

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

**Prelude** “Symphony III–Cantilène” *Louis Vierne*

**Opening Hymn** “Guide Me, O Thou Great Jehovah” No. 538

**Invocation** Smuts van Rooyen

We have gathered to worship  
to listen  
to covenant  
to praise your name  
to remember our heritage  
to celebrate our destiny.

**Oh God, we joyfully receive your grace.**

**Greetings & Prayers of the Congregation** Jeevan Johnson

(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** “Cantique de Jean Racine” *Gabriel Fauré*

**Call to Offering** Frances Randall

**Offertory** “Amazing Grace” *Spiritual*  
Jennifer Appleberry, *solo*

**Children’s Sermon** Cherise Gardner

**Anthem** “Ride On King Jesus” *Spiritual*  
*arr. Moses Hogan*

**Scripture** **2 Timothy 1:1-8, NKJV** Colleen Ford,  
Barbara Jones

**Sermon** “Courage in the Day of Crisis” Smuts van Rooyen

**Closing Hymn** “My Faith Looks Up to Thee” No. 517

**Benediction** Smuts van Rooyen

**Musical Response**

**Postlude** “Symphony III–Final” *Louis Vierne*

## 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	Sanctuary	Allen McDonald

## 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 Director Malisa Smith (818-241-9353 school)  
Pathfinder Director Warren Dale (818-384-2820)  
Facilities Administrator Wayne Libby (818-522-4297)

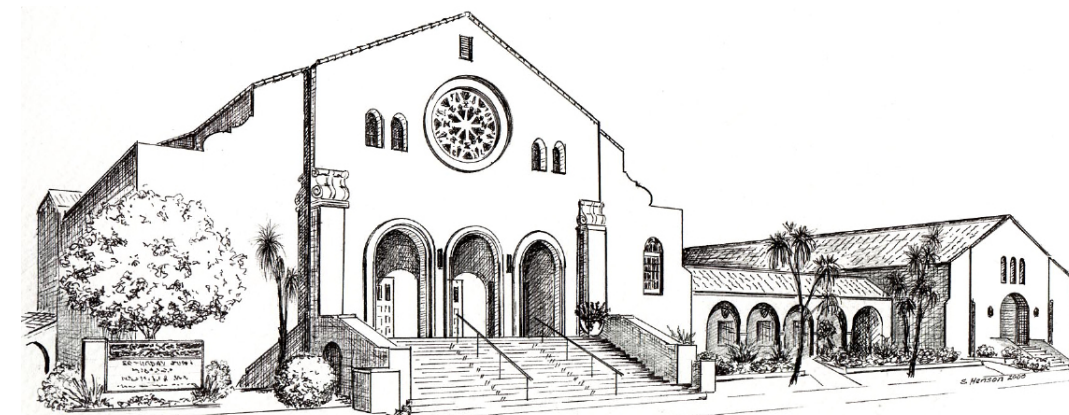
### Church Office Hours

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.org • Website: www.glendalecitysda.org

# Glendale City Seventh-day Adventist Church



February 19, 2011

“Revealing Christ, affirming all.”

## Responsive Reading

### 2 Timothy 1:1-8 (NKJV)

• Paul, an apostle of Jesus Christ by the will of God, according to the promise of life which is in Christ Jesus,

• To Timothy, a beloved son:

**Grace, mercy, and peace from God the Father and Christ Jesus our Lord.**

○

I thank God, whom I serve with a pure conscience, as my forefathers did, as without ceasing I remember you in my prayers night and day, greatly desiring to see you, being mindful of your tears, that I may be filled with joy, when I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also.

Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands.

**For God has not given us a spirit of fear,  
but of power and of love and of a sound mind.**

Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God.

