

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

**Prelude** "Psalm 34:6, Opus 32" *Herbert Howells*

**Hymn of Praise** "Lord of All Being, Throned Afar" No. 17

**Call to Worship** Smuts van Rooyen

I lift up my eyes to the hills—where does my help come from?

**My help comes from the LORD, the Maker of heaven and earth.**

The LORD will keep you from all harm—he will watch over your life;

**the LORD will watch over your coming and going**

**both now and forevermore.** —Ps. 121

**Greetings & Prayers of the Congregation** Doug Schultz

(please remain standing for prayer)

**Prayer Response** (No. 100)

Great is thy faithfulness! Great is thy faithfulness!

Morning by morning new mercies I see;

All I have needed Thy hand hath provided,

Great is thy faithfulness! Lord unto me!

**Anthem** "Great and Glorious" *J. Haydn*

**Call to Offering** Sharlene Salton

**Offertory** "With All My Heart" *Babbie Mason*  
Kelly Krantz, *solo*

**Children's Sermon** Cherise Gardner

**Anthem** "Draw Us in the Spirit's Tether" *H. W. Friedell*

**Scripture** **2 Timothy 1:15a; 4:10a, 14;** Doug Schultz,  
**2:1-4, 8, 10; 3:14, 15** Dave Ferguson

**Sermon** "Persevere In What You Have Learned and Are Assured Of" Smuts van Rooyen

**Hymn of Response** "Jesus, I My Cross Have Taken" No. 325

**Benediction** Smuts van Rooyen

**Musical Response**

**Postlude** "Rising Sun" *Brian Sawyers*

## 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	Don Greathouse

## 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)

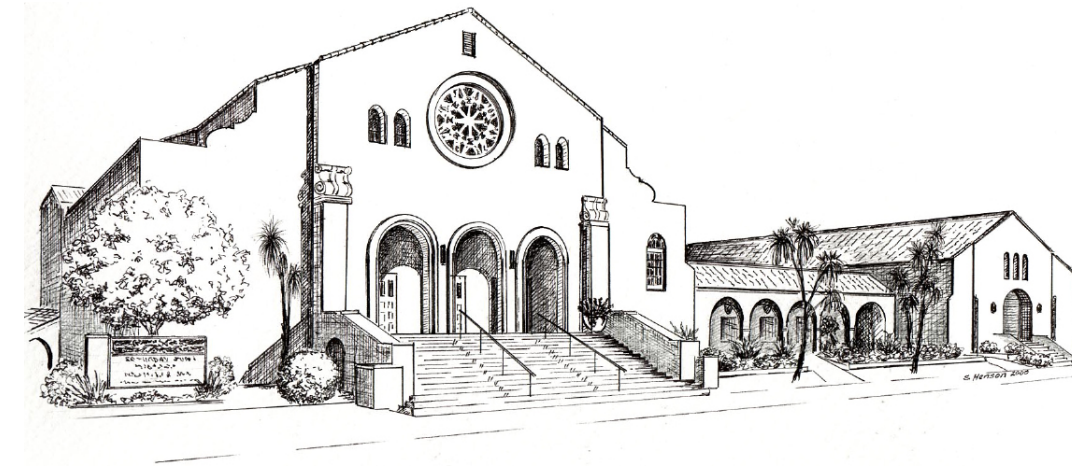
### Church Office Hours

Monday-Thursday 9:00 a.m.-4:00 p.m.; Friday 9:00 a.m.-2:00 p.m.

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# Glendale City Seventh-day Adventist Church



March 5, 2011

*"Revealing Christ, affirming all."*

## Responsive Reading

**2 Timothy 1:15a; 4:10a, 14;  
2:1-4, 8, 10; 3:14, 15**

You know that everyone in the province of Asia has deserted me. For Demas, because he loved this world, has deserted me and has gone to Thessalonica. Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done.

**You then, my son, be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.**

Join with me in suffering, like a good soldier of Christ Jesus. No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer.

**Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.**

Therefore I endure everything for the sake of the elect, that they too may obtain the salvation that is in Christ Jesus, with eternal glory.

**But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.**

## Second Anthem: "Draw Us in the Spirit's Tether"

Draw us in the Spirit's tether;  
For when humbly, in thy name,  
Two or three are met together,  
Thou art in the midst of them:  
Alleluya! Alleluya! Touch we now thy garment's hem.

As the faithful used to gather  
In the name of Christ to sup,  
Then with thanks to God the Father  
Break the bread and bless the cup,  
Alleluya! Alleluya! So knit thou our friendship up.

All our meals and all our living  
Make as sacraments of thee,  
At by caring, helping, giving,  
We may true disciples be.  
Alleluya! Alleluya! We will serve thee faithfully.

## Fellowship Potlucks

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 12**

**March 19**

**March 26**

Barbara Jones

Smuts van Rooyen

Smuts van Rooyen

Charles Scriven

**Sunset tonight – 5:50 p.m. Sunset next Friday – 5:56 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 last week.

**Today's owners** are given in loving memory of Pastor & Mrs. John Moses Ravi, son John, and daughters Florence, Viji, and Mary from Dr. Judson Ravi.

