

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

CHURCH LIFE

MEMORIAL SERVICE FOR MARYLOU KOLSTAD

We will celebrate the life of MaryLou Kolstad with her family and friends during a memorial service on **Saturday, November 9 – 4:00 p.m.** at the church.

In lieu of flowers, donations can be made in MaryLou's name to Hinds Hospice or the Sunnyside Church Worthy Student Fund.



LA SIERRA PROFESSOR TO VISIT SUNNYSIDE

Ethics and Theology Professor at La Sierra University, Dr. Maury Jackson, will be our guest November 15-17. Dr. Jackson will speak at both Sabbath services and will hold additional meetings and open discussion with the YAMs (Young Adult Ministry) on Friday evening and Sabbath afternoon. Everyone is welcome to join the YAMs and Dr. Jackson in the SunnysideUp Café at 10:00 a.m. on November 16 for a question and answer session about issues facing our church.

YAMs SUPPORT FAA

Pastor Taneshia and the Young Adults have been getting more deliberately involved with Fresno Adventist Academy. In recent weeks they have made multiple visits in various capacities and will continue to do so during the remainder of the school year.

Pastor Taneshia was the guest speaker at the recently concluded week of prayer from October 21-24. She spoke on the theme "Risky Business – Tackling Life Challenges With God." She led three worship services each day for kindergarten, middle and high schools respectively.

The YAMs have made a commitment to sponsor a table at the December 8 Gala which will raise funds for needy students. On October 6, a small group of YAMs attended a special dinner at the Principal's Mansion. FAA Principal Eric Johnson hosted. He used the opportunity to present to guests, his vision for the school. The YAMs were so moved by his presentation that they made a pledge of \$2,500 so that any student who wants to attend the school can have the opportunity to do so. They will be organizing fundraising events through out the school year till they reach their goal. Please contact Pastor Taneshia if you would like to help.

Finally, Pastor Dennis and Pastor Taneshia will be serving as class chaplains for the fifth grade. Every Thursday one of the pastors will visit with students to provide pastoral care, share in their games and just get to know them individually. The YAMs have agreed to go along on some of these visits. The YAMs have set an ambitious goal and they crave your prayers and support as they work toward impacting the lives of the next generation of students.

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SABBATH CELEBRATION

November 2, 2013

Sunnyside Light
9:00 – 9:50 A.M.

**“Praise to the Lord”
“Amazing Grace,
My Chains are Gone”**

Prayer
Desrie van Putten

Scripture
2 Samuel 13:1-28

“The Danger of Indiscipline”
Pastor Taneshia Kerr

Worship Service
11:15 A.M.

**“Heavenly Sunshine Medley”
“Jesus Love Me Medley”**

Welcome
Pastor Dennis Ray

Giving Thanks

**“Spirit of the Living God”
“As We Come to You in Prayer”**

Prayer
Desrie van Putten

Baptism
of
Bella Renee Cruz
with special song by Brandon Cruz for Bella

Scripture
2 Samuel 13:1-28
Joy Oxley

“The Danger of Indiscipline”
Pastor Taneshia Kerr

Benediction

“The Wonder of It All”

THIS WEEK AT A GLANCE

Monday, November 4

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

Tuesday, November 5

Women's Friendship Circle - 1:00 p.m. Youth Room
Staff Meeting - 1:00 p.m. Pastor's Office

Wednesday, November 6

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

Thursday, November 7

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

Friday, November 8

Youth Evangelism Series Vespers - 6:30 p.m. - Pastor's Office

Sabbath, November 9

Sunnyside Light - 9:00 a.m.
SunnysideUp Café - 10:00 a.m.
Sabbath School - 10:00 a.m.
Youth Evangelism Series - 10:00 a.m. – 6:00 p.m.
Worship Service - 11:15 a.m.
MaryLou Kolstad Memorial Service - 4:00 p.m.

PREACHING SCHEDULE

November 9 - Pastor Ray
November 16 - Dr. Maury Jackson
November 23 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

October Needs	\$29,300.00
Church Needs Donations	18,543.86
Over (Short)	(10,756.14)
Year to Date	\$293,000.00
Donations Received	204,993.84
Over (Short)	(88,006.16)
Associate Pastor Fund	\$19,908.00
Youth Pastor Fund	\$36,610.10

THIS WEEK'S OFFERING Local Church Budget

SUNSET

This Friday
6:03 p.m.

Next Friday
4:56 p.m.

HEALTHY BYTES

8 Keys to Healthy Living

Last week we looked at the first four keys to healthy living: nutrition, exercise, water, and sunshine. Let's look at the other half of the list.

If you are not feeling 100% then chances are a couple of these keys will make an amazing difference in your life! Although all of these are practical common sense, life gets in the way and we forget to take note of how we are feeling. You can avoid problems by adjusting your habits as you go along. For most of you, this will be review, but worth taking notice of.



Key # 5: TEMPERANCE

Temperance is a word that means having balance in the good things of life and avoiding the bad things in life. We all know that drugs, cigarettes and alcohol are bad for our health. Our bodies are much better off if we minimize or avoid them altogether!

Key # 6: AIR

Good clean air is necessary for your body. Breathe deeply and slowly. Many people are fast shallow breathers. The optimal number of breaths per minute is around 6-10. If you breathe faster than this you need to focus on slowing down. As much as possible get out into the county and breath fresh, clean air. TIP: Sleep with the window open and you will get a better night's sleep. Take 10 big breaths when you get up in the morning to oxygenate your blood!

Key # 7: REST

Most people generally need eight hours per night. If you are not waking feeling refreshed and rested you need to get to bed earlier. A consistent sleep pattern is good for the body, the same time to bed each night. TIP: Some experts say the hours before midnight are worth double for sleep. Get to bed earlier if you can.

