target<br>(Annual Budget \$252k) | \$21,000.00   |
| Received in January                                    | \$13,016.48   |
| Surplus/Shortfall for January                          | <b>\$(7,983.52) shortfall to target budget</b><br><b>** \$(8,374.41) total month shortfall per actual spend**</b> |

*\*School Mortgage totals \$8,746.59/mth addition to BSDA monthly financial commitments (mortgage maturity date: 10/2024; original loan amount: \$1,040,000)*

*\*All Northeastern Conference Churches are to remit monthly to the Conference, two and a half percent (2.5%) from their monthly combined budget (local giving) for Education (voted by the NEC Executive Committee, effective July 1, 2022).*

## Capital Development Fund Campaign (update):

*\*Funds towards physical plant improvements/repairs*

|                                   |             |
|-----------------------------------|-------------|
| Annual Target (\$55,000)          | \$55,000.00 |
| Received to date (*YE 2023)       | \$32,372.12 |
| Percent (%) to target (**YE 2023) | 58.85%      |

## Ways to Give:

- Offering Plate
- Give Online: available at <https://adventistgiving.org>
- Adventist Giving App: For easy, secure giving.
- Zelle: [BethesdaTreasury@gmail.com](mailto:BethesdaTreasury@gmail.com)

Remember to label your tithe & offerings on the tithe envelope.

# Sabbath School

March 9, 2024 @10:00am – 11:15am

Musical Praise .....  
Superintendent Remarks .....  
Opening Song ..... Hymn #  
Scripture .....  
Prayer .....  
Mission Report .....  
Personal Growth .....  
Lesson Study .....  
Superintendent Remarks .....  
Musical Praise .....  
Closing Prayer .....

## Personal Witnessing Highlights:

*“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.”* **Matthew 28:19-20**

- |  |  |
|--|--|
| 1. Be True to who God wants you to Be                        | 4. Begin Where People Are and take them to |
| 2. Begin with a Genuine Concern for people’s Well-being      | 5. Be of genuine Help to Someone           |
| 3. Be Delighted to share your personal experience with Jesus |  |

~ ~ ~ ~ ~

## Sabbath Service Transition

11:15am – 11:30am

Church Announcements ..... Church Clerk  
Sabbath Departmental Highlights/Emphasis .....  
    ○ 1st & 3<sup>rd</sup> Sabbath (Health Dept)  
    ○ 4<sup>th</sup> Sabbath (Stewardship Dept)  
Singspiration ..... Chorister & Congregation

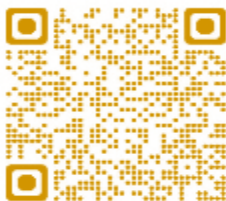
# Sabbath Worship Experience

March 9, 2024 @11:30am – 1:30pm

**“Enter His Gates with Thanksgiving and His Courts with Praise; Give Thanks to Him and Praise His Name.” Psalm 100:4**

|  |  |
|--|--|
| Call to Worship & Invocation.....                | Elder Fritzroy Golding   |
| <i>“Praise God from Whom All Blessings Flow”</i> |  |
| Pastoral Greetings.....                          | Pastor Rohan Spencer   |
| Hymn of Praise.....                              | <b>Hymn #590 – “Trust &amp; Obey”</b> .....Bro. David Golding                    |
| Scripture Reading .....                          | <b>1 Samuel 15:22   Exodus 19:5</b> .....Bro. Joshua Young                       |
| <b>Kidz Time Praise</b> .....                    | Sis. Bre-Hanna Golding   |
| Offertory .....                                  | Elder/Deacon/Deaconess   |
| Season of Musical Praise & Worship .....         | Praise Team  |
| Intercessory Prayer.....                         | Elder Fritzroy Golding   |
| Intro of Speaker.....                            | Pastor Rohan Spencer   |
| Music of Meditation .....                        | Althea Gordon-Green  |
| Spoken Word .....                                | <b>“Spiritual Authority through Obedience”</b> ..... Elder Jennifer Clarke-Green |
| Altar Hymn & Prayer .....                        | <b>Hymn #625 – “Higher Ground”</b> .....Bro. Davion Graham                       |
| Benediction .....                                | Pastor Rohan K. Spencer  |

