

Glendale City Seventh-day Adventist Church



Encountering God

November 20, 2010

“Revealing Christ, affirming all.”

Order of Worship

10:50 a.m. – 12:10 p.m.

(Please turn off all cell phones & pagers for the worship service)

Prelude	“Arrival of the Queen of Sheba” Sinfonia from “ <i>Solomon</i> ”	<i>G. F. Handel</i>
Opening Hymn	“We Gather Together”	No. 8
	1. We gather together to ask the Lord’s blessing; He chastens and hastens His will to make known; The wicked oppressing now cease from distressing, Sing praises to His name, He forgets not His own.	
	2. Beside us to guide us, our God with us joining, Ordaining, maintaining His kingdom divine; So from the beginning the fight we were winning; Thou, Lord, wast at our side; all glory be Thine!	
	3. We all do extol Thee, Thou Leader triumphant, And pray that Thou still our Defender wilt be. Let Thy congregation escape tribulation; Thy name be ever praised! O Lord, make us free!	
Call to Worship		Cherise Gardner
	O God you are my God. I seek you. My soul thirsts for you. My flesh faints for you as in a dry and weary land where there is no water. I have looked up on you in the Sanctuary, beholding your power and glory, because your steadfast love is better than life. My lips will praise you. I will bless you as long as I live. —Ps. 63:1-4	
Encountering God Through Sharing & Prayer		Cherise Gardner
	<i>(please remain standing for prayer)</i>	
Prayer Response		
	Spirit of the Living God, fall afresh on me! Spirit of the living God, fall afresh on me! Break me, melt me, mold me, fill me! Spirit of the living God, fall afresh on me!	
Anthem	“Let the People Praise”	<i>Allen Pote</i>
Encountering God through Giving		Shelby Mumford, <i>Offering Call</i>
Offertory	“Jesu, Joy of Man’s Desiring”	<i>J. S. Bach</i>
Encountering God Through the Eyes of Children		Vivian Lee Posner Jamie Quishenberry
Anthem	“Thanks Be to Thee”	<i>G. F. Handel</i>

Encountering God Through Scripture

Psalm 42:1-4, 11

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while people say to me all day long, “Where is your God?” These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Encountering God Through Music “River Flows in You” *Yiruma*
Kristina Wahegheghe, *piano*

Encountering God Through Drama Vivian Lee Posner, Shelby Mumford,
Kiera Quishenberry, Jamie Quishenberry,
Allyson Arm, Jonathan Nuñez

Encountering God Through Spoken Word

Sermonette One Kristoffer Wahegheghe

Musical Interlude “Rock-a My Soul” *Spiritual*
Ian Wahegheghe, *piano*

Sermonette Two Hannah Barnes

Closing Hymn “Seek Ye First” No. 224

Seek ye first the kingdom, ’tis your Father’s will,
So the voice of Jesus bids us follow still.
Savior, we would hear Thee, follow, find, and see;
And in life’s adventure Thy disciples be.

As for hidden treasure, or for matchless pearl,
When at last discovered, some will sell their all:
So, when breaks the vision of that kingdom fair,
Ours shall be its riches and its beauty rare.

As the silent leaven works its secret way,
Or as grows the seed grain through the night and day;
Lord, so be the increase, peaceable but sure,
Of Thy word within us, and Thy kingdom’s power.

As the tender seedling grows up tall and strong,
And the birds of heaven to its branches throng;
So shall all God’s children, from the east and west,
Gather to His kingdom, in its shadow rest.

Humblest shall be greatest, poor in spirit reign;
Home shall come the childlike, born through Thee again;
Eager hearts arrive there on the pilgrim’s road,
Hail! the kingdom glorious of the living God!

Benediction Cherise Gardner

Musical Response

Postlude “Rising Sun” *Brian Sawyers*

City Church Announcements

"All are welcome — whoever you are, whatever your journey or background.
God excludes no one, and neither do we."

