

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Tocatta from Symphony V” *Charles Widor*
Handbell Choir, Ariel Quintana, *conductor* arr. Martha L. Thompson

Call to Worship We have gathered to worship
to listen
to covenant
to praise your name
to remember our heritage
to celebrate our destiny.
Oh God, we joyfully receive your grace.
“Come, let us worship the Lord”

Hymn of Praise “Guide Me, O Thou Great Jehovah” No. 538

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 “When in Our Music God Is Glorified” *Fred Pratt Green;*
arr. Hal H. Hopson

Call to Offering Colette Witt

Offertory “Les Cloches” [“The Bells”] *John Behnke*
Handbell Choir, Ariel Quintana, *conductor*

Children’s Sermon Cherise Gardner

Anthem “All Creatures of Our God and King” *Mack Wilberg*

Responsive Scripture **Isaiah 58:1-8** Sierra Szutz

Sermon “Occupy Sabbath:
A Manifesto for Bringing Rest” Todd Leonard

Closing Hymn “As Water to the Thirsty” No. 460

Benediction Todd Leonard

Musical Response

Postlude “Sonata No. 2 – Fuga” *Felix Mendelssohn*
Taylor Ruhl, *organist*

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	See above

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 12, 2011

“Revealing Christ, affirming all.”

Responsive Reading

Isaiah 58:1-8

“Shout it aloud, do not hold back.
Raise your voice like a trumpet.
Declare to my people their rebellion
and to the descendants of Jacob their sins.

**For day after day they seek me out;
they seem eager to know my ways,
as if they were a nation that does what is right
and has not forsaken the commands of its God.**

They ask me for just decisions
and seem eager for God to come near them.

‘Why have we fasted,’ they say,
‘and you have not seen it?’

Why have we humbled ourselves,
and you have not noticed?’

**“Yet on the day of your fasting, you do as you please
and exploit all your workers.**

**Your fasting ends in quarreling and strife,
and in striking each other with wicked fists.**

You cannot fast as you do today
and expect your voice to be heard on high.

Is this the kind of fast I have chosen,
only a day for people to humble themselves?
Is it only for bowing one’s head like a reed
and for lying in sackcloth and ashes?

Is that what you call a fast,
a day acceptable to the LORD?

**“Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,**

**to set the oppressed free
and break every yoke?**

Is it not to share your food with the hungry
and to provide the poor wanderer with shelter—
when you see the naked, to clothe them,
and not to turn away from your own flesh and blood?

**Then your light will break forth like the dawn,
and your healing will quickly appear;
then your righteousness will go before you,
and the glory of the LORD will be your rear guard.**



1st Anthem: “When In Our Music God Is Glorified”

When in our music God is glorified,
and adoration leaves no room for pride,
it is as though the whole creation cried: Alleluia!

How often, making music, we have found
a new dimension in the world of sound,
as worship moved us to a more profound: Alleluia!

So has the Church, in liturgy and song,
in faith and love, through centuries of wrong,
borne witness to the truth in every tongue: Alleluia!

And did not Jesus sing a psalm that night
when utmost evil strove against the Light?
Then let us sing, for whom he won the fight: Alleluia!

Let every instrument be tuned for praise!
Let all rejoice who have a voice to raise!
And may God give us faith to sing always: Alleluia! Amen.

Closing Hymn No. 460: “As Water to the Thirsty”

1. As water to the thirsty,
As beauty to the eyes,
As strength that follows weakness,
As truth instead of lies;
As songtime and springtime and summertime to be,
So is my Lord, my living Lord,
So is my Lord to me.

2. Like calm in place of clamor,
Like peace that follows pain,
Like meeting after parting,
Like sunshine after rain;
Like moonlight and starlight and sunlight on the sea,
So is my Lord, my living Lord,
So is my Lord to me.

3. As sleep that follows fever,
As gold instead of grey,
As freedom after bondage,
As sunrise to the day;
As home to the trav’ler and all he longs to see,
So is my Lord, my living Lord,
So is my Lord to me.

Upcoming Sermons & Events

Elder of the Day
November 19
November 26

Thanksgiving Sabbath

Judson Ravi
Smuts van Rooyen
Smuts van Rooyen

Sunset tonight – 4:52 p.m. Sunset next Friday – 4:48 p.m.

City Church Announcements

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

We welcome today our **guest speaker Pastor Todd Leonard**, young adult pastor at Vallejo Drive Church! Todd J. Leonard has been a pastor for 11 years, serving Adventist churches in Georgia and Tennessee. In May 2011, he joined the staff of the Vallejo Drive Church as Pastor for Collegiate and Young Adult Ministries. He has been married for 14 years to Robin, mother of their daughters Halle, Abigail and Emma.

Second Saturday Series concert **today** at 4 p.m. featuring 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!

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!

Now you can **give to Glendale City Church online**, anytime, anywhere! For the first time, we are able to offer secure online giving for any cause, whether to your **regular weekly giving** or a **special project of your choosing**. Just visit the Church’s website, www.glendalecitysda.org and find “Online Giving” in the right side menu. Then simply click on the link that says “Donate to Glendale City Church Here.” Once you’re set up the first time, you can easily return at any future date. Other pages you may also wish to bookmark include: City Church Announcements, Health Education Ministries, Church Bulletins, Audio Sermon Podcasts, and Glendale City Church on Facebook.