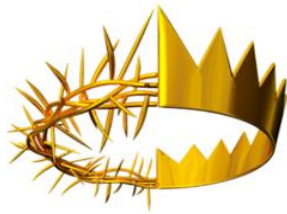
*Thank You for Sharing in Worship*



## Personal Response to the Love of God

- ☐ I Desire Baptism through faith in Jesus Christ
- ☐ I Desire Bible Studies Leading to baptism.
- ☐ My Child/Children Desire/s Bible Studies leading to Baptism.
- ☐ I Desire Prayer & Bible Counseling to help me overcome Challenge/s for My Baptism





connect.  
**grow.**  
serve.  
Stewardship-A Way of Life.



## Bethesda Seventh-day Adventist Church

76 Parkway Ave Amityville, NY

**GOD FIRST**

### Tithe

Personal Giving Plan recommends: 10% ?

Tithe/Diezmo/Díme

### Local Church

Personal Giving Plan recommends: 3-5% ?

COMBINED BUDGET

SABBATH SCHOOL EXPENSE

BETHESDA JR ACADEMY FUND

BJA MORTGAGE

BJA SCHOLARSHIP FUND

BUILDING FUND/CAPITAL DEVELOPMENT

PATHFINDER Donations

Communications Department

Birthday Thank You - Local

ADVENTURER CLUB Donations

[More Offering Categories...](#)

## I PROMISE:



To **SET APART** the first moments of each day to commune with the Lord in **PRAYER**, through the Bible, Spirit of Prophecy and Sabbath School lesson study, and **FAMILY WORSHIP**.



To **IMPROVE** my **RELATIONSHIPS**: growing in faithfulness, forgiveness and loving by principle.



To **ESTABLISH** one new **HEALTHY HABIT**, to better worship the Lord with my mind: \_\_\_\_\_



To **OFFER** one day (or evening) each week to **WORK** for God, spreading the good news to others through Bible Studies, small groups, etc. (TMI).



To **KEEP** the **SABBATH**, preparing for it accordingly on Friday, keeping its limits, right thoughts and activities.



To **FAITHFULLY RETURN** the Lord's **TITHE** (10% of my income).



To **DEDICATE** a regular percentage (\_\_\_\_%) of my income as a free will **OFFERING** to the Lord.

WITH GOD'S HELP: \_\_\_\_\_ DATE: \_\_\_\_\_



STEWARDSHIP MINISTRIES





## Bethesda Church Announcements

1. **BSDA Pathfinder Club:** meets Sundays @ 10am. Contact Director Faustin at 516-805-0768 for more information.
2. **AYS:** at 4:30 p.m.
3. **Weekly Bible Study:** each Sabbath at 3 p.m. in the Sanctuary.
4. **International Cultural & Food Festival:** March 30<sup>th</sup>. Save the Date and start preparing to represent the cultural make-up of Bethesda.
5. **Sight & Sound April 25, 2024 - "Daniel".** For price, please speak Director Faustin, Elder Alves or Deatrice Cofield. Full payment due March 1
6. **Contribution Reports:** Can be requested via email at [Bethesdatreasury@gmail.com](mailto:Bethesdatreasury@gmail.com) or text 646-287-7001
7. **BSDA Roster-Update Campaign:** Bethesda is updating its church roster. Please submit via email at [creationbev1@aol.com](mailto:creationbev1@aol.com) the following: Name, Address, Email, Phone Number & best to contact
8. **Celebrating Birthdays/Anniversaries:** *To have your birthday included in announcements, please send name, month, and date (DO NOT include birth year) to the church clerk, Elder B. Small at [creationbev1@aol.com](mailto:creationbev1@aol.com).*
  - Last week birthdays: n/a
  - This week birthdays:
  - Last week anniversaries: n/a

