

## 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” *George F. Handel*  
*Sinfonia* from “Solomon”

**Opening Hymn** “O Worship the King” No. 83

**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.** ~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** “O Clap Your Hands” *R. Vaughan Williams*

**Call to Offering** Tom Chatt

**Offertory** Abdiel Gonzalez

**Anthem** “Let Nothing Ever Grieve Thee” *Johannes Brahms*  
*Let nothing ever grieve thee, distress thee, nor fret thee;*  
*Heed God's good will, my soul, be still, compose thee.*  
*Why brood all day in sorrow?*  
*Tomorrow will bring thee God's help benign, and grace sublime in mercy*  
*Be true in all endeavor and ever ply bravely;*  
*What God decrees brings joy and peace, He'll stay thee. Amen.*

**Scripture** **Psalm 8** Jonatan Cvetko, Tom Chatt

**Vocal Solo** “Come, Thou Fount” *Arr. Richard Walters*  
Jean-Sébastien Vallée

**Sermon** “What Gives Humans Worth?” Smuts van Rooyen

**Closing Hymn** “Redeemed!” No. 338

**Benediction** Smuts van Rooyen

**Musical Response**

**Postlude** Suite Gothique, Op. 25, “Toccata” *Léon Boëllmann*

## 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	Vincent Haynes

## 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

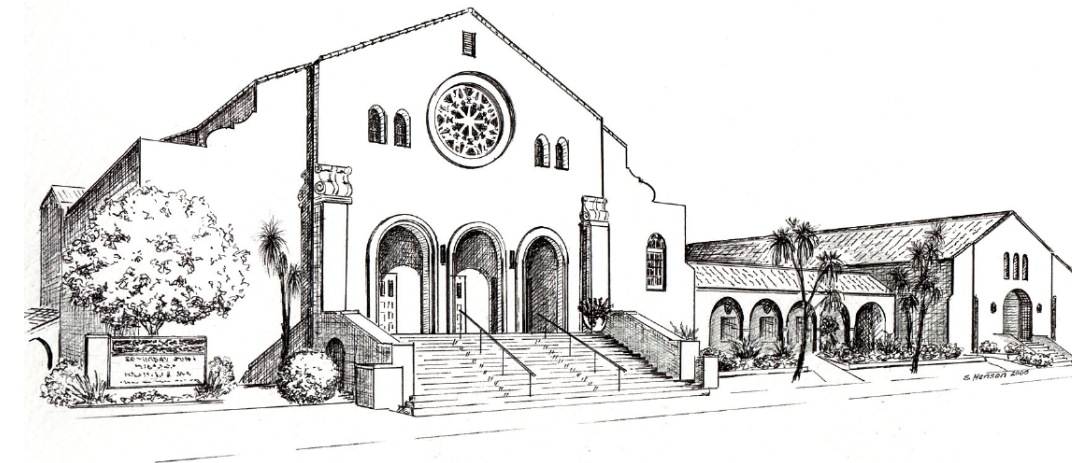
Head Elder	Don Greathouse (626-796-8579)
Head Deacon	John Nielsen (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Children's Choir Director	Lissie Quishenberry (lissie@crazyladymusic.com)
Organist	Kemp Smeal (714-658-4885)
Secretary	Victoria 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.  
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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



January 15, 2011

“Revealing Christ, affirming all.”

## Scripture Response

### Psalm 8

LORD, our Lord,  
how majestic is your name in all the earth!

**You have set your glory  
in the heavens.**

Through the praise of children and infants  
you have established a stronghold against your enemies,  
to silence the foe and the avenger.

**When I consider your heavens,  
the work of your fingers,  
the moon and the stars,  
which you have set in place,  
what is mankind that you are mindful of them,  
human beings that you care for them?**

You have made them a little lower than the angels  
and crowned them with glory and honor.  
You made them rulers over the works of your hands;  
you put everything under their feet:  
all flocks and herds,  
and the animals of the wild,  
the birds in the sky,  
and the fish in the sea,  
all that swim the paths of the seas.

**LORD, our Lord,  
how majestic is your name in all the earth!**



## Glendale City Health Education: New Year's Resolutions, Part 3 of 5

*A Spoonful of Sugar* makes the medicine go down. Based on the amount of added sugars Americans consume, we must take a lot of medicine. On average, American adults consume 22.2 teaspoons of added sugars daily (~88 grams, 355 calories). That's 75 pounds a year! Teenage boys consume the highest daily amount of sugar at a whopping 34.3 teaspoons (~172 grams, 457 calories)! But is sugar really all that harmful?

