

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Symphony III–Cantilène” *Louis Vierne*

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 “My Hope Is Built on Nothing Less” No. 522

Greetings & Prayers of the Congregation Kiera Quishenberry
(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 “Cantique de Jean Racine” *Gabriel Fauré*

Call to Offering Kristoffer Wahagheghe
(Unless otherwise marked, loose offering goes to local church expense)

Offertory “Just a Closer Walk with Thee” *Traditional*
Jennifer Appleberry, *mezzo-soprano*

Children’s Sermon Puppet Theater

Anthem “Come Dwell in Solomon’s Walls” *Z. Randall Stroope*

Scripture **Psalm 27:1, 3-5; Isaiah 43:1b-3a** Adrianna Zambre
Romans 8:31, 35, 37-39

Sermonettes “The ‘No-No’ Topics” Jonathan Nuñez
“Overcoming the Fear Factor” Jamie Quishenberry

Closing Hymn “’Tis So Sweet to Trust in Jesus” No. 524

Benediction Hanna Goulmassian

Musical Response “The Lord Bless You and Keep You” *P. Lutkin*

Postlude “Symphony III–Final” *Louis Vierne*

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	Michael Bandy

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

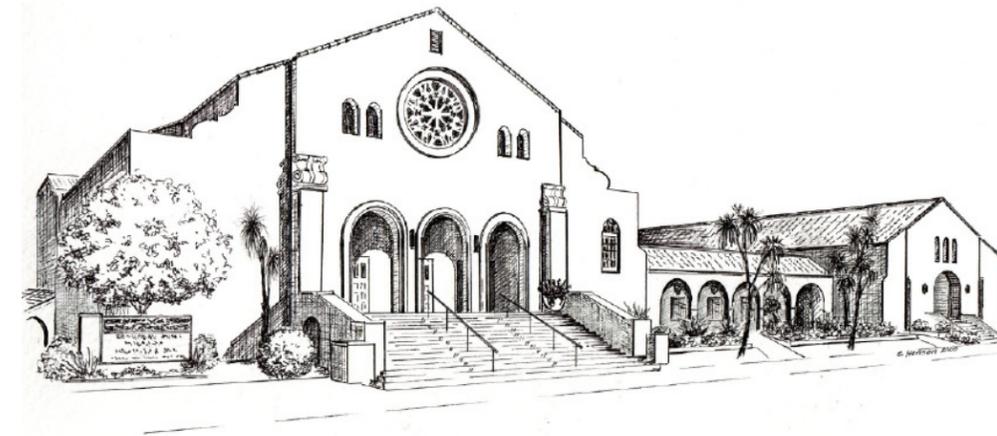
Head Elder	Don Greathouse (626-796-8579)
Head Deacon	John Nielsen (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Sanctuary Choir Director	Sébastien Vallée (831-420-7584)
Children’s Choir Director	Lissie Quishenberry (lissie@crazyladymusic.com)
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 24, 2012

“Revealing Christ, affirming all.”

Responsive Reading

Psalm 27:1, 3-5;

Isaiah 43:1b-3a;

Romans 8: 31, 35, 37-39

The Lord is my light and my salvation — whom shall I fear?
The Lord is the stronghold of my life — of whom shall I be afraid?

Though an army besiege me, my heart will not fear;
though war break out against me, even then will I be confident.

One thing I ask of the Lord, this is what I seek:
that I may dwell in the house of the Lord all the days of my life,
to gaze upon the beauty of the Lord and to seek him in his temple.
For in the day of trouble he will keep me safe in his dwelling; he will
hide me in the shelter of his tabernacle and set me high upon a rock.

Do not fear, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.

For I am the Lord your God, the Holy One of Israel, your Savior.

If God is for us, who can be against us?
Who shall separate us from the love of Christ? Shall trouble or
hardship or persecution or famine or nakedness or danger or sword?
No, in all these things we are more than conquerors
through him who loved us.

For I am convinced that neither death nor life, neither angels nor
demons, neither the present nor the future, nor any powers, neither
height nor depth, nor anything else in all creation, will be able to
separate us from the love of God that is in Christ Jesus our Lord.