**Let's continue to pray for each other, for all the sick and shut in, for those who've lost loved ones. Remember in prayer the Adventist Mission, touching lives through medical care, media, education, mission workers, Global Mission pioneers, outreach resources and so much more. Adventist mission is entering new areas. Establishing new congregations. Changing lives.**

### SICK AND SHUT-IN *Prayer*

- Bro Joseph & Sis Ruth Meade
- Bro Delroy & Sis Gloria Haughton
- Elder Robinson
- Sis Millicent Pointer
- Sis Bernitha Berty
- Bro. Winston & Sis Patrica Watson
- Sis June Ferrier
- Sis Connis Jones
- Sis Elestine Brown
- Sis. Evelyn Sinclair
- Maria Cruz



- **SMS:** Bethesda church notifications are sent via SMS (text). To sign-up text the word "Bethesda" to 877-821-1701.
- **Follow & Subscribe:**
  - Facebook:  
<https://www.facebook.com/BethesdaSeventhdayAdventistChurch>
  - YouTube:  
<https://www.youtube.com/@bethesdaseventh-dayadventi5831>
  - Church Website:  
<https://bethesdany.adventistchurch.org/>



# **FIVE BIBLICAL TIPS TO STEP INTO 2024 WITH A SPIRITUAL MINDSET**

**1**

**Look back on God's grace and blessings in 2023.** (1 Chron. 16:8; 1 Chron. 16:11-12; Lam. 3:22-25)

**2**

**Leave the past behind. Focus on moving forward.** (Gal. 2:20; Is. 43:18-19)

**3**

**Put your fears and anxieties about the new year in God's hands.** (Phil. 4:6-7; Matt. 6:33-34; Is. 41:10-13)

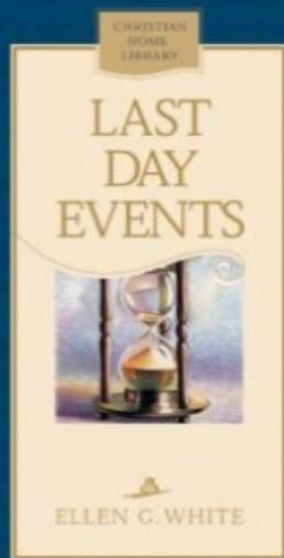
**4**

**Let God guide your plans for the new year.** (Jer. 29:11; Prov. 3:5-8)

**5**

**Seek to glorify the Lord in all things. Make Him your greatest satisfaction.** (Ps. 96:1-3; Ps. 100:1-5)





Mid-week prayer meetings  
continues with the new series

## Last Days Events

Wednesdays @ 7pm EST

"A knowledge of the truth depends not so much upon  
strength of intellect as upon pureness of purpose, the  
simplicity of an earnest, dependent faith."

— Ellen G. White —



Zoom ID: 230894635  
Passcode ID: 530654



# CALL UPON HIM

*The Lord is near to all who call on him, to all who call on  
him in truth Psalm 145:18 (NIV)*

In need of prayer?  
Have a prayer request?

Bethesda invites you to join the

## Prayer Line

MONDAYS @ 8AM  
TUESDAYS @ 7:15PM  
WEDNESDAYS @ 6:15AM  
THURSDAYS @ 6PM  
FRIDAYS @ 9AM

**Phone: 978-990-5000**  
**Access Code: 336156**



Bethesda  
Seventh-day  
Adventist Church  
NORTH AMERICAN DIVISION



**NORTHEASTERN CONFERENCE**  
OF SEVENTH - DAY ADVENTISTS  
**LONG ISLAND ADVENTIST YOUTH MINISTRY FEDERATION**



**Sirius Taylor**

Mar. 17 @7:30 pm – Macedonia  
Mar. 18 @7:30 pm - Bethany

**YOUTH WEEK OF PRAYER**



**Lawrence Barrett**

Mar. 19 @7:30 pm – Gordon Heights  
Mar. 20 @7:30 pm – Deer Park



**Jonathan Coicou**

Mar. 21 @7:30 pm – Elmont  
Mar. 22 @7:30 pm – New Jerusalem



**Trevor Stewart**

Mar. 16 @4:30 pm – Central Islip  
Mar. 23 @10:00 am – Bethesda  
Mar. 23 @4:30 pm – Ebenezer





