

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

## CHURCH LIFE

### FLOWERS FOR THE SANCTUARY

Fresh flowers in the sanctuary are lovely and add an inviting element to the Worship service. The Worship Committee would like to thank those who have donated fresh floral arrangements for the services and extend an invitation to anyone who would like to do the same. Please contact Angela (229-5501) in the church office if you would like to schedule a Sabbath to donate the arrangement. You can have them ordered in celebration of an anniversary or birthday or in memory of a loved one or...just because.

### THANKS FOR ALL YOUR HELP

Printess and the Community Services staff would like to thank everyone who came out on Tuesday and Wednesday to help with the Food Pantry distribution. We had a couple of new drivers who brought their trucks to pick up the food we received from Fresno Community Food Bank and other sources. The Maroa rooms were buzzing with those who helped with sorting, bagging and boxing the food. It is because of your selflessness that we are able to help those in need in our community.

### YOUTH & YAMS SERVE THE HOMELESS



*More pictures on pages 5*

Last Sabbath the Youth and Young Adults joined the "Meals On Wheels" Street Ministry and served lunch to over 150 homeless men and women just outside the gates of Poverello House. We cooked 200 hotdogs donated by Tim McGuinn and helped serve a complete chili dog lunch. Janette Frazier joined the group and passed out copies of the Great Controversy and GLOW tracts. We have been working with Dave

Billierbeck and the "Meals" ministry for over two years and our young people always say "yes" when we ask them to go to Poverello and share a bit of God's love.

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# SABBATH CELEBRATION

## August 31, 2013

**Sunnyside** Light

9:00 – 9:50 A.M.

**“Draw Me Close”  
“I Give You My Heart”**

**Prayer**  
Shelly Clement

**Scripture**  
**Deuteronomy 6:4-9**

**“What’s Inside?”**  
Eric Johnson  
FAA Principal

## Worship Service

11:00 A.M.

**“Blessed Assurance”  
“God of Wonders”**

**Welcome**  
Pastor Dennis Ray

**Children's Story**  
Marla Hartman

**Offering**  
Ron Fitzgerald

**“Here I Am to Worship”  
“Change My Heart”**

**Prayer**  
Shelly Clement

**Special Music**  
Evenflow

**Scripture**  
**Deuteronomy 6:4-9**

**“What’s Inside?”**  
Eric Johnson  
FAA Principal

**Benediction**

## THIS WEEK AT A GLANCE

### Monday, September 2

Church Office - CLOSED

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

### Tuesday, September 3

Midday Mamas B-day Brunch - 10:15 a.m.

Women's Friendship Circle - 1:00 p.m. - Youth Room

### Wednesday, September 4

Bulletin Info Deadline: [bulletinstaff@sunnysidesda.org](mailto:bulletinstaff@sunnysidesda.org) 6:00 p.m.

Worship Committee Meeting - 6:00 p.m. - Pastor's Office

### Thursday, September 5

Power Moms' Bible Study - 7:00 p.m. - Junior Room

### Sabbath, September 7

Sunnyside Light - 9:00 a.m.

Sabbath School - 10:00 a.m.

Worship Service - 11:15 a.m.

Potluck - Maroa Room - *immediately following service*

Youth Parents' Meeting - *during potluck*

## PREACHING SCHEDULE

September 7 - Pastor Ray  
September 14 - Pastor Ray  
September 21 - Pastor Ray

## MONTHLY CONTRIBUTION SUMMARY

<b>August Needs</b>	<b>\$29,300.00</b>
Church Needs Donations	25,926.73
Over (Short)	(3,373.27)
<b>Year to Date</b>	<b>\$234,400.00</b>
Donations Received	162,068.26
Over (Short)	(72,331.74)
Associate Pastor Fund	\$29,466.00
Youth Pastor Fund	\$35,977.82

**THIS WEEK'S OFFERING**  
**Soquel Conference Center**

## SUNSET

This Friday  
7:31 p.m.

Next Friday  
7:21 p.m.



