

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Prelude, Fugue and Chaconne in C Major” *Dietrich Buxtehude*

Opening Hymn “Praise, My Soul, the King of Heaven” No. 4

Invocation Smuts van Rooyen

O Lord,
Length of days does not profit me
except the days are passed in your presence,
in your service, to your glory.
**I launch my ship on the unknown waters of this year,
with you, O Father, as my harbour,
you, O Son, at my helm,
you, O Holy Spirit, filling my sails.**

~Adapted from *The Valley of Vision*

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.

Anthem “With a Voice of Singing” *Martin Shaw*

Call to Offering Gille Nielsen

Offertory Clarissa Shan

Children’s Sermon Cherise Gardner

Anthem “Peace Like a River” *arr. Mack Wilberg*

Scripture **Ephesians 2:4-10** Ken Webber

Sermon “The Incomparable Riches of His Grace” Smuts van Rooyen

Closing Hymn “And Can It Be?” No. 198

Benediction Smuts van Rooyen

Musical Response

Postlude “Toccat, Opus 59” *Max Reger*

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	Chapel	Hope Nwachuku

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
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

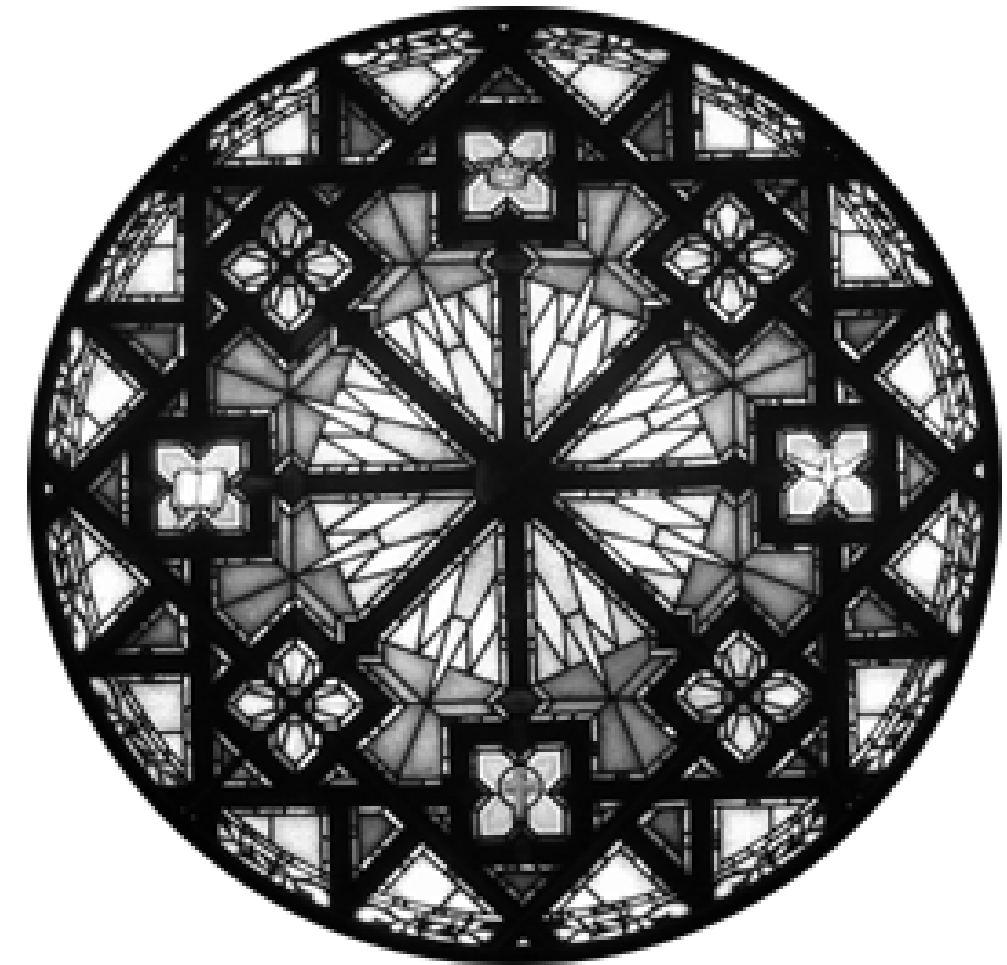
Head Elder	Don Greathouse (626-796-8579)
Head Deacon	John Nielsen (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Choir Director	Brenda Mohr (brendajmohr@gmail.com)
Children’s Choir Director	Lissie Quishenberry (lissie@crazyladymusic.com)
Organist	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 8, 2011

“Revealing Christ, affirming all.”

Scripture Response

Ephesians 2:4-10

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—
it is by grace you have been saved.

And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.