• TASTE OF INTERNATIONAL FOOD •

**SATURDAY**

**March 30, 2024**

Celebrating the diversity of Bethesda Seventh-day Adventist Church. Join us as we celebrate:

- Learning more about regional cultures
- Sampling of country-specific delicacies
- and much much more

**WHEN & WHERE**

**Starting @ 7pm**

**BSDA Fellowship Hall**

76 Parkway Avenue  
Amityville, NY 11701

**Bring a traditional Dish  
of your country &  
enough to share**

Make sure your country is represented!

**Bethesda Seventh-Day Adventist Church**

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NORTHEASTERN  
ADVENTIST ACADEMY  
LONG ISLAND CAMPUS

# SCHOOL VOLUNTEERS

URGENTLY NEEDED

WE NEED  
**YOUR**  
SUPPORT



**Substitutes  
Teachers**

**Elective  
Teachers**

Gardening &  
Sports Classes

**Custodial**

**Support**  
the School

**VOLUNTEER  
& PAID**

**Support**  
The Children

CALL 631-842-3321



[WWW.NAALONGISLAND.ORG](http://WWW.NAALONGISLAND.ORG)



# Women's Ministries invites you



**Dr. Donnett Blake**  
Women's Ministries NEC



**Dr. Julie Campbell**  
Oakwood University  
Professor



**Pr. Everette Samuels**  
Community Service  
GNYC



**Pr. Michelle Hill**  
Women's & Prayer  
Ministries BDA



**Pr. Amanda Hawley**  
Pastor NEC



ATLANTIC UNION  
CONFERENCE  
OF SEVENTH-DAY ADVENTISTS

## *Preaching* **Training**

**UNITED WE WILL GO**  
***Preach the word of GOD!***

### TRAINING DATES

March 16 • April 13  
May 18 • June 22 • July 27

**TIME: 4:00-5:45 PM**

To register scan the QR Code



This Training will be by  
**ZOOM**

**Join Us!**  
**Completely Free**

For more information:  
**lfresse@atlanticunion.org**  
Phone number: **978-368-8333**



**NORTHEASTERN CONFERENCE  
YOUTH MINISTRIES**

# **BIBLE BOWL GENERAL INFO SESSION**

**TUESDAY - FEBRUARY 27 @ 8PM**

**TUESDAY - MARCH 5 @ 8PM**



**ZOOM ID: 839-7200-6261  
PASSCODE: 042953**





**NEC HEALTH  
HOTLINE**

# CAN WE HELP?

Introducing the NEC Health Hotline;  
a 24/7 hotline for prayer or  
emotional support. Pastors and  
chaplains are available to talk.

**(718) 223-4940**

**FOR SPIRITUAL &  
EMOTIONAL SUPPORT**

**SAFE & CONFIDENTIAL**

**CALL A CHAPLAIN.**



Scan Here to Call



**NORTHEASTERN CONFERENCE**  
OF SEVENTH-DAY ADVENTISTS

**SHOW UP  
IN  
THE CITIES**

Week of Prayer  
2024



**GLOBAL YOUTH DAY**  
**MARCH 16-23, 2024**



REGISTER NOW. IT'S FREE!

9 March 2024

# Digital Discipleship Conference

Streams live on  
YouTube and Facebook.