Upcoming Sermons & Events

Elder of the Day	Hugh Gardner
March 31	Mike Leno, Pastor, Ontario Adventist Church
April 7	Easter Sabbath Smuts van Rooyen

Sunset tonight – 7:07 p.m. Sunset next Friday – 7:12 p.m.

1st Anthem: “Cantique de Jean Racine”

*Verbe égal au Très-Haut, notre unique espérance,
Jour éternel de la terre et des cieux,
De la paisible nuit nous rompons le silence:
Divin sauveur, jette sur nous les yeux.*

*Répands sur nous le feu de ta grâce puissante;
Que tout l'enfer fuie au son de ta voix;
Dissipe ce sommeil d'une âme languissante
Qui la conduit à l'oubli de tes lois!*

*Ô Christ! sois favorable à ce peuple fidèle,
Pour te bénir maintenant assemblé;
Reçois les chants qu'il offre à ta gloire immortelle,
Et de tes dons qu'il retourne comblé.*

English translation:

Word, equal to the Almighty, our only hope,
Eternal light of the earth and the Heavens;
We break the peaceful night's silence,
Divine Savior, cast your eyes upon us!

Spread the fire of your mighty grace upon us
May the entire hell flee at the sound of your voice;
Disperse from any slothful soul the drowsiness
Which induces it to forget your laws!

Oh Christ, look with favor upon this faithful people
Which has now gathered to bless you.
Receive its singing, offered to your immortal glory,
And may it leave with the gifts you have bestowed upon it!

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 11 WEEKS, THROUGH MARCH 17)
BUDGETED LOCAL FUNDS INCOME \$89,568
ACTUAL LOCAL FUNDS RECEIVED \$73,024
SHORTFALL \$16,544

City Church Announcements

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

There will be an **L.A. Forum Board Members** meeting following worship service **today** in the Council Room.

The next **Church Potluck** will be **today** following the worship service. Then at **3 p.m.** in the Chapel, the **L.A. Adventist Forum**. Speaker David R. Larson, Ph.D., Professor of Religion, School of Religion, Loma Linda University. His topic, “Capitalism and Christianity Today: Friends, or Foes?” All welcome.

Memorial service for George Charles Dart, former Southern California Conference president (1986-1993), **today, 3 p.m.** at the Redlands Adventist Church (520 Brookside Ave). The family has requested in lieu of flowers, donations may be given to a special Charles Dart Scholarship fund that will benefit students from a number of schools. Visit <http://www.shangrilahospicecare.com/obituaries/charles-dart> for condolences or info.

The next **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 **Mountainside Master Chorale**, directed by Dr. Sébastien Vallée, proudly presents Mozart's *Requiem*, **tomorrow, Sunday, March 25th, 3:30 p.m., at Claremont United Church of Christ** (233 Harrison Ave). The concert will feature quartet soloists Clarissa Shan, soprano, Tiffany Carmel, mezzo-soprano, Timothy Gonzales, tenor, and Abdiel Gonzalez, bass-baritone. The program also includes Mozart's Overture to *Don Giovanni*, *Ave Verum*, and the beautiful *Laudate Dominum*. Tickets available at the door (adults \$18, senior/student \$15). Info@mountainsidemasterchorale.org or 909-510-6699.

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 next meet in the Council Room on Tuesday, April 3, 7 p.m.**

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**. All welcome; please email questions to Didi Mumford at dmumford1@aol.com.

“**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 24, 2012: Colon Cancer Awareness Month, Part 1

No one really looks forward to a colonoscopy. I was no exception—especially since drinking the 3 liters of prep solution occurred during the time that I had to drive to, attend, and drive home from a church meeting! Because the procedure had been postponed once, taken 6 weeks to reschedule, and 3 close friends/extended family members had succumbed to colon cancer, canceling the exam was not wise. It was time.

The colon (large intestine) is an important organ with a rich network of blood and lymph vessels. At 5 feet long, this muscular tube is only $\frac{1}{4}$ the length of the small intestine. Different types of cells line the colon, including glandular cells that make and release mucus and other fluids. Mucus acts like a blanket, protecting the intestinal lining from damage caused by harmful agents, and shear force—friction from the force of fluid moving against the lining. As the digested liquid foodstuff travels through the colon, water, minerals, and vitamin K are absorbed into the blood and lymph, leaving a semi-solid waste that reaches the final 3-6 inches of the large intestine (rectum) ready for elimination.

