

## 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 E minor" *Nicolaus Bruhns*

**Call to Worship** Jeevan Johnson

O God of the morning and of the evening hours,  
let your Spirit come on us here gathered.

This is the holy place where we, your people, call on you in faith,  
joining heart and voice in thanksgiving and praise to your name.

"Come, let us worship the Lord."

**Hymn of Praise** "This Is My Father's World" No. 92

**Greetings & Prayers of the Congregation** Jeevan Johnson

(please remain standing for prayer)

**Prayer Response** Turn your eyes upon Jesus, (No. 290)

Look full in His wonderful face;  
And the things of earth will grow strangely dim  
In the light of His glory and grace.

**Anthem** "The Heavens Are Telling" from *Creation* *J. Haydn*

**Call to Offering** Dave Ferguson

**Offertory** "My Lord, What a Morning" *arr. Mark Hayes*  
Jennifer Miller, *soprano*

**Children's Sermon** Cherise Gardner

**Anthem** "Dance, O Earth" *Darlene Lawrence*

**Responsive Scripture** SDA Hymnal #769 Didi Mumford

**Sermon** "Splashing Around In Creation:  
A Sabbath Swim" Smuts van Rooyen

**Closing Hymn** "For the Beauty of the Earth" No. 565

**Benediction** Smuts van Rooyen

**Postlude** "Rondeau" *Jean-Joseph Mouret*

## 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	Hope Nwachuku

## 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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# Glendale City Seventh-day Adventist Church



September 24, 2011

"Revealing Christ, affirming all."

## Responsive Reading

### “A Creation Reading”

Thus the heavens and the earth,  
and all the host of them, were finished.

**And on the seventh day God ended  
His work which He had done,  
and He rested on the seventh day  
from all His work which He had done.**

Then God blessed the seventh day and sanctified it,  
because in it He rested from all His work  
which God had created and made.

**By [Christ] all things were created  
that are in heaven and that are on earth, visible and invisible,  
whether thrones or dominions  
or principalities or powers.  
All things were created through Him and for Him.**

You alone are the Lord;  
You have made heaven,  
The heaven of the heavens, with all their host,  
The earth and all things on it,  
The seas and all that is in them,  
And You preserve them all.  
The host of heaven worships You...  
You made known to them Your holy Sabbath.

**Remember the Sabbath day, to keep it holy.  
Six days you shall labor and do all your work,  
but the seventh day is the Sabbath of the Lord your God.**

—SDA Hymnal #769, NKJV (Gen 2; Col. 1; Neh. 9; Ex. 20)

## Sabbath Reflection

“For where shall the likeness of God be found, there is no quality that space has in common with the essence of God. There is not enough freedom on the top of the mountain; there is not enough glory in the silence of the sea. Yet the likeness of God can be found in time, which is eternity in disguise. The art of keeping the seventh day is the art of painting on the canvas of time the mysterious grandeur of the climax of creation.”

—Abraham Heschel

## Closing Hymn #565: “For the Beauty of the Earth”

1. For the beauty of the earth,  
For the glory of the skies,  
For the love which from our birth  
Over and around us lies,  
Lord of all, to Thee we raise  
This our grateful song of praise.

2. For the joy of human love,  
Brother, sister, parent, child,  
Friends on earth and Friend above,  
Pleasures pure and undefiled,  
Lord of all, to Thee we raise  
This our grateful song of praise.

3. For the gift of Thy dear Son,  
For the hope of heaven at last,  
For the Spirit’s victory won,  
For the crown when life is past,  
Lord of all, to Thee we raise  
Songs of gratitude and praise.

## First Anthem: “The Heavens Are Telling”

The heavens are telling the glory of God,  
The wonder of his work displays the firmament;  
Today that is coming speaks it the day,  
The night that is gone to following night,

In all the lands resounds the word,  
Never unperceived, ever understood.

