

Order of Worship

10:50 a.m. – 12:10 p.m.

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

Prelude "Psalm–Prelude No. 2 (Set One)" *Herbert Howells*

Call to Worship Cherise Gardner

For I know the plans I have for you, declares the Lord,
plans to prosper you and not to harm you,
plans to give you hope and a future.

Then you will call upon me and come and pray to me,
and I will listen to you.

You will seek me and find me
when you seek me with all your heart.

"Come, let us worship the Lord."

Hymn of Praise "Great Is Thy Faithfulness" No. 100

Greetings & Prayers of the Congregation Leif Lind

(please remain standing for prayer)

Prayer Response Turn your eyes upon Jesus, (No. 290)

Look full in His wonderful face;
And the things of earth will grow strangely dim
In the light of His glory and grace.

Anthem "Miracle of the Rose" *Franz Liszt*

Call to Offering Jonatan Cvetko

Offertory "Steal Away" *Spiritual; arr. H. Burleigh*
Jean-Sébastien Vallée, *baritone*

Children's Sermon Cherise Gardner

Anthem "Prayer" *Jeffrey H. Rickard*

Scripture Reading Numbers 21:4-9; John 3:14-16 Sierra Szutz

Sermon "It's Time for a Faith Lift" Cherise Gardner

Closing Hymn "My Faith Looks Up to Thee" No. 517

Benediction Cherise Gardner

Musical Response

Postlude "Fanfare" *Ronald Arnatt*

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	Hugh Gardner

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 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 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 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 (interim) Glen Christensen (626-793-1715)
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



September 3, 2011

"Revealing Christ, affirming all."

Responsive Reading

Numbers 21:4-9; John 3:14-16 (NIV, 2011 version)

They traveled from Mount Hor along the route to the Red Sea, to go around Edom. But the people grew impatient on the way; they spoke against God and against Moses, and said,

“Why have you brought us up out of Egypt to die in the wilderness? There is no bread! There is no water! And we detest this miserable food!”

Then the LORD sent venomous snakes among them; they bit the people and many Israelites died. The people came to Moses and said,

“We sinned when we spoke against the LORD and against you.

Pray that the LORD will take the snakes away from us.”

So Moses prayed for the people.

The LORD said to Moses, “Make a snake and put it up on a pole; anyone who is bitten can look at it and live.” So Moses made a bronze snake and put it up on a pole. Then when anyone was bitten by a snake and looked at the bronze snake, they lived.



Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.

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.

Closing Hymn # 517: "My Faith Looks Up to Thee"

1. My faith looks up to Thee,
Thou Lamb of Calvary, Savior divine;
Now hear me while I pray, take all my guilt away,
O let me from this day be wholly Thine.

2. May Thy rich grace impart
Strength to my fainting heart, my zeal inspire;
As Thou hast died for me, O may my love to Thee
Pure, warm, and changeless be, a living fire.

3. While life's dark maze I tread,
And griefs around me spread, be Thou my Guide;
Bid darkness turn to day, wipe sorrow's tears away.
Nor let me ever stray from Thee aside.

Our Choir Needs You!

Our Sanctuary Choir is inviting you to share your vocal talents with them. Come to the Choir Room at 9:15 am on Sabbath morning to start your new adventure! No musical background is necessary. For further information, contact our Choir Director, Jean-Sébastien Vallée at 831-420-7584 or info@jsvallee.com.

Our Sabbath School Classes Need You, Too!

You are cordially invited to join the Sabbath School of your choice! We have two adult Sabbath School classes that start around 9:30 a.m. The first, which meets in the Chapel, is a traditional class that follows the weekly lesson and satisfies the hearts of our valued conservative members. It is well-taught by a warm teaching staff, and is both informative and inspirational.

The second class, meeting in the Fellowship Hall, has an urban-liberal flavor to it and often takes on the stimulating issues of our day. It frequently “pushes the envelope” but does so in a way sensitive to an Adventist audience. The one generally teaching this class is Leif Lind, who welcomes and encourages class participation from all of its members. Come early for a good seat—this class is well attended!

Upcoming Sermons & Events

September 10

Tuesday, September 13, 7:00 p.m.

September 17

September 24

Smuts van Rooyen

Church Board Meeting

Smuts van Rooyen

Smuts van Rooyen

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 in honor of Mikayla Goulmassian's birthday from her loving family and grandfather.

At Rest. City Church mourns the passing of LaVerne Straka, long-time member who went to her rest on August 20. Funeral services will be held at **3:00 p.m. today**, here in our Sanctuary, with interment immediately following at Forest Lawn, Glendale. A reception (following the Forest Lawn service) will be held in City Church's Fellowship Hall at approximately 5:00 p.m.

We welcome our **returning guest organist today, Sean O'Neal!** We also join in welcoming **three new permanent staff singers** to the Sanctuary Choir: sopranos Christina Milton and Jennifer Miller, and alto Jennifer Wallace.

Kindergarten to Junior Sabbath Schools will resume their regular class groups today after the summer break. Please see the back of the bulletin for your room number location. Praise God for a joyous and fun-filled summer!

Young Adults Fellowship will not meet today. For more information contact Rachel Pereyra at 818-913-9616 (rachel.pereyra@hotmail.com) or Cherise Gardner 626-484-8436 (cherisen2001@yahoo.com).

