

## Order of Worship

10:45 a.m. – 12:10 p.m.

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

**Prelude** "Arrival of the Queen of Sheba" *G. F. Handel*  
*Sinfonia from 'Solomon'*

**Invocation** Cherise Gardner  
Almighty and ever living God,  
ruler of all things in heaven and earth,  
hear our prayers for this church family.  
Holy God, for the sake of your Son, Jesus Christ  
be present among us today as we seek you.

**Hymn of Praise** "Come, Christians, Join to Sing" No. 10

**Gifts of the Congregation** Herman Kibble  
"Why Armed Forces? A Biblical Review from Beginning to End"

**Anthem** "Upon This Rock" *John N. Beck*  
*(from Matt. 16:18, 19; S. of Sol. 2:11-13)*

**Call to Offering** Lee Posner

**Offertory** "I've Just Seen Jesus" *Gaither/Daniels*  
Gertrude Bradley, Jesse L. Martin

**Worship in Song** Al Ferry, *Except 4 Grace*

**Scripture** **Philippians 2:1-2; 1 Cor. 12:25-27;** Dolores Herzo,  
**Ephesians 3:9-11, NLT** Leif Lind

**Anthem** "Teach Me Thy Song, O Lord" *Craig Courtney*

**Sermon** "Teamwork Makes the Dream Work" Cherise Gardner

**Closing Hymn** "Blest Be the Tie That Binds" No. 350

**Benediction** Cherise Gardner

**Musical Response**

**Postlude** "Symphony I-Finale" *Louis Vierne*

## 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	
SS Quarterly	General	Fellowship Hall	Leif Lind

## 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 Sarrafian, 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.  
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# Glendale City Seventh-day Adventist Church



May 21, 2011

"Revealing Christ, affirming all."

## Responsive Reading

### Philippians 2:1-2; 1 Corinthians 12:25-27; Ephesians 3:9-11 (NLT)

Is there any encouragement from belonging to Christ?  
Any comfort from his love? Any fellowship together in the Spirit?

Are your hearts tender and compassionate?

**Then make me truly happy by agreeing wholeheartedly  
with each other, loving one another, and working together  
with one mind and purpose.**



This makes for harmony among the members, so that all the members  
care for each other. If one part suffers, all the parts suffer with it,  
and if one part is honored, all the parts are glad.

**All of you together are Christ's body, and each of you is a part of it.**

## 9

I was chosen to explain to everyone this mysterious plan that God,  
the Creator of all things, had kept secret from the beginning.  
**God's purpose in all this was to use the church to display his wisdom  
in its rich variety to all the unseen rulers and authorities  
in the heavenly places.**

This was his eternal plan, which he carried out through  
Christ Jesus our Lord.

### 2nd Anthem: "Teach Me Thy Song, O Lord"

Teach me Thy song, O Lord,

That song which graced creation's dawn and bid the firmament unfurl;  
That bathed the newborn world in uncreated light, that song so bright.

Teach me Thy song, O Lord.

Teach me Thy song, O Lord,

That song which burst Thy Servant's heart to beat of blows upon the cross;  
His pain and bitterest loss and death that should be mine His song was Thine.

Teach me Thy song, O Lord.

Teach me Thy song, O Lord,

That song which swirls to wreath Thy throne, and bears the prayers of all Thine own;  
To Thee and Thee alone, by saints and angels raised, Thy name to praise.

Teach me Thy song, O Lord.

## Gifts of the Congregation: May 21, Armed Forces Day

*Many countries around the world participate in Armed Forces Day to honor their military branch forces. While each country recognizes this day on different occasions, America celebrates annually on the third Saturday in May. The commemoration started in 1949 following the consolidation of the military services into the Department of Defense, but it was not until 1962 that Armed Forces Day was established as an official holiday by President Kennedy.*

*America has four other holidays with military significance: Memorial Day (the last Monday of May, to honor those who died from the Civil War to present); Veterans Day (November 11, to recall the end of WWI in 1918 and to honor all veterans of the United States Armed Forces); Pearl Harbor Remembrance Day (December 7); and Patriots Day (September 11).*

*Today, Elder Herman Kibble will share with us the meaning of Armed Forces Day as a military Chaplain and Adventist. Here is a letter written to him several years ago by someone who understood the significance of being a Christian in the Armed Forces:*

15 December 1992

Captain Herman L. Kibble, CHC, USN  
Naval Hospital  
Oakland, CA 94627-5000

Dear Captain Kibble:

Warmest greetings in Christ! You may not remember me, although we spoke by phone some months back. You asked me then to drop you a letter, so I'm using the holiday season as an occasion for doing so.

