

FRESNO
SUNNYSIDE
SEVENTH-DAY
ADVENTIST
CHURCH

SunnysideNews

WEEKLY NEWSLETTER

December 5, 2013

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

CHURCH LIFE

PASSING OF SANDY BEUCLER

Sandy Beucler, wife of long-time Central California Conference pastor Terry Beucler, went to rest Monday morning. Services will be held Sunday, December 15 at 3:00 p.m. at the Dinuba SDA Church.

In this week's issue...

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Worship

Learn

Connect

Serve

SABBATH CELEBRATION

December 7, 2013

Sunnyside *Light*

9:00 – 9:50 A.M.

“There’s A Song in the Air”
“Rise Up, Shepherd, and Follow”

Prayer

Leo & Angela Reijnders

Scripture: I Samuel 15:10-23

“The Problem of Self-Deception”
 Pastor Dennis Ray

Worship Service

11:15 A.M.

“Angels From the Realms of Glory”
“Good Christians, Now Rejoice”

Welcome

Pastor Dennis Ray

Children's Story

Todd Cornwell

Advent Candle

Bud & Dianne Dickerson
“O Come, O Come, Immanuel”

Giving Thanks

Leo & Angela Reijnders

“There’s A Song in the Air”
“Rise Up, Shepherd, and Follow”

Prayer

Leo & Angela Reijnders

Scripture: Matthew 1:18-25

Shelly Clement

“When God Messes Up With Your Plans”

Cesar de Leon

Benediction

THIS WEEK AT A GLANCE

Tuesday, December 10

Staff Meeting 1:00 p.m.

Wednesday, December 11

Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.

Men’s Ministry Meeting - 6:30 p.m. - Youth Room

Thursday, December 12

Church Board Meeting- 6:30 p.m. - Pastor’s Office

Friday, December 13

Youth Play Rehearsal - 6:30 p.m. - Sanctuary

Sabbath, December 14

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 Play Rehearsal (following worship service)

Early Youth at Nursing Home - 1:00 p.m.

Youth, Young Adults & Angel Tree - 4:30 p.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

December 14 - Pastor Ray

December 21 - Pastor Ray

December 28 - Pastor Kerr

MONTHLY CONTRIBUTION SUMMARY

November Needs	\$29,300.00
Church Needs Donations	24,129.37
Over (Short)	(5,170.63)
Year to Date	\$322,300.00
Donations Received	229,123.21
Over (Short)	(93,176.79)
Associate Pastor Fund	\$14,850.48
Youth Pastor Fund	\$36,810.10

THIS WEEK’S OFFERING

Local Church Budget

SUNSET

This Friday

4:43 p.m.

Next Friday

4:43 p.m.

HEALTHY BYTES

What environment do you live in?

Have you ever been diagnosed with heartburn or acid-reflux? Both of these problems can be the result of an over-acidic diet. Our nutritional goal for optimum health is maintaining a proper acid/alkaline balance. It is important that the diet is slightly more alkaline than acid for the body to repair itself. Sounds easy; however, in our society the acid food reigns. Your body cannot thrive in an acidic environment.

The body will always strive to maintain a proper acid/alkaline balance, though the more we help it along by eating the right balance of foods, the less wear and tear on the system. If an acid condition persists, however, the body will draw minerals from other areas to try to neutralize itself. For instance, calcium, an alkaline-forming mineral, may be released from bones. This is a short-term solution which, over time, can lead to osteoporosis. Chronic over-acidity removes oxygen from the blood and can result in lowered immunity and premature aging, kidney stone formation, muscle loss, back pain, gout and other joint diseases. Chronic degenerative conditions, like cancer, tend to develop in an overly acidic environment. Over acidity also can produce that tired, headachy, fuzzy-headed feeling many people get, especially after eating.

