

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

<b>Prelude</b>	“Prelude in G Major, BWV 541”	<i>J. S. Bach</i>
<b>Call to Worship</b>		Hugh Gardner
	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
<b>Hymn of Praise</b>	“A Mighty Fortress”	No. 506
<b>Greetings &amp; Prayers of the Congregation</b>		Hugh Gardner
	<i>(please remain standing for prayer)</i>	
<b>Prayer Response</b>	Hear our prayer, O Lord, Incline Thine ear to us, And grant us Thy peace.	(No. 684)
<b>Anthem</b>	“Set Me As a Seal”	<i>Anna Laura Page</i>
<b>Call to Offering</b>		Louise Jorgensen
<b>Offertory</b>	“Friends in High Places” Jesse Martin	<i>L. Harris</i>
<b>Children’s Sermon</b>		Cherise Gardner
<b>Anthem</b>	“Honor and Glory”	<i>J. S. Bach</i>
<b>Scripture</b>	<b>Revelation 12:10-12, 17</b>	Lee Posner
<b>Sermon</b>	“And They Overcame Him”	Smuts van Rooyen
<b>Closing Hymn</b>	“A Hymn of Glory Let Us Sing”	No. 228
<b>Benediction</b>		Smuts van Rooyen
<b>Musical Response</b>	“Day By Day”	<i>K. Lee Scott</i>
<b>Postlude</b>	“Fugue in G Major, BWV 541”	<i>J. S. Bach</i>

## Sabbath School Options

<u>Class</u>	<u>Age</u>	<u>Location</u>	<u>Symbols/Leaders</u>
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	Michael Quishenberry
SS Quarterly	General	Chapel	Michael Quishenberry

## Worship Options

<u>Option</u>	<u>Location</u>	<u>Sequence</u>
Sanctuary Service	Main Sanctuary	Every Sabbath
Romanian Service	Chapel	1st and 3rd Sabbaths
Armenian Service	Chapel	2nd and 4th Sabbaths

## Activities

<u>Event</u>	<u>Location</u>	<u>Sequence</u>
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)

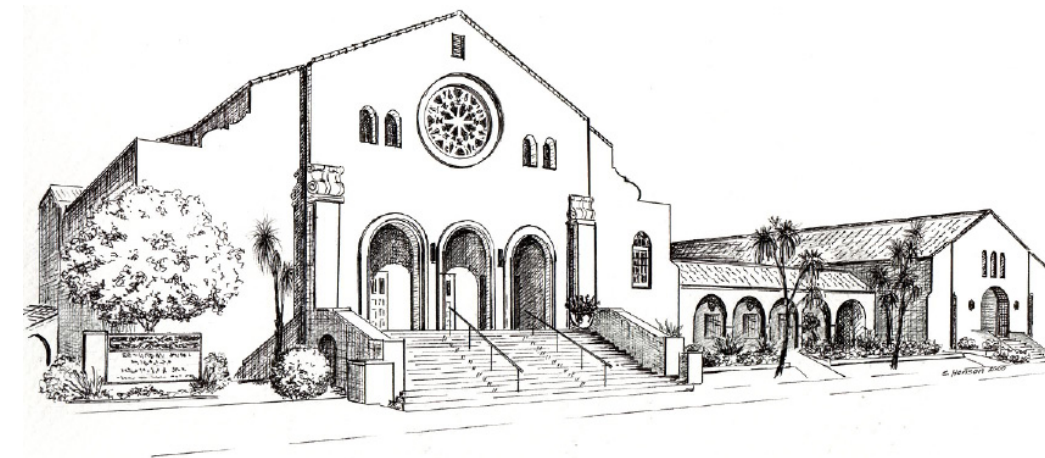
### Church Office Hours

Monday-Thursday 9:00 a.m.-4:00 p.m.; Friday 9:00 a.m.-2:00 p.m.

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Email: secretary@glendalecitysda.org • Website: www.glendalecitysda.org

# Glendale City Seventh-day Adventist Church



February 4, 2012

“Revealing Christ, affirming all.”

## Responsive Reading

### Revelation 12:10-12, 17

Then I heard a loud voice in heaven say:

**“Now have come the salvation and the power  
and the kingdom of our God, and the authority of his Christ.  
For the accuser of our brothers,  
who accuses them before our God day and night,  
has been hurled down.**

They overcame him by the blood of the Lamb  
and by the word of their testimony;  
they did not love their lives so much as to shrink from death.

