

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Suite on the First Tone—*Basse de Trompette*” *Pierre Dumage*

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 “Come, Thou Long Expected Jesus” No. 204

Greetings & Prayers of the Congregation Rudy Torres

(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 “Draw Us in the Spirit’s Tether” *Harold W. Friedell*

Call to Offering Jeevan Johnson

Offertory “Et Misericordia” *John Rutter*

Clarissa Shan, *soprano*, & Sanctuary Choir

Et misericordia eius a progenie in progenies, timentibus eum. Magnificat anima mea Dominum.

Like a shepherd with his lambs, God will show his loving kindness to all who fear his name.

Magnificat! My spirit praises him. His goodness and compassion revealed from age to age, will deliver us.

Children’s Sermon Cherise Gardner

Anthem “Joy in the Morning” *Natalie Sleeth*

Scripture **Matthew 24:36-44** Larry McFarland

Sermon “Coming, Ready or Not!” Leif Lind

Closing Hymn “Jesus Shall Reign” No. 227

Benediction Leif Lind

Musical Response “Amen” *P. Lutkin*

Postlude “Suite on the First Tone—*Grand Jeu*” *Pierre Dumage*

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	Leif Lind

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)

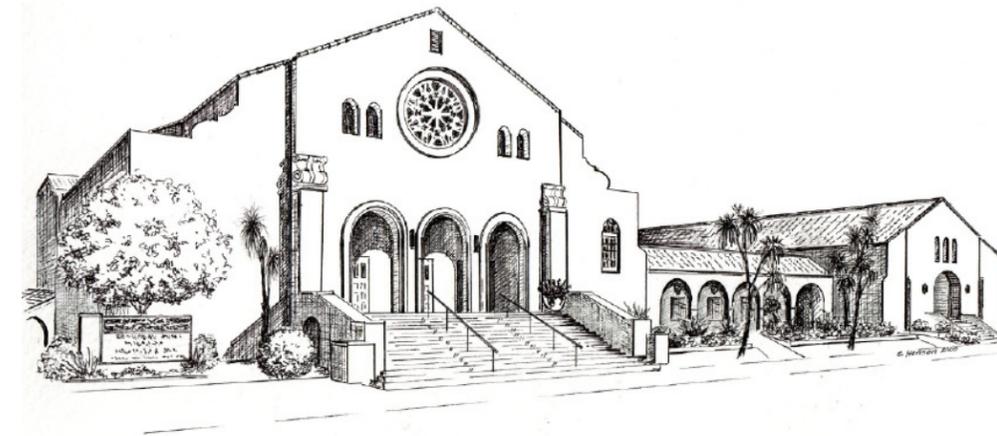
Church Office Hours

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



February 11, 2012

“Revealing Christ, affirming all.”

Responsive Reading

Matthew 24:36-44

No one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father. As it was in the days of Noah, so it will be at the coming of the Son of Man.

For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark; and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man.

Two men will be in the field;
one will be taken and the other left.
Two women will be grinding with a hand mill;
one will be taken and the other left.

**Therefore keep watch,
because you do not know on what day your Lord will come.**

But understand this: If the owner of the house had known
at what time of night the thief was coming,
he would have kept watch
and would not have let his house be broken into.

**So you also must be ready, because the Son of Man will come
at an hour when you do not expect him.**

Sermon Resources

“What we can and must do in the present, if we are obedient to the gospel, if we are following Jesus ... is to build *for* the kingdom. This brings us back to 1 Corinthians 15:58 once more: what you do in the Lord *is not in vain*. You are not oiling the wheels of a machine that’s about to roll over a cliff. You are not restoring a great painting that’s shortly going to be thrown on the fire. You are not planting roses in a garden that’s about to be dug up for a building site. You are ... accomplishing something that will become in due course part of God’s new world. Every act of love, gratitude, and kindness; every work of art or music inspired by the love of God and delight in the beauty of his creation; every minute spent teaching a severely handicapped child to read or to walk; every act of care and nurture, of comfort and support, for one’s fellow human beings and for that matter one’s fellow nonhuman creatures; and of course every prayer, all Spirit-led teaching, every deed that spreads the gospel, builds up the church, embraces and embodies holiness rather than corruption, and makes the name of Jesus honored in the world — all of this will find its way, through the resurrecting power of God, into the new creation that God will one day make.” — N. T. Wright, *Surprised by Hope*, pp. 208, 209.