DON'T FORGET! HOLIDAY NOTICES

L.A. Adventist Forum will take a break for the holidays in November and December. New session will start January 2011.

Potluck will be on the second Saturday, December 11.
All welcome—see you there!

Second Saturday Series will take a break for the holidays in December. New season starts in January with Christoph Bull, organist in residence at Royce Hall, UCLA.

Annual Glendale City Christmas Concert presents Handel's Christmas *Messiah*, Friday, December 3, at 7 p.m., featuring the Church Sanctuary Choir, the Glendale Academy Chorale, soloists, and orchestra. Brenda Mohr, *conducting*; Kemp Smeal, *organ*. Invite your family and friends for the concert to start the Holiday Season. Extra flyers to hand out can be found in the Narthex.

Work Bee Fellowship last Sunday afternoon was a success! A team of willing workers came out to perform several needed housekeeping chores (including the garden bed). Kudos to: Luis & Melky Alvarez, Daisy Bolduc, Gregory Cochuban, Dave Ferguson, Pastor Cherise, Don Greathouse, Marquita Kibble, Wanda Koffman, Wayne Libby, Jesse Martin, Judy McClure, John & Patty Nielsen, Eleanor Posner, and Liz Wenz. Remember, if you see something that still needs to be done, please schedule a time to come to the church to make sure it gets done. The *next* Work Bee will be in early March 2010. *All welcome!*

Pledge Cards. A huge thank you to those who turned in the October Pledge Card for Church Budget. There is still an opportunity to make a pledge. If you have a Pledge Card, you may place it in the offering or mail it to the Church Office. If you need another card, see one of the pastoral staff or contact the Church Office.

Calling all kids Pre-Kindergarten–4th grade and between the ages of 10-15... **Pathfinders is for you!** We meet every Tuesday night, 6:45–8:00 p.m., at the Adventist Community Center across from the Vallejo Drive Church (311 Vallejo Drive). Bring friends! Hope to see you there!

Candelight Christmas Concert, Vallejo Drive, Saturday, December 18, 4 p.m. This program is sure to delight you with traditional lessons and carols and music of the Advent of Jesus' birth, featuring the Vallejo Drive Chancel, Bell Choir & Brass Ensemble.

The Azusa Pacific University Choir and Orchestra, in celebration of 30 years of ministry in Southern California, will be holding a concert tomorrow evening (Sunday, November 21) at 6 p.m. in the Simi Valley Seventh-day Adventist Church, Schrillo Auditorium, 1636 Sinaloa Rd., Simi Valley (818-526-0141). All are welcome to enjoy this special concert.

For Rent. Studio apartment in Glendale with separate entrance, floors, central a/c & heat, utilities included. Call 818-243-9266.

Sabbath School Options

Class	Age	Location	Symbols/Leaders
Beginners	0-3 yrs	Room 3	Elephant
Kindergarten	3-5 yrs	Room 4	Giraffe
Primary	6-9	Room 2	Eagle
Junior	10-12 yrs	Room 1	Lion
Teen	13-19 yrs	Room 10b	Fish
Armenian	General	Room 11	
Romanian	General	Room 13	
Pastor	General	Chapel	Leif Lind
SS Quarterly	General	Sanctuary	Rudy Torres

Worship Options

Option	Location	Sequence
Sanctuary Service	Main Sanctuary	Every Sabbath
Romanian Service	Chapel	1st and 3rd Sabbaths
Armenian Service	Chapel	2nd and 4th Sabbaths

Activities

Event	Location	Sequence
Bell Choir	Call Ariel Quintana	Friday at 8:00 pm
Choir Rehearsal	Choir Room	Sabbath at 9:15 am
Pathfinders	GAMC Gymnasium	Tuesday at 6:45 pm
Children's Choir	Room 10b	Sabbath at Noon
Marathon Clinic	Verdugo Park	Sunday at 7:00 a.m.

