

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Praise to the Lord, the Almighty” *Gottfried Walther*

Opening Hymn “When In Our Music God Is Glorified” No. 32

Opening Prayer & Welcome Smuts van Rooyen

♪ “The Gospel of Jesus in Song” ♪

WILLIAM CHUNESTUDY MEN’S CHORUS

⋮ *In Praise of God* ⋮

⋮ *The Incarnation* ⋮

⋮ *A Light to the World* ⋮

Call to Offering Dave Ferguson

⋮ *His Soon Return* ⋮

Benediction

Postlude “Toccatina in G Major” *Théodore Dubois*

*A freewill offering for the Wm. Chunestudy Men’s Chorus
will be collected 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	Fellowship Hall	Leif Lind
SS Quarterly	General	Chapel	Marquita Kibble

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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Glendale City Seventh-day Adventist Church



January 29, 2011

“Revealing Christ, affirming all.”

Opening Hymn: "When In Our Music God Is Glorified"

1. When in our music God is glorified,
And adoration leaves no room for pride,
It is as though the whole creation cried:
Alleluia!
2. How oft, in making music, we have found
A new dimension in the world of sound,
As worship moved us to a more profound
Alleluia!
3. And did not Jesus sing a psalm that night
When utmost evil strove against the light?
Then let us sing for whom He won the fight:
Alleluia!
4. Let every instrument be used for praise;
Let all rejoice who have a voice to raise;
And may God give us faith to sing always:
Alleluia!

Our Guest Musicians Today

We welcome our guest musicians today, the William Chunestudy Men's Chorus, a Christian gospel a cappella chorus, led by William Chunestudy.

The Men's Chorus, which began in the fall of 2006, consists of singers from all walks of life who live in the Inland Empire area of Southern California. The ensemble performs at church, civic, and educational venues.

On December 1 the Men's Chorus released its first album, *We Have This Hope*, an album of a cappella spirituals recorded as a tribute to the music of Wayne Hooper. Those wishing to obtain CDs may find these in the church narthex after the service today.

For more information, visit their Facebook page at <http://www.facebook.com/pages/William-Chunestudy-Mens-Chorus/165112786838011>.

THE WILLIAM CHUNESTUDY MEN'S CHORUS

William Chunestudy, *director*
Carol Jean Dick, *accompanist*
Jillianne Wagner, *soprano soloist*
Dan Murrell, *French Horn, soloist*

Home location: Azure Hills Church, Grand Terrace, CA

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

Atop a kitchen countertop Bob the Tomato, Larry the Cucumber, Junior Asparagus, and a host of other produce delight children and adults alike. *Veggie Tales*, an animated film series created by Phil Vischer and Mike Nawrocki to convey moral themes, debuted in 1993. Phil's first animation model was a humanlike candy bar until his wife responded, "Parents are going to be mad if you make their children fall in love with candy bars." Vischer took his wife's advice and created rivals to even Cookie Monster. However, the impact of *Veggie Tales* on America's consumption of fruits and veggies is unknown.

According to the USDA and Centers for Disease Control, 80% of children and 70% of U.S. adults don't consume the minimum recommended daily servings of fruits and vegetables. This is not insignificant! The World Health Organization estimates that up to 2.7 million lives might be saved each year if fruit and vegetable consumption were sufficiently increased. A large study that followed more than 313,000 adults for over 8 years found that consuming at least 8 servings of fruits and vegetables a day had a 22% lower risk of fatal ischemic heart disease compared with those consuming fewer than 3 portions a day. **Each serving** of fruits/vegetables was associated with a 4% lower risk of heart disease. Additional benefits include lower blood pressure; weight management; a lower risk for Type 2 diabetes, and eye and gastrointestinal diseases; decreased inflammation; and a reduced risk for oral, lung, pancreatic, and colon/rectal cancers.

