

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

**Prelude** *Gabriel's Oboe* from "The Mission" *Ennio Morricone*

**Opening Hymn** "I Sing the Mighty Power of God" No. 88

**Invocation** Cherise Gardner

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** 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** "Steal Away", Spiritual *arr. Michael Tippett*

**Call to Offering** Larry McFarland

**Offertory** "Wayfaring Stranger" *arr. Richard Walters*  
Abdiel Gonzalez, *solo*

### Children's Sermon

**Anthem** "Choose Something Like a Star" *Randall Thompson*  
(Text: *Robert Frost*)

**Scripture** **Joshua 3:1-3, 17** Didi & Malcolm Mumford

**Sermon** "Stepping Out in Faith" Cherise Gardner

**Closing Hymn** "He Leadeth Me" No. 537

**Benediction** Cherise Gardner

### Musical Response

**Postlude** "Suite on the First Tone—Grand Jeu" *Pierre Dumage*

## 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	Sanctuary	Michael Bandy

## 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 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

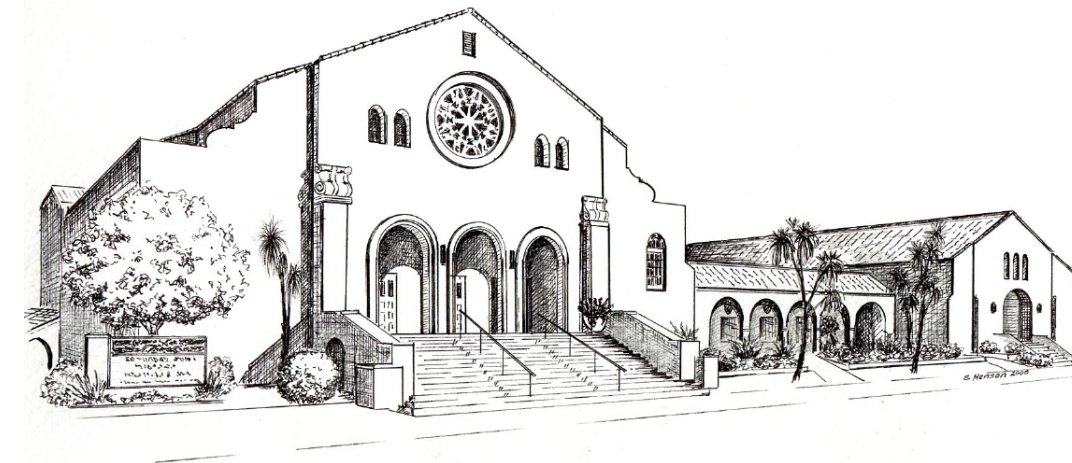
Head Elder	Don Greathouse (626-796-8579)
Head Deacon	John Nielsen (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Sanctuary Choir Director	Jean-Sébastien Vallée (831-420-7584)
Children's Choir Director	Lissie Quishenberry (lissie@crazyladymusic.com)
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  
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# Glendale City Seventh-day Adventist Church



February 26, 2011

*"Revealing Christ, affirming all."*

## Responsive Reading

### Joshua 3:1-3, 17

Early in the morning Joshua and all the Israelites set out from Shittim and went to the Jordan, where they camped before crossing over.

After three days the officers went throughout the camp, giving orders to the people:

“When you see the ark of the covenant of the Lord your God, and the Levitical priests carrying it, you are to move out from your positions and follow it.

**The priests who carried the ark of the covenant of the Lord stopped in the middle of the Jordan and stood on dry ground, while all Israel passed by until the whole nation had completed the crossing on dry ground.**



## Closing Hymn No. 537: “He Leadeth Me”

1. He leadeth me! O blessed thought!  
O words with heavenly comfort fraught!  
Whate'er I do, where'er I be,  
Still 'tis God's hand that leadeth me.

### Refrain:

He leadeth me, He leadeth me,  
By His own hand He leadeth me;  
His faithful follower I would be,  
For by His hand He leadeth me.

