

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

**Prelude** "Prelude and Fugue in F Major" *Vincent Lübeck*

### Invocation

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** "Before Jehovah's Awful Throne" No. 82

**Greetings & Prayers of the Congregation** Leif Lind  
*(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** "I Am Alive and I Can See" *Susan N. Callaway*

**Call to Offering** Michael Bandy

**Offertory** "Because He Lives" *W. & G. Gaither*  
Kelly Krantz, *solo*

**Children's Sermon** Cherise Gardner

**Anthem** "Ave Verum" *W. A. Mozart*

**Scripture** **Psalm 46 (KJV)** Ken Webber

**Sermon** "Show Me Your Drawing of God" Smuts van Rooyen

**Closing Hymn** "Praise to the Lord" No. 1

**Benediction** Smuts van Rooyen

**Musical Response** "The Lord Bless You and Keep You" *John Rutter*

**Postlude** "Tuba Tune in D Major" *C. S. Lang*

## 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	Smuts van Rooyen

## 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 28, 2011

*"Revealing Christ, affirming all."*

## Responsive Reading

### Psalm 46

(KJV)

God is our refuge and strength, a very present help in trouble.

**Therefore will not we fear, though the earth be removed,  
and though the mountains be carried into the midst of the sea;**

**Though the waters thereof roar and be troubled,  
though the mountains shake with the swelling thereof.**

There is a river, the streams whereof shall make glad the city of God,  
the holy place of the tabernacles of the most High.

God is in the midst of her; she shall not be moved:  
God shall help her, and that right early.

The heathen raged, the kingdoms were moved:  
he uttered his voice, the earth melted.

**The LORD of hosts is with us; the God of Jacob is our refuge.**

Come, behold the works of the LORD,  
what desolations he hath made in the earth.

He maketh wars to cease unto the end of the earth;  
he breaketh the bow, and cutteth the spear in sunder;  
he burneth the chariot in the fire.

**Be still, and know that I am God:  
I will be exalted among the heathen, I will be exalted in the earth.**

The LORD of hosts is with us; the God of Jacob is our refuge.



## 1st Anthem: "I Am Alive and I Can See"

Come by here, O Lord, listen to my plea;  
Do not pass me by for I cannot see.  
Come by here, O Lord, touch my darkened eye;  
Wake my spirit from sleeping,  
O Lord, and do not pass me by.  
I am alive and I can see.  
I once was blind but Jesus touched me,  
I am alive and I can see!  
If you are blind and begging for a touch of light,  
Listen to my story of how He gave me sight.  
No one else could save me, this I know is true.  
And what he did for me I know that He will do it all for you!  
I am alive and I can see!

## 2nd Anthem: "Ave Verum" (Mozart)

Ave verum corpus, natum de Maria Virgine,  
Vere passum, immolatum in cruce pro homine.  
Cujus latus perforatum unda fluxit aqua et sanguine:  
Esto nobis praegustatum in mortis examine.

### English translation:

(Jesu, Word of God Incarnate, of the Virgin Mary born;  
On the cross Thy sacred body, for us with nails was torn.  
Cleanse us by the blood and the water streaming from Thy pierced side.  
Feed us with Thy body broken, now and in death's agony.)

## 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.

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.

**Potluck, today** 12:30 p.m. All are welcome—See you there!

The **monthly L.A. Adventist Forum** will be **today** 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.

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.

**Worthy Student Applications.** The due date for applications this year is Monday, June 13. Applications may be picked up at the Church Office or you may call and request to have one mailed to you. As a reminder, applications must be renewed each year. Awards are based on financial needs and funds available.

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

**The City Church Youth Ministry presents "Elijah, the Musical"**—June 11: Dinner at 5:30 and Musical starting at 6:30. \$5 per person suggested donation for **both** dinner and performance. Elijah will **immediately follow** the Second Saturday series.

**Shop at Ralphs?** Ralphs has a special program to support non-profit organizations, enabling a portion of your shopping dollars to be returned to **benefit Glendale City Church**. Here's how it works: If you have not registered your rewards card online, log on to [www.ralphs.com](http://www.ralphs.com), click on "Services", "Community Contribution", then "Enroll". Click on "Get Started, Sign up today" and follow the steps. Once registered, under the Account Settings tab, click the bottom "Community Contribution Program" and follow instructions by entering Glendale City Church's code #93045. We are seeking to establish **similar church fundraising programs through Vons** and other organizations. *Flyers with more information are available in the Narthex today.*

## Upcoming Sermons & Events

<b>Elder of the Day</b>	Beverly Tarr
<b>June 4</b>	Hugh Gardner
<b>June 7</b>	Church Board Meeting, 7 p.m.
<b>June 11</b>	Smuts van Rooyen
<b>June 11</b>	Second Saturday Series, 4 p.m.
	"Elijah, the Musical"—Dinner, 5:30 p.m., Musical, 6:30 p.m.

