

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude "Air in G Major" *Herbert Howells*

Call to Worship

"I am the resurrection and the life," says the Lord.

"Whoever believes in me, though dead, shall have eternal life."

We are surrounded by a cloud of witnesses, both here and in the heavens.

We look towards Jesus, the author and finisher of our faith.

"Come, let us joyfully worship the Lord."

Hymn of Praise "Joyful, Joyful, We Adore Thee" No. 12

Greetings & Prayers of the Congregation Leif Lind

(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 "An Anthem of Praise" *Antonín Dvořák*

Call to Offering Christel McRae

Offertory "Hear My Prayer, O Lord" *Antonín Dvořák*
Jennifer Appleberry, *mezzo-soprano*

Day of Remembrance

(you are invited to come forward to light a candle in memory of a loved one)

Responsive Scripture Matthew 13:24-30;36-45 Vivian Cain

Anthem "Immortal, Invisible, God Only Wise" *E. H. Thiman*

Sermon "A Parable of Tolerance" Smuts van Rooyen

Closing Hymn "Let Us Break Bread Together" No. 403

Benediction Smuts van Rooyen

Musical Response

Postlude "Praise the Lord with Drums and Cymbals" *Sigfrid Karg-Elert*

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	Dave Ferguson

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



November 5, 2011

"Revealing Christ, affirming all."

Responsive Reading

Matthew 13:24-30; 36-43

Jesus told them another parable:
“The kingdom of heaven is like a man who sowed good seed in his field.
But while everyone was sleeping,
his enemy came and sowed weeds among the wheat, and went away.
When the wheat sprouted and formed heads, then the weeds also appeared.
“**The owner’s servants came to him and said,
‘Sir, didn’t you sow good seed in your field?
Where then did the weeds come from?’**
“An enemy did this,” he replied.
“**The servants asked him,
‘Do you want us to go and pull them up?’**
“No,” he answered, “because while you are pulling the weeds,
you may uproot the wheat with them.
Let both grow together until the harvest.
At that time I will tell the harvesters:
First collect the weeds and tie them in bundles to be burned;
then gather the wheat and bring it into my barn.”

Then he left the crowd and went into the house.

His disciples came to him and said,

“Explain to us the parable of the weeds in the field.”

He answered, “The one who sowed the good seed is the Son of Man.
The field is the world, and the good seed stands for the people of the kingdom.
The weeds are the people of the evil one,
and the enemy who sows them is the devil.
The harvest is the end of the age, and the harvesters are angels.
“As the weeds are pulled up and burned in the fire,
so it will be at the end of the age.

**The Son of Man will send out his angels, and they will weed out of
his kingdom everything that causes sin and all who do evil.**

**They will throw them into the blazing furnace,
where there will be weeping and gnashing of teeth.**

**Then the righteous will shine like the sun
in the kingdom of their Father.
Whoever has ears, let them hear.**



1st Anthem: Dvořák: “An Anthem of Praise” (Ps. 149)

Praise the Lord God!
Praise ye, praise the Lord God! Sing rejoicing!
Hallelujah! Shout your praises! God in heaven reigneth!
Sing rejoicing! all ye kindred peoples!
He it is who governeth the nations.
Hallelujah! Sing, hallelujah! Praise Him!
Praise the Lord all who know Him,
Who seek His glory, doing His will!
Righteous is He, yea, His word is ever lasting and true!
Hallelujah! Honor! Glory!

Hallelujah! Sing hallelujah!
Glorious He! glorious is He! Yea, glorious is He!
Heart and voice unite in grateful chorus,
Praising still His holy name throughout all ages,
Gladly singing hallelujah!
His the majesty throughout all ages,
Who doth govern all in earth and heaven.
For His kingdom shall be known,
His will be done, on earth with joy for ever!

2nd Anthem: Eric Thiman: “Immortal, Invisible”

Immortal, invisible, God only wise,
In light inaccessible hid from our eyes,
Most blessed, most glorious, the Ancient of Days,
Almighty, victorious, thy great name we praise.

Unresting, unchanging, and silent as light,
Nor wanting, nor wasting, thou rulest in might;
Thy justice like mountains high soaring above
Thy clouds which are fountains of goodness and love.

To all, life thou givest to both great and small;
In all life thou livest, the true life of all;
We blossom and flourish as leaves on the tree,
And wither and perish but nought changeth thee.

Great Father of Glory, pure Father of Light,
Thine angels adore thee, all veiling their sight;
All laud we would render: O help us to see
'Tis only the splendor of light hideth Thee. Amen.

Upcoming Sermons & Events

Elder of the Day	Jeevan Johnson
November 12	Todd Leonard, young adult pastor, Vallejo Drive
November 19	Smuts van Rooyen
November 26	Smuts van Rooyen

Sunset tonight – 5:58 p.m. Sunset next Friday* – 4:52 p.m.

***Daylight Saving**

City Church Announcements

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

Don’t forget Daylight Saving! Turn your clocks back one hour tonight.

Second Saturday Series concert **next Sabbath**, November 12 at 4 p.m. will feature City Church’s organist **Kemp L. Smeal**, with organ works by Vierne, Bach, Reger, Alain, and Duruflé. Courtyard reception following the concert — be sure to attend!

We look forward to our **guest speaker next Sabbath, Pastor Todd Leonard**, young adult pastor at Vallejo Drive Church!

Memorial Services for long time City Church friend **Robert Burman** will be held **today**, November 5, 4 p.m. at Vallejo Drive Church.