**Therefore rejoice, you heavens and you who dwell in them!  
But woe to the earth and the sea,  
because the devil has gone down to you!  
He is filled with fury, because he knows that his time is short.”**

Then the dragon was enraged at the woman  
and went off to make war against the rest of her offspring  
—those who obey God’s commandments  
and hold to the testimony of Jesus.

## Closing Hymn No. 228: “A Hymn of Glory”

1. A hymn of glory let us sing;  
New hymns thro’out the world shall ring

Alleluia! Alleluia!

Christ by a road before untrod,  
Ascends unto the throne of God.  
Alleluia! Alleluia! Alleluia, alleluia, alleluia!

2. O Lord, our homeward pathway bend,  
That our unwearied hearts ascend.

Alleluia! Alleluia!

Where, seated on Your Father’s throne,  
You reign as King of kings alone.  
Alleluia! Alleluia! Alleluia, alleluia, alleluia!

3. Give us Your joy on earth, O Lord,  
In heav’n to be our great reward.

Alleluia! Alleluia!

When throned with You forever, we  
Shall praise Your name eternally.  
Alleluia! Alleluia! Alleluia, alleluia, alleluia!

4. O risen Christ, ascended Lord,  
All praise to You let earth accord:

Alleluia! Alleluia!

You are, while endless ages run,  
With Father and with Spirit one.  
Alleluia! Alleluia! Alleluia, alleluia, alleluia!

## 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>	Anoosh Keshishzade
<b>February 11</b>	Leif Lind
<b>February 18</b>	Smuts van Rooyen
<b>February 25</b>	Smuts van Rooyen

**Sunset tonight – 5:24 p.m. Sunset next Friday – 5:31 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 regret to inform our congregation that our **senior pastor, Smuts van Rooyen**, has announced his **plan to retire** in late spring or early summer. He looks forward to writing, as well as spending more time with his children and grandchildren! We wish him and his family Godspeed during this important time of transition!

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** is invited to meet **tonight** at Wanda Koffman’s house at 6:30 p.m. Contact Rachel for more information: 818-913-9616 or rachel.pereyra@hotmail.com. **February 11, 6 p.m.** the Young Adults will gather at the church for movie and game night.

**The next L.A. Adventist Forum, February 25, 3 p.m. in the Chapel.** Speaker Charles Scriven, Ph. D., President of Kettering College, and Chair, Board of Adventist Forum, will discuss “Darwinism and ‘Parascience’: A (Non-Fundamentalist) Critique.” Admission free, all welcome.

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

**Glendale Adventist Academy** proudly presents “Classic Hollywood Talent Show Night,” **tonight**, 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. 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.

**The California Adventist Federal Credit Union** will hold its 60th annual meeting on **February 26, 12 p.m.**, at **Glendale Adventist Academy**. Lunch will be served to members for \$10 and guests \$17. Please call for reservations 818-246-7241. There will be prize giveaways!

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](http://www.glendalecitysda.org).*

## Glendale City Health Education February 4, 2012: Dental Month

As a school nurse I looked forward to each February: National Children's Dental Health Month. With my giant pink toothbrush and teeth model in tow, I went to every third grade classroom to teach proper brushing and flossing techniques. Raised little hands waved impatiently to share their own stories about losing a baby tooth, or to volunteer to brush the gigantic teeth. Upon learning that each of us only has one set of "adult" teeth that had to last "forever," these 8 and 9 year-olds promised to take good care of their teeth.

OK; not many of us are third graders, so why the dental topic? Approximately 3 out of 4 U.S. adults are affected by some form of periodontal (*peri*, around + *odous*, tooth) disease. An estimated 20-30% of American adults have advanced gum disease that puts them at risk for losing teeth. By age 65, 1 in 4 adults have lost their teeth.

Periodontal disease can have its beginnings at a young age and develops quietly and slowly over time. Bacteria in the mouth attach to the smooth surface of the teeth and multiply, forming a pale yellow, soft biofilm or dental plaque. Left undisturbed, the plaque starts to harden within 48 hours. Within 10 days it becomes dental calculus (tartar) and difficult to remove. Acids released from the bacteria in dental plaque can destroy tooth enamel, resulting in dental cavities (caries). Inflammation occurs as the body responds to the presence of harmful bacteria and the gums become red, swollen, and may bleed easily (gingivitis). If not reversed, it leads to inflammation around the tooth (periodontitis). Gums recede, creating spaces (pockets) that become infected; bone and tissue that hold teeth in place is destroyed, and teeth may be lost.

