

## Order of Worship

10:45 a.m. – 12:10 p.m.

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

**Prelude** “Festal Flourish” *Gordon Jacob*

**Opening Hymn** “Eternal God, Whose Power Upholds” No. 90

**Call to Worship** Leif Lind

From God comes the wonder of Creation

**We will worship God the Creator**

From God comes healing for our brokenness

**We will worship God our Redeemer**

From God comes the strength to face each new day

**We will worship God our Sustainer**

### Gifts of the Congregation

**Anthem** “I Sing the Greatness of Our God” *Fred Bock*

**Morning Offering** Joshua Sofias

**Offertory** Charles Lane, *solo*

### Father’s Day Recognition

**Anthem** “Softly and Tenderly” *arr. Rene Clausen*

*Softly and tenderly Jesus is calling, calling for you and for me.*

*Softly and tenderly Jesus is calling, calling O sinner, come home.*

*Come home, come home, You who are weary, come home.*

*Softly and tenderly Jesus is calling, calling O sinner, come home.*

**Scripture Reading** **Revelation 8:1** Geri Sofias

**Sermon** “A Heavy, Golden Silence” Jared Wright

**Closing Hymn** “Be Still, My Soul” No. 461

**Benediction** Jared Wright

### Musical Response

**Postlude** “Fanfare–Rondeau” *Jean-Joseph Mouret*

## Sabbath School Options

Class	Age	Location	Symbols/Leaders
Beginners	0-3 yrs	Room 3	Elephant
Kindergarten	3-5 yrs	Room 4	Giraffe
Primary	6-9	Room 2	Eagle
Junior	10-12 yrs	Room 1	Lion
Teen	13-19 yrs	Room 10b	Fish
Armenian	General	Room 11	
Romanian	General	Room 13	
Pastor	General	Fellowship Hall	Leif Lind
SS Quarterly	General	Chapel	Kathy McFarland

## 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
Bell Choir	Call Ariel Quintana	Friday at 8:00 pm
Choir Rehearsal	Choir Room	Sabbath at 9:15 am
Pathfinders	GAMC Gymnasium	Tuesday at 6:45 pm
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 (909-809-7439)  
 Leif Lind, Church Administrator (909-557-5230)

Hovik Sarrafian, Armenian Senior Pastor (909-796-9536)  
 Vartkes Azadian, Armenian Associate Pastor (626-335-6507)  
 Dorin Lataeanu, Romanian Senior Pastor (909-528-2545)

### Officers

Head Elder Don Greathouse (626-796-8579)  
 Head Deacon John Nielsen (818-904-0825)  
 Head Deaconess Eleanor Posner (818-281-5822)  
 Church Board Chair Vincent Haynes (213-276-2131)  
 Choir Director Brenda Mohr (brendajmohr@gmail.com)  
 Organist Kemp Smeal (714-658-4885)  
 Children’s Choir Director Julaine Chilopoulos (818-888-8325)  
 Bell Choir Director Ariel Quintana (818-552-2421)  
 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 Beverly Tarr (626-449-7319)  
 A+ School Principal Anoosh Keshishzade (818-241-9353 school)  
 Pathfinder Director Warren Dale (818-384-2820)  
 Facilities Administrator Wayne Libby (818-522-4297)