Church Directory

Pastoral Staff

Smuts van Rooyen, Senior Pastor (626-256-4240)
Cherise Gardner, Family & Children's Ministries (626-484-8436)
Leif Lind, Church Administrator (909-557-5230)

Hovik Sarrafian, Armenian Senior Pastor (909-796-9536)
Vartkes Azadian, Armenian Associate Pastor (626-335-6507)
Dorin Lataeanu, Romanian Senior Pastor (909-528-2545)

Officers

Head Elder Don Greathouse (626-796-8579)
Head Deacon John Nielsen (818-605-0057)
Head Deaconess Eleanor Posner (818-281-5822)
Church Board Chair Vincent Haynes (213-276-2131)
Choir Director Brenda Mohr (brendajmohr@gmail.com)
Organist Kemp Smeal (714-658-4885)
Bell Choir Director Ariel Quintana (818-552-2421)
Secretary Victoria Lucero (818-244-7241 office)
Treasurer Dean Vendouris (818-244-7241 office)
Church Clerk Mindi Rüb (mindilus@mac.com)
A+ School Board Chair Beverly Tarr (626-449-7319)
A+ School Principal Malisa Smith (818-241-9353 school)
Pathfinder Director Warren Dale (818-384-2820)
Facilities Administrator Wayne Libby (818-522-4297)

Church Office Hours

Monday-Thursday 9:00 a.m.-4:00 p.m.; Friday 9:00 a.m.-2:00 p.m.
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Glendale City Health Education: Holiday Eating, Part 3

Consuming an extra 3,500 calories results in a weight gain of one pound. That's just 500 calories more a day for one week, or about 120 calories extra each day from Thanksgiving to Christmas! As discussed previously, using a smaller dinner plate is one way to cut calories during the Thanksgiving and Christmas dinners. Here are a few additional tips to help you reduce the calories in a typical 3,000-4,000 calories meal:

1. Use 1/2 cup-serving sizes and skip second helpings.
2. Savor each bite.*
3. Rest your fork between bites.*
4. Fill up on fiber—include a variety of fiber-rich foods such as vegetables in the menu.
5. Flavor food with herbs rather than rich sauces.
6. Reduce sweeteners in standard recipes. Recipes that call for 1 cup of sugar or honey can often be reduced by 1/4 - 1/3 cup without changing the flavor and texture of the product.
7. Choose a custard-style pie recipe that calls for lowfat or nonfat "milk."
8. Cut pies into 12 servings instead of 6 or 8 servings.
9. Skip appetizers or opt for fresh fruits and veggies.
10. Wear fitted clothes rather than clothes with elastic waistbands or belts that can be loosened and avoid the miserable "I-ate-too-much" feeling.

*Note: Old research with laboratory animals found that it took 20 minutes for the brain to signal fullness. However, research conducted by Dr. Yijun Liu (*Nature*, June 29, 2000) using functional MRIs showed that satiety changes in the human brain (hypothalamus) begin 10 minutes after glucose ingestion and peak for 2 minutes. Obese individuals have a slower and weakened hypothalamic response. In either case, eating slowly and resting between bites allows the body time to sense fullness prior to over-eating and over-consumption of food.



A new documentary *Forks Over Knives* (in theaters early 2011) will show December 6, 7 p.m. at Glendale Adventist Medical Center. The film features the latest on nutrition, lifestyle research, and personal stories of people who changed their lifestyles and subsequent health outcomes. Free admission. Info/reservations: 818-409-8100.

Congratulations to A+ Children's Center

For the second year in a row, the *Glendale News Press* has recognized our A+ Adventist Children's Center by giving the "Best of Glendale" award for 2010.

Congratulations on all the hard work and dedication of staff and teachers in their ministry to the church and the community!

Upcoming Sermons & Events

Elder of the Day

November 27

December 4

Beverly Tarr

Smuts van Rooyen

Gerard Kiemenev

Sunset tonight – 4:47 p.m. Sunset next Friday – 4:44 p.m.