

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Prelude in G Major, BWV 541” *Johann Sebastian Bach*

Call to Worship Doug Schultz

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 “O Praise Ye the Lord” No. 20

Greetings & Prayers of the Congregation Doug Schultz

(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 *Kyrie Eleison* (“Lord, Have Mercy”) *J. S. Bach*
from *Mass in B Minor*

Call to Offering Dean Vendouris

Offertory “Amazing Grace” *Traditional; arr. R. Walters*
Abdiel Gonzalez, *solo*

Children’s Sermon Cherise Gardner

Anthem “The Beatitudes” *H. R. Evans*

Responsive Scripture **Mark 12:28-34** Michael Bandy

Sermon “Making a (Collective) Difference:
Transforming the World in Which We Live” Leif Lind

Closing Hymn “O For a World!” *See Bulletin*
Tune: AZMON

Benediction Leif Lind

Musical Response

Postlude “Fugue in G Major, BWV 541” *J. S. Bach*

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	Vincent Haynes

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



October 1, 2011

“Revealing Christ, affirming all.”

Responsive Reading

Mark 12:28-34 The Greatest Commandment

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

"The most important one," answered Jesus, "is this:

'Hear, O Israel, the Lord our God, the Lord is one.

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'

The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these.'

"Well said, teacher," the man replied. "You are right in saying that God is one and there is no other but him. To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices."

When Jesus saw that he had answered wisely, he said to him, "You are not far from the kingdom of God." And from then on no one dared ask him any more questions.

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THE "SHEMA" IN JUDAISM

The following scriptural passages, collectively known in Judaism as the *Shema*, have long been used by devout Jews in their daily prayers:

- Deuteronomy 6:4-9: "Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength...."

- Deuteronomy 11:13-21: "So if you faithfully obey the commands I am giving you today—to love the LORD your God and to serve him with all your heart and with all your soul—then I will send rain on your land in its season, both autumn and spring rains, so that you may gather in your grain, new wine and oil.... Be careful, or you will be enticed to turn away and worship other gods and bow down to them. Then the LORD's anger will burn against you... Teach [these words] to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up.

- Numbers 15:37-41

Closing Hymn: "O For a World!"

1. O for a world where everyone respects each other's ways,
Where love is lived and all is done with justice and with praise.

2. O for a world where goods are shared and misery relieved,
Where truth is spoken, children spared, equality achieved.

3. We welcome one world family and struggle with each choice
That opens us to unity and gives our vision voice.

4. The poor are rich, the weak are strong, the foolish ones are wise.
Tell all who mourn: outcasts belong, who perishes will rise.

5. O for a world preparing for God's glorious reign of peace,
Where time and tears will be no more, and all but love will cease.

Today's Choir Anthems

- **1st Anthem: Kyrie Eleison** ("Lord, Have Mercy") from *Mass in B Minor* (Bach):

Kyrie eleison.

Lord, have mercy upon us, and incline our hearts, to keep thy law,
Lord, have mercy upon us, write all these thy laws in our hearts we beseech thee.

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- **2nd Anthem: "The Beatitudes"** (H. R. Evans):

Blessed! Blessed art thou,
Blessed are the poor in spirit: for theirs is the Kingdom of heav'n.
Blessed are they that mourn: for they shall be comforted.
Blessed are the meek: for they shall inherit the earth.
Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

Blessed are the merciful: for they shall obtain mercy.
Blessed are the pure in heart: for they shall see God.
Blessed are the peacemakers: for they shall be called the children of God.
Blessed are they that are persecuted for righteousness' sake: for theirs is the Kingdom of heav'n.

Blessed are ye when men shall revile you,
Blessed are ye when men shall persecute you and shall say all manner of evil against you falsely, for my sake

Rejoice, and be exceeding glad: for great is thy reward in heav'n.
Rejoice, and glorify the Father in heav'n.

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

October 22 @ 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	Barbara Jones
October 8	Communion
October 15	Smuts van Rooyen
October 22	Smuts van Rooyen
October 29	Smuts van Rooyen
	30th Anniversary of A+ Children's Center

Sunset tonight – 6:40 p.m. Sunset next Friday – 6:30 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's flowers are given in honor of Janice's and Judy's birthdays! Have a blessed birthday!

Let us remember **Mindi Rüb's family** as they grieve the loss of her sister-in-law Estella to cancer this week.

New Young Adults Fellowship time! We meet today (Sabbath) in the multipurpose room at 9:30, and also **Wednesday, October 5, 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.

The Second Saturday Series next Sabbath, October 8, 4 p.m. will feature Jaime Jorge, violinist, in this special presentation "The Rock of Ages." Jaime's music will be accompanied by images of God's creation through a spectacular multimedia presentation of photography by Palmer Halvorson. Please also note that **next Sabbath, from 10:30-10:45 a.m.** Jaime will be playing some of his repertoire in our sanctuary for all who wish to listen! All are welcome.

This afternoon at 2 p.m. there will be a 45-minute lecture on **cancer and chemotherapy** at W. Spanish SDA Church, 626 N. Pacific Av., Glendale (818-660-7244).

Join Pathfinders! For all between 10-16 who enjoy camping, learning new things, and spending great times with friends! The Pathfinder Club provides a Christ-centered environment for youngsters to grow and learn. **Tuesday evenings 6:45-8:45** at Glendale Adventist Hospital Community Services Center, 611 Vallejo Dr. 818-384-2820 Warren Dale for questions. See you Tuesday!

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.

New group "**Lit Knitters**" starting for all interested in books, knitting, crocheting, needlepoint—you get the idea! Our first meeting is **Sunday, October 30, 11 a.m.** in the Youth Room. Bring your craft and book, *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>.