You were a young Lieutenant in the Chaplain Corps back in 1971-72, and you made a visit to ISB Nam Can, Republic of Vietnam. The only way in or out was by either helo or swift boat, and either way you were probably shot at. That didn't stop you, though, because you came back again. Both times you came, you preached Christ to men who faced death daily. Both times you came, you avoided both Saturday and Sunday, so that the central issue in your ministry was not our worship day or our church affiliation, but our relationship with Jesus. That has stayed with me. I was a Lieutenant then, too: Senior Advisor to River Interdiction Divisions Four Two and Four Five. We had twenty-five ironclad gunboats and four hundred men (my NAVADVGRU sailors plus VN sailors). Daily patrols down the rivers and canals and weekly joint sweep operations kept us on the razor's edge. Reading the Psalms and your visits both meant a lot to me, and I wanted to thank you.

My life belongs to Jesus Christ now. That tour of duty set in motion a new direction for my life, eventually culminating in my laying aside my (now) Naval Reserve commission as a senior line officer and accepting an appointment as a Navy Chaplain. So, twenty-two years later, following an interlude to serve in Africa and Australia as a foreign missionary while completing my doctorate, I'm a Lieutenant once again, and happy to have the chance to provide something of the ministry to other young sailors that you unselfishly provided to me and others back then. Often, what we do seems to go unnoticed and unremembered. You may or may not frequently hear from people whose lives Christ has used you to touch. Mine was one, and I'm grateful. May the blessings of the Season and the remembrance of our Lord's coming to save His people bring you the profoundest peace and joy.

With warm appreciation,

[Signed:] Samuel H. Larsen  
NAS Whidbey Island Chapel

## City Church Announcements

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

**Flower Sign Up.** A new, more compact flower sign up sheet is available on the bulletin board. There are still spaces available to sponsor the pulpit flowers for your special event. When signing up, please indicate what the event commemorates. Sponsorship is \$50.

**The Quishenberry** family is asking their church family to pray for their niece, Bailey Quishenberry who is facing a challenging medical condition.

**"Except 4 Grace" Concert in the Sanctuary, 2:30 p.m. today!** Admission: free-will offering. This gospel music program is sponsored by Missions of Love ([www.molmissionsoflove.com](http://www.molmissionsoflove.com)), an independently run **Adventist program that helps troubled kids in California** struggling with the disadvantages of poverty, crime, and lack of help with their grades in school. The 501(c)(3) company provides many life-building programs, including mentoring and teaching music (at times, supplying kids with music instruments), health and nutrition, gang intervention and prevention, literacy and language development, English classes, parenting and life skills, spiritual strengthening and guidance, intergenerational activities, and more. The belief that kids can be helped through music is reflected in their ongoing concert tour throughout Adventist and other churches with the *Except 4 Grace Singers*.

Our warm congratulations to our choral director, **Dr. Jean-Sébastien Vallée** on his promotion as **Director of Choral Studies at California State University, Los Angeles!** He will be leaving his current position at the University of Redlands this summer.

**Spiritual Leadership Conference** on Monday, Tuesday, **May 23-24** at Azusa Pacific University. Participants will learn how to integrate solid biblical leadership principles into their leadership roles. More information at [www.spiritualleadershipwest.com](http://www.spiritualleadershipwest.com).

The **monthly L.A. Adventist Forum** will be next Sabbath, May 28, at 3 p.m. in the Chapel. The speaker this time is Smuts van Rooyen, Ph.D., Senior Pastor of Glendale City Church. His topic will be: "A Denominational Crisis and Its Aftermath in the Life of One Minister." All are welcome.

**The next potluck is May 28, 12:30 p.m. Members:** please bring a main dish; the Church supplies the rest. See you there!

Burbank church member needs **transportation to our church on Forum Sabbaths** each month. If you are able to assist, please contact the church office or John Nielsen.

Please note that **Lisa Iskander's recital** has been moved to Monday, June 6, at 7 p.m.

Local Adventist church member interested in **housekeeping job**; one or two days per week is adequate. For work references or contact phone numbers, please call her at 818-660-3829, 818-241-5823 or the church office 818-244-7241.

## Upcoming Sermons & Events

**Elder of the Day**

**May 28**

**June 4**

Barbara Jones

Smuts van Rooyen

Hugh Gardner

**Sunset tonight – 7:50 p.m. Sunset next Friday – 7:55 p.m.**

## Glendale City Health Education:

May 2011

### Spring Into Good Health, Part 3

If you've suffered from allergies and hay fever more this year than in seasons past, you're not alone. Our rainy season, wind, and intermittent heat waves have been the perfect formula for increased pollen from blooming plants, shrubs, and trees; mold spores; and the growth of grasses. Allergies and hay fever can affect your quality of life, but there are measures effective in relieving symptoms.

Symptoms are well known by hay fever sufferers: sneezing episodes; coughing; watery, red, itchy, swollen eyes; itchy, sore throat; headache; post-nasal drip or nasal congestion; and insomnia. They result from the body's complicated built-in mechanisms to eliminate foreign substances such as allergens (pollen, spores, dust), viruses, and bacteria that enter the mouth, nose, throat, lungs, through breathing, and the linings of the eyes.

