

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

## CHURCH LIFE

### JUNIOR CLASS UPDATE

If you've never been to Rome but have wanted to see the Colosseum, take a peek in the Junior Sabbath School Class this week, where you'll see a work in progress. Teachers, Patty Osborne and Ray Maynez, have a construction project underway that is going to help them with giving the Junior kids a fun and interactive study of the life and missionary journeys of the apostle Paul.



Patty Osborne

Becky Wiest has just joined the team as an assistant teacher at the request of her daughter, Victoria, who is a student in the class. If you know a young person in 5th or 6th grade, be sure to let them know that exciting things are happening that they won't want to miss.

Hey kids – don't forget your painting clothes this week to help with the finishing of the Colosseum!



Becky and Victoria Wiest



Ray Maynez

### THE YOUTH ARE HEADED TO CAMP

We've been talking about it all summer and now the Youth are finally headed to camp! After raising over \$3,000 from workbees and donations, nine of our teens leave on Sunday for Hume Lake Christian Camp! They will spend the week with other kids from all over the state experiencing God in cool and exciting ways through the activities and programs planned; they'll make some friends and enjoy the beautiful outdoors. They're also taking with them some very capable camp counselors - Taylor Johnson, Gabe Wiest, and Johan Reijnders.

These past six weeks of work have been a blessing. The Youth have done a tremendous job developing bonds with one another, and strengthening their work ethic. It's also been great for them to spend time with and get to know the church members for whom they've done work. Thank you to everyone who participated in this fundraiser – and we're not done! We have another workbee to do after camp and the Youth are actually looking forward to it.



#### In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
Getting to Know Our Friends & Family	4
The Last Word	5

# SABBATH CELEBRATION

## August 10, 2013

**Sunnyside** *Light*  
9:00 – 9:50 A.M.

**“Pass Me Not”  
“Amazing Grace”**

**Prayer**  
Stan Wagenleitner

**Scripture: John 5:1-5**

**“Enough for Two” - Part 2**  
Pastor Taneshia Kerr

## Worship Service

11:15 A.M.

**“Tis So Sweet to Trust in Jesus”  
“Great is the Lord”**

**Welcome**  
Pastor Taneshia Kerr

### Offering

**“Great and Mighty”  
“How Great Thou Art”**

**Prayer**  
Stan Wagenleitner

**Special Music**  
Dan Lichti

**Scripture: John 5:1-5**  
Victoria Wiest

**“Enough for Two” - Part 2**  
Pastor Kerr

**Benediction**

## THIS WEEK AT A GLANCE

### Monday, August 12

Church Office - CLOSED  
Women's Ministry Bible Study - "David: Seeking a Heart Like His" - 6:00 p.m. - Sanctuary

### Wednesday, August 14

Finance Committee Meeting - 6:30 a.m.  
Bulletin Info Deadline: [bulletinstaff@sunnysidesda.org](mailto:bulletinstaff@sunnysidesda.org) 6:00 p.m.

### Sabbath, August 17 at Shaver Lake

Sabbath School - 10:00 a.m.  
Worship Service - 11:00 a.m.  
Picnic Potluck - 1:00 p.m.  
Baptism - 2:00 p.m.  
Boat Rides around the lake - after baptism

## PREACHING SCHEDULE

**August 17** - Pastor Ray (*Shaver Lake*)  
**August 24** - Pastor Ray  
**August 31** - Eric Johnson, *FAA Principal*

## MONTHLY CONTRIBUTION SUMMARY

<b>August Needs</b>	<b>\$29,300.00</b>
Church Needs Donations	2,432.80
Over (Short)	(26,867.20)
<b>Year to Date</b>	<b>\$234,400.00</b>
Donations Received	138,574.33
Over (Short)	(95,825.67)
Associate Pastor Fund	\$30,232.11
Youth Pastor Fund	\$35,691.50

### THIS WEEK'S OFFERING

#### Universities Combined

## SUNSET

This Friday  
7:58 p.m.

Next Friday  
7:50 p.m.

