

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

**Prelude** "Praise to the Lord, the Almighty" *Johann Walter*

### Call to Worship

Lord, you have been our dwelling place  
throughout all generations.  
Before the mountains were born  
or you brought forth the earth and the world,  
from everlasting to everlasting you are God.  
We worship you this morning.

—Ps 90:1, 2

**Hymn of Praise** "Crown Him With Many Crowns" No. 223

**Greetings & Prayers of the Congregation** Leif Lind

(please remain standing for prayer)

**Prayer Response** Hear our prayer, O Lord, (No. 684)  
Incline Thine ear to us,  
And grant us Thy peace.

**Anthem** "His Eye Is On the Sparrow" *arr. Christopher Bennett*

**Call to Offering** Vincent Haynes

**Offertory** "I Said a Prayer for You Today" *Richard Froeber*  
Jennifer Wallace, *mezzo-soprano*

**Children's Sermon** Cherise Gardner

**Anthem** "One Faith, One Hope, One Lord" *Craig Courtney*

**Scripture** **Revelation 4:9–11; 5:9–14** Jesse Martin

**Sermon** "The Magnificence of God's Authority" Smuts van Rooyen

**Anthem** "Worthy Is the Lamb—Amen" from *Messiah* *Handel*

**Benediction** Smuts van Rooyen

**Musical Response** "Amen" *P. Lutkin*

**Postlude** "Fugue on the Name of Alain" *Maurice Duruflé*

## Sabbath School Options

Class	Age	Location	Symbols/Leaders
Beginners	0-3 yrs	Room 3	Elephant
Kinder/Primary	4 yrs to 4th grade	Room 4	Giraffe
Early Teen	7th & 8th grade	Room 2	Eagle
Junior	5th & 6th grade	Room 1	Lion
Teen	13-17 yrs	Room 10b	Fish
Young Adults	19-99	Multipurpose Room	Rachel Pereyra
Armenian	General	Room 11	
Romanian	General	Room 13	
Pastor	General	Fellowship Hall	Leif Lind
SS Quarterly	General	Chapel	Rudy Torres

## 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 a.m.
Pathfinders	GAMC Gymnasium	Tuesday at 6:45 p.m.
Bible Study	Council Room	Tuesday at 6:00 p.m.
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 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



January 28, 2012

*"Revealing Christ, affirming all."*

## Responsive Reading

### Revelation 4:9–11; 5:9–14

Whenever the living creatures give glory, honor and thanks to him who sits on the throne and who lives for ever and ever, the twenty-four elders fall down before him who sits on the throne and worship him who lives for ever and ever. They lay their crowns before the throne and say:

**“You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being.”**

And they sang a new song, saying:

“You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation.

You have made them to be a kingdom and priests to serve our God, and they will reign on the earth.”

Then I looked and heard the voice of many angels, numbering thousands upon thousands, and ten thousand times ten thousand.

They encircled the throne and the living creatures and the elders.

In a loud voice they were saying:

**“Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!”**

Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, saying:

**“To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!”**

The four living creatures said, “Amen,” and the elders fell down and worshiped.



## Choir Anthem: “One Faith, One Hope, One Lord”

One faith, one hope, one Lord,  
One church for which he died,  
One voice, one song we lift in praise  
To him who was and is and shall be evermore.

There is one body, one spirit,  
As you were called to one hope.  
One Lord, one baptism and faith,  
One God and Father of all, who is in you all.

Though we be many people, diverse with various gifts,  
We are given to each other for the unity of faith,  
That we grow in the knowledge of the Son of God  
In the fullness of Christ.

One faith, one hope, one Lord, one God.

## Special Potluck Today!

Today's potluck will be a celebration of the Chinese New Year, sponsored by the Wu & Kirk families.

## Second Saturday Series in February

**February 11, 4 p.m.**, will feature our own Sébastien Vallée and the *Redlands Choral Artists*. This exceptional sixteen singer group performs interpretations of traditional and innovative chamber choral works from a span of six centuries. They are marked by virtuosity, versatility and a commitment to excellence.

**Special bonus concert February 18, 4 p.m.**, featuring violin master **Midori**. This intimate concert will feature an “unusual” recital of unaccompanied Bach for violin, a recital that fully exposes every aspect of a violinist's technique, with nowhere to hide!

## Upcoming Sermons & Events

<b>Elder of the Day</b>	Don Greathouse
<b>February 4</b>	Smuts van Rooyen
<b>February 11</b>	Leif Lind
<b>February 18</b>	Smuts van Rooyen
<b>February 25</b>	Smuts van Rooyen

**Sunset tonight – 5:17 p.m. Sunset next Friday – 5:24 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 by the Wu & Kirk families.

**A brief Church Board meeting is scheduled in the Council Room after the Worship Service today.**

**Congratulations to Michael Bandy**, author of *White Water*, for the book's nomination for an NAACP Image Award for outstanding children's literature!

We are looking for a couple of additional **volunteers to help with baptismal procedures** whenever that is necessary. If you feel you could assist, please see John Nielsen, head deacon, or one of the pastoral staff.

**The Young Adults Group** will not meet this Sabbath, but the following week, February 4, 6:30 p.m., we are invited to meet at Wanda Koffman's house. Contact Rachel for more information: 818-913-9616 or rachel.pereyra@hotmail.com

**Today's L.A. Adventist Forum, 3 p.m. in the Chapel** is with speaker Michael Leno, senior pastor of Ontario church. Discussion will focus on Leno's graduate research on the origins of belief in hell, “Hell Under Construction: The Fate of the Wicked in Second Temple Jewish Literature,” which earned him the President's Award for Outstanding University Graduate Student. Admission free, all welcome.

