

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

**Prelude** “Sonata I–Allegro moderato” *Felix Mendelssohn*

**Hymn of Praise** “Rejoice, the Lord Is King” No. 221

**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** “Come, Thou Fount” *arr. Mack Wilberg*

**Call to Offering** Meredith Jobe

**Offertory** “Allons chanter à Sion” *Traditional African*

*Allons chanter à Sion, le Seigneur arrive bientôt—“Come on, sing to Zion; the Lord is coming soon”*

“Thanks Be to Thee” *Handel*

Ellee Posner, *solo*

**Children’s Sermon** Cherise Gardner

**Anthem** “City Called Heaven” *arr. Josephine Poelinitz*

**Scripture** **2 Timothy 1:7–14;** Kent, Jolene Rogers  
**1 Corinthians 15:1–4**

**Sermon** “When Life & Immortality  
Blaze As a Sun Flame” Smuts van Rooyen

**Hymn of Response** “Crown Him With Many Crowns” No. 223

**Benediction** Smuts van Rooyen

**Musical Response**

**Postlude** “Sonata I–Allegro assai vivace” *Felix Mendelssohn*

## 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	Hugh Gardner

## 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 (760-409-6719)

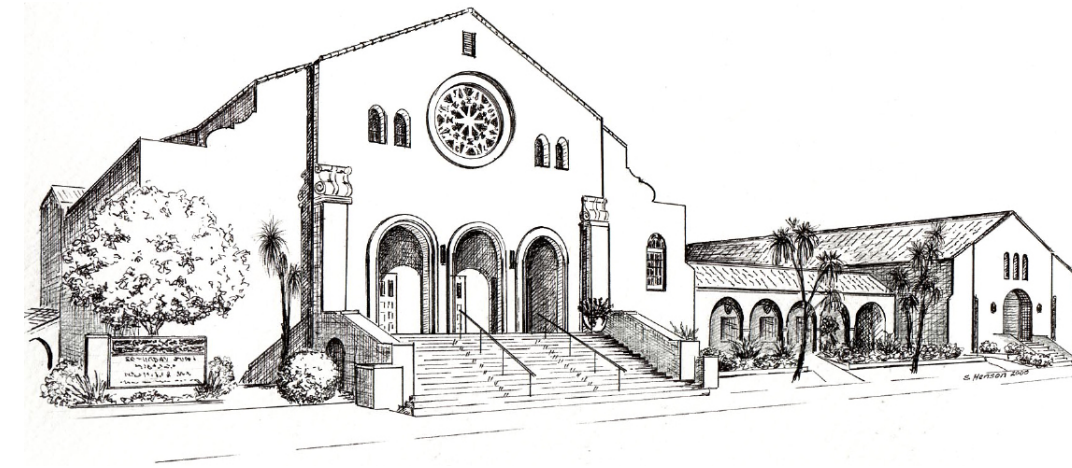
### Church Office Hours

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

Cover art by Sue Henson, 2000. All rights reserved.

610 E. California • Glendale, CA 91206 • 818-244-7241 • Fax: 818-240-9485  
Email: secretary@glendalecitysda.org • Website: www.glendalecitysda.org

# Glendale City Seventh-day Adventist Church



March 12, 2011

“Revealing Christ, affirming all.”

## Responsive Reading

### 2 Timothy 1:7-14; 1 Corinthians 15:1-4, NIV (2011 version)

For the Spirit God gave us does not make us timid,  
but gives us power, love and self-discipline.

So do not be ashamed of the testimony about our Lord  
or of me his prisoner. Rather, join with me in suffering for the gospel,  
by the power of God.

**He has saved us and called us to a holy life—  
not because of anything we have done  
but because of his own purpose and grace.  
His grace was given us in Christ Jesus before the beginning of time,  
but it has now been revealed through the appearing of our Savior,  
Christ Jesus, who has destroyed death  
and has brought life and immortality to light through the gospel.**

And of this gospel I was appointed a herald and an apostle and a teacher.

at is why I am suffering as I am.  
Yet this is no cause for shame, because I know whom I have believed,  
and am convinced that he is able to guard  
what I have entrusted to him until that day.

What you heard from me, keep as the pattern of sound teaching,  
with faith and love in Christ Jesus.

**Guard the good deposit that was entrusted to you—  
guard it with the help of the Holy Spirit who lives in us.**

Now, brothers and sisters, I want to remind you of the gospel I preached  
to you, which you received and on which you have taken your stand.

By this gospel you are saved, if you hold firmly to the word  
I preached to you. Otherwise, you have believed in vain.

**For what I received I passed on to you as of first importance:  
that Christ died for our sins according to the Scriptures,  
that he was buried,  
that he was raised on the third day  
according to the Scriptures.**



## 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.

is 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:

◆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 19**

**March 26**

**April 2**

**April 9**

Beverly Tarr

Smuts van Rooyen

Charles Scriven

Smuts van Rooyen

Smuts van Rooyen

Communion

## City Church Announcements

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

We welcome again our **guest choir conductor today, Dr. Don Thurber**,  
recently retired from being director of music at Loma Linda University Church.  
Dr. Thurber continues to teach in the music department at La Sierra  
University.

**Daylight Savings tonight!** Don't forget to set your clocks one hour forward.

**Second Saturday Concert Series today, 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.

The **L.A. Adventist Forum will meet Sabbath, March 26**, at 3 p.m. in the  
Chapel of the Good Shepherd at Glendale City Adventist 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.

**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.

**Mozart's Requiem**, March 26, 7:30 p.m. at Vallejo Drive Adventist Church.  
Experience Mozart's last composition and one of his most popular and  
respected works. Performed by Los Robles Master Chorale and El Dorado  
Opera, directed by Lesley Leighton. Tickets: \$10.00 each. More info: 818-390-  
7196 or www.ShowClix.com.

Missing pair of **red prescription glasses**. If anyone has seen them, please call  
the church office.

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).

**Sunset tonight – 5:56 p.m. Sunset next Friday – 7:02 p.m.**

## Glendale City Health Education: *National Nutrition Month:* **Dietary Guidelines for Americans, Part 2**

Below are the 20 of the 23 key recommendations of the 2010 Dietary Guidelines for Americans. These are listed according to key dietary principles. The remaining 3 key recommendations for all adults, and the 6 recommendations for specific population groups will be presented next week.

### **Balancing Calories to Manage Weight:**

1. Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors.
2. Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.
3. Increase physical activity and reduce time spent in sedentary behaviors.
4. Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

### **Foods and Food Components to Reduce:**

5. Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.
6. Consume less than 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
7. Consume less than 300 mg per day of dietary cholesterol.
8. Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.
9. Reduce the intake of calories from solid fats and added sugars.
10. Limit consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
11. If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.

### **Foods and Nutrients to Increase:**

12. Increase vegetable and fruit intake.
13. Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
14. Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
15. Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
16. Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
17. Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
18. Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
19. Use oils to replace solid fats where possible.
20. Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

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

## Glendale City Health Education Events

**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

### **Glendale City Seventh-day Adventist Church**

*“Revealing Christ, affirming all”*

610 E. California Avenue, Glendale, CA 91206-3799  
(818) 244-7241 [www.glendalecitysda.org](http://www.glendalecitysda.org)