

## Order of Worship

10:50 a.m. – 12:10 p.m.

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

**Prelude** “O World, I Now Must Leave Thee” *Johannes Brahms*

### Call to Worship

This day is the Lord's, created for joy.  
Let us rejoice and be glad in it!  
Hosanna to Christ, the blessed Son of God.  
This day is the Lord's, created for love.  
Let us rejoice and be glad in it!

**Hymn of Praise** “O For a Thousand Tongues to Sing” No. 250

**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.

**Baptism** Smuts van Rooyen

**Anthem** “Kyrie” from *Requiem* *Maurice Duruflé*  
*Kyrie eleison, Christe eleison* (“Lord have mercy, Christ have mercy”)

**Call to Offering** Tom Chatt  
(Unless otherwise marked, loose offering goes to local church expense)

**Offertory** “Ihr habt nun Traurigkeit” *Johannes Brahms*  
from *Ein deutsches Requiem*  
Clarissa Shan, soprano and Sanctuary Choir

**Anthem** “Psalm 150” *César Franck*

**Scripture** **John 5:24-27** Larry McFarland

**Sermon** “The Subversive Messiah” Michael Leno

**Closing Hymn** “Jesus Shall Reign” No. 227

**Benediction** Michael Leno

**Musical Response** “Christ, We Do All Adore Thee” *Théodore Dubois*  
from *The Seven Last Words of Christ*

**Postlude** “Fugue on the Name of Alain, Op. 7” *Maurice Duruflé*

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	Clyde Osborn

## 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

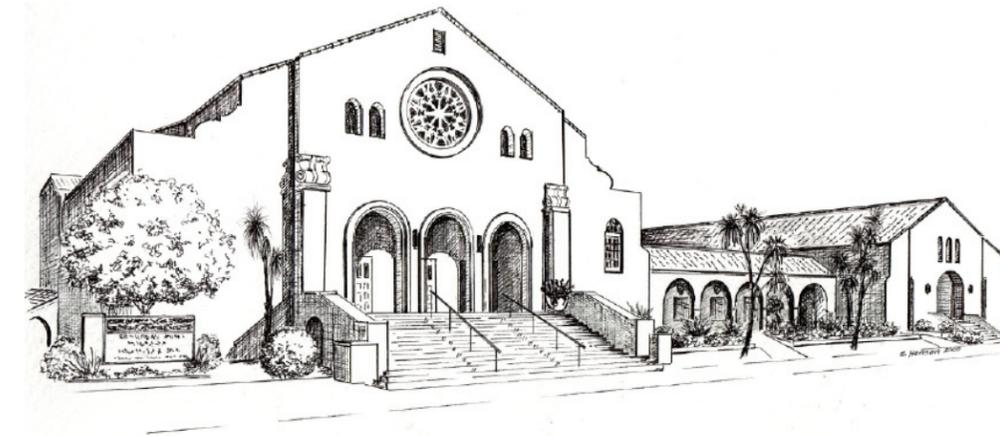
Head Elder	Don Greathouse (626-796-8579)
Head Deacon	John Nielsen (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Sanctuary Choir Director	Sébastien Vallée (831-420-7584)
Children's Choir Director	Lissie Quishenberry (lissie@crazyladymusic.com)
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 31, 2012

“Revealing Christ, affirming all.”

## Responsive Reading

### John 5:24-27, NIV

"I tell you the truth,  
whoever hears my word and believes him who sent me  
has eternal life and will not be condemned;  
he has crossed over from death to life.

**I tell you the truth,  
a time is coming and has now come  
when the dead will hear the voice of the Son of God  
and those who hear will live.**

For as the Father has life in himself,  
so he has granted the Son to have life in himself.

**And he has given him authority to judge  
because he is the Son of Man.**



## Upcoming Sermons & Events

<b>Elder of the Day</b>	<b>Michael Quishenberry</b>
<b>April 7</b>	Easter Sabbath Smuts van Rooyen
<b>April 14</b>	Smuts van Rooyen

Sunset tonight – 7:12 p.m. Sunset next Friday – 7:17 p.m.

