

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

CHURCH LIFE

PHILIPPINE RELIEF

Adventists are givers at heart, and we all want to help those overwhelmed by super-storm Typhoon Haiyan that has left the Philippine people devastated. **Here are THREE ways to help:**

Donate for Seventh-day Adventist members and missionaries: Make checks payable to your local church and place them in the offering envelope marked "Philippine Typhoon Relief" OR donate online at Hope4.Fundly.com/Typhoon-Haiyan. 100% of your donation will go to help Adventist members directly affected by the disaster



Donate for all survivors in the Philippines: Make check payable to ADRA and mark your envelope, "ADRA Typhoon Haiyan." OR donate online at www.ADRA.org



Canadians: Please donate through ADRA/Canada where there is a matching fund available for Canadian donations, at www.ADRA.ca.



Thousands of our fellow church members, approximately 13 long-term missionaries from the North American Division, and thousands of the precious non-Adventists of the Philippines who are not Seventh-day Adventists - are in dire need of our help.

In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
The Last Word	4

SABBATH CELEBRATION

November 23, 2013

Sunnyside Light
9:00 – 9:50 A.M.

“For the Beauty of the Earth”
“Jesus, You're the Center of My Joy”

Prayer

Scripture: 2 Samuel 9:1-7

“The Table”
Pastor Dennis Ray

Communion

Worship Service

11:15 A.M.

“Come, Ye Thankful People”
“For the Beauty of the Earth”

Welcome
Pastor Dennis Ray

Giving Thanks

“Give Thanks”
“Jesus, You're the Center of My Joy”

Prayer

Special Music
Arland Finney

Scripture: 2 Samuel 9:1-7

“The Table”
Pastor Ray

Communion

Benediction

THIS WEEK AT A GLANCE

Tuesday, November 26
Staff Meeting 1:00 p.m.
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.

Wednesday, November 27
Men's Ministry Meeting - 6:30 p.m. - Youth Room

Friday, November 29
Church Office - CLOSED

Sabbath, November 30
Sunnyside Light - 9:00 a.m.
SunnysideUp Café - 10:00 a.m.
Sabbath School - 10:00 a.m.
Worship Service - 11:15 a.m.

QR CODE
FOR ONLINE GIVING



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

PREACHING SCHEDULE

November 30 - Pastor Kerr
December 7 - Cesar de Leon (2nd Service)
December 14 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

November Needs	\$29,300.00
Church Needs Donations	15,280.44
Over (Short)	(14,019.56)
Year to Date	\$322,300.00
Donations Received	220,274.28
Over (Short)	(102,025.72)
Associate Pastor Fund	\$16,915.48
Youth Pastor Fund	\$36,750.10

THIS WEEK'S OFFERING

Conference Faith Advance

SUNSET

This Friday
4:46 p.m.

Next Friday
4:44 p.m.

HEALTHY BYTES

Overcoming Anxiety

Overcoming anxiety without medication involves making lifestyle changes, and that includes changing your diet. There are foods that will help cure anxiety, and foods that will contribute to anxiety. By choosing the right foods, you can drastically cut down on the amount of anxiety you experience – and possibly improve your mood.



Healthy eating is one of the best ways to control anxiety and stress. In fact, one of the best things you can add to your diet is to drink more water. Many studies have found that dehydration affects as many as 25% of those with persistent stress, and dehydration is known to cause more anxiety.

As for foods, anything with magnesium, vitamin B12 (and other B vitamins), zinc, and antioxidants can be beneficial for helping you deal with stress. There are also herbal supplements like kava and passionflower that may be valuable for anxiety.

Some of the top foods to relax your mind are:

Cashews - two handfuls a day (works like prozac). Blueberries, acai berries and peaches have a calming effect. Almonds are high in zinc (a nutrient for maintaining a balanced mood) and iron (low iron levels have been known to cause brain fatigue, which can contribute to both anxiety and a lack of energy). Chocolate (cacao especially) reduces cortisol – the stress hormone that causes anxiety symptoms. And one that might not be easy to find, but is loaded with magnesium and iron (more than every other type of fruit and vegetable) maca root, found in health food stores.