## 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.

## 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

**Today, 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.

## Upcoming Sermons & Events

**Elder of the Day**

**October 1**

**October 8**

**October 15**

**October 22**

Judson Ravi

Leif Lind

**Communion**

Smuts van Rooyen

Smuts van Rooyen

**Sunset tonight – 6:50 p.m. Sunset next Friday – 6:40 p.m.**

## City Church Announcements

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

**Thank you!** Pastor Smuts and Arlene would like to thank you so very much for the many warm thoughts, prayers, and cards with the passing of Arlene’s father. The love and support of our church family is especially meaningful now.

**New Young Adults Fellowship time! We meet today (Sabbath)** in the multipurpose room at 9:30, and also **Wednesday, September 28, 6–9 p.m.** at Rachel Pereyra’s house. Please call 818-913-9616 or email Rachel.pereyra@hotmail.com for location. Food will be provided.

New group “**Lit Knitters**” starting for all interested in books, knitting, crocheting, needlepoint—you get the idea! Those interested please meet by the piano **after church today, September 24**; group plans on meeting every other month starting in October! The first book will be *Let the Great World Spin* by Colum McCann; contact Didi at dmumford1@aol.com for questions.

**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) or visit the blog — <http://godinthe66.wordpress.com>.

After our **potluck today**, the **LA Adventist Forum will meet 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. The 13-week course will begin **Thursday evening, October 6**. For more information contact Jonatan Cvetko: 310-721-1169 or jcvetko@gmail.com.

Book signing of the 2012 devotional *The Author of Love: Understanding a Misunderstood God* by author and **church member Joc Anderson** at La Sierra University Alumni Center, 11500 Pierce St., Riverside on **tomorrow, September 25** from 12 noon-4 p.m. (see church bulletin boards). Devotional book and information are also available through [www.docjocanderson.com](http://www.docjocanderson.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 handed out for each office, and instruction will be given on team building as well as special presentations by Pastors Smuts, Lawrence Downing, and Kent Hansen. The training will be completed by 4 p.m.

**Crescenta Valley Adventist School Annual Fall Fair!** Come for a day of fun activities and delicious food: veggie burgers, corn on the cob, cotton candy, face painting, bouncer and more! One day only—Sunday, October 23, 11 a.m.-3 p.m. at 6245 Honolulu Avenue. For more information: [www.cvas.net](http://www.cvas.net) or 818/249-1504 and flyers in the Narthex. Hope to see you there!

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 with the Church’s membership number 93045—their program requires participants to renew in September each year. We will also be starting a similar program with Vons and Albertsons. If you have any other questions, please see Paul Chilopoulos in the Narthex after church.

## Glendale City Health Education September Health Observation Month: Healthy Aging, Part 4

“Forgetting a name is normal. If you lose your keys every other day, you have a problem,” says Emma Shulman. Until 2005, Emma worked 50 hours a week as a social worker and research associate at NYU’s Center of Excellence on Brain Aging. Then at the age of 92, she retired to pursue a master’s degree in cultural anthropology, but still serves as a consultant and lecturer at NYUCEBA. In her spare time she takes classes in writing, acting, and English literature. Emma is an excellent example that it’s possible to have a healthy brain at any age.

Research over the past 10 years has debunked inaccurately held beliefs about the brain, and shed important light on how to maintain a healthy brain throughout one’s lifespan. Unbelievably, we once thought that the numbers of brain cells began to decrease at birth. Another widely held belief that we continue to lose brain cells after age 20-30 seemed more plausible, albeit discouraging. Studies measuring the volume of gray matter (brain tissue composed largely of nerve cells) seemed to confirm this. However, upon closer look, these studies are problematic because they unknowingly included participants with preclinical dementia. While the brain loses a small percentage of its weight between ages 20 and 90 in a natural “pruning back” of neurons and connections that have not been used extensively, the amount of atrophy has been overestimated. Absent a specific disease that causes the loss of nerve cells, most remain healthy until we die. Furthermore, we now know that we are capable of making new nerve cells (neurogenesis) and connections, and that the brain is able to change and adapt (known as neuroplasticity).