**Please note that the secretary's email has changed from “.com” to “.org”.**

**Glendale Adventist Elementary** wishes to invite all parents (with children ready for Kindergarten in Fall 2012) to “Kindergarten Visitation Day,” Friday, February 3, 10 a.m. to 12 p.m. For more information call 818-246-4867.

**Glendale Adventist Academy** proudly presents “Classic Hollywood Talent Show Night,” Saturday, February 4, 7 p.m. Tickets sold at door: Adults-\$10; Students-\$5; Under 5-free. All proceeds go towards the GAA Auditorium Refurbishment. For more information, email gaamusic@gmail.com.

**A+ Adventist Children's Center** will have a “Dinner Night Out” fundraising night on February 7 at California Pizza Kitchen. More details to come. Thank you for your support.

**The “Lit Knitters” group.** All are welcome to join us Sunday, February 5, 11 a.m. in the Youth Room to discuss and watch the movie, *Water for Elephants* by Sara Gruen during our potluck lunch. Contact Didi at dmumford1@aol.com with any questions.

**Adventist Community Services.** Learn how you can help in a disaster by attending a “Donations Operations” training course. Certification is valid for three years! Successful completion qualifies you to be an official ACS Disaster Response Volunteer. Class will be Sunday, February 26, 8:30 – 4 p.m., Southern California Conference, \$20 fee (lunch included). RSVP by February 16 at 818-546-8405.

Gentleman looking for a room to rent in the Glendale, Eagle Rock or Burbank area, \$500. Contact Norman, 310-591-7480.

*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.*

## Glendale City Health Education January 28, 2012: Make it happen!

I wouldn't call myself a procrastinator. Labels are too easy to wear and become excuses for taking responsibility. They are too easy to shed and create a future to live into with no options to be anything else. But like many, I sometimes procrastinate – case in point, this week's article. Pick your Achilles heel: going to the doctor or dentist; balancing the checkbook; paying bills; completing income taxes; washing the windows; studying; going to bed on time; repairing a garment; making out a will; homework; ironing; taking a vacation (really); starting a savings account, or fill in the blank (\_\_\_\_\_).

So, what's at the root of our putting things off and how can we move forward?

It's another hunch – theory of mine, but when we give ourselves permission to put things off, we are coming from a place of fear. Sure, we have lots of plausible reasons/excuses for putting things off: too busy, too tired, don't have the money, it can wait until tomorrow, need more research, not ready, and so on. But whatever the excuse, it belies an underlying fear. Regardless of the reasons – and they were all good ones, putting off the article was the result of needing to avoid pain and fear – fear that I don't have anything (new or interesting) to say, fear of picking the wrong topic, fear that I really can't write. Others may have a fear of living a boring life (waiting until the “last minute” can be an adrenaline high), fear of being dominated/controlled by “things to do” or someone else, fear of “not looking good”, fear of the unknown, or fear of failure. Ultimately, our identity is at stake: we fear the death of our identity. Non-rational? Yes; a condition shared by us all.

Avoiding pain or fear is a powerful pay-off for postponing an undesirable (and sometimes desirable) task. Simultaneously, we're *not* present to what procrastination costs us: the lack of energy and health, finances, relationships, joy/happiness, and freedom. If we choose to go to a movie rather than doing our income taxes, we're present to the fun, relaxation, and/or social benefits of the event, and we're not thinking about the costs of lost sleep to get the taxes done or paying a penalty, if late. Such is the case of many Americans. Reportedly, late income taxes cost Americans \$400 million each year (imagine the accumulative cost over one's lifetime), not to mention the stress and health consequences they experience. Timothy Pychyl, PhD, studied 374 undergraduates and found that students who procrastinated were more likely to eat poorly, sleep less, and drink more alcohol than students prompt with their homework.

How can we stop procrastinating? First, create a list of the things put off (if you don't have time to make a list, then identify just one item for now.) Second, spend a little time self-reflecting: What excuses and reasons do you give for putting off the task? Are the excuses and reasons truth or a lie? Speak the truth. What are the pay-offs and costs to postponing the task? When you get in touch with the costs of procrastination, a door opens for change. Enlist support from others and take your first step to making it happen! The next steps will be easier. Bathe in positive feelings that accompany accomplishments. For those who are motivated by technology, there is an app for the iPhone and iPad. Visit the website [putthingsoff.com](http://putthingsoff.com). For more information, contact Dr. Kathy McFarland. Share your successes!

## Glendale City Health Education Events

**Today! Free Blood Pressure screening** available to all after church services and before the Forum. Wear clothing that allows access to the upper arm.

**February 2, 2012 Financial Peace University** will meet in the Chapel of the Good Shepherd at 7 p.m. It's exciting to hear the good news: several participants have paid off credit cards and/or mortgages since class first began.

**February 4, 2012** Glendale City Church “**Wear Red Sabbath,**” to show support for women's heart health!

**February 18, 2012** Mark your calendar for a family health education event that will be sure to tickle your funny bone! Details are still being worked out and will be finalized next week, so stay tuned for the exact time (evening).

*1/28/2012 Produced by:* Dr. Kathy McFarland, Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee.*  
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