Polyps are benign tumors that form in the glandular cells lining the colon and rectum. More than half of the U.S. population will eventually develop one or more polyps, which usually grow slowly over time. Most do not become cancerous, but once a polyp reaches an inch in size, the cancer risk is greater than 20%. Hence, the reason it's recommended that polyps of any size be removed. About 96% of colorectal cancers arise from polyps and are called adenocarcinomas (from the Greek: "aden/adeno" originally meant "an acorn" but later referred to a gland in the form of an acorn; "oma" meaning "tumor").

Ignored, adenocarcinomas can grow through the lining of the colon or rectum and invade the muscular wall, blood or lymph vessels, and other abdominal areas, such as the ovary. Typically, cancer cells spread to the nearby lymph nodes first to be carried to other parts of the body. When the tumor penetrates blood vessels cancer cells travel to the liver and/or lungs. This year nearly 52,000 deaths from colorectal cancer (CRC) are expected; appropriate screening and removal of polyps is essential.

Screening for CRC includes a stool-based test, flexible sigmoidoscopy (FS, examines the rectum and lower colon), traditional optical colonoscopy (OC), and virtual colonoscopy (VC). VC uses a computerized tomographic (CT) scan to construct virtual images like those obtained by OC, and is as effective in detecting polyps larger than 5 mm. This month, the American College of Physicians published CRC screening guidelines:

- ❖ Perform CRC risk evaluations in all adults, noting risk factors.
- ❖ Screen adults at average and high-risk beginning at age 50 and age 40, respectively. Or for high-risk, screen at 10 years younger than the age at which the youngest affected relative was diagnosed with CRC.

- ❖ Average risk adults may be screened using a stool-based test, FS, VC, or OC; high-risk should undergo an OC. Screen every 10 years for average-risk adults > 50 years who have had an OC; every 5 years for FS, VC, and high-risk adults; and annually for stool-based test.
- ❖ Stop CRC screening in adults older than 75 years or who have a life expectancy of <10 years, as the potential harm outweighs the potential benefits of screening.

Next week we'll look at the risk factors, signs and symptoms, and prevention strategies for CRC. By the way, the results of my colonoscopy were good. For more information, call 1-800-4-CANCER, see below references, and/or contact Dr. Kathy McFarland.

- Histology: The Large Intestine. http://www.courseweb.uottawa.ca/medicine-histology/english/gastrointestinal/gastro_large_intest.htm#toc
- Bowen R. Goblet Cells. Hypertexts for Biomedical Sciences. Updated August 23, 1998. Colorado State University. http://www.vivo.colostate.edu/hbooks/pathphys/misc_topics/goblets.html
- Colon and Rectal Cancer. National Cancer Institute. <http://www.cancer.gov/cancertopics/types/colon-and-rectal>
- Schatzkin A, Freedman LS, Dawsey SM, Lanza E. Interpreting precursor studies: what polyp trials tell us about large bowel cancer. *J Natl Cancer Inst* 1994;86(14):1053_7.
- Santoro M, Dennis Lee, MD (ed). Colon Polyps. MedicineNet.com. http://www.medicinenet.com/colon_polyps/article.htm
- Colorectal Cancer Facts & Figures 2008-2010. American Cancer Society, 2008. <http://www.cancer.org/acs/groups/content/@nho/documents/document/f861708finalforwebpdf.pdf>
- Lee D, William C Shiel Jr., MD, FACP, FACR (ed). Virtual Colonoscopy. MedicineNet.com http://www.medicinenet.com/virtual_colonoscopy/page2.htm
- Qaseem A, Denberg TD, Hopkins RH, et al. Screening for Colorectal Cancer: A Guidance Statement From the American College of Physicians. *Ann Tern Med* (Marcy 6, 2012); 156(6):378-386

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 daily average intake of fiber is 10-15 grams; 25 grams per day is recommended by most government agencies. However, many physicians and nutritionists feel this is inadequate and suggest more than 30 grams of fiber per day. How is it possible to get that much fiber? **To learn how, attend "The Full Plate Diet," 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.

03/24/2012 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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