

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude “Suite on the First Tone—Basse de Trompette” *P. Dumage*

Hymn of Praise “Immortal, Invisible, God Only Wise” No. 21

Call to Worship Michael Quishenberry

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

Greetings & Prayers of the Congregation Hugh Gardner

(please remain standing for prayer)

Prayer Response (No. 100)

Great is thy faithfulness! Great is thy faithfulness!

Morning by morning new mercies I see;

All I have needed Thy hand hath provided,

Great is thy faithfulness! Lord unto me!

Anthem “Hallelujah” *Ludwig van Beethoven*
(from *Mount of Olives*)

Call to Offering Richard Goulmassian

Offertory “The Holy City” *S. Adams*
Jean-Sébastien Vallée, *solo*

Children’s Sermon Cherise Gardner

Anthem “Thy Perfect Love” *John Rutter*

Scripture **Isaiah 40:9-14, 25-31;** Tom Chatt,
John 8:34-36, TNIV Hugh Gardner

Sermon “Alive Enough” Michael Quishenberry

Closing Hymn “My Hope Is Built on Nothing Less” No. 522

Benediction Michael Quishenberry

Musical Response

Postlude “Suite on the First Tone—Grand Jeu” *P. Dumage*

Sabbath School Options

<u>Class</u>	<u>Age</u>	<u>Location</u>	<u>Symbols/Leaders</u>
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

<u>Option</u>	<u>Location</u>	<u>Sequence</u>
Sanctuary Service	Main Sanctuary	Every Sabbath
Romanian Service	Chapel	1st and 3rd Sabbaths
Armenian Service	Chapel	2nd and 4th Sabbaths

Activities

<u>Event</u>	<u>Location</u>	<u>Sequence</u>
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 (626-484-8436)
Leif Lind, Church Administrator (909-557-5230)

Hovik Sarra an, 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 (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Sanctuary Choir Director	Jean-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	Beverly Tarr (626-449-7319)
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 30, 2011

“Revealing Christ, affirming all.”

Responsive Reading

Isaiah 40:9-14, 25-31; John 8:34-36, TNIV (2005)

You who bring good news to Zion, go up on a high mountain. You who bring good news to Jerusalem, lift up your voice with a shout, lift it up, do not be afraid; say to the towns of Judah,

“Here is your God!” See, the Sovereign LORD comes with power, and he rules with a mighty arm. See, his reward is with him, and his recompense accompanies him. He tends his flock like a shepherd: He gathers the lambs in his arms—and carries them close to his heart; he gently leads those that have young.

Who has measured the waters in the hollow of his hand, or with the breadth of his hand marked off the heavens? Who has held the dust of the earth in a basket, or weighed the mountains on the scales and the hills in a balance?

Who can fathom the Spirit of the LORD, or instruct the LORD as his counselor? Whom did the LORD consult to enlighten him, and who taught him the right way? Who was it that taught him knowledge, or showed him the path of understanding?

“To whom will you compare me? Or who is my equal?” says the Holy One. Lift up your eyes and look to the heavens: Who created all these?

He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing.

Why do you complain, Jacob? Why do you say, Israel, “My way is hidden from the LORD; my cause is disregarded by my God”? Do you not know? Have you not heard?

The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength.

They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.



Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.

Closing Hymn No. 522: “My Hope Is Built on Nothing Less”

1. My hope is built on nothing less
Than Jesus’ blood and righteousness;
I dare not trust the sweetest frame,
But wholly lean on Jesus’ name.

Refrain:

On Christ, the solid Rock, I stand;
All other ground is sinking sand.

2. When darkness seems to veil His face,
I rest on His unchanging grace;
In every high and stormy gale,
My anchor holds within the veil.

3. His oath, His covenant, and blood,
Support me in the whelming flood;
When all around my soul gives way,
He then is all my hope and stay.

4. When He shall come with trumpet sound,
O may I then in Him be found;
Clad in His righteousness alone,
Faultless to stand before the throne.

1st Anthem: “Hallelujah” from ‘Mount of Olives’

“Hallelujah unto God’s Almighty Son.
Praise the Lord, ye bright angelic choir in holy songs of joy.
Man, proclaim his grace and glory,
Hallelujah unto God’s Almighty Son.
Praise the Lord in holy songs of joy.”

2nd Anthem: “Thy Perfect Love” (1974, with 15th century text)

“Jesu, my love, my joy, my rest,
y perfect love close in my breast.
at I thee love and never rest;
And make me love thee of all thinge best,
And wounde my heart in thy love free,
at I may reign in joy evermore with thee.”

Upcoming Sermons & Events

May 7
May 14

Smuts van Rooyen
Smuts van Rooyen

Sunset tonight – 7:34 p.m. Sunset next Friday – 7:41 p.m.

City Church Announcements

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

The Rabello family would like to extend their deepest gratitude to the City Church family for all the care, love, prayers, and flowers, as well as the time that went into Wally’s memorial service on their behalf.

Delegates for the 63rd Constituency Session are asked to meet their Constituency Coordinator Dave Ferguson **today, April 30** right after the worship service for a brief meeting. Thank you! The Session itself will be held on Sunday, May 15 at the White Memorial.

“It’s a Jungle Out There!” is the theme for **Glendale Adventist Academy & Elementary’s May Festival tomorrow**, May 1, from 11–3 p.m. Parking is \$5.