○

## Homecoming 2011 Gratitude

We would like to offer a special thanks to our corps of Homecoming Workers and Committee Members for helping to make this past Sabbath a successful and blessed weekend:

Luis & Melky Alvarez  
Anita Victoria Black  
Gregory Cochuban  
Harold Fanselau  
Sue Henson  
Kevin Jobe  
Charome Kaocharoen  
Neilsie Lim  
Judy McClure  
Trenton McRae  
Robert Ohanian  
Evelyn Poblador  
Arlene van Rooyen  
Cherylyn Watson  
Elizabeth Wenz  
Rosalyn, Richard and Danielle Wortham

### Committee Members

Marin Burney  
Dave Ferguson  
Cherise Gardner  
Don Greathouse  
Wanda Koffman  
Eleanor Posner  
Kay Silvestri  
Beverly Tarr

## English Text for First Anthem: "Cantique de Jean Racine"

Oh Redeemer divine, our sole hope of salvation,  
Eternal light of the earth and the sky,  
We kneel in adoration.

Oh Savior, turn on us Thy loving eye.

Send down on us the fire of Thy grace all consuming,  
Whose wondrous might dispersed the powers of hell,  
And rouse our slumbering souls with Thine illumining radiance,  
That they may waken Thy mercy to tell.

Oh Christ, bestow Thy blessing on us, we implore Thee,  
Who here are gathered on penitent knee.  
Accept the hymns we chant to Thine eternal glory,  
And these Thy gifts we return unto Thee.

## City Church Announcements

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

**Today's Flowers** are given in honor of the birth of son Ethan to Kimberlee & Edward Harvey on February 5, 11:05 p.m. Proud grandparents are Marquita & Herman Kibble and Barbara & Everett McClellan of Grand Terrace.

**Potluck.** There is no potluck for February. March 26 will be the next regular potluck meal.

**L.A. Adventist Forum, February 26, 3 p.m. Chapel.** Speaker Richard Rice, Ph. D., Professor of Religion in the School of Religion, Loma Linda University will present "Forgiveness: The Final Form of Love." All welcome.

**e 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.

Next **Church Board meeting** on Tuesday, **March 1** at 7 p.m.

**New website address for** Glendale City Church is **glendalecitysda.org**. Please re-bookmark City Church accordingly.

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 comments to the Wall.

**A+ Adventist Children's Center** is seeking a part-time, full-charge accountant with flexible hours. For more information call 818-241-9353 or 818-244-7241.

**California Adventist Federal Credit Union's** annual meeting will be held on February 24, 7 p.m. at Vallejo Drive's Fellowship Hall. All CAFCU members are invited to attend.

**Kingsway College** (Oshawa Missionary College) California Chapter Meeting will be held at the Alto Camino Mobile Home clubhouse March 5, 1 p.m. For information call 909-796-3178.

SDA member looking for a **5-day-weekday live-in caregiver** in Canoga Park for elderly father in exchange for room and board. No personal care is required; father spends 10-4 p.m. at senior center; duties would include preparing meals, light clean up, monitoring pills. Ideal for student. Call Carol Riggins 818-207-9017.

**Lost** (reading glasses) ... **and found** (another pair of reading glasses)! If this involves you, please see the Church Office for more information.

## Upcoming Sermons & Events

**Elder of the Day**

Judson Ravi

**February 19**

Smuts van Rooyen

**February 26**

Cherise Gardner

**March 5**

Smuts van Rooyen

**March 12**

Smuts van Rooyen

**Sunset tonight – 5:41 p.m. Sunset next Friday – 5:47 p.m.**



## Glendale City Health Education: *National Heart Month: Hypertension, Part 3*

Is it normal for blood pressure to increase as we age? If “normal” means that it’s common for blood pressure to increase as we age, the answer is *yes*. If “normal” means, “to be expected,” the answer is *no*. You can prevent high blood pressure by adopting a healthy lifestyle.

**1. Eat a healthy diet.** The National Heart, Lung, and Blood Institute (NHLBI), American Heart Association (AHA), and 2010 Dietary Guidelines all recommend the *Dietary Approaches to Stop Hypertension – DASH* eating plan. In addition to lowering blood pressure (especially in African-Americans), research has found that this plan reduces bad cholesterol 8%, and the risk of heart attack by 18%. This plan emphasizes a daily intake of 6-12 servings of grains, with emphasis on whole grains; 4-5 servings *each* of fruits and vegetables; 2-4 servings of low fat or non-fat dairy foods; 2 or less servings of lean meats, fish, poultry; 2-3 servings of fats and oils (1 tsp oil is a serving); and very limited sweets. In addition, eat nuts, seeds, and legumes 4-5 times a week. Nutrient goals of this plan include 30 grams of fiber (the Full-Plate Diet recommends 35-40 grams).

