

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude "Jesus Loves Me" *arr. Fred Bock*
based on *Clair de Lune*

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 "Praise, My Soul, the King of Heaven" No. 4

Greetings & Prayers of the Congregation Rudy Torres
(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 "The Blessed Hope" *J. W. Peterson*

Call to Offering Warren Dale
(Unless otherwise marked, loose offering goes to local church expense)

Offertory "I Choose Jesus" *R. Sterling*
Jesse Martin and Sanctuary Choir

Children's Sermon Cherise Gardner

Scripture **John 20:19-31** Allan McDonald

Anthem "I Was Glad"* *C. Hubert H. Parry*
*See anthem text in bulletin. Used at the 2011 wedding processional of Prince William & Kate; previously also at the coronations of Kings Edward (1902) and George (1911)

Sermon "Seeing Is Believing?" Leif Lind

Closing Hymn "We Live by Faith and Not by Sight" *See Bulletin text*
Tune: AZMON

Benediction Leif Lind

Musical Response "In the Bosom of God" *Ariel Quintana*

Postlude "Crown Imperial—Coronation March" (1937) *Wm. Walton*

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	Chapel	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

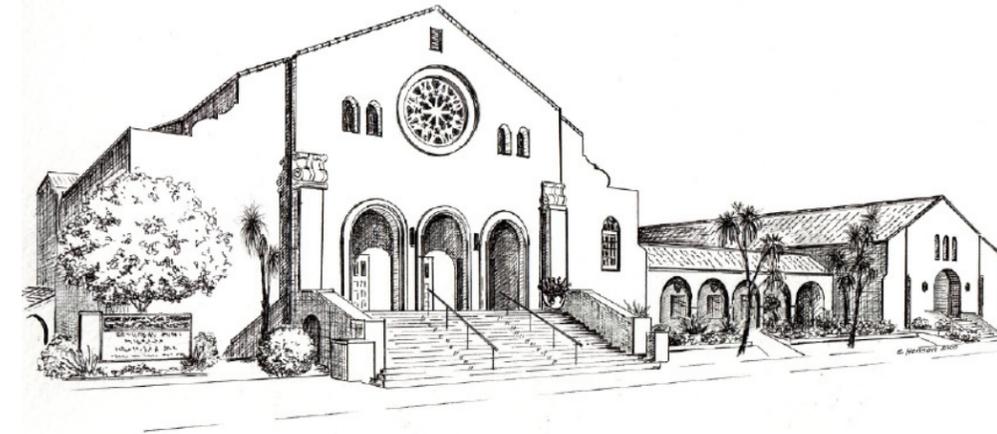
Head Elder Don Greathouse (626-796-8579)
Head Deacon John Nielsen (818-605-0057)
Head Deaconess Eleanor Posner (818-281-5822)
Church Board Chair Vincent Haynes (213-276-2131)
Sanctuary Choir Director Sébastien Vallée (831-420-7584)
Children's Choir Director Lissie Quishenberry (lissie@crazyladymusic.com)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



April 28, 2012

"Revealing Christ, affirming all."

Responsive Reading

John 20:19-31

JESUS APPEARS TO HIS DISCIPLES

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

JESUS APPEARS TO THOMAS

Now Thomas (called Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, "We have seen the Lord!" But he said to them,

"Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe it."

A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said,

"Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."

Thomas said to him, "My Lord and my God!"

Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.



Closing Hymn: "We Live by Faith & Not by Sight"

1. We live by faith and not by sight;
No gracious words we hear
From Christ who spoke as none e'er spoke,
Who still we know is near.
2. We may not touch Christ's hands and side,
Nor follow where Christ trod;
But in confessing we rejoice:
Our Savior and our God!
3. Help then, O Christ, our unbelief;
And may our faith abound
To call on you when you are near
And seek where you are found:
4. That, when our life of faith is done,
In realms of clearer light
We may behold you as you are,
With full and endless sight.

Second Anthem: "I Was Glad" (Sir Hubert Parry)

"I was glad when they said unto me: We will go into the house of the Lord.
Our feet shall stand in thy gates: O Jerusalem.
Jerusalem is built as a city: that is at unity in itself..
O pray for the peace of Jerusalem: they shall prosper that love thee.
Peace be within thy walls: and plenteousness within thy palaces."
—From Psalm 122, as found in "The Book of Common Prayer"

Sermon Resources

These things did Thomas count as real:
The warmth of blood, the chill of steel,
The grain of wood, the heft of stone,
The last frail twitch of flesh and bone.

The vision of his skeptic mind
Was keen enough to make him blind
To any unexpected act
Too large for his small world of fact.

His reasoned certainties denied
That one could live when one had died,
Until his fingers read like Braille
The markings of the spear and nail.

May we, O God, by grace believe
And thus the risen Christ receive,
Whose raw, imprinted palms reached out
And beckoned Thomas from his doubt. —Thomas Troeger, 1984

City Church Announcements

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

Today's flowers are given by the **Rabello family** in memory of **Wally's** passing a year ago.

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

Tomorrow Lit Knitters will volunteer at Union Station Family Center to continue our Library Reorganization project, 10–11:30 a.m. In addition, the Lit Knitters will discuss our May book and assemble Mother's Day gift bags for the residents of Union Station from 12 noon to 2 p.m., then back to the City Church Youth Room. For more information please friend Lit Knitters on Facebook or contact Didi Mumford at dmumford1@aol.com.

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.

Verdi's Requiem, Ariel Quintana, director. May 5, 5 p.m. at Loma Linda University Church; and May 6, 4:30 p.m. at First Presbyterian Church of Hollywood. Admission is free.