**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.

**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.

**Second Saturday Series next Sabbath, March 12, 4 p.m.:** Organ concert by **Ty Woodward**, staff organist at Disney's El Capitan Theatre in Hollywood. Program includes works by John Cook, Jehan Alain, Charles Marie Widor, J. S. Bach, and Ramon Noble. All welcome — bring a friend! Courtyard reception following the concert.

**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 5 & 6. Tickets \$10. For more information contact [mloveless@lasierra.edu](mailto:mloveless@lasierra.edu).

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.

**Church parking.** While street parking is limited, you may also use the large adjacent shopping center parking lot, entering from either California Ave. (street-level parking), or from Glendale Ave. (upper- and lower-level covered parking).

**Ministry of the Cross is pleased to present Jim and Ann McClintock, in a gospel concert at the Vallejo Drive Church today, March 5, 5 p.m.** Jim McClintock has been a professional singer for over 45 years. He is the former bass of the King's Heralds Quartet of the Voice of Prophecy and has produced over 40 different albums, including many of his own songs. He and his wife, a contralto and registered nurse, now travel together presenting the Gospel of Jesus with their special talents. Their music includes a wide variety of songs, which continue to delight and inspire audiences wherever they appear.

The **L. A. Adventist Forum will meet Sabbath, March 26**, at 3 p.m. in the Chapel of the Good Shepherd at Glendale City S. D. A. Church. The speaker is **Charles Scriven, Ph. D., President of Kettering College of Medical Arts and Chairman of Adventist Forum/Spectrum Board.** His topic is, "The Promise of Peace: Toward a Post-Conventional Adventism." All are welcome.

## Glendale City Health Education: *National Nutrition Month:* **Dietary Guidelines for Americans, Part 1**

Public Law 101-445 requires that the *Dietary Guidelines for Americans* (DGA/ Guidelines) be reviewed, updated, and published every 5 years. The first edition was released in 1980, and the latest *2010 Dietary Guidelines for Americans* were released January 31, 2011 to mixed reactions. On one hand, this 95-page document provides information for choosing a healthy eating plan, emphasizing nutrient-dense foods and beverages and maintaining a healthy weight. On the other hand, some experts say the Guidelines don't go far enough in clearly stating what Americans need to do to stay healthy. During the month of March we'll explore how the Guidelines were arrived, the role they play, the specific recommendations and how to apply them to our lives, and where the Guidelines could have improved.

*Dietary Guidelines for Americans* is a 2-year joint effort by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA). These two entities appoint a Dietary Guidelines Advisory Committee (DGAC) comprised of health professionals and scientists, responsible for evaluating new scientific information and providing a summary report of key nutrition, physical activity, and health issues to the USDA and HHS. In June 2010, the report was made available to the public for comment through the *Federal Register*. A public hearing was held in July 2010; individuals, public health experts, and representatives from big food industries attended. Afterwards, both Departments used the comments and report to create the document. Then they developed messages and materials to communicate the Guidelines to the general public, which can be found on the Internet: [www.mypyramid.gov](http://www.mypyramid.gov).\*

Due to the heavy toll that unhealthy dietary habits have on the nation's health, DGA focuses on health promotion and risk reduction for cardiovascular disease, hypertension, diabetes, cancer, and osteoporosis. Twenty-three recommendations found in the DGA are for healthy Americans ages 2 and older. An additional 6 recommendations relate to specific population groups, such as pregnant women. Another overarching purpose of the Guidelines is that DGA forms the basis for Federal nutrition policy, education, outreach, and food assistance programs. Any and all nutritional advice from government agencies must be consistent and based on the *Dietary Guidelines for Americans, 2010*.

Both the process for establishing the 2010 DGA and the recommendations differ from the 2005 DGA. The newly established USDA Nutrition Evidence Library (NEL) allowed the 2010 DGAC members to conduct state-of-the-art evidence-based systematic reviews. Webinars provided increased public access to DGAC deliberations. Compared to the 2005 DGA, the 2010 Guidelines include and emphasize weight management through all stages of life; proper nutrition for children; eating patterns with vegetarian adaptations; eating behaviors; limitations of specific foods; and nutrients of public health concern, rather than nutrients with intakes below recommended levels.

However, according to Dr. Walter Willet, Chair of Nutrition at Harvard School of Public Health, the 2010 DGA fail to highlight the need to cut back on red meat and limit most dairy products. Fortunately, HHS will take the lead in developing the 2015 DGA, rather than the USDA. Next week specific DGA recommendations will be presented. For more information, contact Kathy McFarland.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

Harvard School of Public Health. The Nutrition Source. *New U.S. Dietary Guidelines: Progress, Not Perfection*. March 2, 2011. <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/dietary-guidelines-2010/index.html>

\*DGA can also be reached by going to the HHS website, [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines), and the USDA website, [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

## Glendale City Health Education Events

**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.

**March 26, 1:30 p.m.** following potluck and prior to the Adventist Forum: **Dr. Gerald Pohost**, nationally recognized cardiovascular expert and head of the Outpatient Cardiac Imaging Center, will present the latest on preventing cardiovascular disease and methods of diagnosis. Spread the word! Room location to be announced.

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