Today’s Choral Anthems

1st Anthem: Draw us in the Spirit’s tether;
For when humbly, in thy name,
Two or three are met together,
Thou art in the midst of them.
Alleluya! Alleluya! Touch we now thy garment’s hem.

As the brethren used to gather
In the name of Christ to sup,
Then with thanks to God the Father
Break the bread and bless the cup.
Alleluya! Alleluya! So knit thou our friendship up.

All our meals and all our living
Make as sacraments of thee,
That by caring, helping, giving,
We may true disciples be.
Alleluya! Alleluya! We will serve thee faithfully.



2nd anthem: There’ll be joy in the morning on that day,
there’ll be joy in the morning on that day,
for the daylight will dawn when the darkness is gone,
there’ll be joy in the morning on that day.

There’ll be peace and contentment evermore,
there’ll be peace and contentment evermore,
every heart, every voice will together rejoice,
there’ll be peace and contentment evermore.

And the glory, glory, glory of the Lord will shine upon us.
And the glory, glory, glory of the Lord will bring the truth divine.

There’ll be love and forgiveness everywhere,
there’ll be love and forgiveness everywhere,
and the way of the Lord will that day be restored,
there’ll be love and forgiveness everywhere.

There’ll be love and forgiveness,
there’ll be peace and contentment, there’ll be joy!

Second Saturday Series

Today, 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!

Monday, 7 p.m., there will be a recital of Midori’s students.
Our congregation is invited to come and support the students.

Upcoming Sermons & Events

Elder of the Day	Judson Ravi
February 18	Smuts van Rooyen
February 25	Smuts van Rooyen

Sunset tonight – 5:31 p.m. Sunset next Friday – 5:37 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 would like to congratulate **Ryan Rabello** who was inducted into the Glendale Adventist Academy chapter of the National Honors Society as a result of his sterling work in the areas of scholarship, leadership, service, and character. God bless you — keep up the good work!

There will be a **memorial service for Hernan Barros tomorrow**, Feb. 12, 10:30 a.m. at Vallejo Drive Seventh-day Adventist Church.

We are looking for a couple of additional **volunteers** to help with baptismal procedures. If interested see John Nielsen, head deacon, or one of the pastoral staff.

The Young Adults will meet **tonight, 6 p.m.** in the Youth Room for movie and game night. Contact Rachel for more information 818-913-9616 or rachel.pereyra@hotmail.com

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 the Adventist Forum, will discuss “Darwinism and ‘Parascience’: A (Non-Fundamentalist) Critique.” Admission free, all welcome.

The “Lit Knitters” enjoyed a circus themed discussion and movie presentation of February’s book. Thank you to all who participated. **March 4, 11 a.m.**, we will read *Little Bee* by Chris Cleave. Also, we will solidify our plans for a community service project at the Union Station Women’s Shelter, Pasadena. 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 a.m.–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!

Mid-week **Bible Study Class** “God in the 66,” in the council room, Tuesday, 6-8 p.m. All welcome.

Church member looking for a **home or apartment to rent** (\$1200-\$1300 per month) that is at ground level, no stairs, due to temporary disability. Please contact Cindy, 818-389-7737.

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

Heritage Singers Concert, Vallejo Drive, today, 5 p.m. Free admission.

Ministry of the Cross presents a special Sabbath Vespers with **Jim & Ann McClintock, Glendale City Church, Secretary, March 3, 4:30 p.m.**

The Glendale Academy Band, Chorale, Jazz Band and special guests proudly presents, “Ticket to Ride (A 60’s Celebration)” on **Sunday, March 4, 7 p.m.** Tickets \$15 adults, \$10 children (K-12). Proceeds benefit the GAA Music Department. For more information 818-244-8671 or gaaband@gmail.com.

Glendale City Health Education February 11, 2012: Heart Month—Salt

WHAT? “More Salt in the U.S. Diet Comes from Bread and Rolls, Not Salty Snacks.” That’s what Catharine Paddock, PhD wrote in the February 8, 2012 issue of *Medical News Today*. She was referring to an article that appeared in the February 2012 edition of *Vital Signs* (a program at the Centers for Disease Control and Prevention (CDC) that targets an important public health topic each month). This was a headline that warranted further investigation! Like a Sherlock Holmes mystery, the facts began to unravel.

