

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude "Prelude on *Hyfrydol*" *Raymond H. Haan*

Call to Worship

O God you are my God. I seek you.
My soul thirsts for you.
My flesh faints for you as in a dry and weary land
where there is no water.
I have looked up on you in the Sanctuary,
beholding your power and glory,
because your steadfast love is better than life.
My lips will praise you.
I will bless you as long as I live.

—Ps. 63:1-4

Hymn of Praise "Marching to Zion" No. 422

Greetings & Prayers of the Congregation Leif Lind

(Please remain standing for prayer)

Prayer Response (No. 478)

Sweet hour of prayer, sweet hour of prayer, that calls me from a world of care,
And bids me, at my Father's throne, make all my wants and wishes known!
In seasons of distress and grief, my soul has often found relief,
And oft escaped the tempter's snare, by thy return, sweet hour of prayer.

Anthem "Praise His Name" *Andy Anthony Pesich*

Call to Offering Sandy Schultz

(Unless otherwise marked, loose offering goes to local church expense)

Offertory "God Is My Shepherd" *Antonín Dvořák*
Charles Lane, *tenor*

Children's Sermon Cherise Gardner

Anthem "Choose Something Like a Star" *Randall Thompson*

Scripture **Ps. 16:9-11, Isa. 61:10, 55:12; Phil. 4:4** Dave Ferguson

Sermon "The Joy of Flexible Thinking" Smuts van Rooyen

Closing Hymn "Like a River Glorious" No. 74

Benediction Smuts van Rooyen

Musical Response "Spirit, Now Live In Me" *Bryan Jeffery Leech*

Postlude "Festival Toccata" *Percy Fletcher*

Whether you're a regular member or a visitor,
we encourage you to continue to fellowship with our Church family after the worship service!
Please also feel free to contact any of our pastoral staff if you have a question or need help.

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
Junior	5th & 6th grade	Room 1	Lion
Earliteen	7th & 8th grade	Room 2	Eagle
Teen	14-17 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	Fellowship Hall	Kathy McFarland

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



March 17, 2012

"Revealing Christ, affirming all."

Responsive Reading

Psalm 16:9-11
Isaiah 61:10
Isaiah 55:12
Philippians 4:4

Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
because you will not abandon me to the grave,
nor will you let your Holy One see decay.
**You have made known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.**



I delight greatly in the LORD;
my soul rejoices in my God.
**For he has clothed me with garments of salvation
and arrayed me in a robe of righteousness,
as a bridegroom adorns his head like a priest,
and as a bride adorns herself with her jewels.**



You will go out in joy
and be led forth in peace;
the mountains and hills
will burst into song before you,
and all the trees of the field
will clap their hands.



Rejoice in the Lord always. I will say it again: Rejoice!

Upcoming Sermons & Events

Elder of the Day	Anoosh Keshishzade
March 24	Glendale City Youth
March 31	Mike Leno, Pastor, Ontario Adventist Church
April 7	Easter Sabbath Smuts van Rooyen

Sunset tonight – 7:01 p.m. Sunset next Friday – 7:07 p.m.

2nd Anthem: “Choose Something Like a Star”

O Star (the fairest one in sight),
We grant your loftiness the right
To some obscurity of cloud—
It will not do to say of night,
Since dark is what brings out your light.
Some mystery becomes the proud.
But to the wholly taciturn
In your reserve is not allowed.
Say something to us we can learn
By heart and when alone repeat.
Say something! And it says, ‘I burn.’
But say with what degree of heat.
Talk Fahrenheit, talk Centigrade.
Use Language we can comprehend.
Tell us what elements you blend.
It gives us strangely little aid,
But does tell something in the end
And steadfast as Keats’ Eremitte,
Not even stooping from its sphere,
It asks a little of us here.
It asks of us a certain height,
So when at times the mob is swayed
To carry praise or blame too far,
We may choose something like a star
To stay our minds on and be staid.

This poem by Robert Frost explores humanity’s need to be reassured by a higher power. The narrator speaks to a star in the sky and urges it to give him something to believe in. Although he acknowledges that stars are naturally quiet, the narrator still begs the star to say something to him. The star simply replies, “I burn.” The narrator is not satisfied with the star’s response and urges it to be even more specific. He explains that a few words from the star would be enough to help humanity strive for greater heights and, at the very least, be comforted.

Did You Know...?

