

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

## CHURCH LIFE

### ANNOUNCING THE OPENING OF SUNNYSIDEUP CAFÉ!



This week in the Fellowship Hall, you can experience new options for the 10:00 – 11:00 hour on Sabbath mornings. Whether you're looking for an alternative-style class, some good conversation, or just a quick bite to eat and a cup of coffee, SunnysideUp Café has something for you!

We'll be serving coffee, decaf, and an assortment of tea, muffins and fruit. So while the kids are in Sabbath School, you can grab a bite to eat and chat with friends – or make new ones.

Here's what else is cookin' in the Café:

- Young Adult Class
- Forgive to Live Class\* – a journey in forgiveness that could save your life.
- Conversation-topic hosted tables – feel free to drop in.
- Open tables – sit for a minute or an hour and just enjoy your coffee.

A big thank you to the Young Adult Ministry team, lead by Pastor Taneshia, as they are taking the lead on the Café, with Michael Bullion as hospitality host. We appreciate you!

Also, you might want to check out the new class that started last week in the Pastor's Office. It is lead by Ron Fitzgerald and Todd Bristol, and focuses on "The Life and Teachings of Jesus\*."

\*Details about the new classes are on page 3.

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# SABBATH CELEBRATION

September 28, 2013

**Sunnyside** Light

9:00 – 9:50 A.M.

**“How Majestic Is Your Name”  
“Cares Chorus”**

**Prayer**

Sherry Marsh

**Scripture**

**Galatians 6:2,9,10**

**“Discipleship Burnout”**

Pastor Taneshia Kerr

## Worship Service

11:00 A.M.

**“Glory, Glory”  
“Sanctuary”**

**Welcome**

Pastor Taneshia Kerr

**Giving Thanks**

**Baby Dedication**

of

Alessandra & Jovanni Viera

**“I Worship You”  
“We Have Come  
Into This Place”**

**Prayer**

Sherry Marsh

**Scripture**

**Galatians 6:2,9,10**

The Castillo Family

**“Discipleship Burnout”**

Pastor Taneshia Kerr

**Benediction**

## THIS WEEK AT A GLANCE

**Monday, September 30**

Mid Day Mama! - Coffee at Kuppia Joy - 8:45 a.m.

**Tuesday, October 1**

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

Staff Meeting - 1:00 p.m. Pastor's Office

**Wednesday, October 2**

Community Services - 9:00 - 11:00 a.m. Clothing & Household Distribution

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

Sacred Rhythms Class - 6:30 p.m. - Youth Room

Men's Ministry Meeting - 6:30 p.m. - Junior Room

**Thursday, October 3**

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

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

**Sabbath, October 5**

Sunnyside Light - 9:00 a.m.

SunnysideUp Café - 10:00 a.m.

Sabbath School - 10:00 a.m.

Worship Service - 11:15 a.m.

Potluck - immediately following worship service - Maroa Rooms

Youth Parents' Meeting - during potluck - Junior Room

## PREACHING SCHEDULE

**October 5 - Young Adult Sabbath**

**October 12 - Pastor Ray**

**October 19 - Pastor Kerr**

## MONTHLY CONTRIBUTION SUMMARY

<b>September Needs</b>	<b>\$29,300.00</b>
Church Needs Donations	16,724.61
Over (Short)	(12,575.39)
<b>Year to Date</b>	<b>\$263,700.00</b>
Donations Received	182,845.72
Over (Short)	(80,854.28)
Associate Pastor Fund	\$22,999.16
Youth Pastor Fund	\$36,312.82

**THIS WEEK'S OFFERING**  
**Conference Faith Advance**

## SUNSET

This Friday  
6:50 p.m.

Next Friday  
6:39 p.m.

## HEALTHY BYTES

There are almost two billion people overweight in the world! Two-thirds of Americans over age 20 are overweight. Nearly one-third of Americans over age 20 are obese. Worldwide obesity has nearly doubled since 1980. Obesity is now classified as a disease by the American Medical Association (AMA). The annual health care costs in the United States from obesity is close to \$240 billion.

Let's learn how to do something about this now! Start with learning which foods make us fat. Ten Foods Guaranteed to Make You Fat:

**1. Artificial Sweeteners:** Diet soda does have less calories and less sugar than regular soda, but a study found that people who drank two or more diet sodas a day had waist size increases six times greater than people who didn't drink it. Research has also shown that Nutrasweet, one of the most popular artificial sweeteners, leads to the same surge of insulin as white carbs (see No 7 food below) – because of sweetness detectors in the small intestine.

