

## City Church Announcements

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

**Memorial Services for church member Jean McVeigh** will be held tomorrow, Sunday, October 30, 2 p.m. in the Chapel. There will also be services for long time City Church friend **Robert Burman** on Sabbath, November 5, 4 p.m. at Vallejo Drive Church.

**Church Officers.** If you were unable to attend the Leadership Workshop last Sabbath, please pick up a packet of materials with your name on it at the table in the Narthex either before or after the worship service.

**Young Adults Fellowship.** We meet *today* in the multipurpose room from 10–10:45 a.m. Don't know where the multipurpose room is? Look for the signs in the courtyard or downstairs, or ask a church member to guide you!

**The new "Lit Knitters" group is planning to meet tomorrow, October 30th at 11:00 a.m. in the Youth Room** (under the Fellowship Hall) to chat about books as we knit, crochet, needlepoint, etc. Whether you've read the book, *Let the Great World Spin* by Colum McCann, knit or crochet or not, please plan to join us to choose the next book. Please contact Didi at dmumford1@aol.com with any questions.

**"God in the 66"** Bible study meets as usual Tuesday, 6-8 p.m. in the Council Room. 707-337-8002 or sierrablake@gmail.com for info.

An RN and friend of City Church is looking for a **room to rent 3-5 days** a week in or near Glendale. Willing to pay \$200-300 a month. Please contact the Church Office for more information.

**Room Needed.** A young woman needs a room Mon.–Wed. in the Glendale area, willing to pay \$300 a month. Info: 818-546-8451 (Mon.–Thurs.).

**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 p.m. at Adventist Hospital Community Center. Call Warren Dale–818-384-2820 for info.

*We cannot always fit all announcements in the bulletin. Please sign up for our e-Newsletter to keep up with the latest events! [www.glendalecitysda.org](http://www.glendalecitysda.org)*

## Upcoming Sermons & Events

**Elder of the Day**  
**November 5**  
**November 12**  
**November 19**

**Meredith Jobe**  
Smuts van Rooyen  
Todd Leonard, young adult pastor, Vallejo Drive  
Smuts van Rooyen

**Sunset tonight – 6:05 p.m. Sunset next Friday – 5:57 p.m.**

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# Glendale City Seventh-day Adventist Church



## A+ Children's Center 30th Anniversary Celebration

*"The Road to Excellence—the Journey Continues..."*



*October 29, 2011*



**OUR MISSION**

A+ *Adventist Children's Center* was established in 1981 by the Glendale City Seventh-day Adventist Church. The Center was founded with the express purpose of serving the Glendale community and its children, by providing a safe and loving environment where children can find support as they grow, mature and learn. We realize that successful early experiences are important not only for our children, but also for the parents and for our system of education. It is our goal that this would be the foundation of our ministry, that every child entering our school, without regard to race, color, religion or national origin, will feel that he/she is someone special.

***A+ Children's Center...Where Every Child Is Someone Special***

**THE JOURNEY**

In 1981, pastors Arthur Torres and Casey Bahr had a dream that was realized with the establishment of the A+ Adventist Preschool. By 1982, a Kindergarten class began followed by the first and second grades. The pastors' dream has come true and exists in common with ours today, to have our children and their families receive the best that Christian education can offer. For 30 years the A+ Adventist Children's Center has enriched the lives of hundreds of children, without regard to race, religion, or national origin. Through the years A+ school has been a channel through which students of all beliefs have been introduced to the Seventh-day Adventist system of education. Frequently, their education has continued in our elementary schools and academies. Today we invite you to join us as we honor the past, celebrate the present, and look forward to the future of this great rainbow of Children's Ministry.

**Today's Pulpit Flowers** are dedicated to A+ from Colette Witt:

"Congratulations on your 30th Anniversary! With happy memories of my years spent at A+ and wishing you continued success and God's blessings"

**A+ CHILDREN'S CENTER COMING EVENTS**

- November 15** – Dinner Night Out Fundraiser @ Panda Inn\*
- December 7** – Fundraiser Night @ The Americana! Granville Cafe\*;  
Book Fair Fundraiser @ Barnes & Noble, 5–8 p.m., come decorate cookies and hear fun stories from our A+ friends;  
any Americana store will donate this night towards A+!\*
- December 13** – A+ Christmas Program, 6:30 p.m.

