

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Gabriel’s Oboe” from *The Mission* Ennio Morricone

Call to Worship

This is the day that God has made;
let us rejoice and be glad in it.
O come, let us worship and bow down;
let us kneel before God, our Maker. —Ps. 118, 95

Hymn of Praise “All Creatures of Our God and King” No. 2

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 “Simple Gifts” *arr. Marie Pooler*

Call to Offering Louise Jorgensen
(Unless otherwise marked, loose offering goes to local church expense)

Offertory “You Love Me” *K. Stokes & T. Wood*
Jennifer Miller, *soprano*

Children’s Choir “The Lord Our God Is King of Kings” *Robert Leaf*

Scripture **Philippians 4:4-9** Jonatan Cvetko

Anthem “The Beatitudes” *H. R. Evans*

Sermon “Living a ‘Thumbs-Up’ Life” Smuts van Rooyen

Closing Hymn “Wonderful Words of Life” No. 286

Benediction Smuts van Rooyen

Musical Response “Day by Day” *K. Lee Scott*

Postlude “Toccat, Opus 59” *Max Reger*

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	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



April 21, 2012

“Revealing Christ, affirming all.”

Responsive Reading

Philippians 4:4-9

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

Let your gentleness be evident to all. The Lord is near.

**Do not be anxious about anything,
but in every situation, by prayer and petition,
with thanksgiving, present your requests to God.**

And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

**Finally, brothers and sisters,
whatever is true,
whatever is noble,
whatever is right,
whatever is pure,
whatever is lovely,
whatever is admirable
—if anything is excellent or praiseworthy—
think about such things.**

Whatever you have learned or received or heard from me,
or seen in me—put it into practice.
And the God of peace will be with you.



Sermon Notes

**I was going to buy a copy of “The Power of Positive Thinking,”
and then I thought: What the heck good would that do?**

—Ronnie Shakes

**A positive attitude may not solve all of your problems, but it will
annoy enough people to make it worth the effort.**

—Herm Albright

**I looked in the mirror and said to myself, “You’re not that bad,”
and then I thought, but what’s your opinion worth anyway?**

—Smuts van Rooyen

Children’s Anthem : “The Lord Our God Is King of Kings”

The Lord our God is King of kings, his glory we proclaim.
With joyful hearts our praise we bring to glorify his Name.
Let all who hear the Master’s voice begin the hymn of praise,
All Christians o’er the world rejoice, a joyful anthem raise.

Sing praise to God who reigns above, and evermore shall be.
The God of pow’r the God of love through all eternity.
Let all who hear the Master’s voice begin the hymn of praise,
All Christians o’er the world rejoice, a joyful anthem raise.

The Lord our God is King of kings, his glory we proclaim.
With joyful hearts our praise we bring to glorify his Name.
Let all who hear the Master’s voice begin the hymn of praise,
All Christians o’er the world rejoice, a joyful anthem raise.

The Lord our God is King of kings.

Second Anthem: “Simple Gifts” (Shaker Song)

’Tis the gift to be simple, ’tis the gift to be free
’Tis the gift to come down where we ought to be,
And when we find ourselves in the place just right,
’Twill be in the valley of love and delight.

When true simplicity is gain’d,
To bow and to bend we shan’t be asham’d,
To turn, turn will be our delight,
Till by turning, turning we come ’round right.

City Church Announcements

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

Today at 3 p.m. the L.A. Forum will meet in the Chapel. The presenter is Bonnie Dwyer, editor of *Spectrum Magazine*, speaking on “Finding Peace in the Midst of the Adventist Cultural Wars.” **Please note that April’s potluck will also take place today, instead of the usual date. These changes will only apply to April.**

Today at 4:30 p.m. we will be privileged to hear cellist and pianist Han Bin Yoon and Jiayi Shi. Freewill admission.

Sabbath April 28, 4:00 p.m. will feature violinist and pianist Korbinian Altenberger and Jiayi Shi. Freewill admission.

A reminder that the Glendale Adventist Academy is holding their constituency meeting in the Auditorium on Tuesday, April 24, 7 p.m. Our congregation is sending 7 delegates, including GAA Board members DeVere McGuffin, Dawn Rabello, and Salomon Schmidt.

Reversing Diabetes, Obesity & Heart Disease Seminar, May 18-20 at the Kellogg West Conference Center & Hotel at Cal Poly Pomona; hosted by board-certified doctors. Registration fee of \$330/double occupancy (\$290 for spouses), per person includes lodging, meals, exercise and lectures. \$50 discount (paid after the event) for the first 30 registrants. Registration deadline: May 4. For more details, see flyer in Narthex or contact Betty Cooney 818-516-6508; email, bcooney818@sbcglobal.net.

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

Elders. You can pick up your copy of *Elder’s Digest* now from the Media Center booth.

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.

Church Financial Snapshot

YEAR TO DATE 2012 (FOR 15 WEEKS, THROUGH APRIL 14)
BUDGETED LOCAL FUNDS INCOME \$122,138
ACTUAL LOCAL FUNDS RECEIVED \$115,057.56
SHORTFALL \$7,080

Upcoming Sermons & Events

Elder of the Day

April 28

May 5

May 12

Michael Quishenberry

Leif Lind

Smuts van Rooyen

Smuts van Rooyen

Sunset tonight – 7:28 p.m. Sunset next Friday – 7:34 p.m.