Added sugars are considered "empty calories" as they have no nutritional value, except to provide calories. Studies are inconclusive, but the intake of added sugars is linked with weight gain and obesity, an increased risk for Type 2 Diabetes, colorectal cancer, increased triglycerides, reduced HDL-cholesterol (the good kind), hypertension, and dental cavities. In one study, women consuming 1 or more sugar-sweetened soft drinks per day had nearly twice the risk for developing Type 2 Diabetes as those who consumed less than one beverage. Several studies have suggested that the high consumption of added sugars during childhood and/or adolescence may lead to heart disease later in life.

For years, the World Health Organization (WHO) has advocated a healthy diet and reducing sugar intake. Threatened, in 2003 the U.S. sugar lobby tried to persuade Congress to pull support from the WHO for its recommendation that only 10% of our calories come from added sugars. Last year, the American Heart Association stood up to the food industry and recommended limiting added sugars to 100 calories (25 grams, or 6 teaspoons) for a woman, and 150 calories (37 grams, or 9 teaspoons) per day for men.

What are added sugars? They are sugars and syrups added to foods during processing or preparation, and at the table. The number one source of added sugars is soft drinks and other sugar-sweetened beverages. One 12-ounce can of regular soda contains about 6-10 teaspoons of sugar. Sugars and candy provide 16% of total added sugars consumed.

Is it time to reduce your intake of added sugars this New Year? Here are a few tips:

- ◆ Remember that 1 teaspoon of sugar = 5 grams.
- ◆ Read labels. Added sugars are listed in grams per serving. Watch for: words ending in "-ose;" corn syrup, high-fructose corn syrup (HFCS; makers of HFCS want to improve its image by renaming it to "corn sugar"); honey; molasses; and sugar-words, such as beet sugar, cane sugar, invert sugar, malt sugar, raw sugar.
- ◆ Compare brands. Dr. Kellogg most likely would have been shocked to know that Muselix (2/3 cup) contains 17 grams of sugar. Quaker Natural Granola, Low fat has 18 grams of sugar, while Post Shredded Wheat Spoonsize Original has 0 grams.
- ◆ Reduce the sugar in recipes by 1/4 to 1/2; substitute unsweetened applesauce (equal amounts).
- ◆ For sweet cravings, go for a little protein in nuts and a date or other fruit.
- ◆ Makes sweets an occasional treat: once a week or on special occasions only.

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

**January 22:** Free **blood pressure screening** and **health coaching** from 1:30-3:00 p.m. (prior to the Adventist Forum).

**January 29, 9 a.m.:** Glendale City Church is movin' on! **Hiking at Brand Park** for the health of it! Be sure to join the fun. For questions, contact Kathy McFarland.

**February 19-21:** "Reverse Diabetes, Obesity and Heart Disease Naturally" seminar by health professionals will be held in the City of Industry, California. Contact 800-732-7587.

## City Church Announcements

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

Our **guest choir conductor** today is **Jean-Sébastien Vallée**. Dr. Vallée, a native of Québec, is an active conductor, clinician, and adjudicator, and serves currently as Professor of Choral Studies at the University of Redlands School of Music. He also conducts the Chapel Singers, the University Choir and the annual Feast of Lights concert, as well as being the Director of Music at the First Presbyterian Church of Redlands. We welcome Sébastien to our church today!

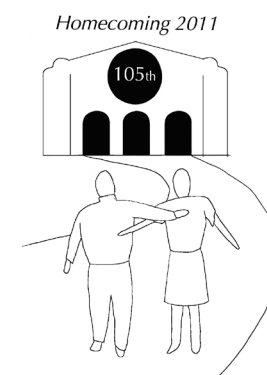
**The L.A. Adventist Forum next Sabbath, January 22, Chapel, 3 p.m.:** "Knowing the Adventist Truth in a New World," with speaker Gerhard van Wyk, Ph. D., Professor of Religion (retired), University of South Africa. All are welcome. Please note that there will not be a potluck meal this month, due to other upcoming activities during the next few weeks.

**Church Board** members, please note that we will meet on January 25 at 7:00 p.m. in the Multipurpose Room.

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.

Our organist **Kemp Smeal**, along with Jack Lantz, will present a multifaceted concert of exciting music for two pianos at **La Cañada Presbyterian Church on Sunday, January 23, 4 p.m.** Tickets available at the door or church office, 818-790-6708 or Lori MacDonald 626-794-1522.

### Save this Date: February 12, 2011! 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. After the church service 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. Refreshments will be served after the concert.

## Upcoming Sermons & Events

**Elder of the Day**

Don Greathouse

**January 22**

Communion

Smuts van Rooyen

**January 25**

Church Board, 6:30 p.m.

**January 29**

William Chunestudy Men's Chorus

**Sunset tonight – 5:04 p.m. Sunset next Friday – 5:11 p.m.**