All of the above foods are beneficial for dealing with your anxiety. They provide vitamins and nutrients that are known to calm the mind and body while also increasing energy and stabilizing your mood. Combine those foods with a balanced diet that is free of fried foods and harmful ingredients and you should see a marked difference in your anxiety levels. Plan ahead for those stressful events with these healthy foods.

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.

MEMBERSHIP TRANSFERS

First Reading

Irma Carpenter to Calimesa SDA in Calimesa, CA



NEW STUDY DURING SABBATH SCHOOL

Experiencing God is a new study/discussion group and will begin at **10:00 a.m. on December 1** in the SunnysideUp Café. This is a 12-week workbook study that dives deep into the experience of Moses and others in the Bible. We will study examples of how to know and do the will of God. Workbooks will be provided.

A SABBATH SCHOOL CONNECTION

Are you looking for a way to connect at Sunnyside?

Try any of our Adult Sabbath School Classes:

- ❖ **The Quarterly Class**, traditional Bible study class
- ❖ **“Desire of Ages,”** a book study class
- ❖ **“In Step With Jesus,”** a class for new believers and people interested in developing their Christian faith.
- ❖ **SunnysideUp Café**, the café offers a variety of classes and groups from which to choose.

MEN'S MINISTRY BREAK

We will not have our weekly Men's Ministry meeting next week. Enjoy Thanksgiving with your family & friends. We will meet, again, on **Wednesday, December 4.**

YAMS ARE SUPPORTING FAA

The Young Adults are raising money for the Worthy Student Fund at FAA. We have some open seats at our table for the Gala on **December 8.** If you would like to have dinner with us and make a donation toward our fundraiser, please contact Pastor Taneshia (tkerr@sunnysidesda.org).



YOUTH EVENTS COMIN' UP

Play Rehearsal - Friday (tomorrow): We will be putting on a holiday play about God's grace. So let's get together for our first rehearsal **this Friday at 6:30 p.m.** Join us and see how you can be part of the production. If you don't want to act, we also need people to help make props and set materials. There will be something for everyone.

WHAT'S UP WITH THE EARLY YOUTH

- **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.



Please submit your bulletin and eNews announcements of 50 words or fewer (in paragraph form) to: bulletinstaff@sunnysidesda.org. All info is due by **6:00 p.m. Tuesday (November 26).** The Bulletin staff reserves the right to edit text.



BLUE CHRISTMAS

Each year as the season approaches some people are filled with sadness or anxiety. They have no heart for the cheer and the bustle, the anticipation and the excitement. For those who have experienced loss – through death, divorce, depression, or many other life challenges – the holidays can be a time of grieving and personal struggle. If this is you, or you know someone who is having a difficult time this season, you are invited to come to the Blue Christmas Service on **Wednesday, December 18 at 6:30 p.m.** The service will be a time to reflect and heal together. This service is open to anyone in our congregation or in the community who has suffered a loss and wishes to have a space to worship together and acknowledge the blue side that can accompany the holidays.

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)
- **Experiencing God** (a book study - beginning December 1)
- **Happening Now** (a drop-in discussion group)
- **Open Tables** (if you'd like to slip in & just enjoy a cup of coffee)

The choice is yours to make!



DIVORCE CARE MINISTRY

Volunteers are needed for Divorce Care ministry. If you've experienced what it's like to heal from the difficulty of a divorce and have a heart for others who are going through this life-changing time, this may be the ministry opportunity for you. When Sunnyside launches this new community ministry in January, we need men and women to help with everything from greeting to registration, from snacks to childcare. If you are interested, please put a note on the bulletin tab and place it in the offering plate, or call the church office (229-5501) and let Angela know.



LET HEAVEN AND NATURE SING

Sunday - November 24 (two services: 3:00 and 7:00p.m.)

First Presbyterian Church - 1540 M Street - Fresno

A Festival of Lessons and Carols featuring Fresno Pacific University Concert Choir, Women's Chorale, Men's Chorus, Crosswind, Pacific Brass and Pacific Bronze. Admission is \$10. Tickets are available online at fresno.edu/carols. tickets are also available at the door. For more information call or email 453-2267 or music@fresno.edu.

