

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

<b>Prelude</b>	“Fanfare”	<i>John Cook</i>
<b>Opening Hymn</b>	“Be Thou My Vision”	No. 547
<b>Call to Worship</b>	Smuts van Rooyen	
	Hear the promises of God God is near to all who call, who call from their hearts. The desires of those who fear God are fulfilled; their cries are heard; they are saved. <b>Fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious hand.</b>	
<b>Greetings &amp; Prayers of the Congregation</b>	Leif Lind	
	<i>(please remain standing for prayer)</i>	
<b>Prayer Response</b>	(No. 684)	
	Hear our prayer, O Lord, hear our prayer, O Lord, Incline Thine ear to us, and grant us Thy peace.	
<b>Anthem</b>	“Immortal, Invisible, God Only Wise”	<i>Eric H. Thiman</i>
<b>Call to Offering</b>	Warren Dale	
<b>Offertory</b>	“I Know My Redeemer Liveth”	<i>J. S. Bach</i>
	Daniel Chaney, <i>solo</i>	
<b>Children’s Sermon</b>	Cherise Gardner	
<b>Anthem</b>	“Simple Gifts”	<i>arr. Marie Pooler</i>
	<i>American Shaker Song</i>	
<b>Scripture</b>	<b>Galatians 5:1, 4-6, 18, 22</b> Larry & Kathy McFarland	
<b>Sermon</b>	“The Magnificence and Limits of the Law”	Smuts van Rooyen
<b>Closing Hymn</b>	“My Jesus I Love Thee”	No. 321
<b>Benediction</b>	Smuts van Rooyen	
<b>Musical Response</b>		
<b>Postlude</b>	“Symphony V–Toccatà”	<i>Charles Widor</i>

## Sabbath School Options

<u>Class</u>	<u>Age</u>	<u>Location</u>	<u>Symbols/Leaders</u>
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	Rosalyn Wortham

## Worship Options

<u>Option</u>	<u>Location</u>	<u>Sequence</u>
Sanctuary Service	Main Sanctuary	Every Sabbath
Romanian Service	Chapel	1st and 3rd Sabbaths
Armenian Service	Chapel	2nd and 4th Sabbaths

## Activities

<u>Event</u>	<u>Location</u>	<u>Sequence</u>
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 Sarra an, Armenian Senior Pastor (909-796-9536)  
Vartkes Azadian, Armenian Associate Pastor (626-335-6507)  
Dorin Lataeanu, Romanian Senior Pastor (909-528-2545)

### Officers

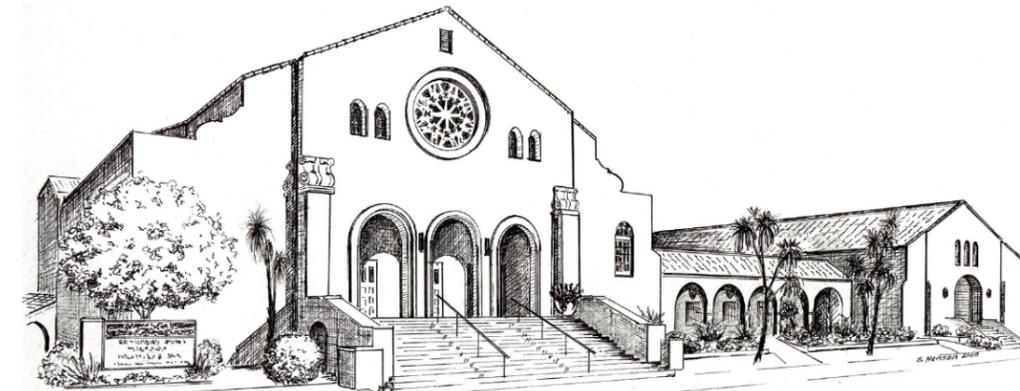
Head Elder	Don Greathouse (626-796-8579)
Head Deacon	John Nielsen (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Sanctuary Choir Director	Jean-Sébastien Vallée (831-420-7584)
Children’s Choir Director	Lissie Quishenberry (lissie@crazyladymusic.com)
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  
Email: [secretary@glendalecitysda.org](mailto:secretary@glendalecitysda.org) • Website: [www.glendalecitysda.org](http://www.glendalecitysda.org)

# Glendale City Seventh-day Adventist Church



February 5, 2011

“Revealing Christ, affirming all.”

## Responsive Reading

### Galatians 5:1, 4-6, 18, 22

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

**You who are trying to be justified by the law have been alienated from Christ; you have fallen away from grace.**

**For through the Spirit we eagerly await by faith the righteousness for which we hope.**

For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love.

But if you are led by the Spirit, you are not under the law.

**But the fruit of the Spirit is**

**love,  
joy,  
peace,  
forbearance,  
kindness,  
goodness,  
faithfulness,  
gentleness,  
and self-control.**



## Closing Hymn No. 321: "My Jesus, I Love Thee"

1. My Jesus, I love Thee, I know Thou art mine;  
For Thee all the follies of sin I resign;  
My gracious Redeemer, my Savior art Thou;  
If ever I loved Thee, my Jesus, 'tis now.