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 met last Sunday and it was a great success. Thanks to Aimee, Anna, Carol, Denise, Evelyn, and Judy for a great book chat while working on crochet, cross stitch, crewel and knitting projects. We will meet again on Sunday, December 4th and the book we’ll discuss is “A Castle in the Backyard: The Dream of a House in France” by Betsy Draine and Michael Hinden. 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. Tues. eve. 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

Day of Remembrance

You will be invited to come forward as part of the Day of Remembrance service to light a candle in honor of someone close to your heart.

Evelyn Vannix (longtime church member):	December 2010
Salim Noujaim (longtime church member):	January 2011
Sara Opal Huenergardt (Sandra Peterson’s mother):	February 2011
Wally Rabello (longtime church member):	April 2011
Vahik Apcarian (Dr. Sarrafian’s nephew):	July 2011
LaVerne Straka (longtime church member):	August 2011
Ralph Moore (Arlene van Rooyen’s father):	September 2011
Estella Espericueta-Rüb (Mindi Rüb’s sister-in-law):	September 2011
Jean McVeigh (church member):	October 2011
Robert Burman (longtime church member):	October 2011

“But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. And now these three remain: faith, hope and love. But the greatest of these is love.” —1 Corinthians 13:8, 13

Glendale City Health Education *November 5, 2011: Turn Back the Clock, Literally*

Daylight Saving Time ends tomorrow (November 6) at 2:00 a.m. (Yes, it is “Saving” not “Savings” Time.) Early in the week I overheard colleagues already cheering the weekend: “We get to set our clocks back one hour.” Yippee, an extra hour of sleep! In theory. Just as 1.5 billion people around the world are affected by the “spring forward” time shift, “fall back” brings its share of challenges, too.

Challenge number one is the temptation for some of us to use the “extra hour” of sleep to stay up longer to play or complete tasks. It’s easy to rationalize: we’ll still get the same number of hours of sleep as the past 8 months. True, but since many of us are sleep-deprived, it benefits our health to take advantage of that extra hour we’re due.

Dr. Richard Ljung and Dr. Imre Janszky compared the incidence of heart attacks before and after the spring and autumn Daylight Saving Time changes in Sweden from 1987 to 2006. They discovered a statistically significant increase in heart attacks on the Monday (5%), Tuesday (10%), and Wednesday (5%) after setting the clock forward. By contrast, a 5% decrease in heart attacks was observed on the Monday after setting back the clock. Interestingly, effects of the transitions to and from Daylight Saving Time were more pronounced for people less than 65 years old than for those age 65 years and older.

Sleep deprivation is like turning on the “fight or flight” mechanism. Intended for responding immediately to danger, a chronic state of “fight or flight” can lead to health problems, including heart disease. Dr. Ljung told WebMD that the Swedish study suggests disturbed sleep rhythms may be involved and that the extra hour of sleep due to “falling back” may be protective. More research is needed on this topic.

Another challenge with turning back the clock is falling asleep. Until the internal clock has been reset, this can be problematic whether you’re a young child, teen, or adult, especially when there’s a morning schedule to meet. Rather than trying to adjust to a sudden time change, some people will adjust their and their children’s bedtime by 15-minute increments the week prior to turning back the clock. Although we’ve lost the luxury of last week’s adjustment period, the technique still can be used and is beneficial.

A return to Standard Time also brings the realization that we’ll see less daylight with each day, culminating in the winter solstice on December 22, 2011. Many people experience depressed moods and fatigue. To raise moods and energy levels, eat a healthy diet rich in fresh fruits, vegetables, whole grains, adequate protein, and minimize sugar. In addition, go outdoors daily to enjoy meals, social time, and exercise.

“Falling back” means we add one more hour of driving in the dark. According to a Canadian study, setting the clock back one hour was associated with an immediate 8% decrease in traffic accidents. This effect is thought to be due to gaining an additional hour of sleep (the opposite effect occurred when “springing forward”). Statistics tracked over time show that traffic accident deaths are 3 times greater during night than day driving. As we revert back to Standard Time and with the shortening of days, cautious driving and adequate sleep are essential.

Our ability to adapt is miraculous. As we adjust to setting our clocks back an hour, and the decreasing daylight hours, take care. Get proper rest, nutrition, exercise, and social experiences to support you during this changing time and season. And know that on the 2nd Sunday in March at 2 a.m., we will go through another change as we set our clocks forward. For more information, contact Dr. Kathy McFarland.

Janszky I and R Ljung. Shifts to and from Daylight Saving Time and Incidence of Myocardial Infarction. *N Engl J Med* 2008; 359:1966-1968. <http://nejm.org/doi/pdf/10.1056/NEJMc0807104>

Boyles S. Reviewed by Klodas, E. “Daylight Saving Time May Affect Heart Study Shows Fewer Heart Attacks As Clocks Are Moved Back. WebMD Health News. <http://www.webmd.com/heart-disease/news/20081029/daylight-saving-time-may-affect-heart?page=2>.

Coren, S. Daylight Savings Time and Traffic Accidents. *N Engl J Med* 1996; 334:924-925. <http://www.nejm.org/doi/full/10.1056/NEJM199604043341416>

Glendale City Health Education Events

Friday, November 18, 7:00 p.m. in the Fellowship Hall and then Chapel: SimplySouperSupper™ followed by the movie (8:00 p.m.), “Forks Over Knives”, and a short discussion. If you haven’t seen this highly praised and life-changing film, be sure to attend! 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 14**, as well as for planning food quantity. Donations accepted. **FREE gifts for attending!** For more information or to RSVP, contact Kathy McFarland per below.

11/05/2011 *Produced by:* Dr. Kathy McFarland, Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee.*
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