EARL MEYERS IN CONCERT

Annual "Music for the Holiday Season"

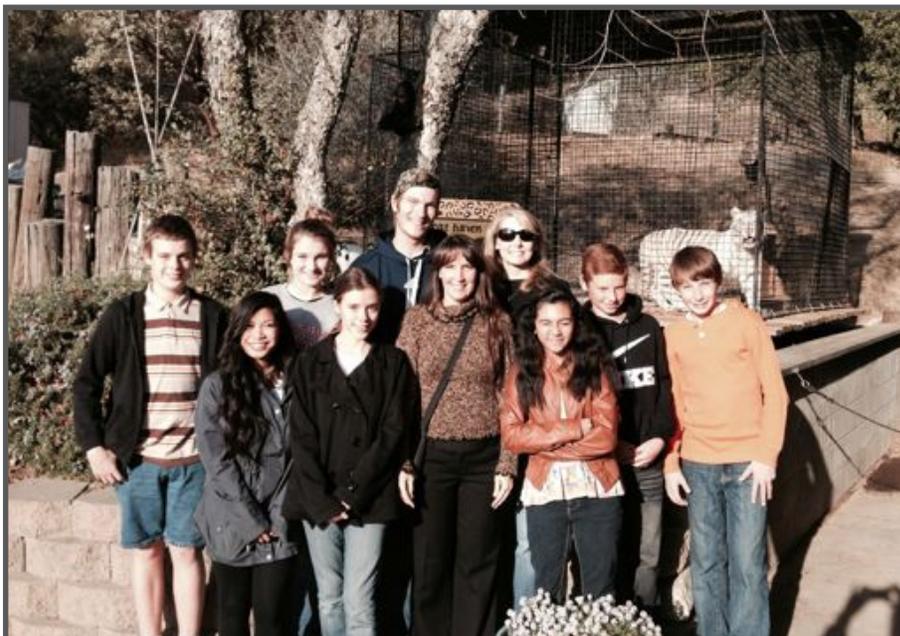
December 14 at 4:00 p. m.

at Westside SDA Church(2750 Martin Luther King Blvd.)

Arrive early for a good seat.

Admission is free to all!

GETTING TO KNOW OUR FAMILY & FRIENDS



Early Youth class and friends take a tour of the Cat Haven in Dunlap. Our own Brenda Smith, who volunteers there, is their guide.

CHURCH ADDRESS

5375 North Maroa Avenue
Fresno, CA 93704

Phone: 559.229.5501

Fax: 559.229.5502

email: churchoffice@sunnysidesda.org
website: www.sunnysidesda.org

THE LAST WORD

This is a time in your life when you must learn to let go: of loved ones, of possessions, of control. In order to let go of something that is precious to you, you need to rest in My Presence, where you are complete. Take time to bask in the Light of My Love. As you relax more and more, your grasping hand gradually opens up, releasing your prized possession into My care.

You can feel secure, even in the midst of cataclysmic changes, through awareness of My continual Presence. The One who never leaves you is the same One who never changes: I am the same yesterday, today, and forever. As you release more and more things into My care, remember that I never let go of your hand. Herein lies your security, which no one and no circumstance can take from you.

Blessed are those who have learned to acclaim you,
who walk in the light of your presence, O Lord. — *Psalm 89:15*

Jesus Christ is the same yesterday and today and forever. — *Hebrews 13:8*

“For I am the Lord, your God, who takes hold of your right hand
and says to you, Do not fear; I will help you.” — *Isaiah 41:13*

Jesus Calling by Sarah Young

HAPPY BIRTHDAY TO...

Bob Anderson (11/23)
Michael Bullion (11/24)
Betty Lee Warkentin (11/24)
Vern Biloff (11/25)
Owen McCann (11/25)
Ken Charron (11/26)
Stan Kolstad (11/26)
Maryam Ribadu (11/26)
Sharron White-Banks (11/28)
Ryan Brockman (11/28)
Chris Hickman (11/28)
Angela Reijnders (11/28)
Joshua Franco (11/29)

**HAPPY ANNIVERSARY
TO...**

Bud & Dianne Dickerson (11/24)
Leland & Rhoda Goertz (11/29)