Canadian University College Choir will be presenting a concert **next Friday evening, May 6** at 7 p.m. in our Sanctuary. Please mark your calendars for an inspirational evening of sacred music!

Church Board members are reminded of the special Board meeting on Tuesday, May 10, at 7 p.m.

Second Saturday Series, May 14, 4:00 p.m. Admission: free-will offering. This month’s concert will feature soprano Lori Stinson, a frequent concert and opera soloist both in the greater Los Angeles area and nationwide, together with Kemp Smeal, member of the Los Angeles Chapter of the American Guild of Organists, who has performed in U.S. cities and Europe. A reception will follow in the courtyard. All are welcome!

Local Adventist church member interested in **housekeeping job**; one or two days per week is adequate. For work references or contact phone numbers, please call the church office 818-244-7241.

The Albert McNeil Jubilee Singers CDs are now available at the Media Center (three different CDs at \$10-\$15 each).

Church parking. While street parking is limited, you may also use the large adjacent shopping center parking lot, entering from either California Ave. (street-level parking), or from Glendale Ave. (upper- and lower-level covered parking). If you park in the lower level and are unable to use stairs, you may use the elevator or the access corridor beside Ralph’s, which leads to the A+ parking lot on Isabel Street.

Fellowship Potlucks

Fellowship Potlucks are a wonderful opportunity for creating community: enjoy visiting with new and old members and getting acquainted with visitors, all while savoring good food. It’s also a great day to invite friends. Mark your calendar and join us in creating and enriching our community! See you there!

Next Potluck: May 28 @ 12:30 p.m.

Members—we encourage you to bring a main dish and the Church supplies the rest.

Glendale City Health Education:
April 2011
Transforming America's Healthcare, Part 5

During the examination of a new patient, the physician found a polyp and took a photo of the polyp with her iPhone to show the patient. A group of teens provided emergency first aid through instructions during a videophone call. Patients with asthma, heart disease, lung cancer, and COPD use GPS-equipped smart phones to track air pollution and adjust activity and medications accordingly. A lab technician uses a mobile barcode-scanning device to capture patient information when obtaining a blood sample. Emergency responders access a wireless information system (WISER) to identify an inner city hazardous spill. An elderly woman living alone looks up a medication on her smartphone because her dial-up internet is too slow. These are just a few uses of mHealth that are transforming America's (and the world's) healthcare.

"mHealth" (Mobile Health, mobile e-health) applies mobile technology to the fields of medical and public health for collecting and storing data, accessing information and resources, delivering healthcare services, and/or monitoring health. Mobile devices used include: cell phones, smart phones, personal digital assistants (PDAs), tablets, mobile-enabled diagnostic devices, and devices with mobile alert systems. With more than 270 million wireless subscribers in America, and 95% of the phones having text-messaging capabilities, mHealth is being embraced as integral to our healthcare system.

From remote to inner cities, mHealth is increasing access to healthcare, improving the quality of healthcare services and health outcomes, and decreasing health care costs. According to the Juniper report, by the year 2014 worldwide government and private providers of healthcare could save up to \$5.83 billion by using mHealth technologies. Most of these healthcare savings could come from America and Canada.

There are 17,000 applications (apps) for mobile devices to help patients manage their health for a variety of health and wellness needs. A few are listed below; others can be found online.

- ◆ Welldoc – founded by an endocrinologist, has a mobile phone-based product to measure, monitor, and manage chronic diseases. This device can provide reminders for checking blood sugars, taking medications, disease management, and makes recommendations on healthcare strategies.
- ◆ Angela – a customized Android tablet gathers data by a variety of environment, health, and activity sensors in the home.
- ◆ Endomondo – uses GPS to track running and cycling distances, and allows users to share the data.
- ◆ Sleep apps – "Sleep On It" for the iPhone and SleepTrak for the C7 Nokia Smartphone (just launched, this app tells consumers how well they sleep at night, tracks symptoms associated with inefficient sleep, and provides resources and suggestions for better sleep habits).

- ◆ PTSD Coach—an iPhone app allowing members of the military, as well as their friends, family, and caregivers to help manage stress following combat deployment.

Of course, along with technology come challenges. The healthcare industry seeks guidance and clarity from the federal government on how it will regulate wireless medical technologies in the future. But it appears that mHealth is not only here to stay, it is growing exponentially. For more information, contact Kathy McFarland.

* Mobile Healthcare Opportunities, Monitoring Applications & mHealth Strategies 2010-2014. Juniper Research. April 13, 2010. www.juniperresearch.com.

* Mobile Apps for Patients Struggle for Insurance Coverage. Becker's Hospital Review. April 27, 2011. <http://www.beckershospitalreview.com/healthcare-information-technology/mobile-apps-for-patients-struggle-for-insurance-coverage.html>

* Megan Gregory. Applications of mHealth in the United States. PHI Project. <http://phi-wiki.wetpaint.com/page/Applications+of+mHealth+in+the+United+States>

* mHealth Initiative. www.mobih.org

* AHRQ Health Care Innovations Exchange. Agency for Healthcare Research and Quality. www.innovations.ahrq.gov

* Center for Technology and Aging. www.techandaging.org

Glendale City Health Education Events

May 6, Los Angeles Area, *Forks Over Knives* - For those who have been asking when *Forks Over Knives* will be shown commercially in this area, they have listed show times and locations at <http://www.forksoverknives.com/showtimes>. The DVD will be out around Sept. 1.

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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