\* To participate in a fundraiser, get a flyer from A+ or the Church Office

**SCRIPTURE READING**

Moses said to the LORD, "You have been telling me, 'Lead these people,' but you have not let me know whom you will send with me...Remember that this nation is your people."

The LORD replied, "My Presence will go with you, and I will give you rest."

Then Moses said to him, "If your Presence does not go with us, do not send us up from here. What else will distinguish me and your people from all the other people on the face of the earth?"

And the LORD said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name."

Then Moses said, "Now show me your glory."

And the LORD said, "I will cause all my goodness to pass in front of you, and I will proclaim my name, the LORD, in your presence....But you cannot see my face, for no one may see me and live. There is a place near me where you may stand on a rock. When my glory passes by, I will put you in a cleft in the rock and cover you with my hand until I have passed by. Then I will remove my hand and you will see my back; but my face must not be seen."

For this God is our God for ever and ever; he will be our guide even to the end.



**ORDER OF WORSHIP**



<b>Prelude</b>	"Suite Gothique – <i>Choral</i> and <i>Prière à Notre-Dame</i> "	L. Boëllmann
<b>Call to Worship</b>	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."	Meredith Jobe
<b>Hymn of Praise</b>	"I Sing the Mighty Power of God"	No. 88
<b>Greetings &amp; Prayers</b>		Meredith Jobe
<b>Welcome &amp; Recognition</b>		Malisa Smith <i>A+ Children's Center Director</i> Rita Henriquez-Green <i>Associate Superintendent of Education</i> Rosalyn Wortham <i>A+ Church Board</i>
<b>Anthem</b>	"Simple Gifts"	<i>American Shaker Song; arr. M. Pooler</i>
<b>Tree of Honor</b>		Malisa Smith
<b>A+ Children's Bell Choir</b>	"Jesus Loves Me"	<i>arr. Alan Hager</i>
<b>Call to Offering</b>		John Nielsen
<b>Offertory</b>	"God Made the Earth" "Rainbow Colors" "I am Your God" <b>A+ Children's Choir</b>	<i>Karyn Henley</i>
<b>Recognition of Teachers &amp; Staff</b>		Malisa Smith
<b>Children's Story</b>		Tamara Colbert
<b>Anthem</b>	"Praise His Holy Name"	<i>Keith Hampton</i>
<b>Scripture</b>	<b>Exodus 33:12-23; Psalms 48:14, NIV (<i>Adapted</i>)</b>	Malcolm Mumford
<b>Sermon</b>	"Seeking the God Who Journeys with Us"	Cherise Gardner
<b>Closing Hymn</b>	"He Hideth My Soul"	No. 520
<b>A+ Children's Choir</b>	"The Lord's Prayer"	<i>arr. Albert Malotte</i>
<b>Closing Prayer</b>		Cherise Gardner
<b>Postlude</b>	"Suite Gothique – Toccata"	L. Boëllmann

***Please join us in the Fellowship Hall for lunch after the Worship Service!***

**A+ Celebrations will continue this afternoon with comedy illusionist FX4 Christ, 1:30 p.m. in the Chapel.**



## Glendale City Health Education

### October: Fat-Soluble Vitamins A, D, E, and “K”

Danish scientist Henrik Dam identified Vitamin K in 1929 while investigating the role of cholesterol. After several weeks of feeding chickens a diet that lacked cholesterol, the fowls started hemorrhaging. Adding cholesterol back into their diet did not reverse the bleeding. Several years later, Dam and colleagues identified the dietary substance responsible for clotting and were awarded the Nobel Prize. Instead of naming the substance vitamin “F” according to tradition, Dam named the substance Vitamin K, after the Danish spelling, “koagulation.”

Natural vitamin K is found in two forms: vitamin K<sub>1</sub> (phylloquinone) and vitamin K<sub>2</sub> (menaquinone). K<sub>1</sub> is mostly present in green plants — notice, “phyl” in phylloquinone is also found in the word, “chlorophyll.” K<sub>2</sub> is formed from bacteria in the intestinal tract. In addition to natural vitamin K, synthetic forms exist as Vitamin K<sub>3</sub> (toxic), K<sub>4</sub>, and K<sub>5</sub>.