**2. White sugar is full of calories that sabotage healthy eating and prime your palate to crave sweets.** The world is filled with sugar addicts. When our blood sugars are high we are high. When our blood sugar is low, we feel totally run down and exhausted and want more sugar. Sugar has no vitamins or minerals, just lots of fat building calories. Watch for hidden sugars.

**3. Cheese can be a fattening food.** It contains a large amount of fat. Fat has nine calories per gram, protein and carbohydrates have only four. The most fattening food in the world is considered to be cheese fries.

**4. Gluten rich foods are fattening but so are most common gluten free packaged products.** Read the labels; they are full of starch and sugar. A study discovered that it was easy to eat too many slices of bread in one sitting.

**5. Potatoes were found to be the top food making us fat.** However, the way potatoes are prepared is really the culprit here. Every serving of fries eaten in a day was linked to weight gain of more than three pounds, while eating an extra serving of potato chips led to a gain of 1.69 pounds.

**6. Alcohol blocks the body from burning fat.** Alcohol increases the release of the hormone cortisol that breaks down muscle and retains fat. The loss of muscle can slowdown metabolism making it easier to gain weight. Also, alcohol causes a drop in testosterone in men, a hormone which helps burn fat. Fat metabolism can be reduced by as much as 73 percent after only two drinks of vodka and lemonade in a one hour time period. (American Journal of Clinical Nutrition). Alcohol dehydrates the body which needs to be hydrated to build muscle and burn fat.

**7. White Carbs (white rice, pasta, white bread, and starches) are fattening because they are high glycemic index foods.** White carbs makes it hard to lose body fat.

**8. Fats and Oils are fattening especially when they come as deep fried foods and baked goods.** Fats and oils also contain 120 calories per tablespoon. Even olive oil has lots of calories even though it has significant health benefits.

**9. Processed Foods are loaded with calories and almost no nutrients!** Diet microwave meals and frozen meals are high in sodium and calorie rich fat to make the stuff taste good. Eating them will have you retaining water in your arms and legs, leaving you puffy. Research by the London University College team, suggests that a diet high in processed food increases the risk of depression.

**10. Processed meats (lunch meats, bacon, sausage, hot dogs - even the vegetarian versions) are high in calories, fat and sodium.** Sixty eight percent of bacon's calories come from fat, almost half is saturated fat and each ounce has 30 milligrams of cholesterol. Too much salt in your body leads to water retention and bloating. NO amount of processed meat is considered safe to eat, according to the American Institute for Cancer Research.

Let's not short change our body with an abundance of the above foods filled with fat, sugar, and chemicals. If you are still eating many of them try to start decreasing the quantity till you are in control.

## MEMBERSHIP TRANSFERS

## Second Reading

Malisa Kuykendall-Padilla from Seven Palms



## REFRAME YOUR LIFE

Anger kills – everyday – through a host of ailments such as depression, stress, broken relationships, and heart disease. Yet its victims never know what hit them. Join us as we learn the life-changing principles of forgiveness that have changed lives around the world. Discover how to *Forgive to Live!* This class will begin the Sabbath during the Sabbath School hour at the new SunnysideUP Cafe.

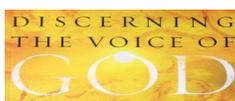
## NEW ADULT CLASS

There's a new adult Sabbath School class in the pastor's office. The class, entitled "Life and Teachings of Jesus," is an indepth study of Jesus using the Bible and the book *Desire of Ages*. A team of teachers led by Ron Fitzgerald and Todd Bristol facilitate the discussion. We meet from 10:00 to 11:00 each Sabbath morning.

YOUTH EVENTS  
COMIN' UP

**Vespers - this Friday:** Everyone is invited to hang out at Devin Ray's home tomorrow evening for dinner and vespers, 6:30 - 9:30 p.m. Please bring your favorite drink to share and wear all black.

**Paintball - postponed** until some time in October. Watch for more details.



## NEW WOMEN'S BIBLE STUDY

Ladies, reserve **Mondays, October 7 through November 18** for our next short study of

"Discerning the Voice of God" with Priscilla Shirer.

*This Bible study is designed to help you know the voice of God: His language, character, and tone of voice. By growing closer to God through His Word, you will be able to discern God's voice from the voice of strangers.*

Register at [www.discerningthevoiceofgod.eventbrite.com](http://www.discerningthevoiceofgod.eventbrite.com).

To view a clip of *Discerning the Voice of God* by Priscilla Shirer, go to: <http://www.emedialink.com/video/1534/Discerning-the-Voice-of-God-by-Priscilla-Shirer>.