### Symptoms of Gum Disease

- Red, swollen, tender gums
- Bleeding while brushing, flossing, or eating hard food
- Bad breath that doesn't go away
- Loose teeth, change in dental bite, partial dentures fit differently
- Teeth sensitive to hot or cold food or drinks

Some people are more prone to gum disease than others — they may have a genetic tendency to form more dental plaque. As we age we become more vulnerable to gum disease. Other factors that contribute to gum disease include: poor diet; inadequate dental hygiene; dry mouth and mouth breathing; developmental changes such as puberty, pregnancy, and menopause; stress; medications such as Dilantin, Procardia (Nefediac), and anti-depressants; systemic diseases such as diabetes; excessive alcohol consumption; and tobacco use. Interestingly, the World Health Organization noted that factors for chronic disease were similar to periodontal disease. To see if you are at low, medium, or high risk for periodontal disease, take the American Academy of Periodontology's risk assessment test ([www.perio.org](http://www.perio.org)). Follow with a visit to your dentist.

Preventing periodontal disease is crucial to good oral health, as well as total health. Brush at least twice daily, floss daily and/or use a small brush to get between teeth, and see your dentist regularly (for those who produce higher amounts of plaque, 3-4 times a year may be needed). Choose a healthy lifestyle and learn to manage stress. While chronic disease can be a risk factor for periodontal disease, the reverse may also be true. For example, gum disease has been linked to premature birth and low birth weight; periodontitis may be linked to heart disease; tooth loss before age 35 may be a risk factor for Alzheimer's disease. If the eyes are the windows to the soul, then the mouth is the window to our health. For more information, contact Dr. Kathy McFarland.

- Barker, J. The Health Perils of Gum Disease. WebMD. Reviewed by Steve Drescher, DDS, January 04, 2012. <http://www.webmd.com/oral-health/features/health-perils-of-gum-disease>
- Gatz M, et. Al. Potentially modifiable risk factors for dementia in identical twins. *Alzheimer's & Dementia*. 2006 Apr; 2(2):110-117. <http://www.alzheimersanddementia.org/article/PIIS1552526006000033/abstract>
- Genco RJ, Ho AW, Grossi SG, Dunford RG, Tedesco LA. Relationship of stress, distress and inadequate coping behaviors to periodontal disease. *J Periodontol*. 1999 Jul; 70(7):711-23.
- Oral Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/chronicdisease/resources/publications/AAG/doh.htm>
- Periodontal Disease. University of Maryland Medical Center. [http://www.umm.edu/patiented/articles/what\\_symptoms\\_of\\_periodontal\\_disease\\_000024\\_2.htm](http://www.umm.edu/patiented/articles/what_symptoms_of_periodontal_disease_000024_2.htm)
- Periodontal (Gum) Disease: Causes, Symptoms, and Treatments. National Institute of Dental and Craniofacial Research (NIDCR), National Institutes of Health. <http://www.nidcr.nih.gov/OralHealth/Topics/GumDiseases/PeriodontalGumDisease.htm>
- Periodontal Disease Fact Sheet. [http://www.perio.org/consumer/disease\\_facts.htm](http://www.perio.org/consumer/disease_facts.htm)
- Petersen PE and Ogawa H. Strengthening the Prevention of Periodontal Disease: The WHO Approach. *J Periodontol*, 2005 Dec; 76(12):2187-2193.
- Stein PS, et al. Tooth loss, dementia and neuropathology in the Nun Study. *J Am Dent Assoc* 2007; 138(10):1314-1322. <http://jada.ada.org/content/138/10/1314.abstract>

## Glendale City Health Education Events

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

**February 9, 2012** Financial Peace University will meet in the Chapel of the Good Shepherd at 7 p.m.

**February 18, 2012** Dessert, a short presentation on the benefits of laughter, followed by the slapstick comedy of Lucille Ball and Eddie Albert in, "The Fullerbrush Girl." Warning: you may split a side from laughter. For those willing to take the risk RSVP to Kathy McFarland (contact info below) by February 14.

2/4/2012 *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](mailto:actionsforwellness@sbcglobal.net)

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