The Second Saturday Series will feature **organist David York** next week, September 10 at 4 p.m. The Second Saturday Series is a free community concert; a free-will offering will be received. York is the Minister of Music at Lutheran Church of the Master in Westwood, organist at Temple Israel in Long Beach, and a Lecturer in Music at the Bob Cole School of Music, Cal State Long Beach. The concert will feature music by J. S. Bach, Johann Pachelbel, Felix Mendelssohn, Alexandre Guilmant, Thomas Kuras and Calvin Hampton.

You are invited to spend an evening with **Sandi Patty and Friends** concert, **next Saturday, September 10**, 7:30 p.m. at Vallejo Drive Church. Doors open at 6:30 p.m. G.A. Seats \$23; VIP Seats \$38.50. Flat Fee, no service charge. For tickets call 877-840-0457, Monday-Friday 8 a.m.– 4 p.m. or visit www.madaboutmarriage.com.

Mid-week Bible Study Class “God in the 66”, Tuesdays, 6–8 p.m. in the Council Room. Join us for a frank discussion about how God reveals himself to us, as we look at this topic together and try to tackle some of the tough questions. For more information phone Sierra Szutz at 707-337-8002 (sierrablake@gmail.com) or visit the blog — <http://godinthe66.wordpress.com>.

As a way of helping with our church finances, you are invited to participate in the Community Contribution program with Ralphs Market. If you have already registered, you need to register again. Their program requires participants to renew in September each year. Go to <http://www.ralphs.com> and register your rewards card, using the Church's membership number 93045. If you do not want to register on-line, you will find flyers in the Narthex that contain a scan barcode that you can take with you to the market instead.

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.

Sunset tonight – 7:19 p.m. Sunset next Friday – 7:09 p.m.

Glendale City Health Education September Health Observation Month: Healthy Aging, Part 1

While a student at Loma Linda University I had the privilege of meeting Hulda Crooks and conducted her treadmill test. She was 91 years old and preparing for her climb up Mount Whitney, which was followed by a climb up Mt. Fuji. Between the ages of 65 and 91, she climbed Mount Whitney 23 times, and at age 91, she was the oldest woman to reach the top of Mt. Fuji. Hulda lived 101 years. She was generous, connected to her community, vibrant, and passionate about healthy aging.

Aging is inevitable. It begins the moment we're born. But it isn't until later in life—perhaps at a milestone birthday, an illness, the loss of a loved one, or changes we see when looking in the mirror—that we start thinking about it and how to slow down the process. During the past 10 years, numerous studies have focused on the cause of aging and age-related diseases (which account for nearly 80% of Medicare and other federal health care costs). However, monies for aging research and age-related healthcare may decrease as a result of federal budget strains.

According to Yin and Chen, aging is a slow, gradual, and passive process influenced by genetic and environmental factors. At least 20 theories of aging have been proposed and studied. New research suggests three phenomena that lead to aging. The first phenomenon is the fraying and shortening of telomeres, the protective caps at the end of chromosomes, thereby turning off normal cell division, growth, and antioxidant defenses. This event increases the number of dysfunctional mitochondria. Mitochondria are the super neat powerhouses located in nearly all cells, which break down fat and glucose to produce energy. While exercise increases the number of mitochondria, resulting in fat loss and greater energy, dysfunctional mitochondria in muscles and organs hinder normal energy production and leak more free radicals. Free radicals damage more cells.

To defend against aging caused by free radicals, increase your intake of antioxidants by eating a diet rich in fruits and vegetables, drinking green tea, and possibly taking supplements of Vitamins C and E, and CoQ10. (Be sure to check with your personal physician.) Telomerase, the enzyme that lengthens telomeres, is under study as a possible therapy for treating aging at its root cause.

Whether you're from the Greatest, Silent, Baby Boom, X, Y, or Z Generation, you're never too young or too old to adopt lifestyles that support healthy aging. For further reading refer to the references below, or contact Dr. Kathy McFarland.

*<http://www.nia.nih.gov/HealthInformation/Publications/babyboomers.htm>

*Alliance for Aging Research. Bracing for the Silver Tsunami: Aging Research May Save Lives and Money. Spring 2011. <http://www.agingresearch.org/content/article/detail/2862>

*Yin D and Chen K. The essential mechanisms of aging: Irreparable damage accumulation of biochemical side-reactions. *Experimental Gerontology* 40 (2005) 455-465. <http://scien-cent.cn/upload/blog/file/2010/4/201046215353934104.pdf>

*Kelly DP. Cell biology: Ageing theories unified. *Nature* 470 (2011) 342-3.

*Sahin E, colla S, Liesa M, et al. Telomere dysfunction induces metabolic and mitochondrial compromise. *Nature* 470 (2011) 359-65

Glendale City Health Education Events

Today, September 3: Get your photo taken by Kathy McFarland and share your secrets to healthy aging with your church family. These will be displayed on the church's bulletin board.



Sunday, September 25: Mark your calendar for "Let's Move Day!" City Church and other Adventist churches throughout SoCal will be moving on! Our Pathfinders are getting their move on while in Catalina. The rest of us can get our move on locally for a walk/hike starting at 9 a.m. (location to be determined).

Thursday, October 6: City Church is hosting Dave Ramsey's Financial Peace University (FPU). More than one million families have attended the program and on average, paid off \$5,300 in debt and saved \$2,700 in just the first 90 days! Whether financially challenged or secure, these 13 weekly classes could change your life! Get out of debt, save, and/or invest. A couple/family may attend; the one-time cost of materials is \$100. Invite your loved ones. Time: 7-9 p.m. Room to be determined based on attendance size. For more information, contact Jonatan Cvetko (310-721-1169, jcvetko@gmail.com) or Kathy McFarland (information below).

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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