2. Sometimes 'mid scenes of deepest gloom,  
Sometimes where Eden's bowers bloom,  
By waters still, o'er troubled sea —  
Still 'tis His hand that leadeth me!

3. Lord, I would clasp my hand in Thine  
Nor ever murmur nor repine;  
Content, whatever lot I see,  
Since 'tis my God that leadeth me.

4. And when my task on earth is done,  
When by Thy grace, the victory's won,  
E'en death's cold wave I will not flee,  
Since God through Jordan leadeth me.

## Fellowship Potlucks

Although there is *no* potluck for the month of February, our once-a-month Fellowship Potlucks are a wonderful opportunity for creating community! Enjoy visiting with new and old members of our Church and getting acquainted with visitors, all while savoring good food. It is also a great day to invite your friends to Church. So please, mark your calendar and plan on joining us in creating and enriching our community!

Potluck Sabbath is the fourth Sabbath of the month, unless otherwise announced in the bulletin. See you there!

### Upcoming Potlucks

March 26 @ 12:30 p.m.

April 23 @ 12:30 p.m.

May 28 @ 12:30 p.m.

*Members*—we encourage you to bring a main dish and the Church supplies the rest.

## La Sierra Concerts in March

**La Sierra's Hole Memorial Auditorium Concerts for March.** All tickets are \$10 general admission; \$5 seniors; \$20 family; free 12 and under. For more information for any of the following, call 951-785-2036:

◆ Scott Yoo, international conductor, violinist, and founder of the Metamorphosen Chamber Orchestra to perform. March 5, 7 p.m.

◆ Harpist Celia Chan-Valerio, adjunct music faculty recital, March 13, 7 p.m.

◆ Enjoy a night of fun music with LSU Big Band, March 19, 7 p.m.

## Upcoming Sermons & Events

**Elder of the Day**

**March 5**

**March 12**

**March 19**

**March 26**

Wanda Koffman

Smuts van Rooyen

Smuts van Rooyen

Smuts van Rooyen

Charles Scriven

*Sunset tonight – 5:44 p.m. Sunset next Friday – 5:50 p.m.*

## City Church Announcements

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

Our **condolences to Sandra Peterson** on the passing of her mother this week.

**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.

**L.A. Adventist Forum, today, 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.

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

**Apply for Scholarship Aid.** Funds for help with school (grades 9-12 and University) are currently available from The Pacific Union Conference Endowment Scholarship and the Baybarz Scholarship. To request an application form call 818-546-8451. Return the form to the Office of Education at our Conference office, latest by April 21, 2011.

**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.

**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.

**Dr. Jack Miles, Pulitzer Prize-winning author to lecture on his book “God: A Biography,”** March 5, 4 p.m. at La Sierra University Church. For more information call 951-785-2041.

**e Fourth Annual Festival of One Acts, presented by LSUDrama,** features an evening of one-act plays written, directed, and acted by La Sierra students, dealing with awkward family relations, a childhood tease, competing detectives, and other intriguing matters. Show times are 8 p.m., Matheson Hall, March 2, 3, 5 & 6. Tickets \$10. For more information contact [mloveless@lasierra.edu](mailto:mloveless@lasierra.edu).

Currently **unemployed?** Looking to make a **career change?** You might qualify for a program especially designed for professionals in transition, by becoming an **LA Fellow.** This program is for motivated professionals with solid work experience, looking for their next career opportunity. You will receive professional training, experience invaluable for networking and showcasing your abilities. One of the unique parts of the program is the opportunity to volunteer at a local non-profit as part of the program. The program is free to qualifying professionals. For more information: [www.lafellows.org](http://www.lafellows.org) or Dave Ferguson ([djhome2@aol.com](mailto:djhome2@aol.com)). Next orientation dates: **March 1, 3.**

## Glendale City Health Education: *National Heart Month: Hypertension, Part 4*

*White coat syndrome*, also known as *white coat hypertension*, is high blood pressure (HBP) that occurs in a doctor's office but not at other times. One in six adults experience white coat hypertension (HPTN). *Masked hypertension* or *reverse white coat hypertension* is a phenomenon that occurs when blood pressure (BP) readings are normal in the medical setting but sporadically high in everyday life. Both phenomena were once thought to be benign.