Millions of microscopic hairs called cilia line the nose, lungs, and sinuses and pulsate at a rate of 14-16 beats per second! Mucus-secreting cells are also present to cover the cilia in a thin mucus blanket. Mucus traps inhaled foreign particles and the cilia sweep them to the back of the throat where swallowed, or out the nose via sneezing (called MCC - "mucociliary clearance"). If overwhelmed by high pollen exposure or other factors, cilia become ineffective, decreasing MCC. Mucus thickens creating post-nasal drip and can cause sore throat, and potentially, an allergy-related sinus infection.

Mucus also carries special cells and chemicals to help fight and remove foreign invaders. Richly located in the lining of the respiratory tract are Mast cells. On the surface of a Mast cell is an immunoglobulin (IgE). When foreign particles attach to IgE, Mast cells burst, releasing different molecules, including histamine. Histamine causes the itching, swelling, and increased production of mucus associated with allergies and hay fever.

To protect yourself during allergy and hay fever season:

- ❖ Keep an allergy diary. You can track the pollen count and types for your area (zip code) through [www.pollen.com](http://www.pollen.com)
- ❖ Avoid exercise and outdoor activities at 5 a.m. and 5 p.m., when the concentration of pollen is highest. Keep windows closed and run the air conditioner.
- ❖ Keep leaves raked up to prevent mold and spores.
- ❖ When outdoors wear sunglasses to prevent pollen getting in your eyes. Avoid rubbing the eyes. Wear an allergy mask during yard work. Shower and change clothes as soon as possible, as some pollen sticks to hair and skin.
- ❖ Vacuum frequently using a HEPA vacuum cleaner and use a HEPA air purifier at home to remove allergens.
- ❖ During severe allergy symptoms, avoid spicy foods because they increase histamine and symptoms. In addition, avoid iced drinks, chilling, and drafts, which decrease MCC. Also, morning sneezing and coughing is

the attempt to warm up and get the cilia moving. Tea specifically stimulates cilia. Therefore, drink hot tea before getting out of bed. Try *Roiboos* (Red Bush) tea.

- ❖ Acupuncture has been shown to be beneficial in decreasing symptoms.

Nasal irrigation removes allergens from the nose and stimulate cilia activity. Several methods available: saline nose-spray purchased at a drug store or mix 8 ounces of water with one-half teaspoon non-iodized salt in a squirt bottle. A better method uses the Neti pot, found at health food stores, and online. However, the best method of irrigation uses the HydroPulse, developed by Dr. Murray Grossan, renowned Ear, Nose, and Throat (ENT) specialist located at Cedars-Sinai in Los Angeles, CA. For more information, see links below and/or contact Kathy McFarland to enjoy a better allergy season.

\* Meredith Melnick. Q & A (with Alan Omid Khadavi, M.D.): Is It Really the Worst Allergy Season Ever? Time Heartland, (May 16, 2011). <http://healthland.time.com/2011/05/16/qa-is-it-really-the-worst-allergy-season-ever/>

\* Haq SQ, et.al. Hay Fever. [http://www.emedicinehealth.com/hay\\_fever/article\\_em.htm](http://www.emedicinehealth.com/hay_fever/article_em.htm)

\* Brinkhaus B, et.al. Acupuncture and Chinese herbal medicine in the treatment of patients with seasonal allergic rhinitis: a randomized-controlled clinical trial. Allergy (59)9 (2004): 953-960.

Enomoto T, Nagasako-Akazome Y, Kanda T, Ikeda M, Dake Y. Clinical effects of apple polyphenols on persistent allergic rhinitis: A randomized double-blind placebo-controlled parallel arm study. J Investig Allergol Clin Immunol. 16.5 (2006): 283-289.

\* Tomooka LT, Murphy C, Davidson TM. Clinical Study and Literature Review of Nasal Irrigation. The Laryngoscope (110)7: 1189-1193, 2000. <http://onlinelibrary.wiley.com/doi/10.1097/00005537-200007000-00023/full>

\* Rabago D and Zgierska A. Saline Nasal Irrigation for Upper Respiratory Conditions. American Family Physician (80)10: 1117-1119. <http://www.bvsde.paho.org/texcom/cd045364/SalineNasal.pdf> Also see [www.aafp.org/afp](http://www.aafp.org/afp)

\* Murray Grossan, M.D. Expert in Drug-Free Relief of Sinusitis and Ear, Nose and Throat Problems. [www.ent-consult.com/index/html](http://www.ent-consult.com/index/html)

\* To purchase the Hydro Pulse, go to <http://www.hydromedonline.com/>

## Glendale City Health Education Events

**May is National Women's Health Month!** "Woman Challenge" and the President's Challenge has a goal of one million Presidential Active Lifestyle Awards (PALAs). To receive a PALA, engage in 2.5 hours of physical activity 6 out of 8 weeks. To register, contact Kathy McFarland.

**Mark your Calendars! May 28**, after potluck and before Adventist Forum, attend the Cooking Class: "Salads Make a Meal."

*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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