Key # 8: TRUST

This is all about the mental and spiritual side of health. Search out and find the wonderful things that God can do in your life. "You keep him in perfect peace whose mind is stayed on you, because he trusts in you." Isa. 26:3

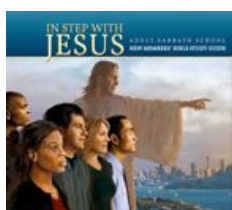
For more information on healthy solutions and recipes, contact Gale Bolinger at gale4health@yahoo.com or visit my blog at <http://gale4health.blogspot.com.au>

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

NEW CHURCH OFFICE HOURS

Tuesday through Friday: 10:00 a.m. - 3:30 p.m.



IN STEP WITH JESUS

“In Step With Jesus,” is a new adult Sabbath School class being taught by Pastor Dennis and Garry Clark. It will begin on **this Sabbath** and will meet in the sanctuary (left-hand side). “In Step With Jesus” is a class for new believers and people interested in developing their Christian faith. If you would like more information, please contact Pastor Dennis at dennis@sunnysidesda.org or 647-9485.



YOU GET AN EXTRA HOUR OF SLEEP

Don't forget to set you clocks back one hour before you go to sleep this Saturday night.

ONLINE GIVING QR CODE

Now you can access Sunnyside's secure online giving portal from your smartphone. Just scan the following code with any barcode reader app and it will take you directly to our online giving site.



YOUTH EVENTS COMIN' UP

Y.E.S. Vespers – this Friday: Pastor Taneshia will continue our Youth Evangelism Series. This is a great chance to find out why we believe what we believe and to learn how to talk to God. We meet at 6:30 in Pastor Dennis' office.

Youth Parents' Meeting – this Sabbath: Join us for our monthly meeting during potluck and find out what's happening with our youth and how you can get involved!

Y.E.S. with Y.E.T. – November 8 & 9: The CCC Youth Evangelism Team will join us Friday evening and all day on Sabbath, beginning with Sabbath School, lunch, an afternoon outreach service, and ending with an anointing service.

WHAT'S UP WITH THE EARLY YOUTH

- **Potluck Cleanup Detail – this Sabbath:** The Early Youth will assist the potluck staff with cleaning up after lunch.
- **Lunch & Trip to Cat Haven – November 16**
- **Tac Ops Laser Tag – December 7**
- **Nursing Home Visit – December 14:** The Early Youth will have lunch together and then go spread a little love at a nursing home passing out goodies.

WOMEN'S MINISTRY PRAYER WORKSHOP

"Pray Without Ceasing"

this Sabbath, 4:00 - 7:00 p.m.

God is calling us to live passionate lives for Christ! During this Prayer Workshop, you'll take home KEY PRAYER TOOLS. Come and experience the Power of Prayer and learn how prayer has the power to change every situation in your life. The workshop will meet in the sanctuary.

POTLUCK – THIS SABBATH

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.

WOMEN'S FRIENDSHIP CIRCLE MEETING

Ladies (*single ladies 60 and older*), plan to join us Tuesday at 1:00 p.m. in the Youth Room for our Friendship Circle monthly meeting.



SUNNYSIDEUP CAFÉ

Join us for SunnysideUp Café each Sabbath morning in the Fellowship hall during the Sabbath School hour. Coffee and a light breakfast are served and there are opportunities to connect and fellowship:

- **Young Adult Ministry Class** (*reserved for ages 19-35*)
- **Forgive to Live Class** (*a book study*)
- **Happening Now** (*a drop-in discussion group*)
- **Open Tables** (*if you'd like to slip in and just enjoy a cup of coffee*)

The choice is yours to make!

CCC SINGLES RALLY 2013

"A Special Place for You in Ministry"

Speakers: Dr. Erylene Piper-Mandy,
Pastors Steve Horton & Andrew Uyeyama
November 9, 10:00 a.m. – 10:00 p.m.

Fresno Westside Church
2750 Martin L. King Jr. Blvd.
Fresno, CA 93706



Topics focused on:

- There is a place for you in ministry
- How to be healthy and vibrant for a lifetime
- Living a fulfilling life as a single
- Relationship readiness
- How to handle periods of longing and loneliness



You will receive strategies for collective service and how to use single status as a vehicle for knowing God and surrendering to His will. Special music by Ben Vega and Kimberly Horton. For registration contact Marlyn Novielli at 347-3142 or ministries@cccsda.org.

GETTING TO KNOW OUR FAMILY & FRIENDS



On October 6, some of the YAMs attended a dinner and visioning event, hosted by Eric Johnson, principal of FAA. While there, the YAMs submitted a \$2,500 table sponsorship pledge for the Holiday Gala to be held on December 8. We will be working throughout the rest of the school year to raise these funds for worthy students who would like to attend our academy.

Pastor Taneshia speaking to the student body during Fresno Adventist Academy's Fall Week of Prayer.



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THE LAST WORD

“Whenever I allow anything but tenderness and compassion to dictate my response to life – be it self-righteous anger, moralizing, defensiveness, the pressing need to change others... I am alienated from my true self. My identity as Abba's child [a child of God] becomes ambiguous, tentative and confused” — Brennan Manning

HAPPY BIRTHDAY TO...

Bella Cruz (11/3)
Ivan Morford (11/3)
Isabella Soto (11/3)
Ron Richards (11/4)
Marcia Bravo (11/5)
Brandi Franco (11/5)
Denise McEowen (11/5)
Amanda Menes (11/5)
John Banks (11/6)
LaRae Kellos (11/6)
Carlyn Murdock (11/6)
Jim Ragsdale (11/6)
Nicolas Frede (11/7)
Patty Kelley (11/7)

**HAPPY ANNIVERSARY
TO...**

Jim & Mhel Scott (11/8)