

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

**Prelude** “Jesu, Joy of Man’s Desiring” *J. S. Bach*

**Opening Hymn** “Wonderful Words of Life” No. 286

**Invocation** Cherise Gardner

For the wisdom of our elders bringing us safely to this place;

**God of our yesterday, we give you thanks.**

For the vision of new generations opening windows to new views;

**God of our tomorrow, we give you thanks.**

For the promise of this community creating new covenants

blending heritage and hope;

**God of our today, we give you thanks.**

**Greetings & Prayers of the Congregation** Leif Lind

(please remain standing for prayer)

**Prayer Response** (No. 684)

Hear our prayer, O Lord, hear our prayer, O Lord,

Incline Thine ear to us, and grant us Thy peace.

**Worship in Song** “How Lovely Are Thy Dwellings” *S. Liddle*  
(Psalm 84)

Don Greathouse, *solo*

**Call to Offering** Michael Bandy

**Offertory**

**Child Dedication**

**Worship in Song** “Day by Day” *O. Abnfelt*  
Don Greathouse, *solo*

**Scripture** **Luke 7:36-50** Jason Schlatter

**Sermon** “A Willing Sacrifice Poured Out at the Feet of Jesus” Cherise Gardner

**Closing Hymn** “Jesus Paid It All” No. 184

**Benediction** Cherise Gardner

**Musical Response**

**Postlude** “Tuba Tune in D Major” *C. S. Lang*

## 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	Fellowship Hall	Leif Lind
SS Quarterly	General	Sanctuary	Dave Ferguson

## 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



January 1, 2011

*“Revealing Christ, affirming all.”*

## Scripture Response

### Luke 7:36-50

#### Jesus Anointed by a Sinful Woman

Now one of the Pharisees invited Jesus to have dinner with him, so he went to the Pharisee's house and reclined at the table. When a woman who had lived a sinful life in that town learned that Jesus was eating at the Pharisee's house, she brought an alabaster jar of perfume, and as she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

**When the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would know who is touching him and what kind of woman she is—that she is a sinner."**

Jesus answered him, "Simon, I have something to tell you."

**"Tell me, teacher," he said.**

"Two men owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. Neither of them had the money to pay him back, so he canceled the debts of both. Now which of them will love him more?"

**Simon replied, "I suppose the one who had the bigger debt canceled."**

"You have judged correctly," Jesus said.

Then he turned toward the woman and said to Simon, "Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. You did not put oil on my head, but she has poured perfume on my feet. Therefore, I tell you, her many sins have been forgiven—for she loved much. But he who has been forgiven little loves little."

Then Jesus said to her, "Your sins are forgiven."

**The other guests began to say among themselves, "Who is this who even forgives sins?"**

Jesus said to the woman, "Your faith has saved you; go in peace."



## Glendale City Health Education: New Year's Resolutions, Part 1 of 5

Oscar Wilde wrote, "A New Year's resolution is something that goes in one year and out the other." A perception of past failures is one reason people no longer make New Year's resolutions. Still, 40-45% of us will make a New Year's resolution, with nearly half of these resolutions maintained after 6 months. The most common resolutions are to improve finances, lose weight, exercise, and stop smoking. "Been there, done that?" Consider a resolution that focuses on a specific health habit, to: consume 8 glasses of water daily; decrease sugar and/or salt intake; eat at least 5-9 servings of fruits and vegetables every day; or increase positive emotions. This week we will focus on water.

Water is an essential nutrient and the single largest component of the body. It accounts for 50-70% of our body weight, depending upon age, sex, and fat-free (muscle and bone) versus fat tissue. The more adipose (fat) tissue there is the less percentage of body water. Among its functions, water: provides the medium for all cellular chemical reactions, including the production of energy; transports nutrients and oxygen to all cells; regulates body temperature; removes toxins and waste products (decreasing the burden on the kidneys and liver); aids in digestion as the basis for saliva and bile; helps prevent constipation by moving food through the intestinal tract; lubricates joints and facilitates movement; acts as a shock absorber (spinal cord and eyes) and cushions organs; moistens and helps maintain the integrity of the skin and mucous membranes (to prevent microorganisms from entering the body and causing infection). And unlike caffeinated beverages, water does not pull calcium out of the bones.