Between 40-80% of dietary vitamin K is absorbed in the small intestine. Like vitamins A, D, and E, vitamin K requires fat for absorption in the small intestine, and travels through the bloodstream to the liver and various tissues throughout the body. Excess vitamin K is stored in the liver and fat cells. Famous for its role in the body’s clotting mechanism, vitamin K assists the body is transporting calcium. Interestingly, vitamin K-dependent proteins have been isolated from bone, cartilage, kidney, lung, and other tissues. Research continues to evaluate the unique distinctions and functions for both forms of vitamin K, and especially K<sub>2</sub>.

Several studies suggest that vitamin K may be key in maintaining long-term good health. For example, in the Nurses’ Health Study that followed more than 72,000 women for 10 years, women with the lowest vitamin K intake had a 30% higher risk of hip fracture than those with the highest intake. Other studies have had mixed results and it’s possible that findings from the Nurses’ Health Study reflect the consumption of a healthy diet (salads) since vitamin K is found in green leafy plants. On the other hand, an analysis of 7 Japanese clinical trials reported that supplementation of vitamin K<sub>2</sub> lowered the risk for fractures 60-81%, depending upon the fracture site. Since 1995, the Japanese Ministry of Health has approved daily supplementation with 45 mg of vitamin K<sub>2</sub> for the prevention and treatment of osteoporosis. However, the National Food and Nutrition Board (FNB, of the Institute of Medicine - IOM) is not ready to make a similar recommendation.

Scientific information to establish a Recommended Dietary Allowances (RDAs) for vitamin K is inadequate. Therefore, daily Adequate Intake (AI) levels have been determined based on age and amounts consumed by healthy individuals. AI levels for women and men aged 19 years and older are 120 micrograms/day (mcg/day) and 75-90 mcg/day, respectively. Most Americans consume 300-500 mcg/day and deficiencies are rare despite an Internet article claiming deficiencies are “quite widespread.”

Vitamin K Levels mcg/1 cup serving	Food Sources
90-1,150	kale; collards; spinach; turnip, beet, mustard, dandelion greens; Brussels sprouts; broccoli; onions; parsley; asparagus; sauerkraut; endive; green leaf lettuce
60-90	okra; cabbage; rhubarb; dried plums stewed; cow/black-eyed peas
30-60	Chinese, Savoy cabbage; romaine lettuce; celery; coleslaw; peas; blueberries; pumpkin; 3 oz tuna fish in oil; carrot juice; spaghetti sauce; mung bean sprouts; cooked soybeans; kiwi (1 medium)
10-30	tomato paste; mixed vegetables; blackberries; red cabbage; artichokes; grapes; cauliflower; cucumber

Newborns are given a precautionary injection of vitamin K immediately following birth to prevent bleeding, as they are born without bacteria in their intestinal tract. Conditions that increase the risk for developing a deficiency are: malabsorption disorders, chronic dialysis, liver disease, and alcohol/drug abuse. Medications that interfere with the absorption of K<sub>1</sub>, decrease K<sub>2</sub> production in the intestines, or increase vitamin K requirements include broad-spectrum antibiotics, aspirin, and anti-seizure medications (Dilantin). Coenzyme Q-10 can promote blood clotting, while doses greater than 800 IUs of vitamin E can cause vitamin K to be less effective and increase the risk of bleeding.

Bleeding from the nose and/or gums, and easy bruising may be signs of a deficiency. Note: these symptoms are also found in other conditions. Physicians may order a “Prothrombin time” blood test to measure clotting time, if a deficiency is suspected and for those taking anticoagulant therapy such as Coumadin/Warfarin. For health concerns and prior to taking supplements, always check with your physician. For more information and references contact Kathy McFarland or the church’s website.

### Glendale City Health Education Events

**Friday, November 18, 7 p.m.** in the Fellowship Hall and then Chapel: **SimplySouperSupper™** followed by **the movie (8 p.m.), “Forks Over Knives”,** and a **short discussion.** It examines the profound claim that most, if not all of the degenerative diseases can be prevented or reversed by avoiding animal-based and processed foods. If you’ve seen the film but someone you care about missed the opportunity, invite him/her. You may attend the film without attending supper. Please note: space is limited for supper and **an RSVP is required by November 4,** as well as for planning food quantity. Donations accepted. RSVP to Kathy McFarland.

*10/29/2011 Produced by:* Dr. Kathy McFarland, Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee.*  
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