Helping you and your church become  
more effective online in 2024

- Social Media Mastery for churches
- Transforming Discipleship Through Artificial Intelligence
- Don't Get Left Behind – Unravelling Social Media Trends
- How to Craft Impactful Videos and Reels
- Is My Social Media working?
- Designing Compelling Church Ads
- Navigating the Challenges of Social Media
- Strategies for Building Vibrant Online Communities
- Augmented Reality/Virtual Reality for Discipleship



Daryl Gungadoo  
Adventist Review  
Media Lab Director



Danielle Davis  
Churchfluence



Omar El-Hakron  
Think Media /  
Pastor



Benjamin Lundquist  
Executive coach /  
Rise & Lead podcast



Justin Khoo  
Digital Missionary  
Academy



Kiran Skariah  
SKAR Ministries /  
Youth pastor



Jessica Partridge  
JES Solution Marketing



Derek Ortiz  
Graphic Designer



Fernando Marro  
Content creator



Laurel Papworth  
Artificial Intelligence  
Expert



Claire Marsh  
Psychologist / Adventist  
Counselling Services



[www.digitaldiscipleship.au](http://www.digitaldiscipleship.au)



NORTHEASTERN CONFERENCE  
OF SEVENTH-DAY ADVENTISTS  
SABBATH SCHOOL

# Bus Tours

Spring 2024

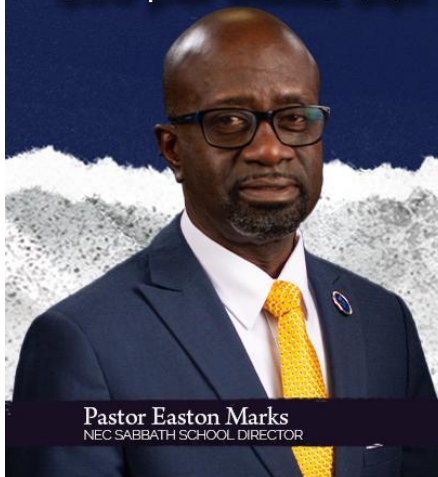
Tuesday, April 23

General Conference Office  
and Ellen G. White Estate  
\$60 per adult, \$40 per child

Fall 2024

Sabbath, October 26

180th Anniversary of 1844  
Disappointment  
William Miller Farm Tour  
\$60 per adult, \$40 per child



Pastor Easton Marks  
NEC SABBATH SCHOOL DIRECTOR

Contact our Sabbath School department  
for more information and to sign up  
(718) 291-8006 ext. 2261





NORTHEASTERN CONFERENCE  
OF SEVENTH-DAY ADVENTISTS

HEALTH MINISTRIES DEPARTMENT



**JUMP START  
2024**

# HEALTH & FITNESS

Empower your body, Energize  
your life. We are Made to Move

**JANUARY 7  
10:00 AM**

JOIN FITNESS PROFESSIONALS

**NIGEL STODDART  
MAUREEN KELLMAN  
KYRAN JOHN**



zoom

**Meeting ID: 846 4732 2225**

**Passcode: 218383**

nechealth.org

Health Ministries Director  
Dr. Joshua Deonarine

Admin. Assistant  
Avery Dawson

*Celebrating the life of*



*Kathy Elizabeth Davis*

July 31, 1970 - February 27, 2024

Sunday, March 17, 2024

Viewing 12:00 pm | Service 2:00 pm

Flatbush Seventh-day Adventist Church  
261 East 21st Street  
Brooklyn, NY 11226



zoom

ID: 969 3620 1206 Flatbush SDA Flatbush SDA  
PC: 276105 Church





UPDATE



AD 1957

FREEDOM AND JUSTICE

GHANA

VACA!

August 11-21, 2024

\$500 deposit

Registration Is Open

ALL PACKAGES INCLUDES

- Airfares and Transfers
- All Meals: Breakfast, Lunch, Dinner
- Hotel Stay in: Accra, Kumasi, Elmina
- Airport and Hotel Transport
- Tour Guide Tours & Shopping!
- And Much More!

