

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude "Suite Gothique—
Choral & Prière à Notre-Dame" *Léon Boëllmann*

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 "Jesus, Lover of My Soul" No. 490

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 "Steal Away" *arr. John Rutter*

Call to Offering Didi Mumford, Aurriel Fenison & friends, *Youth Exceeding Limits*
(Unless otherwise marked, loose offering goes to local church expense)

Offertory "Let Us Break Bread Together" *Moses Hogan*
Clarissa Shan, *soprano*

Children's Sermon Cherise Gardner

Anthem "Great and Glorious" *J. Haydn*

Scripture **John 3:16-21; 1 John 4:17-19** Dave Ferguson

Sermon "Christ, the Judge
Who Does Not Condemn" Smuts van Rooyen

Closing Hymn "And Can It Be?" No. 198

Benediction Smuts van Rooyen

Musical Response "The Lord Bless You and Keep You" *Lutkin*

Postlude "Suite Gothique—Toccata" *Léon Boëllmann*

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 (9:30-10:30 a.m.)

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	Dave Ferguson

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)

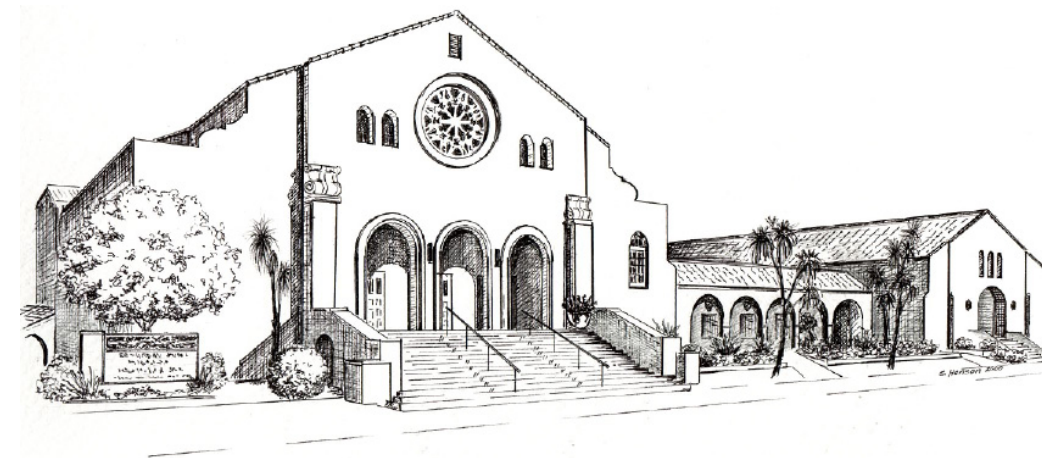
Church Office Hours

Monday-Thursday 9:00 a.m.-4:00 p.m.; Friday 9:00 a.m.-2:00 p.m.

Cover art by Sue Henson, 2000. All rights reserved.

610 E. California • Glendale, CA 91206 • 818-244-7241 • Fax: 818-240-9485
Email: secretary@glendalecitysda.org • Website: www.glendalecitysda.org

Glendale City Seventh-day Adventist Church



Happy Mother's Day

May 12, 2012

"Revealing Christ, affirming all."

Responsive Reading

John 3:16-21; 1 John 4:17-19

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

For God did not send his Son into the world to condemn the world, but to save the world through him.

Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil.

Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed.

But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

This is how love is made complete among us so that we will have confidence on the day of judgment:

In this world we are like Jesus.

There is no fear in love.

But perfect love drives out fear,

because fear has to do with punishment.

The one who fears is not made perfect in love.

We love because he first loved us.



Second Anthem: "Great and Glorious" (Haydn)

Great and glorious is the Lord in majesty, glorious in pow'r eternal,
Mighty and loving Father; praise Him for His greatness,
Praise Him for all His exceeding greatness.
Great and glorious, mighty in awful majesty, let all extol Him evermore.