However, results from a 10-year study of 1,412 adults aged 25 to 74 found that 42.6% of those with white coat hypertension and 47.1% of those with masked hypertension developed sustained hypertension compared to only 18.2% of adults with a normal BP at the beginning of the study. The risk of developing sustained HPTN was 2.5 times higher in those with white-coat HPTN and 1.78 times higher in those with masked HPTN. Since high BP is a risk factor for heart attack and stroke, it is important that those with *any form* of hypertension monitor their blood pressure at home.

Although home monitoring of the BP is simple and easy, there are guidelines to help ensure accurate readings.

- ◆ If using an automated (electronic) device use an arm-cuff device that has been validated (cuff and wrist cuff devices are not recommended). A list of validated upper arm BP devices can be found at [www.dableducational.org](http://www.dableducational.org).
- ◆ Cuffs come in different sizes. Measure the midpoint of the bicep muscle in inches or centimeters and use a cuff size that corresponds to the size of your bicep.
- ◆ Periodically take the BP monitor to your doctor's office to check the calibration.
- ◆ Inspect the cuff to ensure the tubing is intact and without holes or cracks.
- ◆ Measure BP as frequently as your doctor recommends: once or twice daily, or 3-5 times a week. Keep the time of day consistent. Measure morning BP upon awakening, after urination (BP is lower afterwards), and before breakfast (BP generally increases during a meal and decreases after a meal). Evening BP may be taken before bedtime.
- ◆ Rest 5 minutes before taking your BP. Sit with your back supported, arm resting on table at heart level, legs uncrossed, and no talking.
- ◆ Measure BP before taking BP medications. Avoid caffeine, tobacco, and medications that raise BP, e.g. decongestants, for at least 30 minutes before testing.
- ◆ Consistently use the same arm. Generally, the non-dominant arm is used. However, when there is a 10 mmHg systolic difference and a 5 mmHg diastolic BP difference between arms, use the arm with the higher BP.
- ◆ Keep a record of your BP readings and show your physician.

A one-time elevated BP reading does not mean a diagnosis of hypertension, but needs to be monitored. It is prudent for each person to keep a record of his/her BP. For more information or to share a success story, contact Dr. Kathy McFarland.

Mancia Giuseppe, et. al. Long-Term Risk of Sustained Hypertension in White-Coat or Masked Hypertension. *Hypertension* 2009; 54:226-232. Published online before print June 29, 2009.

[Nhlbi.nih.gov/guidelines/hypertension/express.pdf129882.http://hyper.ahajournals.org/cgi/content/full/54/2/226](http://nhlbi.nih.gov/guidelines/hypertension/express.pdf129882.http://hyper.ahajournals.org/cgi/content/full/54/2/226)

Imai, Yutaka, et. al. Japanese Society of Hypertension (JSH) Guidelines for Self-Monitoring of Blood Pressure at Home. *Hypertens Res* 2003; 26: 771-782.

Parati, Gianfranco, et. al. European Society of Hypertension guidelines for blood pressure monitoring at home: a summary report of the Second International Consensus Conference on Home Blood Pressure Monitoring. *J Hypertens* 2008; 26:1505-1530.

## 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](mailto: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 or 626-780-2894.

**April 23 at 1:40 p.m.** following potluck and prior to the Adventist Forum. Dr. Samudrala presents the latest on back care. Location to be announced.

*Produced by:* Dr. Kathy McFarland, Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee*.  
*Contact:* (626) 398-1445, [actionsforwellness@sbcglobal.net](mailto:actionsforwellness@sbcglobal.net)

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