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 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.

The **LA Adventist Forum** speaker on **October 22** will be **Dr. Sigve K. Tonstad**, speaking on the topic of "**The Lost Meaning of the Seventh Day.**" Dr. Tonstad, a native of Norway, holds doctorates in both theology and medicine and serves as a professor of Religion and professor of Medicine at Loma Linda University. His wife Serena, a native of Baghdad, Iraq, is also a physician and professor at Loma Linda. They have two daughters: Linn, who, after graduating from Yale, teaches theology at Southern Methodist University; and Kristel, who has been working through UNICEF in helping orphans and children in Iraq and Haiti. All are welcome to attend the Forum!

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

October: Fat-Soluble Vitamins *A, D, E, and K*

Ancient Egyptians treated night blindness with topical applications of juice extracted from liver, while ancient Greeks consumed cooked liver for the same condition. In the 1700s cod-liver oil was used to treat bone and eye conditions. However, it wasn't until 1913 that two teams of researchers independently and simultaneously reported their findings from animal experiments: a fat-soluble substance (called "fat-soluble factor A" and later, vitamin A) in egg and butter was essential for nutrition. Its chemical structure, retinol, was discovered in 1930, and carotene was also found to be structurally related.

Vitamin A is available through two food sources: animal and plant. In animal products it is called "preformed vitamin A" and considered the active form (retinol) because of its immediate availability in the body. Foods fortified with vitamin A use this active form. Plant sources are called "provitamin A carotenoids" or precursors, since they can be made into the active form in the body. They provide the yellow, orange, and dark green pigments in fruits and vegetables. Of the 500-plus carotenoids identified, beta-carotene is most efficiently made into the active form. Lycopene and lutein are important carotenoids with health promoting properties, but they do not have vitamin A activity.

Absorption of vitamin A requires the intake of dietary fat. Conditions such as Crohn's Disease, Celiac disease, and Cystic Fibrosis that interfere with fat absorption, or a very low dietary fat intake could lead to a deficiency of Vitamin A. Carotenoids in vegetables are better absorbed when cooking or mincing has broken the tough cell walls. Once absorbed Vitamin A is carried to targeted tissues or stored in the liver for future needs.

Often taken for granted, vitamin A plays an important role in many cellular functions. Perhaps most important is its role in gene expression and cell differentiation (the process of cells becoming specialized). A deficiency during fetal growth can lead to birth defects. Vitamin A is critical to making growth hormone, and thus impacts bone growth. Known as the anti-infective vitamin, vitamin A is also needed to maintain our first line of defense against infection: the skin and mucus membranes found in the mouth, nose, and respiratory and gastrointestinal tracts. Furthermore, it is key to making and activating specific types of white blood cells. Last, vitamin A is essential to the health of the retina (root word similar to "retinol"). Hence, a deficiency can lead to decreased night vision (the first sign of a deficiency) and blindness.

The amount of vitamin A needed daily is based on the amount needed to ensure a four months' store in the body to support normal reproductive function, immunity, gene expression, and vision. The recommended dietary allowance (RDA) is offered in both micrograms (mcg) of Retinol Activity Equivalents (RAE) and international units (IU). RAE was developed because of the difficulty in quantifying the carotenoids into IUs. For males 14 years and older, 900 mcg/day RAE or 3,000 IU is recommended. Females 14 years and older need 700 mcg/day RAE or 2,333 IU. Infants and children require less; pregnant and breast-feeding women require more.

Most of our intake of vitamin A should come from foods. If a supplement is used, choose one where the majority or all of the vitamin A is from beta-carotene. There should be no more than 750 mcg or 2,500 IU of vitamin A (retinol, retinyl palmitate, or retinyl acetate). Large studies of vitamin A have not shown it effective in reducing cancer risk, and dosages of 3,000-5,000 IUs are associated with an increased risk of osteoporosis. Beta-carotene has not been found to increase the risk of osteoporosis. Do not take vitamin A supplements without your physician's advice if you are taking medications to thin the blood (Coumadin), acne, lower cholesterol by binding bile (Cholestyramine, Questran, Prevalite), tetracycline antibiotics, or topical agents containing retinoids.

For more information, contact Kathy McFarland.

- * Rosenfeld L. Vitamine-vitamin. The early years of discovery. *Clinical Chemistry*. 1997; 43: 680-685. <http://www.clinchem.org/cgi/content/full/43/4/680>
- * Wolf G. A History of Vitamin A and Retinoids. *The FASEB*. July 1, 1996; 10: 1102-1107. [Jhttp://www.fasebj.org/content/10/9/1102.long](http://www.fasebj.org/content/10/9/1102.long)
- * Dietary Supplement Fact Sheet: Vitamin A and Carotenoids. Office of Dietary Supplements, National Institutes of Health. <http://ods.od.nih.gov/factsheets/vitamina>.
- * Wolbach SB. Vitamin-A Deficiency and Excess in Relation to Skeletal Growth. *J of Bone & Joint Surg*, 1947; 29: 171-192.
- * Goodhart RS and Shils ME. *Modern Nutrition in Health and Disease*. 6th ed. Lea & Febiger: Philadelphia, 1978, chapter 6.
- * What is Vitamin A? *Drugs.com*. <http://www.drugs.com/mtm/vitamin-a.html>

Glendale City Health Education Events

Thank you Daisy Bolduc, Dr. Harold Fanselau, Barbara Jones, Wanda Koffman, Larry McFarland, and G. and Robert White for participating in the "Let's Move" hike at Brand Park on September 25. It was a blessing to be in nature and become better acquainted - both good for the body and spirit!

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.

10/01/11 *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

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