Praise ye the Lord, for it is good to sing praises to our God;
Glorious and mighty, loving Father, glorious ever in majesty.
Praise to Thy name, Thy holy Name for evermore.

Closing Hymn No. 198, "And Can It Be?"

1. And can it be that I should gain
An int'rest in the Savior's blood?
Died He for me, who caused His pain?
For me, who Him to death pursued?
Amazing love! how can it be
That Thou, my God shouldst die for me?

Refrain

Amazing love! How can it be
That Thou, my God, shouldst die for me?

2. He left His Father's throne above,
So free, so infinite His grace;
Emptied Himself of all but love,
And bled for Adam's helpless race;
'Tis mercy all, immense and free;
For, O my God, it found out me.

3. Long my imprisoned spirit lay
Fast bound in sin and nature's night;
Thine eye diffused a quick'ning ray,
I woke, the dungeon flamed with light;
My chains fell off, my heart was free;
I rose, went forth and followed Thee.

4. No condemnation now I dread;
Jesus, and all in Him, is mine!
Alive in Him, my living Head,
And clothed in righteousness divine,
Bold I approach th'eternal throne,
And claim the crown, through Christ my own.

Church Financial Snapshot

YEAR TO DATE 2012 (FOR 18 WEEKS, THROUGH APRIL 28)

BUDGETED LOCAL FUNDS INCOME \$138,423

ACTUAL LOCAL FUNDS RECEIVED \$129,663

SHORTFALL \$8,760

Upcoming Sermons & Events

Elder of the Day

May 19

May 26

June 2

June 9

Judson Ravi

Smuts van Rooyen

John McLarty,

Pastor at North Hill Adventist Fellowship Church, Washington

Smuts van Rooyen

Youth Sabbath

Sunset tonight – 7:45 p.m. Sunset next Friday – 7:50 p.m.

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 celebrate all the women in our church family who are mothers or nurturers. Have a blessed Mother's Day!

We welcome back our guest conductor today, John St. Marie!

Today, please welcome Loma Linda Academy students Aurriel Fenison and friends, our guests during the offertory. Aurriel is the founder of Youth Exceeding Limits, an organization that is headed to Haiti next month for their annual disaster relief efforts and for conducting Vacation Bible School. If you wish to help these youth, please mark "Haiti" on your envelopes.

Found: Set of 5 church keys. Please see office if you have lost these.

Women's Christian Temperance Union will be holding a speech contest today, May 12, at 2 p.m. at the Vallejo Drive Church. All are welcome to attend.

Internationally renowned violinist Midori and three of her students will perform a recital of violin music in preparation for a major competition in our Sanctuary, Tuesday, May 15, 7:30 p.m. They would greatly appreciate your attendance as they are hoping to create a competition-type atmosphere. A freewill donation will be collected at the door.

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

There will be a meeting for all Children's Sabbath School Teachers, Coordinators, and Parents after church next Sabbath, May 19, in the Multipurpose Room to layout the Children and Family Ministry program for the next year. Lunch will be provided. Any other questions, please contact Cherise Gardner.

Church Potluck May 26, followed by L.A. Adventist Forum, 3 p.m., in the Chapel. Ron Osborn, Bannerman Fellow with the Program in Political Science and International Relations at the University of Southern California, and author of "Anarchy and Apocalypse: Essays of Faith, Violence, and Theodicy." Osborn will speak about "Adventist Apocalypticism: Progressive or Degeneration Research Program." All welcome!

Student Assistance Applications. The due date for applications this year is Friday, June 15. Applications may be picked up at the Media Library, from Pastor Cherise, or you may call the church office and request to have one emailed/mailed to you. As a reminder, applications must be renewed each year. Awards are based on financial needs and funds available.

Lit Knitters had a wonderful time this month making gift bags for the women at the Union Station Family Center for Mother's Day — thanks to all who made the gift bags so beautiful! Also, library reorganization at the Shelter's library continued, thanks to Victoria Lucero who brings the expertise needed to make this a great space for the families. Please remember that everyone is always welcome to join, so please mark your calendars, as we're meeting on Saturday evening June 2nd (not Sunday) for our monthly book discussion, crafting activities, and more! For June's book selection(s), please friend Lit Knitters on Facebook or contact Didi Mumford at dmumford1@aol.com.