Glendale City Health Education: New Year’s Resolutions, Part 2 of 5

High-salt diets increase blood pressure and the risk for heart disease and stroke. Children are also at risk. Despite the efforts since the 1980s to decrease salt intake, a recent Harvard study* found that our daily average salt (sodium) intake is the same today as it was 50 years ago: 3,726 milligrams (mg). National guidelines call for no more than 2,300 mg (about 1 teaspoon) per day, whereas those at risk for high blood pressure, heart disease, and stroke are advised to consume no more than 1,500 mg per day. Is it time to make a New Year’s Resolution to lower your consumption of salt? Here are some tips.

Begin your resolution by becoming aware of the amount of sodium you consume. About 75-80% of our sodium intake comes from fast – and processed foods. Obtain copies of the nutritional analysis from restaurants you frequent (or online). A bean and cheese burrito from Baja Fresh contains 1,790 mg of sodium. Asparagus soup from California Pizza Kitchen has 1,862 mg of sodium/bowl and 929 mg/cup, while the Tuscan White Bean Minestrone has 672 mg of sodium per bowl and 383 mg per cup. Also, read food labels. Sodium content is usually listed in milligrams *per serving*, **not** container. Compare brands and be aware of the following terminology: **Sodium-free** (< 5 mg sodium per serving); **Very low-sodium** (35 mg or less per serving); **Low-sodium** (140 mg or less per serving); **Reduced sodium** (usual amount reduced by 25%); and **Unsalted, no salt added or without added salt** (made without salt, but contains sodium that is a natural part of the food).

Reduce salt in recipes by half and replace with herbs, spices, and seasonings such as, garlic, onions, mushrooms, and citrus juice. One exception: do **not** reduce salt when preserving your own food through canning. Eliminate salt in cooking water (salt slows boiling time, too). Use fresh or frozen vegetables rather than canned; e.g., replace canned tomatoes with freshly pureed tomatoes. Use Braggs Liquid Aminos or light soy sauce, which contains less sodium than regular soy sauce. Remember:

- ◆ 1/4 teaspoon salt = 600 mg sodium
- ◆ 1/2 teaspoon salt = 1,200 mg sodium
- ◆ 3/4 teaspoon salt = 1,800 mg sodium
- ◆ 1 teaspoon salt = 2,300 mg sodium
- ◆ 1 teaspoon baking soda = 1,000 mg sodium

The goal is not to eliminate salt. Sodium is necessary for our body to function properly. However, too much of a good thing can be detrimental. Involve your spouse and/or children in being food detectives and decreasing sodium intake to healthy levels. It takes time to adapt and enjoy the flavor of less salt on food. Once you do, you’ll be surprised at how salty the things you used to eat will taste. For more information, contact Kathy McFarland at 626-398-1445 or actionsforwellness@sbcglobal.net. Happy New Year!

**Bernstein AM, Willett WC. Trends in 24-h urinary sodium excretion in the United States, 1957–2003: a systematic review. American Journal of Clinical Nutrition 2010; 92:1172–80.*

January 22: Free blood pressure screening following potluck and prior to the Adventist Forum.



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 welcome our **guest choir director today, Don Thurber**, recently retired from being director of music at Loma Linda University Church. Dr. Thurber continues to teach in the music department at La Sierra University.

Save this Date: February 12, 2011! 105th Anniversary Glendale City Church Homecoming Sabbath Celebration. This event will bring home many of our former members and friends to a day of Spirit-filled fellowship. There will be a luncheon, followed by an afternoon of programs: Youth Drama and Children’s Choir; Rededication of the Chapel and Chapel organ; and the Second Saturday Series featuring the renowned Albert McNeil Jubilee Singers.

Second Saturday Series today at 4 p.m., Christoph Bull, organist in residence at Royce Hall, UCLA will be performing.

The L.A. Adventist Forum, January 22, Chapel, 3 p.m.: “Epistemology (Knowing) in the Adventist Church.”

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.

63rd 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.

Memorial services:

- **Dr. A. Graham Maxwell**, long-time Seventh-day Adventist theologian and emeritus professor of New Testament studies at Loma Linda University. **Memorial service this afternoon**, January 8 at 3 p.m. in the Loma Linda University Church Sanctuary.
- Former General Conference President, **Neal C. Wilson**, father of the current President. A memorial service will be held Wednesday, **January 19**, 2011 at 2 p.m. in the auditorium of the Adventist world headquarters building in Silver Spring, Maryland. 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.

Attention parents with kindergarten-age children: you are invited to **Kindergarten Visitation Day at Glendale Adventist Elementary, Friday, January 21 from 10 a.m.–12 noon.** Students and parents will meet in the kindergarten classes to experience the life of a kindergarten student.

Upcoming Sermons & Events

January 15		Smuts van Rooyen
January 22	Communion	Smuts van Rooyen
January 29		William Chunestudy Men’s Chorus

Sunset tonight – 4:58 p.m. Sunset next Friday – 5:04 p.m.