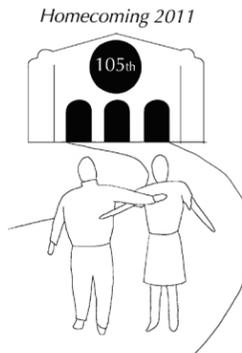
2. I love Thee because Thou has first loved me,  
And purchased my pardon on Calvary's tree;  
I love Thee for wearing the thorns on Thy brow;  
If ever I loved Thee, my Jesus, 'tis now.

3. I'll love Thee in life, I will love Thee 'til death,  
And praise Thee as long as Thou lendest me breath;  
And say when the death dew lies cold on my brow,  
If ever I loved Thee, my Jesus, 'tis now.

4. In mansions of glory and endless delight,  
I'll ever adore Thee in heaven so bright;  
I'll sing with the glittering crown on my brow,  
If ever I loved Thee, my Jesus, 'tis now.

## Homecoming Sabbath: February 12, 2011

**Save this Date:  
February 12, 2011 — one week 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.

## City Church Announcements

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

We warmly welcome our **new choir director** today, **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 Redlands Choral Artists (which he founded), 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. Our appreciation goes to the 9-member search committee for their efficient and thorough work in selecting Sébastien to be our new choral director!

**Conference Delegates' Meeting After Worship Service Today!** Chosen delegates please see Meredith Jobe after service today for a meeting in the Conference Room.

**Flower Calendar.** Do you have a special event that you would like to commemorate? Please do so by helping to sponsor the pulpit flowers! You can sign up on the calendar chart in the Narthex, printing your name and event clearly so we can use that information in the bulletin describing the occasion to remember.

**Potluck.** There is no potluck for February. Please take advantage of the Homecoming Luncheon on February 12 for an extra special fellowship. March 26 will be the next regular potluck meal.

**The Glendale Academy Band, Chorale and Jazz Band** proudly present, "Songs of the Brave (A Musical Tribute to Heroes)" February 26, 7 p.m. at the Hall of Liberty, Hollywood Hills Forest Lawn, 6300 Forest Lawn Drive. Do not miss this outstanding event! \$15 adults, \$10 children (K-12). Proceeds benefit GAA Music Department. For more information 818-244-8671 or gaaband@gmail.com.

**New website address for church.** Are you among those who have tried to access glendalecitysda.com recently 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**  
February 12  
February 19

Barbara Jones  
**Homecoming Sabbath**  
Smuts van Rooyen

**Sunset tonight – 5:25 p.m. Sunset next Friday – 5:32 p.m.**

**Glendale City Health Education:  
National Heart Month: Hypertension, Part 1**

About 1 in 3 Americans have high blood pressure, and because it is not usually associated with symptoms, many don't know they have it. Blood pressure (BP) is a measurement of the force exerted on the walls of arteries as the heart pumps blood throughout the body. Several factors determine blood pressure: the force and amount of blood pumped (blood volume), and the size and flexibility of arteries. It is somewhat likened to connecting a hose to a faucet and turning on the water. The greater the volume of water forced through the hose, the higher the pressure. The narrower and/or stiffer (inflexible) the hose, the higher the pressure will be.

We often hear that a normal BP is 120/80 mmHg. What do those numbers mean? The top systolic number (in our example, 120 mmHg) is the amount of pressure exerted when the heart contracts (like making a closed fist). The bottom, diastolic number (in our example, 80 mmHg) is the amount of pressure against the walls of the arteries when the heart is at rest (like opening the closed fist).

Neither a single measurement with a high reading nor with a normal reading is diagnostic. Repeated measurements are important; keep a record of your BP readings. This is helpful information for yourself and your physician. Here are some important numbers to remember:

**Classification of Blood Pressure for Adults**

Category	Systolic, mmHg	Diastolic, mmHg
Normal	< 120	< 80
Prehypertension	120-139	<i>or</i> 80-89
Stage 1 Hypertention	140-159	<i>or</i> 90-99
Stage 2 Hypertention	160-179	<i>or</i> 100-109
Hypertensive Crisis	180	<i>or</i> ≥ 110

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## Glendale City Health Education Events

**February 12–Wear red to bring awareness to heart disease!**

**Glendale Movin' On Hike.** Despite overcast skies, the rain held off until the end of a beautiful hike! To hear more, ask "one of the twelve": Daisy Bolduc, Dr. Harold Fanselau, Patty Felix, Judy McClure, Dee Dee Mumford, Larry McFarland, Eleanor Posner, Sergio Orioli, Cindy Andrade, Bosen Tsegga, Corneliu Munteanu, or 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. For more information, call: 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.

*Produced by:*

Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee*

Dr. Kathy McFarland, Health Education Coordinator  
(626) 398-1445, actionsforwellness@sbcglobal.net

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