Elijah, the Musical. Our very own Children’s Choir and Drama have taken the musical they performed for us in June on the road! Congratulations on the warm reception at Altadena SDA Church last Sabbath for A.Y. and Vespers. **The group’s next performance** will be next Sabbath, November 19, 5:30 p.m., at the Pasadena SDA Church, 1280 E. Washington Blvd.

The new “Lit Knitters” group 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.

Apartment needed for a chaplain interning at Glendale Medical Center. Looking for a place that is ready by December first and needed for one year. Preferable washer and dryer hook up. For more information, please call Church Office.

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

Potlucks and LA Adventist Forum

Today will be potluck so as not to conflict with the holiday months. The **next** potluck for **December** will be the second Sabbath of the month. We will resume potlucks on the fourth Sabbath of the month in January.

The LA Adventist Forum will be on hiatus for November and December. Forums will resume on January 28, 2012.

Glendale City Health Education November 12, 2011: Wholly Moley

Since going away to the academy at the age of 13, I've spent most of my life living away from my family. It wasn't to get away from them; life just took us in different directions. So when my youngest sister told me she was leaving Seattle for sunny Los Angeles, I was thrilled! In the transition, she stayed with us two weeks before settling into her new apartment...fortunate for us all — staying with us, I mean. One morning while she ironed, I noticed a peculiar mole on her back. At my insistence she saw a dermatologist. We await the result of the biopsy.

Moles are the result of pigment cells (melanocytes) growing in clusters. "Melan" from the Greek, means dark or black; "cyte" means cell. Babies may be born with moles; new ones may appear during childhood and adolescence, and increase in size; and most adults have 10-40 moles, usually found above the waist in areas exposed to the sun. Healthy moles (nevi) are called "common" or "normal." Atypical moles are called dysplastic nevi ("nevus," singular). They may be bigger than a normal mole with a mixture of pink, tan, and brown colors. Atypical moles are usually flat with a smooth, slightly scaly, pebbly surface, and an irregularly shaped edge, often fading into the surrounding skin.

One in 10 people have at least one atypical mole; usually benign, a dysplastic nevus may develop into melanoma. Therefore, check your skin once a month from head to foot and between toes; take photos of your moles and keep a record in your personal medical file. Use a hair-dryer to blow hair away from the scalp for a good visual. For areas that are difficult for you to examine alone, enlist help from a family member or friend. Any of the following changes in a mole should be reported to your doctor: color, shape, texture, or height; an uneven increase or decrease in size; texture that becomes dry, scaly, hard, or feels lumpy; or itching, bleeding, or oozing (moles located in areas that may get nicked or cut during shaving need to be protected, or possibly removed).

Melanoma is a type of cancer that begins in melanocytes and may develop anywhere on the skin, including from a mole. Every year 2 out of 10,000 Americans develop the disease. Melanoma is less common in darker-skinned people, but when it occurs, it is often found under the fingernails/toenails, palms of the hands, or soles of the feet. Occasionally, it can also develop in the eye or digestive tract. Differentiating between melanoma and a dysplastic nevus requires a biopsy. Risk factors for developing melanoma include having 1) more than 50-100 common moles; 2) a dysplastic nevus; 3) a family history; 4) increased sun exposure; 5) skin that burns easily; 5) had at least one blistering sunburn; and 6) a weakened immune system.

Recently Dr. Oz showed his audience the "Pencil Test" for checking moles using the "ABCDE" rules of early features of melanoma. Place the eraser of a No. 2 pencil over the mole and check for:

- Asymmetry**—the shape of one half does not match the other half.
- Border that is irregular**—edges ragged, notched, or blurred in outline, and pigment may spread into the surrounding skin.
- Color that is uneven**—different colors like black, brown, tan, white, gray, red, pink, or blue may be present.
- Diameter**—change in size, usually an increase.
- Evolving**—the mole has changed over the past few weeks or months.

Statistics for late-stage melanoma show that 85% succumb within 5 years. However, when diagnosed early, melanoma can be treated and cured! Just this month, the Food and Drug Administration approved a handheld device to assist dermatologists in evaluating growth that may be of concern. *MelaFind* makes detailed, digital images of skin growths, and a computer analyzes them for signs of cancer against a database of 10,000 archived images, and recommends a biopsy, if appropriate.

Whether a mark of beauty (Cindy Crawford, Angelina Jolie), annoyance, or "just there," moles are usually benign. Most of us have one or more. Since they may become dysplastic, or on occasion develop into melanoma, it behooves us all to check our skin regularly along with other monthly self-examinations that we perform for our health. For more information, contact Dr. Kathy McFarland.

Common Moles, Dysplastic Nevi, and Risk of Melanoma. National Cancer Institute (NCI).

Reviewed 11/01/2011. <http://www.cancer.gov/cancertopics/factsheet/Risk/moles>

Moles. American Academy of Dermatology. <http://www.aad.org/skin-conditions/dermatology-a-to-z/>

Moles and Melanoma: Dysplastic Nevi (Atypical Moles). Kopf, AW, Sober AJ, Wang SQ.

Medical Reviewers Skin Cancer Foundation. <http://www.skincancer.org/dysplastic-nevi-atypical-moles.html>

Roakoff, Alan MD. Melanoma. MedicineNet.com. <http://www.medicinenet.com/melanoma>

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.

11/12/2011 *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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