## Offertory: "Ihr habt nun Traurigkeit" (Ein deutsches Requiem, Brahms)

*Ihr habt nun Traurigkeit;  
aber ich will euch wieder sehen  
und euer Herz soll sich freuen,  
und eure Freude soll niemand von euch nehmen.*

And ye now therefore have sorrow:  
but I will see you again,  
and your heart shall rejoice,  
and your joy no man taketh from you.  
[John 16:22]

*Ich will euch trösten, wie einen seine Mutter tröstet.*  
As one whom his mother comforts, so will I comfort you.  
[Isaiah 66:13]

*Sehet mich an:  
ich habe eine kleine Zeit Mühe und Arbeit gehabt  
und habe großen Trost gefunden.*  
Behold with your eyes,  
how that I have but little labor,  
and have gotten unto me much rest.  
[Sirach 51:27]

## Closing Hymn No. 227: "Jesus Shall Reign"

1. Jesus shall reign where'er the sun  
Does its successive journeys run;  
His kingdom stretch from shore to shore,  
Till moons shall wax and wane no more.
2. People and realms of every tongue  
Dwell on His love with sweetest song;  
And infant voices shall proclaim  
Their earthly blessings on His name.
3. Blessings abound where'er He reigns:  
The prisoners leap to lose their chains,  
The weary find eternal rest,  
And all who suffer want are blest.
4. Let every creature rise and bring  
Honors peculiar to our King;  
Angels descend with songs again,  
And earth repeat the loud amen.

## Church Financial Snapshot

**YEAR TO DATE 2012 (FOR 12 WEEKS, THROUGH MARCH 24)**  
**BUDGETED LOCAL FUNDS INCOME \$97,711**  
**ACTUAL LOCAL FUNDS RECEIVED \$82,531**  
**SHORTFALL \$15,180**

## City Church Announcements

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

The church family today rejoices in the **baptism of Joanna Berg**, and wishes her God's loving guidance in her continued spiritual experience!

The Church is sad to announce the **death of long-time member Lee Cochran** this past Wednesday. **Funeral services** will be held at Glendale City Sanctuary **next Wednesday, April 4, at 11 a.m.**, followed by a reception with light refreshments. There will be a graveside service afterwards for family only. In lieu of donations, the family would appreciate that any contributions go to our A+ Children's Center.

**Today we warmly welcome guest speaker Michael Leno**, senior pastor of the Ontario Adventist Church! In addition to his ministry in California, he has also pastored in Oregon, Arizona, and Georgia. After graduating with a B.A. from Walla Walla University in 1978 (with a double major in Music and Theology), he did graduate work at the Andrews University Seminary, and marriage and family therapy at Arizona State. He later completed an M.A. in Religion at La Sierra in 2012. Pastor Leno, clarinetist and conductor, has also had over 30 years of music experience, leading small church choirs and instrumental groups. He married Sondra Damazo in 1997, and regularly writes a blog column entitled *GraceNotes* (<http://mikeleno.net>).

"**Holy Week**," which begins this weekend, is traditionally the week preceding the events of the Easter season. As Christians we remember the joyous and triumphant celebration of Jesus' riding into Jerusalem on Palm Sunday, of the solemn Last Supper of Jesus with the disciples, of his Friday crucifixion and death, his Sabbath rest in the tomb, and his triumphant resurrection on Easter Sunday.

"**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 rare and unique experience that 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.

**The Pastoral Search Committee** will have their next meeting on Tuesday, April 3, 7 p.m., in the Council Room.

**Lit Knitters** will meet to discuss books, work on crafts, and debrief community service activities Sunday, April 1 at 11 a.m. in the Youth Room. For monthly book selections and ongoing information, please **friend Lit Knitters on FACEBOOK** or contact **Didi Mumford** ([dmumford1@aol.com](mailto:dmumford1@aol.com)).

**Change in April's Forum date: the next L.A. Forum will be April 21, the third Sabbath, 3 p.m.** in the Chapel. The presenter will be Bonnie Dwyer, editor of *Spectrum Magazine*, speaking on "Finding Peace in the Midst of the Adventist Cultural Wars." **Please note that April's potluck has also been changed to this same date, April 21.** These changes will only apply to April.

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

**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.**

**Woman from Loma Linda looking for room to rent for a month.** Will need the room just after Easter, as she will be involved with starting a training seminar in Glendale. Please contact the church office if you can help.

**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 31, 2012: Colon Cancer Awareness Month, Part 2

Seventh-day Adventists are known to have a significantly lower incidence of colorectal cancer (CRC) and 62% less CRC deaths than the general population. Yet, that is no guarantee against colorectal cancer. Thus, it's wise to be aware of the risk factors, signs and symptom, and actions to prevent colorectal cancer.

Risk factors for developing CRC are outlined below. The number and type of risk factor(s) present will guide your physician in recommending screening tests for CRC.