\$300 monthly payments due on or before 30th of each month. Final Deposit due by May 30, 2024

BOOK NOW

718.674.1050

[events.northeastern.org/ghana](https://events.northeastern.org/ghana)

or contact NEC PM Department

Per Person

\$3,750

double occupancy

Per Person

\$4,709

single occupancy

Per Person

\$2,812.50

children 12 & under

## The Health Connection Newsletter

This free quarterly newsletter provided by the General Conference of Seventh-day Adventist Health Ministries will keep you current on valuable health topics and health ministry developments around the globe. Enjoy news, articles, health ministry ideas, event invitations, and more. You can subscribe via email and download past newsletters via: <https://www.healthministries.com/newsletters/>



### SAMPLE WALKING PROGRAM

- **Walking** is low impact, can tone your muscles, relax your mind, & strengthen your back.
- **Pass the talk test.** If you can't talk while walking, you are exercising too hard. Slow down.
- **Wear bright clothing.** Strive to be seen, not part of an accident scene.
- **Walk up hills** if you need to increase the intensity of your walking program

|         | Warm Up     | Target HR Zone       | Cool Down   | Total Time |
|---------|-------------|----------------------|-------------|------------|
| Week 1  | Walk 5 min. | Walk briskly 5 min.  | Walk 5 min. | 15 min.    |
| Week 2  | Walk 5 min. | Walk briskly 7 min.  | Walk 5 min. | 17 min.    |
| Week 3  | Walk 5 min. | Walk briskly 9 min.  | Walk 5 min. | 19 min.    |
| Week 4  | Walk 5 min. | Walk briskly 11 min. | Walk 5 min. | 21 min.    |
| Week 5  | Walk 5 min. | Walk briskly 13 min. | Walk 5 min. | 23 min.    |
| Week 6  | Walk 5 min. | Walk briskly 15 min. | Walk 5 min. | 25 min.    |
| Week 7  | Walk 5 min. | Walk briskly 18 min. | Walk 5 min. | 28 min.    |
| Week 8  | Walk 5 min. | Walk briskly 20 min. | Walk 5 min. | 30 min.    |
| Week 9  | Walk 5 min. | Walk briskly 23 min. | Walk 5 min. | 33 min.    |
| Week 10 | Walk 5 min. | Walk briskly 26 min. | Walk 5 min. | 36 min.    |
| Week 11 | Walk 5 min. | Walk briskly 28 min. | Walk 5 min. | 38 min.    |
| Week 12 | Walk 5 min. | Walk briskly 30 min. | Walk 5 min. | 40 min.    |

Week 13 and on: Check your pulse periodically to see if you are exercising within your target heart rate. As you become more fit, try exercising within the upper range your target. Gradually increase your brisk walking time to 30 – 60 minutes, 3-4 times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity.



**NORTHEASTERN**  
ADVENTIST ACADEMY  
BUILDING SOMETHING BETTER

**LONG ISLAND CAMPUS**  
PreK – 8<sup>th</sup> Grade

***“The MASTER’S Plan...  
Achieving Excellence Together”***

76 Parkway Ave  
Amityville, NY 11701  
Tel: (631) 842-3321 | [www.neced.org](http://www.neced.org)

## *Seventh-day Adventist Beliefs Summary*

Seventh-day Adventists accept the Bible as the only source of our beliefs. We consider our movement to be the result of the Protestant conviction *Sola Scriptura*—the Bible as the only standard of faith and practice for Christians.

This statement is a condensed summary of the 28 fundamental beliefs held by the Seventh-day Adventist Church.

### **GOD**

**We believe that God loves.** God is love, power, and splendor—and God is a mystery. His ways are far beyond us, but He still reaches out to us. God is infinite yet intimate, three yet one, all-knowing yet all-forgiving.

### **HUMANITY**

**We believe that God creates.** From neurons to nebulae, DNA to distant galaxies, we are surrounded by wonder. Yet the beauty is broken.

### **SALVATION**

**We believe that God redeems.** Love. Harmony. Perfection. Once, all creation sang the same glorious song.

### **CHURCH**

**We believe that God inhabits.** Jesus left His followers with an epic mission: tell the world of His love and His promise to return. Also, they should love people the way He loved them.

### **LIVING**

**We believe that God transforms.** God's law in the Ten Commandments show us how to live and make clear our need for Jesus. Though the law shows us the path to follow and convicts us of sin, it's about far more than just toeing the line.

### **APOCALYPSE**

**We believe that God triumphs.** From the Garden of Eden to the Tower of Babel, the destruction of Sodom to the Exodus from Egypt, God has always investigated before taking action.