## HEALTHY BYTES

**Avocados** are probably my most favorite way to get healthy oils into my diet. So many people are concerned that they are getting too much fat from avocados. If you are adding it to an already fatty diet from processed fats, then maybe there is cause for concern. If you are eating all natural fats in the whole food form, then there shouldn't be any concern. Here are a few facts about avocados that you may find helpful:

1. They are baby-friendly. They mesh into the perfect baby food. (Fun fact: Avocados are the size of a baby in the mother's womb at 16 weeks.)
2. They are fiber-rich. There are 10 grams of fiber in one medium-sized avocado. There are two grams of fiber in one serving, which is one-fifth of a medium avocado. It contains both insoluble and soluble fiber (which speeds up the passage of foods) accounts for 75%, with the remaining 25% as soluble fiber (the fiber that makes you feel full).
3. They have natural packaging. The thick skin protects them. You can't eat the skin, but it shields the green goodness inside, making avocados perfect for travel.
4. They lower bad cholesterol. Avocados are one of the only fruits that contain heart-healthy monounsaturated fat (the good-for-you fat) that helps boost good (HDL) cholesterol and lowers bad (LDL) cholesterol.
5. They upgrade your dips and spreads. An avocado serving size is 50 calories, which works out to be 3 thin slices or 2 tablespoons mashed. There are fewer calories than the same amount of butter, mayonnaise, sour cream, peanut butter, almond butter, olive oil, and coconut oil - plus avocado has over 20 vitamins and minerals to upgrade your natural diet! Use avocado as a substitute today!
6. They're gluten-free, dairy-free, vegan and cholesterol-free. Avocados are naturally full of nutrition, so there's no need for special labels. They're full of flavor; think of all the meals you can healthify (I like that word!) with avocados.
7. You know when they're ripe and ready. Avocados are ripe when they feel heavy for their size, yield to light pressure and are dark in color. But don't squeeze them too hard. Not ripe? Put in a brown paper bag for 2-4 days, or you can speed up this process by putting a banana or apple in the bag. If you have many ripe ones on hand, place them in your vegetable crisper in the refrigerator to extend the life.
8. They're an anti-aging powerhouse. Avocados are one of the most inexpensive anti-aging tools for your skin. Skincare from the inside out.
9. Yes, avocado is a fruit and it matures on the tree, but ripens off the tree. The avocados we get in non-growing areas are picked hard and green and kept in coolers until they reach their final destination. Avocados must be matured on the tree to ripen properly. In a perfect world they would fall off the tree and ripen on the ground naturally.
10. Avocado trees do not self-pollinate; they need another avocado tree close by to bear fruit.

*Now that you know the basics of avocados, incorporate avocados into your own healthy lifestyle.*

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.*

ANNOUNCEMENTS

**MEMBERSHIP TRANSFERS**

**First Reading**

Twila Bauer to Dalton SDA in Dalton, GA

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Alesia Sheffield and John Sheffield to Hillsboro SDA in Hillsboro, OR

**BAPTISMAL CLASS**

Pastor Dennis will be teaching a baptismal class for young people ages 10–13. It will meet at the church from **6:30–7:30 p.m.**, on three consecutive **Wednesdays: September 11, 18, and 25.** There is no cost to attend. To register your child, please contact Pastor Dennis at 647-9485 or [dennis@sunnysidesda.org](mailto:dennis@sunnysidesda.org).

**POTLUCK - NEXT SABBATH**

Our next church family potluck will be **September 7.** Families with last names beginning **A–L please bring an entree and salad; M–Z please bring entree and dessert.**

Potluck is a great time to fellowship with old friends and to make new ones.

**It is extremely helpful to the potluck committee if you put your name on your casserole dish or container.**

**COMMUNITY SERVICES**

**Clothing Distribution**

We will resume our regular clothing and household goods distribution hours on **October 2.** Our hours are 9:00-11:00a.m. on the **1st and 3rd Wednesdays** of each month.



**Help a High Schooler**

It's time to start bringing items to help out community high school students. Drop off your donations of clothing, shoes, and backpacks at the church or contact Printess Schlist (232-1194).

**YOUTH EVENTS COMIN' UP**



**Youth Parents' Meeting - next Sabbath**

(during potluck): Parents, we'd like to meet next Sabbath during potluck and talk about a possible mission trip to Belize next year. Gilbert Barr will give us some information about taking our youth to Central America and ideas for ministry. Please plan to attend!

