

## Order of Worship

10:45 a.m. – 12:10 p.m.

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

**Prelude** “Praise to the Lord, the Almighty” *Johann Walther*

### Call to Worship

For I know the plans I have for you, declares the Lord,  
plans to prosper you and not to harm you,  
plans to give you hope and a future.  
Then you will call upon me and come and pray to me,  
and I will listen to you.  
You will seek me and find me  
when you seek me with all your heart.  
“Come, let us worship the Lord.”

**Hymn of Praise** “All Creatures of our God and King” No. 2

### Report & Recommendations from the Monte Sahlin Study

(See announcements)

**Anthem** “He, Watching Over Israel” from *Elijah* *Felix Mendelssohn*

**Call to Offering** Louise Jorgensen

**Offertory** “Deep River” *Spiritual*  
Charles Lane, *tenor* *arr. M. Hogan*

**Children’s Sermon** Cherise Gardner

**Anthem** “Agnus Dei” *George Bizet*

**Scripture Reading** **Mark 2:27–3:5** Wanda Koffman

**Sermon** “Scraping the Barnacles Off the Old Ship:  
A Sabbath Restoration” Smuts van Rooyen

**Closing Hymn** “My Maker and My King” No. 15

**Benediction** Smuts van Rooyen

**Postlude** “Sonata I–Allegro 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          | Cherise 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 Sarrafian, Armenian Senior Pastor (909-796-9536)  
Vartkes Azadian, Armenian Associate Pastor (626-335-6507)  
Manea Moldoveanu, Romanian Church representative (562-463-0531)

### 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 (interim) | Glen Christensen (plbboss@aol.com)              |
| 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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Email: secretary@glendalecitysda.org • Website: www.glendalecitysda.org

# Glendale City Seventh-day Adventist Church



September 17, 2011

“Revealing Christ, affirming all.”

## Responsive Reading

Mark 2:27–3:5

Then he said to them, “The Sabbath was made for man, not man for the Sabbath.

**So the Son of Man is Lord even of the Sabbath.”**

Another time Jesus went into the synagogue, and a man with a shriveled hand was there.

**Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath.**

Jesus said to the man with the shriveled hand, “Stand up in front of everyone.”

**Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent.**

He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored.

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## This morning's Choir Anthems

### 1ST ANTHEM:

[*Angels:*] “He, watching over Israel, slumbers not, nor sleeps. Shouldst thou, walking in grief, languish, He will quicken thee.” (*Psalms 121:4; 138:7*)

### 2ND ANTHEM:

*Agnus Dei, qui tollis peccata mundi, miserere nobis.*

Lamb of God, Thou that takest away the world's guilt, grant us Thy mercy, have compassion upon us.

*Agnus Dei, qui tollis peccata mundi, dona nobis pacem.*

Lamb of God, Thou that takest away the world's guilt, peace be with us, Lamb of God, may Thy peace be with us.

## Closing Hymn #15: “My Maker and My King”

1. My Maker and my King, To Thee my all I owe;  
Thy sovereign bounty is the spring  
Whence all my blessings flow.
2. The creature of Thy hand, On Thee alone I live;  
My God, Thy benefits demand  
More praise than I can give.
3. Lord, what can I impart, When all is Thine before?  
Thy love demands a thankful heart;  
The gift, alas! how poor.
4. O! let Thy grace inspire, My soul with strength divine;  
Let every word and each desire  
And all my days be Thine.

## Fellowship Potlucks

Our once-a-month Fellowship Potlucks are a wonderful opportunity for creating community! Joining us in creating and enriching our community! All are welcome.

**UPCOMING POTLUCKS**  
**September 24 @ 12:30 p.m.**

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

## Our Choir Needs You!

Our Sanctuary Choir is inviting you to share your vocal talents with them. Come to the Choir Room at 9:15 am on Sabbath morning to start your new adventure! No musical background is necessary. For further information, contact our Choir Director, Jean-Sébastien Vallée at 831-420-7584 or [info@jssvallee.com](mailto:info@jssvallee.com).