**Sunset tonight – 7:55 p.m. Sunset next Friday – 8:00 p.m.**

**Glendale City Health Education:**  
**May 2011**  
**Spring Into Good Health, Part 4**

How many times have you left a doctor's appointment without asking a question or sharing a concern about your health? When my son, Zach, was little I made sure that I was fully communicating with his doctor. In contrast, after a recent follow-up visit to my new primary care physician to review lab results, I realized I had forgotten to discuss the issue that had originally prompted me to seek her care. Research by Donald Cegala, PhD, suggests that most patients don't ask questions, and those who do ask questions average only 2 questions per visit. We ask more questions when buying a car.

So why don't we ask questions? Researchers have noted 5 reasons we fail to speak up. Note, there is often an irrational thought behind the reason. For powerful and meaningful communication with your doctor, identify or name the "reason(s)" stopping you from speaking up and then challenge the irrational thought behind the reason:

1. Fear – fear of looking stupid; fear of what the doctor might think or say.
2. Doctor knows best – “If I need to know something, (s)he'll tell me.”
3. Politeness – not wanting to interrupt the doctor or the exam ritual.
4. Doctor didn't ask if I had questions – didn't get “permission” to ask questions.
5. Feeling rushed – getting to the appointment or thinking the doctor is busy and my question isn't important (I'm not important).

Prior to your doctor's appointment, it's helpful to write down a list of questions or concerns to discuss with your doctor. Put the list in your wallet, Smart phone, or personal calendar. Below are questions to prompt your own list. Research has shown that when patients have a question prompt sheet they ask questions more, which leads to a more satisfying relationship with their doctor:

1. What symptoms and concerns do I want to discuss? (Do a mental head-to-toe review.)
2. What could be causing the symptoms or problem?
3. What tests are needed? How good are they for diagnosing a problem? How safe are they? How do I prepare for the tests? How and when will I get the results?
4. What is the evidence-based treatment for my issue and what is your plan of action?
5. Are there lifestyle or natural alternatives available to improve or treat the problem?
6. If I need a procedure, how many times have you (the doctor) performed the procedure?

7. If medication is prescribed, how often and when do I need to take it? What is the dosage? How long do I have to take it? Can I take a generic form? Will it interact with food, supplements, or other medications I take? What are the possible side effects? What should I do if I forget to take a dose?
8. How often do I need to follow-up with you?

For questions related to specific health topics refer to the references below. Spring forward into good health by getting the most from your doctor appointments. You are valuable. For more information contact Kathy McFarland.

\* Wilkins S. Asking our Doctor Questions – Many of Us Don't have Much to Say. Mind the Gap, March 14, 2010. <http://healthcommunications.wordpress.com/2010/03/14/asking-our-doctors-questions-many-of-us-don-t-have-much-to-say/>

\* Roter DL. Patient Question Asking in Physician-Patient Interaction. *Health Psychology*, 1984; 3(5) 395-409.

\* Butow PN, Dunn SM, Tattersall MHN, and Jones QJ. Patient participation in the cancer consultation: Evaluation of a question prompt sheet. *Annals of Oncology* 5: 199-204, 1994.

\* Do You Know the Right Questions to Ask? <http://www.ahrq.gov/questionsaretheanswer/>

\* Questions to Ask Your Doctor. Merck Source. [http://www.mercksource.com/pp/us/cns/cns\\_patient\\_resources\\_nwhrc.jspzQzpgzEzzSzppzSzuszSzcnszSzcns\\_patient\\_resources\\_savard\\_formzPzjsp](http://www.mercksource.com/pp/us/cns/cns_patient_resources_nwhrc.jspzQzpgzEzzSzppzSzuszSzcnszSzcns_patient_resources_savard_formzPzjsp)

\* Questions to Ask Your Doctor (about Cancer). [http://www.ucsfhealth.org/education/questions\\_to\\_ask\\_your\\_doctor/](http://www.ucsfhealth.org/education/questions_to_ask_your_doctor/)

## Glendale City Health Education Events

**Today, May 28:** Need something to do between potluck and the Adventist Forum? Attend the **cooking demonstration: Salads Make a Meal.** Demonstration will be held in the **Fellowship Hall at 1:40 p.m.**

**Missed back copies of our health articles?** You can find them on the church website: [www.glendalecitysda.org](http://www.glendalecitysda.org). Under <Main Menu>, click on <Ministries>, <Health Education Ministry>, <Archived Articles>, and then the article you wish to access.

*Produced by:* Dr. Kathy McFarland, Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee.*  
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