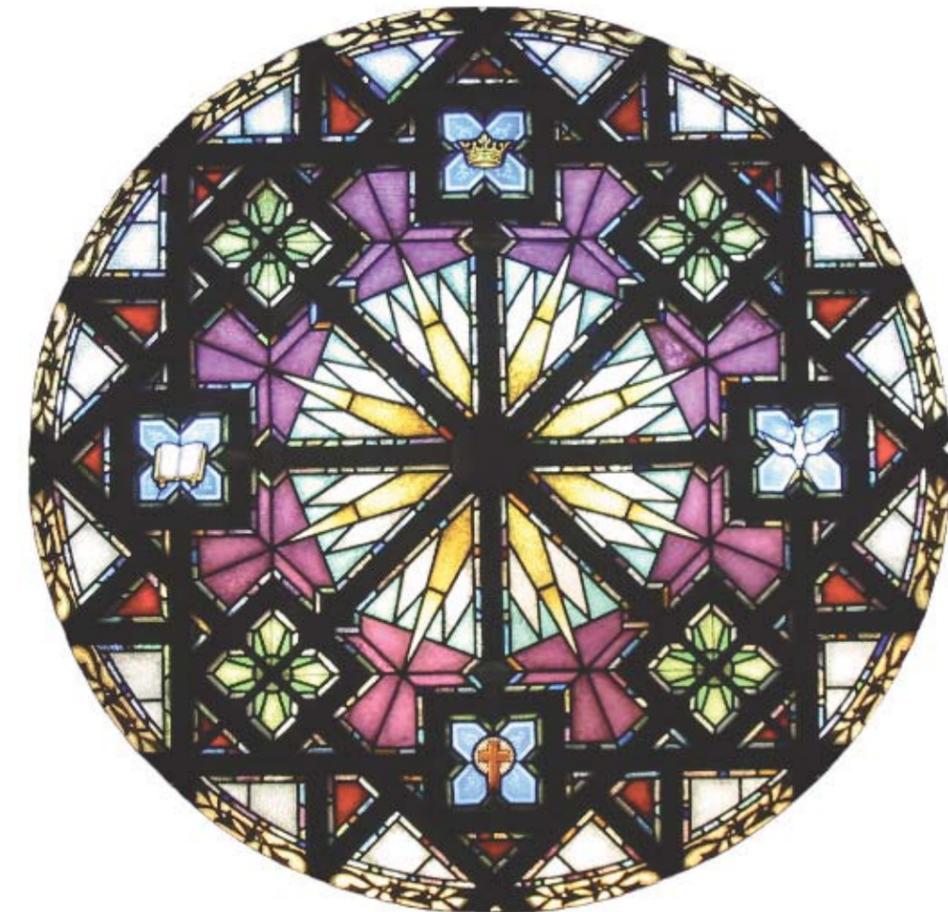
### Church Office Hours

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



June 19, 2010

“Revealing Christ, affirming all.”

## Scripture Reading

*Revelation 6:1-15 The opening of the 6 seals...*

*Revelation 8:1 The opening of the 7th seal...*

### Revelation 8:1

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“When he opened the seventh seal,  
there was silence in heaven for about half an hour.”

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## About Today's Guest Speaker

We warmly welcome our guest speaker today, Jared Wright! Jared, a regular contributing voice to the Association of Adventist Forums (e.g. through *Spectrum Magazine*, where he serves as a film reviews editor and a contributor to the *Spectrum* blog), graduated last weekend with a Master of Divinity degree from La Sierra University.

Jared grew up in Central Africa (Rwanda), and has lived in California, Massachusetts, Tennessee, Texas, Honduras, and Thailand. As *Spectrum* puts it, “Living in many parts of the world has provided [him with] sensitivities to the rich diversity of beliefs and practices within the Adventist family. In addition to writing, Jared enjoys graphic arts, competitive cycling and triathlon, and vegetarian cuisine. He appreciates and applauds Adventist engagement in issues of justice and equality and environmental stewardship.”

Jared and his wife, Jodi, look forward to a possible pastoral position within the Southeastern California Conference.

## Glendale City Health Education Program Says...

*You know it's important...*

### The Advantages of Exercise, Part VII

How long does it take before a new health habit becomes part of one's lifestyle? More specifically, how long will it take for your exercise program to become “second nature” like brushing your teeth? Statistics on New Year's Resolutions provide some insight: 77% are successful after one week, 55% after one month, 40% after six months, and 19% after two years. Research corroborates that it takes about six months to move from the “action phase” to the lifestyle or “maintenance phase” of a new health habit. Maintenance seems like you're cruising along. Yet, you're also vulnerable to relapsing. To protect yourself, include the following techniques to make exercise a lifelong habit:

- Acknowledge your efforts and accomplishments. This reinforces your commitment and your ability to make helpful choices. *If you give yourself no credit how will you be able to maintain your exercise program yourself?*
- Identify where you feel vulnerable and what threatens your exercise program. Self-awareness and authenticity allows you to deal with your feelings and identify solutions.
- On a scale of 1 (not at all confident) to 10 (extremely confident), assess your ability to exercise when you are: a) on vacation; b) under work-related stress; c) lonely; d) down/ discouraged; e) tired; and f) invited to a social gathering. Assess how likely are you to exercise if the weather is cold, hot, raining? For those items that you lack confidence, develop strategies to overcome. For example, if your confidence is a 3 or 4 regarding exercising during vacation, plan ways to incorporate activities like walking into your vacation.
- Avoid injuries and boredom by adding variety to your exercise program.
- Be a mentor for someone else. Helping someone else start an exercise program is a great way to reinforce what you've learned and accomplished, boost your self-esteem in giving back, and keep you in the game.
- Keep the excitement alive! Share your success with others. **If you have a success story about exercise that you'd like to share, contact Kathy McFarland at 626-398-1445 or [actionsforwellness@sbcglobal.net](mailto:actionsforwellness@sbcglobal.net).**



## City Church Announcements

*Please note that today's worship service will start at 10:45 a.m., not 10:50 a.m.*

This **Wednesday, June 23, 6:30 p.m.** there will be a **special Church Business Meeting** in the Multipurpose Room to discuss several church items of significant importance, for which we need your input. Immediately following will be a **Church Board Meeting at 7:30 p.m.** **All are invited and encouraged to attend** these very important meetings.

**Next Sabbath, June 26**, the Church will **recognize this year's graduates** from all levels — Kindergarten through College. Please inform the Church Secretary as soon as possible if you would like to have someone recognized, so that we can plan accordingly.

Next Saturday night will also mark the **official opening of the Youth Room**, with a **Youth Cooking School** night (6 p.m.) sponsored through the Health Education program, and a lock-in **game night**.

**On Sabbath, June 26, 3 p.m.** the L. A. Forum will feature Trisha Famisaran and Edward Guzman, Ph.D., candidates at Claremont Graduate School. Their topic is “Adventism and Philosophy.” All are welcome.

**Donald Deane Doty, Sr., MD**, long-time City Church member, passed away on May 14. There will be a **memorial service on June 26** at 6 p.m. in the Chapel. In lieu of flowers, please send donations to the Dr. Donald D. Doty Memorial Fund, care of Glendale Adventist Academy.

Let us keep in our prayers and thoughts all who are involved with the **General Conference Session** to be held in Atlanta, Georgia, June 23-July 3.

**Student Assistance Applications:** Due date is **July 3**. Applications may be picked up at the Church Office or you may call and request to have one mailed to you.

**End It Now** is a global campaign to raise awareness and advocate for the **end of violence and abuse against women and girls** around the world. This campaign, which extends to over 200 countries and territories, was launched by ADRA and the GC Women's Ministries Department. The campaign is the most important stand the Adventist Church has ever taken regarding violence against women and girls, a serious issue affecting Church and non-Church members alike. Through this campaign, more than 15 million members are expected to sign a U.N. petition to take a stand against global violence to women and girls. **Please sign the form** posted in the Narthex (you may sign more than once), to show your stand against this violence, and/or sign the petition on the Church's website at <http://www.enditnow.org> before October 13.

“**Body & Sold**” is a staged reading of a documentary play to increase awareness about **human trafficking and sexual exploitation**, sponsored by Soroptimist International of Glendale. Tickets \$25, one performance only at Glendale Community College Auditorium, **tonight, June 19, 7 p.m.**, followed by a brief 8:10 p.m. panel discussion and reception. See bulletin insert for more information on this important subject, affecting all ages and genders, nationally and globally (<http://www.soroptimistglendale.org/body-and-sold>).

Church member **Nita Westphal** recently moved out to Tustin and would welcome any **cards, letters, or phone calls**. You may contact her at 6 Via del Sud, Tustin, CA 92780, phone number 714-573-8019.

Church member **Jean McVeigh**, who lives in Burbank, is in **need of transportation** to the weekly worship service. If you can provide a ride, please contact the church office for further detail.

## Upcoming Sermons & Events

<b>Elder of the Day</b>	Wanda Koffman
<b>June 26</b>	Smuts van Rooyen
<b>July 3</b>	“A Celebration of the American Dream” Leif Lind
<b>July 10</b>	Smuts van Rooyen

**Sunset tonight – 8:08 p.m. Sunset next Friday – 8:09 p.m.**