## Our Sabbath School Classes Need You, Too!

You are cordially invited to join the Sabbath School of your choice! We have two adult Sabbath School classes that start around 9:30 a.m. The first, which meets in the Chapel, is a traditional class that follows the weekly lesson and satisfies the hearts of our valued conservative members. It is well-taught by a warm teaching staff, and is both informative and inspirational.

The second class, meeting in the Fellowship Hall, has an urban-liberal flavor to it and often takes on the stimulating issues of our day. It frequently “pushes the envelope” but does so in a way sensitive to an Adventist audience. The one generally teaching this class is Leif Lind, who welcomes and encourages class participation from all of its members. Come early for a good seat—this class is well attended!

## Upcoming Sermons & Events

**Elder of the Day**  
**September 24**  
**October 1**  
**October 8**

Barbara Jones  
Smuts van Rooyen  
Leif Lind  
**Communion**

**Sunset tonight – 7:00 p.m. Sunset next Friday – 6:50 p.m.**

## City Church Announcements

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

**Today** we will be presenting some of the results from the recent **Monte Sahlin study of Glendale City Church**. Some of these results have already been used by the Board and the pastoral staff in determining the present needs and future direction of our congregation. Summary handouts will be available.

Daisy Bolduc would appreciate our prayers for her cousin, **Dr. Eliseo (“Ely”) Bautista**, long-time Glendale resident, and graduate of Glendale Adventist Academy, after his cancer surgery this week.

**Cancer-prayer support group meets this afternoon** (3<sup>rd</sup> Sabbath of every month) at 3 p.m., West Spanish SDA Church, 626 N. Pacific Ave., Glendale. Call Ali 818-660-7244 for more information.

**Calling all Children's Sabbath School Coordinators and Sabbath School Teachers:** There will be a 20 minute meeting after church *today* in front of the piano. Let's touch basis on planning our new year!

**New Young Adults Fellowship time! The next meeting is September 21, 6:30–9 p.m.** at Rachel Pereyra's house. Please call 818-913-9616 or email [Rachel.pereyra@hotmail.com](mailto:Rachel.pereyra@hotmail.com) for location. Food will be provided.

A new group is being formed for everyone interested in books, knitting, crocheting, needlepoint—you get the idea! The group is called the “**Lit Knitters**” and we plan on meeting every other month starting in October! **Those interested please meet after church next week, September 24th**, in front of the piano to set a meeting time and location. The first book has been chosen: *Let the Great World Spin* by Colum McCann. If you have questions, please email Didi Mumford at [dmumford1@aol.com](mailto:dmumford1@aol.com).

**Mid-week Bible Study Class “God in the 66”**, Tuesdays, 6–8 p.m. in the Council Room. Join us for a frank discussion about how God reveals himself to us, as we look at this topic together and try to tackle some of the tough questions. For more information phone Sierra Szutz at 707-337-8002 ([sierrablake@gmail.com](mailto:sierrablake@gmail.com)) or visit the blog — <http://godinthe66.wordpress.com>.

**The next LA Adventist Forum will be next Sabbath, September 24 at 3 p.m.** in the Chapel. The speaker is Gary Chartier, Ph.D., Associate Dean, School of Business and Professor of Law and Business Ethics, La Sierra University. His topic, “Love at the Center of Christian Belief.” All are welcome.

**Financial Peace University.** Have you ever wondered where your money goes, or what a 401K or Roth IRA are? Come and learn how to better manage your money and your life. City Church is hosting Dave Ramsey's Financial Peace class to teach God's way of handling money. **Free preview next Thursday, September 22, 7 p.m.** The 13-week course will begin Thursday evening, October 6. For more information contact Jonatan Cvetko: 310-721-1169 or [jcvetko@gmail.com](mailto:jcvetko@gmail.com).

**Leadership Training Workshop.** Church members who agreed to serve as a church officer per the Nominating Committee Report should plan to attend the training workshop on **October 15**, immediately after the worship service; this will be a potluck luncheon, so please plan to bring a dish. Job Descriptions will be given out for each office, an Organizational Flow Chart and team building, including special presentations by Pastors Smuts, Lawrence Downing, and Kent Hansen. The training will be completed by 4 p.m.

