

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “From Heaven Above to Earth I Come” *Johann Walther*

Opening Hymn “O Come, O Come, Immanuel” No. 115

Call to Worship

This is the day that God has made;
let us rejoice and be glad in it.
O come, let us worship and bow down;
let us kneel before God, our Maker. —Ps. 118, 95

Gifts of the Congregation Gerald Babanezhad

Greetings & Prayers of the Congregation Leif Lind
(please remain standing for prayer)

Prayer Response (No. 140, v. 1)

Thou didst leave Thy throne and Thy kingly crown
When Thou camest to earth for me;
But in Bethlehem's home was there found no room
For Thy holy nativity.
*O come to my heart, Lord Jesus,
There is room in my heart for thee.*

Anthem “Mary's Boy Child” *arr. David R. Asplund*
Children's Sanctuary Choir

Call to Offering Lee Posner

Offertory Gerald Babanezhad

Children's Sermon Cherise Gardner

Anthem “Away in a Manger” *arr. Reeves*
Children's Sanctuary Choir
Erin Breen, *flutist*

*Be near me, Lord Jesus, I ask thee to stay
Close by me forever, and love me, I pray.
Bless all the dear children in thy tender care,
And take us to heaven to live with thee there.*

Scripture **Psalm 46:1-7, 10** Didi Mumford

Sermon “Motion Overload—
Getting Nowhere in Record Time” Gerard Kiemeney

Closing Hymn “Open My Eyes That I May See” No. 326

Benediction Gerard Kiemeney

Musical Response

Postlude “XII Noël” *Louis Daquin*

*A special offering for “A Sure Harvest” ministry
will be taken at the doors after the service today*

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	Michael Bandy

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)
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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610 E. California • Glendale, CA 91206 • 818-244-7241 • Fax: 818-240-9485
E-Mail: secretary@glendalecitysda.com • Website: www.glendalecitysda.com

Glendale City Seventh-day Adventist Church

“The Season of Advent”



December 4, 2010

“Revealing Christ, affirming all.”

Scripture Response

Psalm 46:1-7, 10

God is our refuge and strength,
an ever-present help in trouble.

**Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.**

There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.

**God is within her, she will not fall;
God will help her at break of day.**

Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

The LORD Almighty is with us;
the God of Jacob is our fortress.

**“Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”**



Keeping the Joy Present (because each day is a Gift), Part 1

After years of making sure everything is perfect for her family, Joy Robertson has had enough and goes on strike for the Christmas season. If her husband, Stephen, and their children want the perfect holiday, they will have to organize it. Word spreads through their little town and more and more women join the boycott. On Strike For Christmas is a humorous look at what has been referred to as the most stressful month of the year.

In the 4 weeks from Thanksgiving to Christmas we cram in activities that we don't accomplish during the other 48 weeks of the year: cleaning the entire house, decorating inside and out, hosting and/or attending holiday parties, buying and wrapping gifts for multiple people, writing and sending cards and packages, baking, checking out the latest Christmas novel, volunteering, and other traditions. The list is as long as the string of lights that need untangling. And all of this is on top of our daily responsibilities sending the body into over-drive, releasing stress hormones, including adrenaline and cortisol.

Adrenalin increases the heart rate and blood pressure – great if you need to run to safety – but not on a daily basis with nowhere to run. Cortisol, the main stress hormone, provides energy for essential body functions and decreases non-essential functions – again, to run away from danger. However, excessive cortisol can negatively impact health, including suppressing immunity. Some people routinely get a cold or upper respiratory infection during or just after the Christmas holiday. Thus, lowering stress levels is “good stuff.”

So how do we begin to decrease stress this Christmas season? Review your expectations. If you're using the words, “perfect” (as in tree, gift, wrapping, party, etc.), “best,” “should,” “must,” or “have to,” you're setting yourself up for stress. Instead, create a mission statement that inspires you. For example, “This Christmas my mission is to give the gift of laughter” or “My commitment is to a simple and relaxed holiday season.” With the sweet music of your mission statement, you can focus on what you value, remove excessive expectations, and establish healthy boundaries. Share your commitment with others – it may inspire them to create their own. In the following weeks, we'll discuss additional ways to reduce stress and keep the joy present.



December 5, 5 p.m., world premiere of *On Strike for Christmas*, Lifetime Movie Network

December 6, 7 p.m., premiere of *Forks Over Knives* at GAMC for those with RSVPs.

December 11, following Potluck, plan to stay for the **cooking demonstration** by Dr. Harold Fanselau and Dr. Kathy McFarland, featuring **gourmet vegetarian soups**.

Upcoming Sermons & Events

Elder of the Day

Hugh Gardner

December 11

Smuts van Rooyen

December 18

Smuts van Rooyen

Sunset tonight – 4:43 p.m. Sunset next Friday – 4:43 p.m.

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 next Sabbath 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.

We welcome today our guest speaker, Pastor Gerard Kiemeney! Dr. Kiemeney is no stranger to this congregation, but for those who may not have met him before, he is the L.A. Metro Regional Director for the Southern California Conference of Seventh-day Adventists.

Today's Afternoon Concert, December 4, 2 p.m., we will have featured music by pianist, evangelist, and teacher Gerald Babanezhad. Gerald will play a selection during our worship service and this afternoon will hold a concert of sacred piano music in the Sanctuary at 2 p.m. The concert is an outreach of “A Sure Harvest” ministry that proclaims the Gospel to the Armenian, Iranian, Russian, and English-speaking audiences. All are welcome!

San Gabriel Academy will host “The Journey to Bethlehem” **this evening and tomorrow evening**, Saturday and Sunday, December 4-5 from 6:30 to 9 p.m. on the campus football field. This interactive journey and musical concert is free to the public. Outdoor journeys depart throughout the evening. Bring your family, friends, and neighbors! Children will enjoy petting the live animals. Discover the true meaning of Christmas as you experience the sights and sounds of a trip to Bethlehem. For more details and directions, visit their website at www.TheJourneyToBethlehem.org

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.

Help us reach out to members who are sick or who have stopped attending for any reason. If you have contact information for such a member, write it on a pew card and let a pastor know or call/email the church office. We cannot let members of our Church Family be forgotten.

Candelight Christmas Concert, Vallejo Drive, Saturday, December 18, at 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 and Brass Ensemble.

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