**CHURCH MAILBOX BURGLARIZED**

If you mailed a check or anything of value to the church within a few days prior to August 17, please contact Ron Fitzgerald, church treasurer, at 978-5011.

**CHURCH OFFICE HOURS**

The Church Office will be closed **Monday** in observance of Labor Day.

**WOMEN'S FRIENDSHIP CIRCLE**



Ladies, plan to join us **Tuesday, September 3 at 1:00 p.m.** in the Youth Room for our monthly Friendship Circle meeting. If you're looking for a place to connect and perhaps make new friends, the Friendship Circle is made up of single ladies 60 and older; and we meet every month for fellowship and refreshments or lunch. We also participate in community service projects and social events. We'd love to have you join!

**SINGLES' RETREAT**

**September 13–15**

at Camp Wawona

Come and enjoy:

Good fellowship

Preaching from Dr. Colin Ross

& Dr. Pierre Steenberg

Cost is \$75 per person.

To register log on to

[ministries@cccsda.org](mailto:ministries@cccsda.org) or

contact Marlyn Novielli

(347-3142).

**S.H.A.R.E.S. CARD**



Continue to swipe your S.H.A.R.E.S. Card for Sunnyside Church! We just received another check for \$274.35 which makes a total of \$4,580.35 all for the building fund. Not bad for just swiping a card at Save Mart, Food Maxx, or Lucky stores! If you do not have a Sunnyside Church S.H.A.R.E.S. Card, contact Todd Bristol at [tblristol@hotmail.com](mailto:tblristol@hotmail.com), or see him at church.

**CCC FAMILY CONVOCATION**



Come and receive a blessing! Committed, the winners of the NBC acappella singing competition "The Sing-Off," will perform at Westside

**MEN OF FAITH RETREAT**

CCC Men's Retreat 2013 will be held **October 18–20** at the Soquel Conference Center, 1931 Old San Jose Road, Soquel, CA. Featured speakers will be Dr. Pierre Steenberg, Dr Colin Ross, and Don MacLafferty. The registration fee is \$75 for the entire weekend. If you have questions or would like to register, please contact Marlyn Novielli (347-3142).

Church during the Central California Conference Family Convocation on **September 20 & 21.** The weekend speakers include Pastors Anthony Jeremiah Kelly, Rebecca Davis and Debleaire Snell. Make plans to attend Friday evening's prayer and praise vespers at 6:30. Sabbath Services will include a full day of worship beginning with Sabbath School at 9:00 a.m., worship service at 11:00 a.m., the annual Bible game competition Quiz-A-Rama at 3:00 p.m., and Committed in concert at 5:00 p.m.

# CHURCH FINANCE 201 - "BENEFITS OF GIVING"<sup>11</sup>

(No.2 IN A SERIES)

Sunnyside would like to help our church family understand church finances. In an effort to accomplish this, we are publishing a series of **brief** outlines as to how your donations are accounted for and used. This is the second in a series.

Donations to "Tithe", as marked on your donation envelope, are accumulated each month and sent to the **World Church** in total by the 10th of the month following the donation. Absolutely **none** of "Tithe" is used by our own local Sunnyside church. It is merely held in trust and forwarded.

The "Tithe" is the main source of funding for the total proclamation of the gospel to all the world by the SDA church. A sampling of the uses of the "Tithe" by the **World Church** is outlined below:

Support of evangelists	Support of pastors	Conference operations
Camp meeting operations	Elementary school salaries	Academy Bible Teachers
College Bible departments	Literature evangelists	Conference camps
Media Programs	Retirees	Conference equipment

Of the "Tithe" that we send to the local conference for the **World Church**, 65% of it remains in the local conference (Central California Conference of SDA's in our case). The major benefit that comes back to us from the local conference is that our main pastor's salary and benefits are paid out of "Tithe". **None** of the associate pastor's or youth pastor's salary and benefits are paid by the **World Church**. Those dollars are paid by us out of our own **Local Church** funds.