- That the leadership of this Church finds it a great joy to be associated with you. You display the compassion and acceptance of God to our city and to us. “Good Stuff!”
- That our tithe rose by 5.9% to \$527,000 last year. The conference thanks you for this and we applaud your faithfulness.
- That despite our great tithe, we experience significant financial stress at the point of our monthly expenses. We regularly fail to meet our monthly budget but bail ourselves out of the hole every November and December. Thank the Lord for that, but it is more than a little nerve racking.
- That when you leave your check at home on Sabbath you can now pay the funds you wish to give the Church during the week with your credit card and/or by going online. Churches that have adopted this system have significantly increased their income. Call Victoria at the Church office to see how it is done, or simply visit the Church’s website, www.glendalecitysda.org and find “Online Giving” on the right side menu. Then click on the link “Donate to Glendale City Church Here”. Once you’re set up the first time, you can easily return at any future date. Try it?
- That our endowment fund pays for the repair and upkeep our beautiful building and new ministries.
- That you are deeply and sincerely loved by us and by the Lord.

Church Financial Snapshot

YEAR TO DATE 2012 (FOR 10 WEEKS, THROUGH MARCH 10)
BUDGETED LOCAL FUNDS INCOME \$81,425
ACTUAL LOCAL FUNDS RECEIVED \$68,845
SHORTFALL \$12,580

City Church Announcements

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

The next **Young Adults** will meet **March 24**, 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.

Members of the **pastoral Search Committee**, as selected by the Church Board are, in alphabetical order: Glen Christiansen, David Ferguson, Lela Leong, Kathy McFarland, Didi Mumford, John Nielsen, Rachel Pereyra, Doug Schultz, and Rudy Torres (chairperson). In addition, the Church Board chair and the three pastoral staff members are ex officio, non-voting members of the Search Committee. Please feel free to contact Committee members if you have questions or suggestions. The **Committee will meet in the Council Room briefly** after the church service today.

George Charles Dart, who served as president of the Southern California Conference from 1986 to 1993, died on March 3. The **memorial service will be held March 24** at 3:00 p.m. in the Redlands Adventist Church, 520 Brookside Avenue, Redlands, CA. Visit <http://www.shangrilahospicecare.com/obituaries/Charles-Dart/#/Obituary> for bio, photos, wall comments, and opportunity for donating to scholarship fund in lieu of flowers.

Please friend **Lit Knitters** on **Facebook** to learn about upcoming book selections, craft and community service projects. The next Lit Knitters meeting is **Sunday, April 1st at 11 a.m. in the Youth Room**, but our **Library Reorganization Project** for the Union Station Family Shelter will **begin on March 18th from 11 to 2 p.m.** We welcome other church members to participate in these activities; please email questions to Didi Mumford at dmumford1@aol.com.

The next **L.A. Adventist Forum** will be held on Sabbath, **March 24, 3 p.m.** in the Chapel. The speaker will be David R. Larson, Ph.D., Professor of Religion, School of Religion, Loma Linda University. His topic, “Capitalism and Christianity Today: Friends, or Foes?” All are welcome.

The next **Church Potluck** will be **March 24** following the worship service.

“**The King of Kings**,” **Holy Week, Wednesday, April 4, 7:30 p.m. Sanctuary, \$15.** City Church will present this 1927 classic silent film, accompanied by Christian Elliott on the organ. It is a very rare and unique experience you will not want to miss as we prepare to celebrate the risen Christ. Tickets can be bought on our website or at the door.

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

Tithing. Any day, any time, you can give to the church through our secure credit card payment on-line. Simply log on to www.glendalecitysda.org and click on the “Online Giving” link below from the front page. Thank you.

SONscreen Film Festival X. The SONscreen Film Festival is held annually in Simi Valley with an exciting gathering of student and professional visual storytellers who are “Changing the World, 24 frames per second.” If you are interested in attending as a **Church group Thursday night, April 12, or Saturday night, April 14, please contact Cherise Gardner 818-484-8486.**

Need help in pre-planning with funerals & cemetery property? Our church member, Mirta Marconi-Rothacher is qualified and licensed with Forest Lawn to assist you. Please phone Mirta at 818-220-6486.

