

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

CHURCH LIFE

AN EMERGING GENERATION OF LEADERS

*“Train up a child in the way he should go and when he is old,
he will not depart from it.”— Proverbs 22:6*

As young people move from youth to adulthood, relaxing the reigns can be a very scary time for parents. This is the moment of truth; s/he is no longer a child. S/he is ready to make her/his own choices and stand by the resulting consequences. They have graduated high school; they are starting careers and families. They are young adults.

Young adults refer to our emerging generation of church leaders. They range from ages 19 to 35 years, a very transitional time in anyone's life. This is the time when members most commonly decide to leave the church. The key factor stemming this outflow is church involvement. Young Adults, who are allowed to participate in and take ownership of the ministries of the church, are less likely to leave.

Here at Sunnyside, our young adults are committed to supporting church ministry. They are part of Community Services, they feed the homeless, teach Sabbath School, participate in our worship, and represent us on various committees and boards. The Sunnyside YAMs are key supporters of the Sunnyside Up Café and have embarked on a yearlong fundraising project for the Worthy Student Fund at Fresno Adventist Academy.

The mission of the Young Adult Ministry (YAMs) is to be a church without walls where members feel safe and free to build their individual spiritual identity. New members are always welcome and the prayerful support of the church is deeply appreciated.

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SABBATH CELEBRATION

October 5, 2013

Sunnyside *Light*
9:00 – 9:50 A.M.

**“Jesus, Lover of My Soul”
“In His Time”**

Prayer
Taneshia Kerr

Scripture
Isaiah 40:28-31

“A Day of My Life”
Gabriel Wiest

Worship Service

11:00 A.M.

**“Jesus, Lover of My Soul”
“This Little Light of Mine”**

Welcome
Pastor Taneshia Kerr

Children's Story
Gabriel Wiest

Giving Thanks
Stanley Barr

**“Lord, I Lift Your Name
on High”
“In His Time”**

Prayer
Pastor Kerr

Scripture: Isaiah 40:28-31
Mark Bravo

“A Day of My Life”
Gabriel Wiest

Benediction

THIS WEEK AT A GLANCE

Monday, October 7

Church Office – Closed
Women's Ministry Bible Study: "Discerning the Voice of God" - 6:00 p.m.

Tuesday, October 8

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

Wednesday, October 9

Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.
Sacred Rhythms Class - 6:30 p.m. - Pastor's Office
Men's Ministry Meeting - 6:30 p.m. - Youth Room

Sabbath, October 12

Sunnyside Light - 9:00 a.m.
SunnysideUp Café - 10:00 a.m.
Sabbath School - 10:00 a.m.
Worship Service - 11:15 a.m.
Youth serve at Poverello House - 1:00 p.m.

PREACHING SCHEDULE

October 12 - Pastor Ray

October 19 - Pastor Kerr

October 26 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

| | |
|------------------------|---------------------|
| September Needs | \$29,300.00 |
| Church Needs Donations | 20,328.87 |
| Over (Short) | (8,971.13) |
| Year to Date | \$263,700.00 |
| Donations Received | 186,449.98 |
| Over (Short) | (77,250.02) |
| Associate Pastor Fund | \$21,863.00 |
| Youth Pastor Fund | \$36,312.82 |

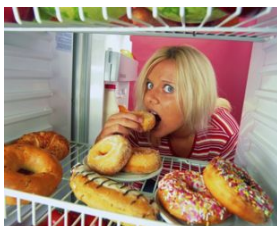
THIS WEEK'S OFFERING Local Church Budget

SUNSET

This Friday
6:39 p.m.

Next Friday
6:29 p.m.

HEALTHY BYTES



What's Your Addiction?

Why can't we give up the diet and lifestyle that is killing us? Because we are addicted to it! We don't usually think of addictions with food, but it is probably the number one addiction in our lives.

Many of the bad foods are specifically devised to activate the pleasure centers in our brain, enslaving us to habitual poor dietary choices; the very essence of addiction. When combined with our preference for excessive meat and dairy intake, blood cholesterol escalates, clogging our arteries; our cells become cancerous; and our immune systems spiral out of control in response, creating a state of chronic inflammation. This creates a persistent condition in which our bodies become disease incubators, sentencing us to an almost certain future of chronic illness.

The good news is, we can get just as addicted to the good foods. It is simple (I said simple, not easy). By simply eating more fresh, plant based foods, we change our addiction. At first you have to consciously choose the healthier foods, but over time, they will become your preference.

