

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Fugue on the Magnificat” J. S. Bach

Opening Hymn “O Come All Ye Faithful” No. 132

Call to Worship Smuts van Rooyen

Hear the good news! When the time had fully come,
God sent forth his own Son, born of a virgin, born under law
to redeem those who are guilty of breaking that law.

This Son of God is Jesus Christ, who died for our sins.

He forgives us of all our sins.

We are no longer slaves of sin.

**Let us rejoice, in the name of the Father, of the Son
and of the Holy Spirit! Amen**

Greetings & Prayers of the Congregation Mike Quishenberry

(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 “And the Glory of the Lord” G. F. Handel

Call to Offering Jerry Wahagheghe

Offertory “XII Noël” Louis Daquin
Kemp Smeal, organ

Scripture Ephesians 4:1-6 Bob Peterson

Anthem “O Thou that Tellest Good Tidings to Zion” G. F. Handel
Kelly Krantz, soloist and Choir

*“O thou that tellest good tidings to Zion, get thee up into the high mountain;
O thou that tellest good tidings to Jerusalem, lift up thy voice with strength;
lift it up, be not afraid; say unto the cities of Judah, Behold your God!”
(Isaiah 40:9).*

*“Arise, shine, for thy light is come,
and the glory of the Lord is risen upon thee” (Isaiah 60:1)*

Sermon “Trying to Keep it Together” Smuts van Rooyen

Closing Hymn “The Church Has One Foundation” No. 348

Benediction Smuts van Rooyen

Musical Response

Postlude Toccata on “Von Himmel Hoch” Garth Edmunson

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	Jim Goodwin

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)
Children's Choir Director	Lissie Quishenberry (lissie@crazyladymusic.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)

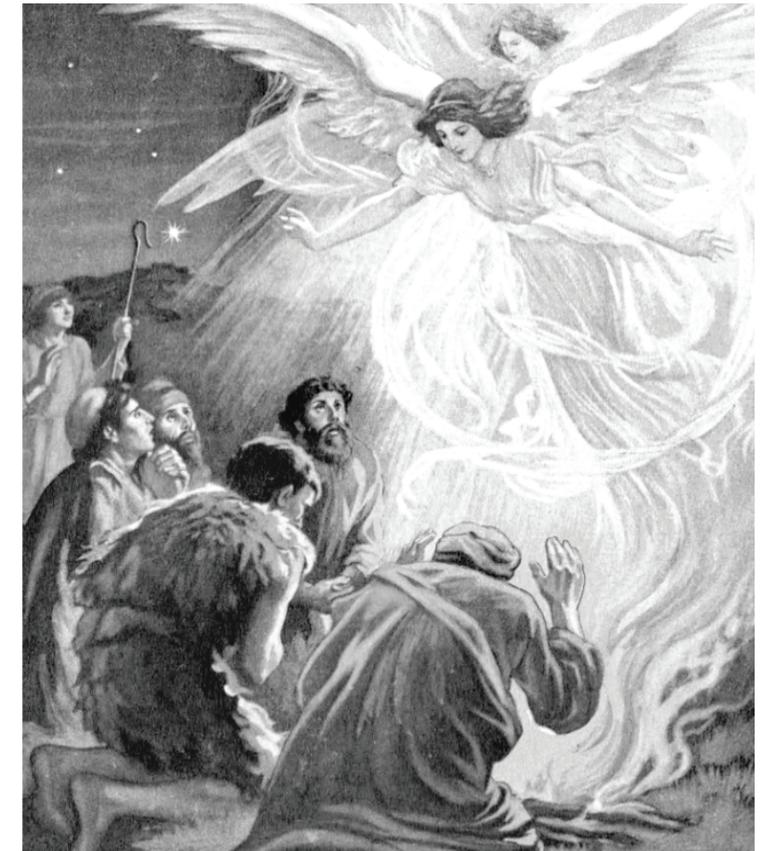
Church Office Hours

Monday-Thursday 9:00 a.m.-4:00 p.m.; Friday 9:00 a.m.-2:00 p.m.

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 18, 2010

“Revealing Christ, affirming all.”

Scripture Response

Ephesians 4:1-6

As a prisoner for the Lord, then,
I urge you to live a life worthy of the calling you have received.

**Be completely humble and gentle; be patient,
bearing with one another in love.**

Make every effort to keep the unity of the Spirit
through the bond of peace.