## HEALTHY BYTES

### "Getting Enough Fiber or Avoiding **CONSTIPATION**"



Constipation isn't something we like to talk about or have! And it is definitely not something we want to have on a vacation. Unfortunately, it is a consequence of changing our normal routine, such as traveling. Exercise and diet are the things that fly out the window first. A quick walk around the block can be all that's needed to supply the exercise. Keeping fiber foods handy to snack on can help keep the diet on track.

Here is a simple Rx for keeping constipation at bay on a trip: Eat two cookies in the PM for a BM in the AM. Here's the recipe. Bon Appetite!

### Fiber Cookie

1/2 cup peanut butter or almond butter (any ground-up nut will do)	3/4 cup coconut flour*
1 pureed apple or 1 cup applesauce	3/4 oat flour*
2 ripe bananas mashed	2 cups rolled oats
1/2 cup honey if more sweetness is desired	1 cup of dried fruit
1/4 cup chia seeds in 1/4 cup water	1 cup nuts, and/or sunflower seeds
1 tsp vanilla	1/2 cup cacao nibs (optional, but great antioxidants and great chocolate flavor)
1/2 tsp baking soda	1-2 Tablespoons water if mixture is dry.
1/4 tsp salt	

Bake on cookie sheet with parchment paper (*easy cleanup and more even baking*). Using a small scoop (*about 2 T*) make round cookies. Smash each cookie with a spatula. (*1 put a sheet of parchment paper over the top and smash each cookie - less mess and easier*) Bake at 350°F for about 20 minutes - ovens vary.

\*Actually, you just need about 1 1/2 cups total of some kind of whole grain flour: wheat, oats, bean, coconut (*great fiber*), millet, etc. Be creative. When out of raisins, I have substituted fresh apple or pear for the dried fruit and it works well. Each cookie has about 4 grams of fiber and approx 140 calories and is very filling.

For more information on healthy solutions and recipes, contact Gale Bolinger at [gale4health@yahoo.com](mailto:gale4health@yahoo.com) or visit my blog at <http://gale4health.blogspot.com.au>  
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.

## MEMBERSHIP TRANSFERS

**Second Reading:**

Benjamin Flores and Connie Flores to Carmichael in Sacramento;  
Richard Bullion to Waynesboro, VA.

YOUTH EVENTS  
COMIN' UP**Hume Lake Summer Camp** -

**August 11-17:** Please meet at Aesia Dobson's home at 1:30 on Sunday. Call or text her mom, Pam Diaz (392-7857), if you don't have her address. We have enough drivers to take kids up to the lake. We need more volunteers for pick-up at the end of camp!

**Youth at Poverello House - August 24:** Hey guys, it's been a while since we've joined the Meals-on-Wheels Street Ministry to serve lunch to the homeless. Make plans to go out with us!

**Workbee Fundraiser:** We're not done, yet! We're doing another one when we get back from camp.

## CHURCH OFFICE HOURS

The Church Office will be closed

**Mondays only through September 2.**

## GOING TO SHAVER?



There are six ladies in the Women's Friendship Circle who would like to go to Shaver but cannot drive up the mountain. If you have room for one or two, please contact Lola Arteaga ( 227-7514).

## FAA MEET &amp; GREET

Have you heard about all the amazing changes at Fresno Adventist Academy? Please join us **this Sunday, 11:00-2:00**. Visit the FAA Picnic Area near the Mansion to: have your enrollment questions answered • receive volunteer information • discover what's new at FAA • meet the faculty • enjoy lunch, swimming, and bounce house. Please bring a chair and a friend to Fresno Adventist Academy, 5397 E. Olive Ave., 251-5548, [www.faa.org](http://www.faa.org).