SDA husband and wife and daughter seeking accommodation. Please contact church office if available space.

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

Glendale City Health Education
May 12, 2012: Is it a Cold or Allergies?

Winter...Spring...Summer...Fall. It doesn't matter when it happens—getting a cold is always (and I rarely use the word, “always”) annoying. Mine arrived at 5 p.m. this past Monday while waiting at O'Hare International Airport for a return flight to Los Angeles. Scratchy throat and sneezing were the first symptoms. Tuesday was more of the same, plus a runny nose, coughing, and exhaustion. But often, these same symptoms are indicative of seasonal allergies. How can you tell the difference?

Colds are caused by any of 200 different viruses that enter the body through the nose, mouth, and eyes. Exposure sets up a cascade of immune responses involving histamine, leading to common symptoms. School-age children average 6-10 colds per year. Adults get 2-5 colds a year, but that decreases with age as our bodies develop antibodies against the different cold viruses. Antibiotics are not used to treat the common cold, although physicians may prescribe them after 2 weeks for older patients to prevent secondary infections. Zinc shortens colds caused by the rhinovirus by 2.5 days in adults (but not in children); side effects of nausea and a metallic taste are common. When symptoms occur several times in a short period of time, consider allergies as the cause.

Allergies are caused by the immune system overreacting to a foreign substance (allergen) that is generally harmless—harmless because non-sensitive individuals don't react. When an allergen such as pollen, dander, or mold enters the body through the nose, mouth, and eyes, it sets up a cascade of immune responses involving histamine that are similar to the common cold, depending upon point of entry. Antihistamines relieve symptoms and allergy shots may be beneficial.

Next time you wonder if it's a cold or an allergy, refer to the chart below.

	Cold	Allergies
Time of Year	Winter and rainy season most commonly, but any time throughout the year	Seasonal depending upon type of allergen(s)
Duration	3-14 days	Depends upon exposure to allergen(s)
Symptoms occur	Sequentially—one after the other	Simultaneously
Sneezing	Subsides	Continues throughout exposure to allergen(s)
Coughing	Often	Sometimes
Nasal discharge/ congestion	Thin or thick, often yellowish mucus (sign of infection)	Clear, thin, watery mucus
Scratchy, sore throat	Often	Sometimes
Red, swollen, itchy eyes	Rarely	Frequently
Fever	May be present	Not usually present

For more information, see references below, or contact Dr. Kathy McFarland.

Common Cold. The Ohio State University Wexner Medical Center. http://medicalcenter.osu.edu/patientcare/healthcare_services/infectious_diseases/cold/Pages/index.aspx2009

General Common Cold Information. Common Cold Center, Cardiff University. <http://www.cardiff.ac.uk/biosi/subsites/cold/commoncold.html>

Science, M, Johnstone J, Roth DE, et al. Zinc for the treatment of the common cold: a systematic review and meta-analysis of randomized controlled trials. CMAJ, 2012 DOI: 10.1503/cmaj.111990

Allergies. A.D.A.M. Medical Encyclopedia, PubMed Health. Reviewed October 1, 2011. <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001815/>

Szefel, A. Shiel WC (Ed). Allergy/Allergies. MedicineNet.com <http://www.medicinenet.com/allergy/article.htm>

Is It a Common Cold or Allergies? WebMD. <http://www.webmd.com/cold-and-flu/cold-guide/common-cold-or-allergy-symptoms>

Glendale City Health Education Events

May 17, 6:45–8:00 p.m.: “The Full Plate Diet” will meet in the multipurpose room.

05/12/2012 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

Glendale City Seventh-day Adventist Church
“Revealing Christ, affirming all”
 610 E. California Avenue, Glendale, CA 91206-3799
 (818) 244-7241 www.glendalecitysda.org