Information regarding the amount of water needed on a daily basis is conflicting. Considering the amount of fluid lost daily through respiration, perspiration, elimination, we need to consume 1,500 to 3,000 ml (1.5 – 3 liters or 6-12 cups) of fluids. In the monograph, *Hydration: Fluids for Life*, the recommendations for fluid intake are: 4-5 cups (8 ounce cup size) for children ages 1-8 years; 7-8 cups for ages 9-13 years; 8-11 cups for ages 14-18; and 9-13 cups for ages 19 years and older. (If on a limited fluid intake, follow your doctor's advice.) If your urine is clear, you're getting enough fluids. See for yourself how many 8-ounce cups/glasses it takes. (Note: an excess of Vitamin B2, riboflavin, will turn urine a bright yellow color but with adequate water intake it will become clear.) Thirst is not a reliable mechanism to determine if we're hydrated enough. By the time we feel thirsty, we are lagging behind our need for water. This is especially true as we age. Other signs of mild to moderate dehydration include: dry sticky mouth, sleepiness or fatigue (children may become less active), weakness, headache, and dizziness or lightheadedness. Also, diabetics may experience higher blood sugars when dehydrated.

Barriers to drinking enough water: *I don't like the taste. I can't remember to drink it. I feel bloated when I drink water. I have to go to the bathroom all the time.* Overcome those barriers by adding lemon, orange, or lime to the water. Filtered water often tastes better than tap water. Use a 64-ounce pitcher and set a goal to have it consumed by 6 or 7 p.m.. Or, drink 2 glasses upon rising, 2 more at 9 a.m., 11:30 a.m., 2:30 a.m. and 4:30 PM. Half of the water will be absorbed in about 20 minutes so you won't feel bloated. Last, it's normal to urinate 5-8 times a day. That, and drinking adequate water helps prevent bladder infections. Enlist support from others and share your successes. Happy New Year!

For more information or questions, contact Kathy McFarland at 626-398-1445 or [actionsforwellness@sbcglobal.net](mailto:actionsforwellness@sbcglobal.net).



Want to give a unique gift this season? 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."*

We rejoice today with **Grace & Genaro Mitjans** in the dedication of her little girl, **Gia**.

The **search committee for the new choir director** is working actively and has identified several well-qualified candidates. We anticipate the selection and appointment of the new director by the end of January.

**Second Saturday Series:** next Sabbath, January 8, 2011, 4 p.m., Christoph Bull, organist in residence at Royce Hall, UCLA will be performing.

**Pledge Cards.** A huge thank you to those who turned in the 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, contact one of the pastoral staff or the Church Office.

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

**63<sup>rd</sup> Constituency Meeting of the Southern California Conference, Sunday, May 15, 7:55 a.m.** The Glendale City Church Board has selected, in addition to Senior Pastor Smuts van Rooyen, the following names to be submitted to the congregation for consideration as delegates to this session (listed alphabetically): Louis Alvarez, Marin Burney, Dave Ferguson, Cherise Gardner, Jeevan Johnson, Leif Lind, Larry McFarland, Robert Ohanian, Eleanor Posner, Judson Ravi, Hovik Saraffian, Doug Schultz, Beverly Tarr, Rudy Torres; alternates: Don Greathouse, John Nielsen.

Please remember **Pastor Lorenzo Paytee** in your prayers. He is recovering at Glendale Adventist Medical Center and the family welcomes prayers and cards, but no visits please. You may send cards to: Glendale Adventist Medical Center 1509 Wilson Terrace Glendale, CA 91206 (Attn: Pastor Lorenzo Paytee, Room 1226).

**Keep these families in your prayers:**

- **Evelyn Vannix**, long-time church member, passed away this week. A **memorial service will be held this week** in the Church of the Recessional, Forest Lawn (Glendale), Wednesday, January 5 at 2 p.m.
- **Dr. A. Graham Maxwell**, long-time Seventh-day Adventist theologian and emeritus professor of New Testament studies at Loma Linda University, passed away on November 28. A **memorial service** is planned for him **next Sabbath, January 8** at 3 p.m. in the University Church Sanctuary.
- On December 14, former General Conference President, **Neal C. Wilson**, father of the current President, passed away. A memorial service date will be given when this has been decided. In lieu of flowers, memorial gifts may be sent to: Adventist Development and Relief Agency, Adventist Heritage Ministry, Adventist World Radio, or Christian Record Services for the Blind.

**For Rent.** Studio apartment in Glendale with separate entrance, floors, central

## Upcoming Sermons & Events

**January 8**

Smuts van Rooyen

**January 15**

Smuts van Rooyen

**January 22**

Smuts van Rooyen

**Sunset tonight – 4:48 p.m. Sunset next Friday – 4:58 p.m.**