To maintain a healthy brain throughout your lifespan adopt the following habits:

1. Exercise a minimum of 30 minutes a day, 5 days a week at a moderate to heavy intensity. Long known to improve cognitive functioning in both those with and without impairment, exercise increases brain volume, and has been shown to lower the risk for dementia by 40%. It improves circulation and oxygen to the brain, and increases levels of brain-derived neurotrophic factor (BDNF). This factor enhances brain function and promotes the survival of neurons.
2. Learn new skills and information. Learning a new language, musical instrument, or dance is especially beneficial to developing and maintaining a healthy brain, as are crossword puzzles, Sudoku, and reading. Use your non-dominant hand more, perform old tasks differently, and travel different routes to destinations. These increase and strengthen neuron connections in the brain, and have been shown to reduce the risk of dementia 47%, and improve memory and decision-making.
3. Eat a diet rich in fresh fruits, vegetables, whole grains, and green tea. This type of diet provides anti-oxidants to combat free radicals that contribute to aging. Also, consume a diet rich in Omega-3 fatty acids (found in nuts, olives, Purslane, and fatty fish, like wild Salmon). Omega-3s reduce inflammation and are highly concentrated in the brain. They appear to be important in cognition — thinking and memory.

4. Protect the brain against injury and trauma, which have been shown to increase the risk of Alzheimer’s. Wear helmets when riding bicycles, protect against falls, and wear a seatbelt when riding in a car.

5. Prevent obesity, diabetes, and hypertension; if present, follow your doctor’s treatment plan. If unmanaged, these underlying conditions can increase the aging process of the brain and decrease brain function.

- \* Old. Smart. Productive. Bloomberg Businessweek. June 27, 2005. [http://www.businessweek.com/magazine/content/05\\_26/b3939001\\_mz001.htm](http://www.businessweek.com/magazine/content/05_26/b3939001_mz001.htm)
- \* Maintaining Memory through Old Age - Emma Shulman. <http://certifiedcaregiver.info/caregiver-degree/maintaining-memory-through-old-age-emma-shulman>
- \* Burgmans S, et. al. The Prevalence of Cortical Gray Matter Atrophy May Be Overestimated In the Healthy Aging Brain. *Neuropsychology* (2009), Vol. 23(5): 541-550.
- \* Guttman, M. The Aging Brain. *USC Health Magazine*. (Spring 2001): no page given. <http://www.usc.edu/hsc/info/pr/hmm/01spring/brain.html>
- \* Doidge, N. *The Brain That Changes Itself*. Penguin Group, USA: New York, 2007, page 253.
- \* Heyn P, et. al. The effects of exercise training on elderly persons with cognitive impairment and dementia: A meta-analysis. *Archives of Physical Medicine and Rehabilitation* (October 2004), Vol 85(10): 1694-1704. <http://www.sciencedirect.com/science/article/pii/S0003999304003971>
- \* Eryn Brown. Aerobic exercise can increase brain size, keeping you mentally sharp. *Los Angeles Times* (January 31, 2011). <http://articles.latimes.com/2011/jan/31/news/la-heb-exercise-hippocampus-20110131>
- \* Use It or Lose It? Study Suggests Mentally Stimulating Activities May Reduce Alzheimer’s Risk. National Institute on Aging (February 13, 2001). <http://www.nia.nih.gov/Alzheimer's/ResearchInformation/NewsReleases/Archives/PR2002/PR20020213useitorloseit.htm>

## Glendale City Health Education Events

**Today, September 24:** Check out the “My Secret to Healthy Aging is...” displays in the foyer. If possible, we’d like to place your photo and secret on the Church website. Please see Kathy McFarland to give permission and receive a copy of your photo.

**Tomorrow, September 25: “Let’s Move Day!”** Meet at 9 a.m. for a walk/hike at Brand Park, 1601 West Mountain Street, Glendale, CA 91201. Wear comfortable clothing and shoes, a hat, and bring water.

**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.

**09/24/11** *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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