The Rock of Ages Concert with Jaime Jorge, May 18, 7:30 p.m. at Living Stones Adventist Church, La Crescenta. Admission is free.

Online giving of tithes or special projects? Simply go to www.glendalecitysda.org to "Online Giving," then to the link "Donate to Glendale City Church Here."

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

May 5

May 12

May 19

May 26

Barbara Jones

Smuts van Rooyen

Smuts van Rooyen

Smuts van Rooyen

John McLarty,

Pastor at North Hill Adventist Fellowship Church, Washington

Sunset tonight – 7:34 p.m. Sunset next Friday – 7:39 p.m.

Glendale City Health Education

April 28, 2012: Prevent Shingles

My mother-in-law was about 80 years old when she developed an excruciatingly painful rash on the left side of her body. So ill, she needed hospitalization followed by weeks in rehab before being able to go home. Months passed before she regained her strength and ability to think clearly; hearing in her left ear was damaged. Daily activities, such as bathing and hair care, were painful and she took pain medication for the residual, chronic pain left in the wake of shingles. Yes, hers was an extreme case, but it shows how devastating this disease can be, especially when misdiagnosed and treatment begun late.

Shingles, or Herpes Zoster, is caused by the Varicella Zoster Virus (VZV)—the same virus that causes chickenpox. If you've had chickenpox you can get shingles. After the chickenpox goes away, the VZV lives quietly in your nerve endings until it becomes active again when the immune system is weakened. Conditions that weaken the immune system include aging, illnesses such as cancer, certain drugs (e.g., steroids and other drugs that suppress the immune system; chemotherapy), poor nutrition, inadequate rest/sleep, and chronic stress. Women tend to be more vulnerable than men.

Symptoms of shingles may begin with fever, headache, chills, upset stomach, or general malaise. Usually there is a burning, itching, sensation, on one side of the face or trunk, then spreads to extremities. Within 2-3 days a red, blotchy rash appears on the affected area, erupting into small blisters that arrive in waves over a 3-5 day-period, resembling chickenpox. Blisters follow a nerve pathway. Thus, unlike chickenpox where the rash erupts all over the body, shingles tends to be clustered in one specific area and is accompanied by sensations of pins and needles or shooting pain. Blisters crust in 1-2 weeks, and usually disappear within another 2 weeks. However, pain can continue for months to years (called postherpetic pain) along with other serious complications.

Each year, more than 1 million Americans have shingles—nearly 1 in 3 people will develop it during his/her lifetime. It isn't contagious in the usual sense of the word: you don't get shingles from someone who has shingles. If you've never had chickenpox and are exposed to someone with shingles, you can develop chickenpox. And per above, then have the potential to develop shingles later in life (hence, the value of children getting the chickenpox/Varicella vaccine).

The Herpes Zoster vaccination is recommended for all persons age 60 years and older who have no contraindications, including persons who report a previous episode of shingles. Only about 10.0% of adults age 60 years and older receive the vaccine. What are the barriers: Lack of information? Unsure the vaccine is safe? Cost?

To prevent an outbreak of shingles get informed; share this information with your friends and family. Note, the average cost of the shingles vaccine is \$120-\$150, and is covered by Medicare Part D (before you get the vaccine, check the coverage rules with your Part D plan). If your health insurance doesn't cover the cost, think about the pain and suffering you can prevent by investing in the vaccine yourself. Finally, this week, a two-year study of more than 193,000

adults age 50 and older was published in the *Journal of Internal Medicine*, which states the Herpes Zoster vaccine is generally safe and well tolerated. Persons with chronic medical conditions may be vaccinated unless they have an impaired immune system, receive chemotherapy or other immunosuppressant drugs, are allergic to vaccine components, or have a fever of 101.3°F. Be well. For more information, see references below, call 1-800-232-4636 or contact Dr. Kathy McFarland.

2009 Adult Vaccination Coverage, NHIS. Department of Health and Human Services. Centers for Disease Control and Prevention. <http://www.cdc.gov/vaccines/stats-surv/nhis/2009-nhis.htm>

Shingles—Cause. WebMD. <http://www.webmd.com/skin-problems-and-treatments/shingles/shingles-cause>. Updated May 27, 2011.

Shingles: Symptoms and Diagnosis. NIH Senior Health. National Institutes of Health. <http://nihseniorhealth.gov/shingles/symptomsanddiagnosis/01.html>

Protect Yourself against Shingles: Get Vaccinated. [http://www.cdc.gov/features/shingles/Medicare coverage of vaccines and immunizations](http://www.cdc.gov/features/shingles/Medicare%20coverage%20of%20vaccines%20and%20immunizations). http://www.medicareinteractive.org/page2.php?topic=counselor&page=script&slide_id=1519

Varicella (Chickenpox) and Herpes Zoster (Shingles): Overview of VZV Disease and Vaccination for Healthcare Professionals. Epidemiology Branch, Division Viral Diseases, National Center for Immunization and Respiratory Disease, Centers for Disease Control and Prevention, Atlanta, GA, USA, revised January 21, 2011. VZV_clinical_slideset_Jul2010.ppt.

Tseng HF, Liu A, Sy L, et al. Safety of zoster vaccine in adults from a large managed-care cohort: a Vaccine Safety Datalink study. *Journal of Internal Medicine*, 2012; 271 (5): 510
DOI: 10.1111/j.1365-2796.2011.02474.x

Glendale City Health Education Events

May 3, 6:45–8:00 p.m.: “The Full Plate Diet” will meet in the multipurpose room.

04/28/2012 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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