To order the study guide (\$10.95+shipping) go to: <http://www.lifeway.com/Product/discerning-the-voice-of-god-member-book-p001315096>

## FLOWERS FOR THE SANCTUARY

Fresh flowers in the sanctuary are lovely and add an inviting element to the Worship service. 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.

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.

## POTLUCK - NEXT SABBATH

Our next church family potluck will be **October 5**.

Families with last names beginning

**A-L please bring an entree and dessert;**

**M-Z please bring entree and salad.**

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.*

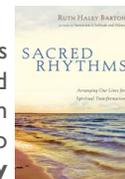


## WOMEN'S FRIENDSHIP CIRCLE

Ladies, plan to join us **Tuesday, October 1 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!

## SACRED RHYTHMS CLASS

Pastor Dennis will teach "Sacred Rhythms" again this Fall. It is based on the *Sacred Rhythms* book and curriculum by Ruth Haley Barton, which focuses on developing spiritual practices which take us deeper into relationship with God. The class will meet **every Wednesday night October 2 – November 6**. Each session will be held in the Maroa Room, **6:30–7:30 p.m.** To sign up for the class or get more information, please contact Pastor Dennis at [dennis@sunnysidesda.org](mailto:dennis@sunnysidesda.org).



## SUNNYSIDE HARVEST CARNIVAL

Mark your calendars now to attend our annual Sunnyside Harvest Carnival at the Estep home on **Saturday - October 19, 6:30 - 9:00 p.m.**

There will be fun for all ages!

Friends 🌿 Food 🌿 Games 🌿 Snakes 🌿 Music  
Bouncers 🌿 Paintball

## CLEAN OUT YOUR CLOSETS

Go through your closets and pick out things you'd like to share, and bring them to the church. Clothing, shoes, jackets, and backpacks are needed for teens at McLane High School. Anyone can make a donation. If you don't have teens in your home, consider buying socks and underwear, or making a monetary donation to Community Services, for "Kids @ McLane". We also need all types of hangers (no wire, please) and strong hanging racks for the clothing we store at the school.

## "FILIPINO FLING"

Music, food and entertainment from the Philippines. Their talents will be showcased through national and cultural dances. The annual Ladies Night Out Mission fund raiser dinner! New this year – husbands are invited, too! **Sunday, October 6, 5:00 p.m.** – Clovis Church Fellowship Hall. Bring your appetite, a friend and your checkbook or love offering for this one-time per year mission offering.

# CHURCH FINANCE 201 - "BENEFITS OF GIVING"

(No.6 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 about how your donations are accounted for and used. This is the sixth in a series.

The major fund in our local church is the so-called "combined budget". This fund is the source of monies used for over 34 different items that comprise the operating expenses of our church. The major disbursement out of the combined budget on a monthly basis is for our mortgages. The cost of our facility included the initial purchase of the church in "as is where is" condition for \$1,451,000.00. We put an additional \$1,500,000.00 into renovating the church into the facility you worship in today. This includes \$80,000.00 for asbestos removal and a \$35,000.00 new roof before we actually remodeled the interior and exterior. Donations from you to the building fund were used for part of the cost in addition to a \$100,000.00 contribution from the Central California Conference. We borrowed \$1,530,000.00 to complete the project to the point of moving in August of 2010.

The table below outlines the current status of our mortgages:

Mortgage Holder	Outstanding Balance Owed	Monthly Payment
California Adventist Credit Union	208,335.47	2,707.09
Pacific Union Conference ( <i>two separate loan funds</i> )	940,987.40	9,525.00
<b>Total</b>	<b>\$1,149,322.87</b>	<b>\$12,232.09</b>

The above figures do not include the cost to finish our kitchen. Those costs were donated by you and other members of our church and totaled right at \$67,000.00 to put the kitchen in as you see it today.

Sources: Treasurer

**CHURCH ADDRESS**

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**THE LAST WORD**

"Real freedom is freedom from the opinions of others. Above all, freedom from your opinions about yourself."

– Brennan Manning, *The Wisdom of Tenderness: What Happens When God's Fierce Mercy Transforms Our Lives*

**HAPPY BIRTHDAY TO...**

LaDawna Lelaind (9/28)

Jack Tolmosoff (9/29)

Blaine Gilbert (10/1)

Bronti Turley (10/2)

Michael Wong (10/2)

**HAPPY ANNIVERSARY  
TO...**

James & Sharon Browning (10/2)

Dennis & Diane Ray (10/4)