Simple? Yes! Eat more plants. You might be surprised to learn that a plant-based diet is the only nutritional protocol known to man, that has been shown to prevent—and in many cases, actually reverse, the four major diseases in our society: heart disease, cancer, obesity and diabetes.

With each successive step along the path, you'll begin to notice changes. As your energy levels improve, your preferences will shift from empty calories to foods that actually nourish you. The more whole, plant-foods you incorporate into your routine, the more those unhealthy cravings will subside. And before you know it, that hankering for cheese might just vanish altogether.

On average, we Americans eat about 6% of our diet as plant food. That means the other 94% is unhealthy fats, chemicals and junk. If we reversed that - 94% healthy plant based foods and sneaked in 6% of our addiction of choice (mine would be chocolate and potato chips), disease would almost disappear in our society. This is so freeing! You are in control.

For more information on healthy solutions and recipes, contact Gale Bolinger at 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.

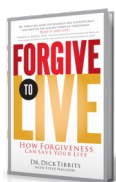
ANNOUNCEMENTS

CHURCH OFFICE HOURS

The Church Office will be closed on Monday.

SUNNYSIDEUP CAFÉ

Join us for SunnysideUp Café each Sabbath morning in the Fellowship hall during the Sabbath School hour. There are a variety of opportunities to connect and fellowship: the Young Adult Ministry Class; *Forgive to Live* Class and discussion groups. Come for the study and stay for a light breakfast or just slip in and grab a bite to eat.

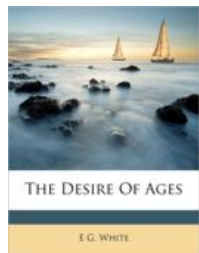


REFRAME YOUR LIFE

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 meets during the Sabbath School hour and is part of 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 in-depth study of Jesus using the Bible and the book *Desire of Ages*. Ron Fitzgerald and Todd Bristol lead and facilitate the discussion.



NEW WOMEN'S BIBLE STUDY - THERE IS STILL SPACE FOR YOU!

"Discerning the Voice of God" with Priscilla Shirer will begin **Monday, October 7. It will run every Monday through November 18** there is still time for you to register at 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>

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.

"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! **this Sunday, 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.

POTLUCK - THIS 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.

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

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.

YOUNG ADULT MINISTRY

The Young Adult Ministry is open to anyone ages 19-35. If you or someone you know would like to join us, email Pastor Taneshia (tkerr@sunnysidesda.org).

LOOKING FOR A ROOM TO RENT

David Wooten of Bonita Valley is in need of a room to rent for two or three months in Fresno. David is a former Bible teacher at San Gabriel SDA Academy. He requests to rent from someone who can provide internet access as he is responsible for sending the electronic announcements for two churches in the San Diego area. If you have space and would like to rent to him, please call 858-243-8730 or email davwooten@gmail.com.

HOUSEKEEPING NEEDED

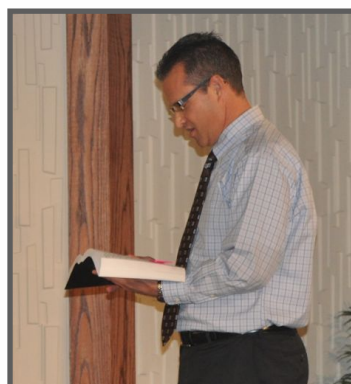
Need someone to help out with housekeeping. Some various domestic chores, neatening and deep cleaning. Twice a month, \$8.00 per hr. Call Janet for details: 269-1138.

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.

GETTING TO KNOW OUR FAMILY & FRIENDS

Dedication of Alessandra and Jovanni Viera



CHURCH ADDRESS

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THE LAST WORD

“Lord, when I feel that what I'm doing is insignificant and unimportant, help me to remember that everything I do is significant and important in your eyes, because you love me and you put me here, and no one else can do what I am doing in exactly the way I do it.”

– Brennan Manning, *Souvenirs of Solitude: Finding Rest in Abba's Embrace*

HAPPY BIRTHDAY TO...

Cheryl Crouch (10/5)
Leslie Batty (10/7)
Jayson Cornwell (10/7)
Alyssa Daggs (10/7)
Ralph Diaz (10/7)
Elias Walker (10/8)
Dioni Rodriguez (10/9)

**HAPPY ANNIVERSARY
TO...**

Ronnie & Julie Goodwin (10/5)
Russell & Jill Fulkes (10/7)
Gary & Linda Barron (10/10)