## CCC JOB POSTINGS

Full-time **Graphic Artist/Communication Production Manager**. Responsibilities include: preparing visual presentations and copy layouts; and maintaining and running bindery equipment. Must have a degree in graphic arts or graphic design, Bachelor's degree preferred. Must be SDA. Send cover letter, application and resume to Human Resources: <http://ccchr.adventistfaith.org/assets/106093>; by email: [lbarron@cccsda.org](mailto:lbarron@cccsda.org); or mail: PO Box 770, Clovis, CA 93613. **Please respond by 5:00 p.m., August 13.**

Immediate opening for full-time **Planned Giving & Stewardship Specialist**. The Planned Giving Specialist meets with constituents of Central California Conference to assist with their estate planning, who have expressed a desire to leave a gift to Central California Conference. The Specialist markets our planned giving services and stewardship to pastors and constituents with seminars and other special promotions. In addition, the Specialist serves our existing clients with estate planning updates and appropriate practical living assistance. NAD certified preferred and prior experience preferred. To apply, please send application and resume to Human Resources: <http://ccchr.adventistfaith.org/assets/106093>; by email: [lbarron@cccsda.org](mailto:lbarron@cccsda.org); or mail: PO Box 770, Clovis, CA 93613. **Please respond by 5:00 p.m., Monday, August 12.**

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

## A HEARTFELT THANK YOU

Karen loved her church family; she believed in prayers and miracles. It was the prayers and blessings that gave her three years and one month beyond her diagnosis. We want to thank you for the love and support that helped carry her through a challenging fight. We thank you for the time you spared and the love and prayers you gave. We truly thank the Lord for the effort that you made.

*From the families of the Browns, Whites, and White-Banks*

## CHURCH IN THE MOUNTAINS

Next Sabbath – **August 17** is our annual Shaver Lake Day – Church in the Mountains. We will NOT have any services in Fresno. Instead, the day will be filled with the following:

**Sabbath School at 10:00 a.m.:**

- ❖ Adult Class in the chapel
- ❖ Cradle Roll, Kindergarten & Primary will meet at the picnic tables behind the chapel
- ❖ Juniors will meet in front of the chapel
- ❖ Early Youth will meet at the picnic site
- ❖ No Youth or Young Adult class

**Worship Service at 11:00 a.m.**

- ❖ Full service with Pastor Dennis speaking

**Potluck Picnic at 1:00 p.m.**

- ❖ Veggie & beef hotdogs, drinks, & paper goods will be provided.



**Please bring a picnic type dish, chips or dessert to share.**

**Baptisms in the lake at 2:00 p.m.**

- ❖ Several people will be baptized with their church family and friends watching and celebrating.

**Pontoon-boat rides on the lake**

- ❖ The ever-popular boat rides will begin after the baptisms.

## HOST THE REFRESHMENT TABLE

Available dates: **August 24 & 31.** Please sign up in the fellowship hall or call the church office at 229-5501. Reimbursement is available.

# GETTING TO KNOW OUR FRIENDS AND FAMILY

WORSHIP

LEARN

CONNECT

SERVE



## A FEW OF THE YOUTH WORK BEES



Hangin' out with Bill & Marla Hartman's bees after a morning of work.



**CHURCH ADDRESS**

5375 North Maroa Avenue  
Fresno, CA 93704

Phone: 559.229.5501

Fax: 559.229.5502

email: [churchoffice@sunnysidesda.org](mailto:churchoffice@sunnysidesda.org)

website: [www.sunnysidesda.org](http://www.sunnysidesda.org)

**THE LAST WORD****HAPPY BIRTHDAY TO...**

Matthew Barr (8/10)  
Carolyn Page (8/10)  
Cooper Priest (8/10)  
Patricia Ford (8/11)  
Gilbert Barr (8/12)  
Jan Biloff (8/12)  
Tyonna Marshall (8/12)  
Ryan Knizevski (8/13)  
Joseph Rodriguez (8/15)  
Alexa Burkhart (8/16)  
Jim Frazier (8/16)  
Ray Kidwell (8/16)  
Lorrie McCann (8/16)



**"Wireless communication is nothing new.  
I've been praying for 75 years!"**

**HAPPY ANNIVERSARY  
TO...**

Ken & Karen Swanson (8/12)  
Clif & Desrie van Putten (8/12)  
Jim & Dollie Ragsdale (8/16)