**2. Reduce dietary sodium.** Reducing sodium intake can decrease systolic blood pressure by 6.7 mmHG and diastolic by 3.5 mmHg. Reducing dietary sodium to less than 1,600 mg sodium *in addition* to eating a DASH diet plan reduced systolic blood pressure 8.9 mmHg and diastolic blood pressure 4.5 mmHg! It has effects similar to single drug therapy for hypertension.

**3. Maintain a healthy weight.** According to the *American Journal of Clinical Nutrition*, weight or body mass index is the strongest predictor of blood pressure. Weight gain over just 1-2 months is associated with predictable rises in blood pressure. On the other hand, in borderline hypertension, a weight loss of 8.8-11 pounds can normalize blood pressure. Benefits can be noted within the first 2-3 weeks of weight loss.

**4. Be physically active.** Several large studies have shown that exercise prevents hypertension. In contrast, sedentary and un t normotensive people have a 20-50% increased risk for developing hypertension compared with more active, t people. Exercise has been shown to lower blood pressure 8 mmHg (diastolic) in those with hypertension! Get at least 30 minutes a day, 5 days a week, of moderate intensity aerobic exercise. If walking, you should be able to talk without being out of breath, but not sing.

**5. Drink no alcohol or limit alcohol intake.** Drinking too much alcohol can raise blood pressure. e American Heart Association recommends that if someone drinks, limit alcohol consumption to no more than two drinks per day for men and one drink per day for women.

Adopting a healthy lifestyle can prevent hypertension, and also needs to be part of the treatment plan for those with HBP. e connection between blood pressure and stress, smoking, second-hand smoke, and sleep apnea is present, but research has not proven a causal relationship. Nevertheless, the temporary increase in blood pressure with each of these factors warrants taking steps to manage stress, avoid smoking and second-hand smoke, and seeking medical treatment for sleep apnea.

Steven T. Chen, Nisa M. Maruthur, and Lawrence J. Appel. *The Effect of Dietary Patterns on Estimated Coronary Heart Disease Risk: Results From the Dietary Approaches to Stop Hypertension (DASH) Trial*. *Circulation: Cardiovascular Quality and Outcomes*, 2010.

*DASH Diet Plan*: [http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

Sacks FM, Svetkey LP, Vollmer WM, et al. *Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet*. DASH-Sodium Collaborative Research Group. *N Engl J Med*. 2001;344:3-10.

David A McCarron and Molly E Reusser. *Body weight and blood pressure regulation*. *Am J Clin Nutr* 1996;63 (suppl): 423S-5S. <http://www.ajcn.org/content/63/3/423S.full.pdf>

Blair SN, Goodyear NN, Gibbons LW, et al. *Physical Fitness and Incidence of Hypertension in Healthy Normotensive Men and Women*. *JAMA* 252:4870490, 1984.

Paffenbarger RS, Jung DL, Leung RW, Hyde RT. *Physical Activity and Hypertension: An Epidemiological View*. *Ann Med* 23:3190327, 1991.

[www.americanheart.org](http://www.americanheart.org). Alcohol and blood pressure.

## Glendale City Health Education Events

**March 1, 7:00 p.m.** Want to reduce your risk for heart disease? Attend the free one-hour information session regarding the Coronary Heart Improvement Project at the Alhambra SDA church. For more information call 818-949-8357 or write AlhambraCHIP@gmail.com

**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.

**April 23 at 1:40** Dr. Samudrala presents the latest on back care (following potluck and prior to the Adventist Forum)

*Produced by:*

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

Contact: Dr. Kathy McFarland

(626) 398-1445, [actionsforwellness@sbcglobal.net](mailto:actionsforwellness@sbcglobal.net)

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610 E. California Avenue, Glendale, CA 91206-3799

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