- ❖ *Age* — 9 out of 10 cases occur after age 50; average age at diagnosis is 72 years.
- ❖ *Ethnicity* — African Americans and Ashkenazi Jews are among the highest at risk.
- ❖ *History of colorectal polyps and/or cancer* — CRC that has been previously removed may increase the risk for another occurrence. Women with a history of ovarian, uterine, or breast cancer may be at an increased risk for CRC.
- ❖ *History of inflammatory bowel disease (IBD)* — ulcerative colitis or Crohn's disease (but not IBS—irritable bowel syndrome).
- ❖ *Family history of CRC or adenomatous polyps.*
- ❖ *Genetic syndromes* — familial adenomatous polyposis (FAP— a condition with 100s to 1,000s of colorectal polyps) and Lynch Disease (also called HNPCC) together account for about 4-6% of all CRCs.
- ❖ *Physical inactivity.*
- ❖ *Diet* high in red and processed meats, and low in fiber — Furthermore, in a 2007 study, colon cancer patients who ate a Western diet were nearly 3 times as likely to die.
- ❖ *Obesity* — a body mass index (BMI) greater than 29 has been associated with a 45% increased risk of CRC.
- ❖ *Type 2 Diabetes* — and the risk appears independent of diet and excess weight.
- ❖ *Cigarette smoking* — may increase the risk by 18%.
- ❖ *Excess alcohol intake* — recommendation is no more than 2 drinks per day for men, and 1 drink per day for non-pregnant women.

Early stages of colon cancer usually are not associated with symptoms. See your doctor as soon as possible if you notice a change in bowel habits (diarrhea, constipation, or narrowing of the stool); feel the need to have a bowel movement that doesn't go away after so doing; rectal bleeding, blood in the stool or dark stools; abdominal cramping or pain; weakness and fatigue; and unexplained weight loss.

Most colon cancer can be prevented by participating in CRC screenings, removing colorectal polyps, and by adopting a healthy lifestyle. Refrain from smoking or quit if you do smoke, consume no or little alcohol, get 30 minutes

or more of moderate exercise most days of the week, maintain a healthy weight, prevent diabetes, and consume a healthy diet. Researchers have noted that consumption of legumes 2-3 times a week lowers the risk of CRC 33-42% compared to those who ate legumes only weekly. Fiber from whole grains reduced the incidence of CRC 10% for each 10-gram increase in daily fiber.

A major contribution by Surgeon Denis P. Burkitt (known for identifying Burkitt's lymphoma) was his research on dietary fiber and lifestyle diseases. He wrote the international best seller, *Don't Forget the Fibre in Your Diet*. Sitting in Epidemiology of Cancer class, I remember the professor quoting Dr. Burkitt: "The larger the stool, the smaller the hospital." Let's get a move on and prevent colon cancer! For more information, call 1-800-4-CANCER, see below references, and/or contact Dr. Kathy McFarland.

Mills PK, Beeson WL, Phillips RL, and Fraser GE. Cancer incidence among California Seventh-day Adventists 1976-1982. *Am J Clin Nutr* (1994);59(suppl):1136S-42S. <http://www.ajcn.org/content/59/5/1136S.full.pdf>.

The Adventist Health Study: Mortality studies of Seventh-day Adventists. Adventist Health Studies. Loma Linda University School of Public Health. <http://www.llu.edu/public-health/health/mortality.page?>

The Adventist Health Study: Findings for Cancer. Loma Linda University School of Public Health. <http://www.llu.edu/public-health/health/cancer.page?>

Colorectal (Colon) Cancer: Colorectal Cancer Risk Factors. Centers for Disease Control and Prevention. [http://www.cdc.gov/cancer/colorectal/basic\\_info/risk\\_factors.htm](http://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm)

Phillips RL and Snowdon DA. Dietary relationships with fatal colorectal cancer among Seventh-day Adventists. *J Natl Cancer Inst.* (1985 Feb;74(2):307-17.

Colorectal Cancer: Causes, Risk Factors, and Prevention. American Cancer Society. <http://www.cancer.org/Cancer/ColonandRectumCancer/DetailedGuide/colorectal-cancer-risk-factors>

Meyerhardt JA, Niedzwiecki D, Hollis D, et. al. Association of Dietary Patterns With Cancer Recurrence and Survival in Patients With Stage III Colon Cancer. *JAMA.* (2007);298(7):754-764. <http://jama.ama-assn.org/content/298/7/754.full.pdf+html>

## Glendale City Health Education Events

**April 5–May 24:** Need to increase your fiber intake and/or want to lose weight? "The Full Plate Diet" weight management program will meet in multipurpose room. Cost: \$40. Contact Kathy McFarland to pre-register.

03/31/2012 *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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