Glendale City Health Education March 17, 2012: Restless Legs Syndrome

As many as one in ten people may have restless legs syndrome (RLS), a neurological condition that causes a strong urge to move the legs when sitting or lying down. Pacing, walking, stretching, massaging, tossing/turning in bed, or any movement is used to decrease or eliminate sensations of squeezing, cramping, aching, tingling, itching, burning, crawling, electric shocks, and/or pain. Symptoms that occur in one or both legs and arms, are felt deep within the limbs. RLS makes it difficult to fall or stay asleep. More than 80% of those with RLS also have periodic limb movement disorder (PLMD — legs or arms twitch/jerk every 10-90 seconds during sleep). Not everyone with PLMD has RLS.

RLS is considered a spectrum disease with mild to severe symptoms; women are usually affected more often than men. Approximately 10 million adults appear to have the mild form while more than 5 million adults experience moderate to severe RLS. Nearly 1 million school-age children are estimated to have RLS, with one-third having moderate to severe RLS! Perhaps the phrase “ants in the pants” is better stated as “ants in the legs.”

When RLS begins before age 45 it tends to last throughout one's life and run in families; symptoms occur more frequently and intensify over time. Sometimes symptoms will disappear for weeks or months. Developing RLS after age 45 generally has an abrupt onset triggered by diseases such as pregnancy (symptoms usually disappear a month after delivery), diabetes, rheumatoid arthritis, Parkinson's disease, and kidney failure. Symptoms usually stabilize rather than worsen. Certain anti-nausea, anti-psychotic, anti-histamine, and anti-depressant medications may trigger RLS. Smoking, alcohol, and coffee can worsen symptoms.

Regardless of when symptoms occur, diagnosis is based on criteria established by the National Institute of Neurological Disorders and Stroke, as no specific test is available to date. Four criteria for diagnosing RLS are:

- Symptoms worse at night and absent or minimal in the morning;
- A strong need/urge to move the affected leg(s) or arm(s), often accompanied by paresthesias (*pare-es-thee-sia* — abnormal sensation e.g., pins and needles) or dysesthesias (*dys-es-thee-sia* — unpleasant sensation);
- Symptoms are triggered when sitting or lying (during rest, relaxation, or when sleepy); and
- Movement relieves symptoms.

Finding the cause of RLS continues. In addition to a possible genetic component, low iron levels in the brain have been implicated. Evidence also suggests that RLS is related to the improper functioning of an area deep in the brain (the basal ganglia along with a special chemical, dopamine) that controls movement.

Treatment involves correcting nutritional deficiencies such as iron, folate, or magnesium; exercises; eliminating coffee, smoking, and alcohol; improving sleep hygiene; and soothing activities such as hot baths, hot or cold packs, and massages. Medications are helpful, but no single medication works equally well with all who have RLS. Patience is needed during the trial and error process of finding the right medications that help.

In 2011, the RLS Foundation began working on a name change from RLS to Willis-Ekbom disease for a variety of reasons: arms can be involved; pathology is becoming clearer and therefore, the condition should not be considered a syndrome; and the name, RLS, tends to trivialize the condition. Sir Thomas Willis first described the syndrome in 1672. Dr. Karl Axel Ekbom, a Swedish neurologist (1907-1977) coined the term, “restless legs syndrome” and made the first detailed clinical description of RLS. The next step is to obtain support by the medical community. For more information, see references below or contact Dr. Kathy McFarland.

Restless Legs Syndrome Fact Sheet. National Institute of Neurological Disorders and Stroke. http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm

RLS Name Change: Willis-Ekbom Disease. NightWalkers. Restless Legs Syndrome Foundation. <http://www.rls.org>

Shiel WC (Jr). Restless Leg Syndrome (RLS). Charles Patric David, MD, PhD, editor. MedicineNet. http://www.medicinenet.com/restless_leg_syndrome/article.htm

Teive H A G, Munhoz RP, and Barbosa ER. Professor Karl-Axel Ekbom and restless legs syndrome. *Parkinsonism & Related Disorders* (Mar 2009); 15(4):254-257.

What Is Restless Legs Syndrome? National Heart, Lung, and Blood Institute. U.S. Department of Health & Human Services (November 01, 2010). <http://www.nhlbi.nih.gov/health/health-topics/topics/rls>

Glendale City Health Education Events

March—Free one-on-one health coaching available with Kathy McFarland. Schedule a time by calling the phone number below or send an email at the address below.

April 5–May 24: The Full Plate Diet is an **8-week weight management program from 6:45–8 p.m. in the Multipurpose Room**. Cost of materials only: \$40. Pre-register by calling or emailing Kathy McFarland.

03/17/2012 *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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