The *Vital Signs* article is based on the results of the latest “What We Eat” and National Health and Nutrition Examination Survey (NHANES, 2007-2008). Sodium intake from specific food categories and sources were estimated from 7,227 participants aged 2 years and older. Average daily sodium intake was 3,266 mg (similar to the 3,400 mg reported in the 2010 *Dietary Guidelines for Americans*); salt added at the table was excluded. Food obtained at restaurants accounted for 25% of the sodium intake, while more than 65% of the sodium consumed came from foods obtained from a store. Nearly 44% of the sodium intake came from foods in 10 categories:

- ❖ Bread and rolls - 7.4%
- ❖ Cold cuts/cured meats - 5.1%
- ❖ Pizza - 4.9%
- ❖ Fresh and processed poultry - 4.5%
- ❖ Soups - 4.3%
- ❖ Sandwiches such as cheeseburger - 4.0%
- ❖ Cheese - 3.8%
- ❖ Pasta mixed dishes (e.g., spaghetti with meat sauce) - 3.3%
- ❖ Meat mixed dishes (e.g., meat loaf with tomato sauce) - 3.2%
- ❖ Savory snacks (e.g., chips and pretzels) - 3.1%.

There you have it: more salt in the U.S. diet comes from bread and rolls than salty snacks! But before you eliminate bread to decrease your salt intake, let’s look at the situation pragmatically.

I looked at 4 different brands/types of bread and found the sodium content ranged from 65 milligrams or “mg” (Ezekiel 4:9 Cinnamon Raisin) to a high of 220 mg (a multi-grain bread) per serving. An intake of 4 slices of bread at 220 mg each would total 880 mg of sodium. That’s about $\frac{1}{3}$ the daily recommended sodium intake for all persons and more than $\frac{1}{2}$ the intake for individuals with high blood pressure, diabetes, chronic kidney disease, those 51 years and older, and African Americans. Rather than cut out bread entirely, choose a brand with less sodium, or decrease the number of servings and increase other whole grain sources such as brown rice, quinoa, barley, and oats.

The USDA, “*My Plate*,” recommends 5-8 ounces of grains per day, with half of the servings whole grains: 1 slice of bread, $\frac{1}{2}$ bagel or English muffin, $\frac{1}{2}$ cup cooked grains = 1 ounce. In general, 1 serving of grains = 80 calories. (Note: other organizations recommend 6-11 servings of grains.)

A high sodium intake is related to hypertension and reported as a primary or contributing cause of nearly 348,000 deaths in America. Reducing the average daily sodium intake by one-third is projected to decrease the number of new and recurrent cases of heart attack and stroke, preventing up to 81,000 deaths. While there are limitations to the NHANES survey, it behooves each of us to be super sleuths when it comes to our sodium intake. For more information, contact Kathy McFarland.

Recommended daily sodium intake: less than 2,300 milligrams (mg) and to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.

Paddock, Catharine PhD. More Salt in U.S. Diet Comes from Bread and Rolls, Not Salty Snacks. *Medical News Today*. 08 Feb 2012. [Medicalnewstoday.com](http://www.medicalnewstoday.com).

<http://www.medicalnewstoday.com/articles/241325.php>

Dietary Guidelines, 2010. U.S. Department of Agriculture and U.S. Department of Health and Human Services. p 21 <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

<http://www.cdc.gov/vitalsigns/AboutVitalSigns.html>

Vital Signs: Food Categories Contributing the Most to Salt Consumption --United States, 2007-2008.

Morbidity and Mortality Weekly Report. Centers for Disease Control and Prevention. Feb 07, 2012, Early Release/Vol. 61:1-7. <http://www.cdc.gov/mmwr/pdf/wk/mm61e0207.pdf>

How Many Grain Foods Are Needed Daily. My Plate. United States Department of Agriculture.

<http://www.choosemyplate.gov/food-groups/grains-amount.html#>

Glendale City Health Education Events

February 16, 7 p.m., Financial Peace University will meet in the Chapel of the Good Shepherd.

February 18, 7 p.m. Dessert, a short presentation on the benefits of laughter, followed by the slapstick comedy of Lucille Ball and Eddie Albert in, “The Fullerbrush Girl” (showtime, 8 p.m.). 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.

2/11/2012 *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

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