There is one body and one Spirit,
just as you were called to one hope when you were called;

**one Lord, one faith, one baptism;
one God and Father of all,
who is over all and through all and in all.**



“The Second Coming” by William Butler Yeats

Turning and turning in the widening gyre
The falcon cannot hear the falconer;
Things fall apart; the centre cannot hold;
Mere anarchy is loosed upon the world,
The blood-dimmed tide is loosed, and everywhere
The ceremony of innocence is drowned;
The best lack all conviction, while the worst
Are full of passionate intensity.

Surely some revelation is at hand;
Surely the Second Coming is at hand.
The Second Coming! Hardly are those words out
When a vast image out of Spiritus Mundi
Troubles my sight: a waste of desert sand;
A shape with lion body and the head of a man,
A gaze blank and pitiless as the sun,
Is moving its slow thighs, while all about it
Wind shadows of the indignant desert birds.
The darkness drops again but now I know
That twenty centuries of stony sleep
Were vexed to nightmare by a rocking cradle,
And what rough beast, its hour come round at last,
Slouches towards Bethlehem to be born?

Glendale City Health Education:

Keeping the Joy Present (because each day is a Gift), Part 3

Only one week left until Christmas! For some, the temptation may be to push harder and “burn the candle at both ends” to get everything done in time. However, inadequate sleep, skipping meals or not eating properly, and a state of perpetual motion can take the joy out of the season, not to mention increase your risk of catching a cold or the flu. Buffer the stressors of this holiday season with good self-care.

Life coach and author, Cheryl Richardson, asked her Facebook community how they take good care of themselves during the holidays. One member stated, “The one thing I absolutely love to do for myself is to sit quietly at night by the lit tree for a short while and breathe in the smell of pine. I take time to be grateful for everything, including the beauty of the season. There is nothing quite like those moments of total peace.” Another responded with, “I go to the ocean, find 3 pieces of driftwood, write the things I would like to let go of (judgment, fear, sadness, etc.) on the wood, thank them for having made me who I am, and toss them into the ocean to be carried away. Then spend some time on the beach imagining what I want for the coming year.” Below are additional suggestions to keep the joy present this holiday season:

- Start the day with God. Even 10-15 minutes of quiet time to connect with Him provides clarity, a sense of peace, and a foundation for the day.
- Review your list of things to do. Keep only what is essential, and enlist the help of others. Asking for help and delegating is a sign of maturity, not weakness.
- Breathe. Silly? When tense, we tend to breathe shallowly or hold our breaths. (Deep) abdominal/diaphragmatic breathing increases the oxygen supply to the brain and muscles, improving energy and concentration. It also stimulates the parasympathetic nervous system promoting a state of calmness.
- Plan a 10-15 minute rest during the day or late afternoon; put your feet up and enjoy a hot drink, such as chamomile tea. Get 8 hours of sleep each night. If thoughts of all that you have to do keep you awake, write them down to free your mind so you can sleep.
- Laugh often. Even when you don't feel like it, laugh the most exaggerated, ridiculous laugh. Eventually, authentic laughter will arise. In addition to the benefits listed with deep breathing, laughter improves the immune system, helping to combat illness.
- Remember, there's always January 6, 2011.... And,
- Live “in the moment” – enjoy the present!



Want to give a unique gift this Christmas? Give the gift of good health with the seminar, “Reverse Diabetes, Obesity and Heart Disease Naturally.” Contact 800-732-7587. The seminar will be held February 19 through February 21, 2011 in the City of Industry, California.

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.

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.

Our heartfelt condolences to Pastor Cherise Gardner and family on the passing of her mother this week.

Godly Play will take place TODAY downstairs after the Offertory.

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.

You are all invited to sing-along on the "Hallelujah Chorus" with the Sanctuary Choir next week on Christmas Sabbath, December 25, during the worship service. Bring your own music, borrow music from us, or sing from memory!

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 this afternoon, 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.

Save this Date: February 12, 2011! Homecoming Sabbath and 105th Anniversary Glendale City Church Celebration.

Upcoming Sermons & Events

Elder of the Day

December 25

January 1

January 8

Wanda Koffman

Smuts van Rooyen

Cherise Gardner

Smuts van Rooyen

Sunset tonight – 4:43 p.m. Sunset next Friday – 4:45 p.m.