

Sunnyside News is a weekly publication designed to inform members and subscribers of our current news and events.

CHURCH LIFE

A NEW YEAR; A NEW START

With the new year comes the anticipation of where God will lead and how we will answer His call. Here are a just few things to look forward to as we begin 2013:

- **Journey Groups Winter Session** will run January 12 through February 22. Pastor Dennis will begin a new sermon series which will be the integral part of our study.
- A **Women's Ministry Survey** is attached. Ladies, please take a few minutes to respond. Gloria Ferrer, the new director, would like to get some feedback from you as we step into the next chapter of this ministry. *Please reply by email or print the survey and place it in the offering plate the next time you're at church.*
- **Sunnyside Light: An Early Service** is coming February 9... watch for more details!

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WORSHIP CELEBRATION

January 5, 2013
11:00 A.M.

*"His Banner Over Me is
Love"*
"Angels Watching Over Me"

Welcome
Pastor Dennis Ray

*"Joyful, Joyful, We Adore
Thee"*

Children's Story

Offering
Marla Hartman

"Be Thou My Vision"
"We Fall Down"

Prayer
Gloria Ferrer

Special Music
Lawrence Bohanon

Scripture
Daniel 6:13-18
Bill Hartman

**"Foot in Mouth
Syndrome"**
Pastor Taneshia Kerr

Benediction

THIS WEEK AT A GLANCE

Monday, January 7

Worship Committee Meeting 7:00 p.m. - Pastor's Office

Wednesday, January 9

Finance Committee Meeting 6:30 a.m.
Men's Ministry Meeting 6:30 p.m. - Youth Room
Personnel Committee Meeting 7:00 p.m. - Pastor's Office

Thursday, January 10

Church Board Meeting 6:30 p.m. - Pastor's Office
Mom's Small Group Study 7:00 p.m. - Junior Room

Sabbath, January 12

Sabbath School 9:30 a.m.
Worship Service 11:00 a.m.

SUNSET

This Friday
4:56 p.m.

Next Friday
5:02 p.m.

PREACHING SCHEDULE

January 12 - Pastor Ray

January 19 - Pastor Ray

January 26 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

December Needs	\$29,000.00
Church Needs Donations	66,441.00
Over (Short)	37,441.00
Year to Date	\$348,000.00
Donations Received	320,043.64
Over (Short)	(27,956.36)
Youth Pastor Fund	\$26,685.23

THIS WEEK'S OFFERING
Local Church Budget

HEALTHY BYTES



Here it is the New Year again. Has it been a year already? We hear so much about New Year's Resolutions and how no one ever keeps them. But the New Year is a New Beginning and a good place to start. **A resolution can be simply a promise to yourself to be better.**

Many this year are taking the "10 Day Daniel Fast" challenge. I have decided to accept this challenge myself. Since setting out on our Australia adventure, I have to admit that I have been less than temperate with my food choices and the results are showing up around my waist! So it is time to get back on track. Realistically I have decided to start my 10 day fast on January 7 instead of the 1st, because that is when life will get back to "normal" (is there such a thing anymore?).

Giving the body a "rest" from chips, dips, sweets, treats, pies and fries will be a welcome relief. We become addicted to these foods, both physically and mentally. So how to do the diet...*Daniel 1:12* – "Please test your servants for ten days, and let them give us vegetables to eat and water to drink."

Basically there can be no processed foods. Water only to drink. I know for myself, if I start making exceptions I will not stick to it. So I plan to stay true to all fruits, all vegetables, whole grains (i.e. brown rice, quinoa, millet, oats, popcorn), all legumes, all raw nuts and seeds. No dairy or meats (including processed vegetarian meats). Cooked foods are ok, however raw will be more satiating.

Through all this we can learn the effects of the food we eat. Why are some foods good for us, and other foods not? How do certain foods affect your body? If we really knew, there would likely be some things we would never eat again. And many more good foods that we would try to add to our daily diet!

Ten days of your life...anyone can do something for 10 days! Give it a try. What do you have to lose except maybe a few pounds?

For more information on healthy solutions and recipes, contact Gale Bolinger at gale4health@yahoo.com.
I would like to remind you that these "Healthy Bytes" are my own suggestions and not medical advice.
I get my references from many practical sources. Please read them with this in mind.

POTLUCK - THIS SABBATH

Join us for our first 2013 potluck. This month we're featuring "crockpots & casseroles"!

A-L please bring salad and a crockpot filled with your favorite soup, stew or other savory dish.

M-Z please bring a casserole and dessert.

WOMEN'S MINISTRY BIBLE STUDY

You heard it right! Soul Sisters will repeat the "Breaking Free" Bible Study by Beth Moore for those who missed it, or did not complete it last year. The study has been so popular and we received so many requests, that we are starting this 11-week Bible Study on **Tuesday, January 29**, here at Sunnyside Church.

Breaking Free will lead participants through a study of the Scriptures to discover the transforming power of freedom in Jesus Christ. Themes for this study come from Isaiah, a book about the captivity of God's children, the faithfulness of God, and the road to freedom. Using Scripture to help identify spiritual strongholds in your life, no matter how big or small. Join us and experience a Bible journey unlike any other.

For more information, or to register, log on to www.breaking-free03.eventbrite.com.

MEN'S MINISTRY GROUP

Join us **Wednesday, January 9, at 6:30 p.m.** in the Youth Room. We'd like to kick-off the new year with fellowship, organizing ourselves and preparing for the next Journey Groups session.

YOUTH PARENTS MEETING

Parents – don't forget about our meeting during potluck this Sabbath. Grab a plate and join us for our monthly chat and planning session.