What is the recommended number of servings of fruits and vegetables? The USDA recommends 5–9 servings (2 1/2–4 1/2 cups) a day, depending upon caloric intake. Harvard School of Public Health recommends 9 servings a day. Loma Linda's Vegetarian Food Pyramid recommends 9–13 servings (4 1/2–6 1/2 cups) a day. Sounds like too much, but vegetables have an average of only 25 calories and fruits have 60 calories per serving. A serving of vegetable is considered 1/2 cup cooked and 1 cup raw. A serving of fruit is considered 1/2 cup (1 cup of berries; 1 tbsp dried fruit), or 1 medium piece. The number one source of fruit in the American diet is orange juice and the top vegetable is the potato – French fries! Eat from a rainbow of colors: red, orange, green (include leafy), blue, and purple. White vegetables like cauliflower and onion are good choices also. These are rich in powerful anti-oxidants, as well as vitamins and minerals.

Get creative to increase your daily intake of fruits and vegetables. Add them to muffin, waffle, and pancake batters. Top toast, waffles, and pancakes with thickened fruit instead of syrup. Even smoothies can be made with cooked carrots. Pureed veggies can be added to soups, spaghetti sauce, and mac'n "cheese" (carrots). Add different veggies to sandwiches. Freeze grapes, Bing cherries, and blueberries for a satisfying snack instead of candy. Keep cleaned fresh veggies in an airtight container in the refrigerator and cooler at work. If you've procrastinated, waiting for the perfect New Year's Resolution, wait no more! Commit to eating 5-9 servings of fruits/veggies each day.

Tomorrow, January 30, 9 a.m.: Hiking at Brand Park. Take Glenoaks to Grandview. Turn right on Grandview, which dead ends at Brand Park. Go through archway (named "Miradero") until you come to parking on the left. Meet at the bottom of the steps of the Brand Library. Come join the fun for the health of it! Questions? Contact Kathy McFarland at 626-398-1445 (office), 626-419-5993 (cell), or actionsforwellness@sbcglobal.net

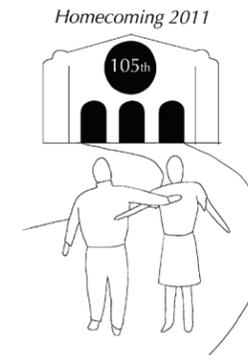
February 19-21: "Reverse Diabetes, Obesity and Heart Disease Naturally" seminar by health professionals will be held in the City of Industry, California. Contact 800-732-7587.

March 5, 6:30 p.m.: Caldwell B. Esselstyn, Jr., M.D., noted author of *Prevent and Reverse Heart Disease* will speak at the White Memorial Adventist Church. Free parking. For information, call: 818-546-8461; 626-780-2894.

City Church Announcements

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

Save this Date:
February 12, 2011 — two weeks away!
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 catered 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.

New website address for church! Are you among those who have tried to access glendalecitysda.com this past week and found that it was replaced by a generic placeholder page from Bluehost.com? That's because the Glendale City Church website has, since January 1, been located at glendalecitysda.org. However, glendalecitysda.com is now a "parked" domain which eventually will re-direct to glendalecitysda.org. Until it does, please re-bookmark your favorite pages on the Glendale City Church website.

Are you a member of **Friends of Glendale City (SDA) Church on Facebook**? If not, why not? It's easy to become a member; and, as a member, you will receive news about upcoming events, plus you can add your comments to the Wall.

SDA member looking for a **5-day a week live-in caregiver** in Canoga Park for elderly father. No personal care is required; duties would include preparing meals, light clean up, monitoring pills. Call Carol Riggins 818-207-9017.

Upcoming Sermons & Events

Elder of the Day

Anoosh Keshshishzade

February 5

Smuts van Rooyen

February 12

Homecoming Sabbath

February 19

Smuts van Rooyen

Sunset tonight – 5:20 p.m. Sunset next Friday – 5:25 p.m.