As a way of helping with our church finances, you are invited to participate in the **Community Contribution program with Ralphs Market**. If you have already registered, you need to register again. Their program requires participants to renew in September each year. Go to <http://www.ralphs.com> and register your rewards card, using the Church's membership number 93045. If you have any other questions, contact the church office.

## Glendale City Health Education September Health Observation Month: Healthy Aging, Part 3

Sitting at a round white table with a laptop open is a young woman in her early 20s. She expresses great concern for her parents. They have only 19 friends on a social network internet site. The camera cuts to her parents stopped along a beautiful mountain trail to talk and laugh with 2 other couples with whom they have been biking. The camera then cuts back to the young woman. As she continues to sit in front of her computer she further explains —she has over 600 friends on the social network site, and they so few.

Formal consideration of social health occurred in 1946 when the World Health Organization (WHO) defined health as a “state of complete physical, mental, and *social well-being*, and not merely the absence of disease or infirmity. Social well-being refers to the health of society as a whole — environment, social policy, and housing, etc. It also refers to an individual’s quality and number of relationships. Social support and social networks play an important role in healthy aging.

Beginning 30 years ago, there has been a plethora of scientific studies showing the relationship between social support/networks and health. In 1979, the Alameda County, California study surveyed and followed 7,000 men and women over a 9-year period. Men and women who lacked social and community ties were respectively, 2.3 and 2.8 times more likely to die than those with more extensive contacts. This was independent of their health status and health practices.

Recently, a major study on health outcomes and social relationships was published. Data obtained from 148 studies involving nearly 310,000 individuals during 1979 to 2006, was analyzed. The results showed that individuals with poor social connections had a 50% greater likelihood of dying during the follow-up period. According to the authors, this difference is about the same as that observed between smokers and non-smokers, and is greater than the effects of obesity and physical inactivity on mortality! Furthermore, the results were consistent across age, gender, initial health status, follow-up period, and cause of death. This is important information for us all!

To improve your social well-being, transform or eliminate relationships that are detrimental to you. If you’re feeling isolated, alone, and/or depressed, reach out to others. Volunteer; join the church choir, sports or other group such as a book club; share personal memories with others; or take on a part-time job, if retired. And if you know of someone who is isolated or lives alone, reach out to them. No one is or can be an island. For further reading refer to the references below, or contact Dr. Kathy McFarland.

\* Berkman LF and Syme SL. (1979) Social Networks, Host Resistance, and Mortality: A Nine-Year Follow-up Study of Alameda County Residents. *Amer J Epidemiology* 109 (2); 1860204

\* Holt-Lunstad J, Smith TB, Layton JB. (2010) Social Relationships and Mortality Risk: A Meta-analytic Review. *PLoS Medicine* 7 (7); 1-20. [www.plosmedicine.org](http://www.plosmedicine.org)

## Glendale City Health Education Events

**Today, September 17:** Check out the “My Secret to Healthy Aging is...” displays in the foyer.

**Thursday, September 22:** *Free* Financial Peace University *preview* to the upcoming October program from 7 p.m. to 9 p.m. in the Chapel of the Good Shepherd.



**Sunday, September 25:** “Let’s Move Day!” Glendale City and other Adventist churches throughout SoCal will be *moving on!* Our Pathfinders will be in Catalina getting their move on. The rest of us will meet at 9 AM for a walk/hike at Brand Park, 1601 West Mountain Street, Glendale, CA 91201

**Thursday, October 6:** Glendale City Church is hosting Dave Ramsey’s 13-week **Financial Peace University (FPU)**. Do you or someone you know want to get out of debt? Have financial freedom? Enjoy life more? Give more to others? These 13 weekly classes could change your life. Cost of materials for a couple/family is only \$100. That’s just \$3.85 per person per week — one coffee drink weekly per person. Invite your loved ones. Time: 7-9 p.m., **Chapel of the Good Shepherd**. Dates: October 6, 13, 20, 27; November 10, 17; December 1, 8; January 12, 19, 26; and February 2. For more information, contact Jonatan Cvetko at 310-721-1169, or e-mail [jcvetko@gmail.com](mailto:jcvetko@gmail.com) Or contact Kathy McFarland per information below.

**09/17/11** *Produced by:* Dr. Kathy McFarland, Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee*.  
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