FREE FINANCIAL AID WORKSHOP

Pacific Union College is offering a free college financial aid workshop, **Tuesday, 7:00 p.m.** at Fresno Adventist Academy, 5397 E. Olive Avenue. Come learn about private, college, & government aid worth thousands of dollars and see how affordable college can be. Students & families from public & private schools, home schools, & those wanting to transfer are all welcome, so invite your friends to come with you. Call (707) 965-6336 for more info or to schedule a personal meeting before or after the workshop.

THANK YOU...

Dear Sunnyside Church Family,



Thank you so much for the beautiful flowers that you sent to Mom's funeral. Thank you also for your love and support through these difficult times. It is comforting to have a supportive church family and friends to spend time with.

Thank you, again.

Love, the Darrin Smith Family

**WOMEN'S FRIENDSHIP CIRCLE**

Join us **Tuesday, January 8 at 1:00 p.m.** at the church for our regular monthly meeting.

DEEPEST THANKS

Our deepest thanks to the "Secret Santa" that gave us a Visa gift card. It came at a much needed time and helped us greatly. God bless you, whoever you are!

Phill & Janet Rhoads

**TO SECRET SANTA 2012**

...at our house, this will be remembered as the year of twelve surprises. What can we say but thank you, thank you, thank you?!

Maria & Al Smith

HOST THE REFRESHMENT TABLE

Dates available: January 12, 19 & February 9.

You can host it in celebration of a birthday, anniversary, or just because...make it simple or go with a theme. Please call the church office (229-5501) to sign-up.

Please submit your bulletin and eNews announcements of 50 words or fewer (in paragraph form) to: bulletinstaff@sunnysidesda.org. **All info is due by 6:00 p.m. Wednesday.** The Bulletin staff reserves the right to edit text.

GETTING TO KNOW OUR FRIENDS AND FAMILY

WORSHIP

LEARN

CONNECT

SERVE



**Gabriel, Leonor,
Nico & Alex Diaz**



Sharon & James Browning

CHURCH ADDRESS

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THE LAST WORD**Beginning at the End**

by Joe Rector from *Chicken Soup for the Soul: Count Your Blessings*

My writing career had been going well. No, I hadn't landed that elusive publishing deal, and literary agents weren't knocking down the door. Instead, I was writing a weekly personal column for a small community paper and another column about several local communities for the major paper in the city. A couple of magazines had used some pieces I'd submitted as well. Sometimes I even had the chance to write a feature. The small amount of income that I received helped pay a bill or two.

Most important were the contacts I made. Both columns had developed a healthy readership. I met wonderful people who indicated that they looked forward to my columns each week, and I learned many new things about the area where I'd lived for all my life except for a four-year hiatus away at college.

For more than three years, I was blessed with those opportunities. However, a new editor with the large newspaper cut my column for what she claimed were budgetary concerns. I protested that folks in my area would no longer have coverage of their events, but the editor assured me that one of the other freelance columnists would take up the slack. She also offered me another position covering new businesses in the area. I agreed even though the loss of my original column smarted.

For the next few months, I sought out business to highlight each week. Finding them became increasingly tougher as the economy slipped further in the tank. Added to that was my inability to please this editor with my writing. From the outset, she picked my work apart and asked endless questions, many that were answered in the piece I'd written.

Writing had become a chore. I submitted stories and waited for the snide comments, questions, and chastising to begin. No lead or angle for a story ever met her approval. The new assignment began in January, and in March, the editor killed the column. She ended my column and affiliation with her small kingdom in a curt e-mail that told me I could submit pieces to other sections of the paper.

Bam! Suddenly something that I'd enjoyed so was taken from me. I was cast aside and my work replaced with question and answer pieces about pets. Self-doubt set in as I wondered if my gift for writing had disappeared. The question popped into my head as to whether I'd taken writing for granted. The support and encouragement of my wife Amy sustained me, and she prodded me to continue to write. She ended by saying, "Don't look at this as a loss. God has given you a talent, and this is the end of one road that will lead to another."

I kept that in mind and spent much of my time in front of the computer. A collection of personal columns came to life, and a new book was begun. I'd recently retired from a thirty-year career as a high school English teacher, and any extra time was devoted to playing golf and completing a "honey-do list." In no time the sting of being let go by the editor and the ensuing bitterness over it disappeared.

In June Amy met with her two cousins for lunch. Both were working for another small paper in the area. Carol asked what I was doing since leaving the other paper, and when Amy told her nothing, she asked if I'd be interested in working with her employer. I agreed to meet with the publisher of the paper, and Sandra hired me. My job was to cover the same areas about which I'd written for the last three years. In addition, I would be named the community editor. Ironically, this small paper was distributed as an insert in the very publication for which I'd previously worked.

I was ecstatic with the opportunity. Not only could old relationships with the communities and the people who lived in them be renewed but the prospect of producing a section that would outshine the one of my old boss was also possible.

Some might call it karma, that idea that what goes around comes around. I prefer to believe that Amy was right. The good Lord had decided to use me in a new way. I was blessed again. The work hours are longer now, but I don't mind. Sure, I lost a job, one that I enjoyed tremendously. What I gained was a new and broader chance to write. Most of all, I awakened to the fact that endings always lead to beginnings. That fact means that a loss is never more than a change in direction. Faith and patience help make that clear.

HAPPY BIRTHDAY TO...

Hayley Smith (1/5)
Freda Putz (1/7)
Deb Tetz (1/10)
Steve Cosner (1/11)

**HAPPY ANNIVERSARY
TO...**

Richard & Sherry Marsh (1/7)
John & Sharron Banks (1/8)