Glendale City Health Education

April 21, 2012: Stand Up Against Bullying

Besides being celebrities, the following individuals have something else in common—they were all bullied in school. Robert Pattinson and Christian Bale were kicked and punched for their love of acting. Kate Winslet was called “Blubber,” and bullied for being chubby. Jessica Alba’s father had to walk her to school so she didn’t get attacked. Both Presidents Obama and Clinton were teased. Stardom found Christina Aguilera an outsider with classmates. Olympic gold medalist Michael Phelps was taunted for his ears, lisp, long arms and legs, and having ADHD. The list goes on and on. But when these celebrities faced their bullies, the issue hadn’t received national attention like today.

This month, the U.S. Health and Human Services and the Department of Education unveiled an enhanced website, StopBullying.gov. According to this website, bullying is defined as *unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.* When bullying uses electronic technology and communication tools such as cell phones, computers, and social media, it is known as cyberbullying. It is more difficult to avoid, and children experiencing cyberbullying often face bullying in person.

While statistics vary, a 2010 national study of more than one-half million students in grades 3 to 12 reported that 1 in 5 students have been bullied regularly. According to a 2011 nationwide study of bullying conducted by the National Education Association, 43% of school staff reported that bullying was a moderate or major problem at their elementary or secondary school. According to bullypolice.org, the top 5 worst states involved in bullying have been California, Texas, New York, Florida, and Illinois. Fortunately, with the adoption of an anti-bullying law in South Dakota last month, 49 states have passed anti-bullying legislation. Montana has no such law.

Dr. Julie Lumeng and colleagues found that obese children are 63% more likely to be bullied. Another study showed that preschoolers with less motor skills were more prone to being bullied at ages 10/11 and 13/14 (ages evaluated in the study) than those with good motor skills. According to Stopbullying.gov, bullied children have at least one of the following risk factors:

- ❖ Perceived as being “different” from their peers (physically, emotionally, financially);
- ❖ Perceived as weak or unable to defend themselves;
- ❖ Less popular and have few friends; and/or
- ❖ Seen as annoying, provoking, or antagonizing others for attention.

Children are often afraid to tell an adult if they are being bullied. Signs to alert adults that a child is being bullied include:

- ❖ Health complaints (stomach/headache, “not feeling well”) or unexplained injuries;
- ❖ Lost or destroyed property such as clothing, books, toys, jewelry, electronics;

- ❖ Changes in eating habits or sleep (including increased nightmares);
- ❖ Loss of interest in school, homework, or lower grades (1 in 10 students quit high school because of being bullied);
- ❖ Loss of friends and avoiding social situations;
- ❖ Feelings of helplessness and lower self-esteem; and/or
- ❖ Self-destructive behaviors.

Conversations and actions to stop bullying are ongoing. Numerous websites offer good information to help students, parents, teachers, and the community to prevent bullying. The Olweus Bullying Prevention Program is internationally recognized as an effective program. This past Tuesday, the Los Angeles Fund for Public Education sponsored a screening of the documentary, “Bully,” and panel discussion, attended by 6,500 students from 49 Los Angeles Unified School District campuses at the Nokia Theatre. A major emphasis of this event was to empower students to be change-agents and stand up against bullying, which was enthusiastically received. Let’s all stand up against bullying; we can make a difference! For more information, see references below or contact Dr. Kathy McFarland. (Note: “Bully” is currently being played at a variety of local theaters.)

- Hazelden Publishing and Clemson University, Web event, “Bullying in the US: Are We Making the Grade?” retrieved on <http://www.growingupglobal.net/blog/?p=402>
- Jansen D EMC, et al. Early risk factors for being a bully, victim, or bully/victim in late elementary and early secondary education. The longitudinal Trails study. (2011) BMC Public Health, 11(440), 1-7. <http://www.biomedcentral.com/content/pdf/1471-2458-11-440.pdf>
- Bradshaw CP, et al. Findings from the National Education Association’s nationwide study of bullying: Teachers’ and education support professionals’ perspectives. (2011) Washington, DC: National Education Association. Retrieved from the National Center for Mental Health Promotion and Youth Violence Prevention. <http://www.promoteprevent.org/publications/prevention-briefs/bullying-prevention-state-laws>
- High B. Estimates of Children Involved in Bullying State by State. <http://www.bullypolice.org/BullyingNumbers.pdf>
- Lumeng JC, et al. Weight Status as a Predictor of Being Bullied in Third Through Sixth Grades. (June 1, 2010) Pediatrics, 125(6), e1301-e1307, doi: 10.1542/peds.2009-0774. <http://pediatrics.aappublications.org/content/125/6/e1301.short>
- Watanabe T. Thousands of LAUSD students gather to discuss bullying. (4/18/12) Los Angeles Times. <http://articles.latimes.com/2012/apr/18/local/la-me-bully-20120418>

Glendale City Health Education Events

April 26, 6:45–8:00 p.m.: “The Full Plate Diet” will meet in the multipurpose room.

04/21/2012 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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