The following table shows the last two calendar years' donations to "Tithe":

2011	2012
\$286,858.01	\$326,703.90

Sources: [www.giftsofheaven.org/tithes.htm](http://www.giftsofheaven.org/tithes.htm)  
[www.adventist.org/beliefs/guidelines](http://www.adventist.org/beliefs/guidelines)



# GETTING TO KNOW OUR FRIENDS AND FAMILY

WORSHIP

LEARN

CONNECT

SERVE

## YOUTH AND YOUNG ADULTS SPREADING A LITTLE LOVE

Serving lunch outside Poverello House with the Meals on Wheels Street Ministry.



"Preach the Gospel at all times and when necessary use words."  
- Francis of Assisi

**CHURCH ADDRESS**

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website: www.sunnysidesda.org

**THE LAST WORD****"I'm Not \_\_\_\_\_ Enough"**

by Sharon Jaynes

*Don't you know that you yourselves are God's temple and that God's Spirit lives in you.  
1 Corinthians 3:16*

I'm not \_\_\_\_\_ enough. You can fill that blank in with "smart," "talented," "gifted," "spiritual," or any number of positive attributes. But the root source of each one of those lies is "I'm not good enough." It is one of the enemy's favorite weapons and he uses it to keep God's children in bondage to feelings of inferiority, insecurity, and inadequacy. The bottom line is, the enemy wants you to believe that you are "not enough." Period. But you are enough. You are enough and have been equipped and empowered to do everything that God has called you to do.

It seems the message of "I'm not good enough to earn my way to heaven on my own," has been transformed into I'm not good enough...period. God created man and woman and said, "It is good." We are so valuable to God that He gave His only Son to restore our brokenness.

To be honest, I could have been the poster child for this lie. If feeling inadequate was an Olympic event, I would have been on the Corn Flakes box. It was the undercurrent of my entire existence until I finally realized who I was in Christ. Bible teacher Beth Moore said, "In the dead of the night when insecurities crawl on us like fleas, all of us have terrifying bouts of insecurity and panics of insignificance. Our human natures pitifully fall to the temptation to pull out the tape measure and gauge ourselves against people who seem more gifted and anointed by God." That was me.

Many women are living in silent defeat, comparing themselves to other women who are living in secret defeat. I'm not a good mother. I'm not a good wife. I'm not a good Christian. I'm not a good witness. I'm not a good housekeeper. I'm not a good decorator. I'm not a good cook. I'm not a good... Women are caught in a cycle of the "I'm not good enoughs." One by one the petals fall from the beautiful flower God created us to be. Like ticker tape, our fragmented pieces of confidence litter the streets like the Macy's parade passing by.

Unfortunately, I wasted many precious years held captive by the enemy's lies before I held up my chained hands to God and said, "I'm ready for you to set me free."

Consider this: Jacob was a liar. Moses was a stutterer. Gideon was a coward. David was an adulterer. Rahab was a prostitute. Esther was an orphan. Balaam's donkey was...well, a donkey. And yet God used each one of them to impact His kingdom.

God doesn't call us because we are particularly gifted or talented. He uses us because we are obedient and dependent on Him. He doesn't call the qualified – He qualifies the called.

The truth is, if you have experienced new birth in Christ, you are deeply loved, completely forgiven, fully pleasing and totally accepted by God. Because of Jesus Christ in you, you are equipped and empowered to do all that God has called you to do. You are good enough!

taken from Girlfriends in God Devotionals at crosswalk.com

**HAPPY BIRTHDAY TO...**

Grant Mitchell (9/2)  
Sandrella Estassi (9/3)  
Brittany Gilbert (9/3)  
Bernadette Randall (9/4)  
Bertram Simpson (9/5)  
Mark Ward (9/5)  
Brandon Yoshida (9/5)  
Willie Barreto (9/6)  
Dustin Batty (9/6)  
Art Fernandez (9/6)  
Ryan Ford (9/6)  
Bob Gilbert (9/6)  
Troy Goertz (9/6)  
Janeen Palafox (9/6)

**HAPPY ANNIVERSARY TO...**

Arland & Mylinda Finney (9/1)  
Larry & Printess Schlist (9/2)  
Ryan & Nicole Piñon (9/3)  
Dick & Skye Botimer (9/4)  
Michael & Terri Mosley (9/4)  
Mike & Patricia Ford (9/5)