The typical American diet is acidic, consisting of foods that have an acidifying effect on the body - too much meat, processed foods, refined sugars, chemical additives, caffeine, alcohol (yup, all your favorites), as well as most prescription drugs. A plant-based diet of whole, fresh vegetables, fruits, nuts and seeds, whole grains, etc., will naturally have a more alkalizing effect. You will find that the more you eat the alkaline foods the more you will crave them and they will become your favorites.

If you are regaining your health, a diet of 80% alkaline-forming foods and 20% acid-forming foods is best. For maintaining health, usually 60% alkaline and 40% acid is adequate. Try this: for every 10 foods eaten, six should be vegetables, two fruits, one protein, one starch and whole, organic grains. Some foods that we would consider acid, like lemons, are not the problem. In fact, if you are experiencing the effects of an overly acidic diet, try drinking a glass of water with a lemon in it to balance you out.

Remember that it is not the occasional bad eating day; i.e. Thanksgiving, Christmas dinner, but the day in and day out acid diet that will destroy you. Find your balance!

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

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.

POTLUCK - THIS SABBATH

Our monthly church family potluck will be 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.

**NEW STUDY DURING SABBATH SCHOOL**

"Experiencing God" is a new study/discussion group and will begin at

10:00 a.m. this Sabbath 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.

WOMEN'S MINISTRY BIBLE STUDY IN THE NEW YEAR

Sunnyside Soul Sisters will begin another 11-week "Breaking Free" Bible Study by Beth Moore on **Monday, January 13 at 6:00 p.m.**



Join them on this incredible journey with God and experience how He can change the course of your life.

WHAT'S UP WITH THE EARLY YOUTH

- **Laser Tag** – this **Saturday evening**
- **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.

**YOUTH EVENTS COMIN' UP**

Play Rehearsal - this **Friday & Saturday, and December 13, 14 & 20**: Rehearsal starts at **6:30 p.m.** this Friday and after potluck this Sabbath.



Angel Tree Gift Pickup - **December 14**: We will partner with the YAMs and pass out the gifts to the families on Sabbath afternoon at **4:30**. Please bring cookies.

Youth Holiday Play - **December 21**: Invite your family and friends to enjoy "The Parable of the River" during the **11:15 a.m.** worship service. (Although the play has been cast, we still need people to help with making the props and to help during the performance. Talk to Cami van Putten, if you'd like to be part of the crew).

Christmas Party & Ice Skating - **December 22**: Ice skating first and then a nice dinner out! More details to come!

Vespers & Game Night - **January 11**: We'll meet at the church to close the Sabbath together and have some fun playing games.

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.

IT'S TIME FOR ANGEL TREE

We have the opportunity to give a little Christmas joy to some children in our community through Angel Tree. This program works in connection with Prison Fellowship Ministry and churches to give Christmas gifts to local children of prisoners. For the next few Sabbaths we will have a Christmas tree in the foyer filled with paper angels. Each angel has the name of a child and the gift requested for that child. Please take an angel or two and return the gifts wrapped and with the angel attached by **December 14**. Gifts should not exceed \$25 (please include gift receipt). You have been so supportive of this ministry each year and we are thankful for your continued generosity!

FRESNO ADVENTIST ACADEMY NEWS

FAA Christmas Program: Please come enjoy our Christmas Program this **Tuesday at 6:00 p.m.** in the gym at Fresno Adventist Academy.

FAA School Board Meeting: We are inviting everyone who is interested, to join us at our School Board Meeting on **Tuesday, December 17 at 6:30 p.m.** in the Music Room. During this time the possibility of establishing an organic farm on our campus will be discussed. The meeting should be finished by 8:30 p.m. We appreciate your input and support for Fresno Adventist Academy.

**ABC HOLIDAY OPEN HOUSE**

this **Sunday 10:00a.m. - 4:00p.m.**

You are invited to a Holiday Open House & Sale at the Adventist Book Center, 2820 Willow Ave., Clovis. The first 100 customers receive a FREE Worthington Foods Dinner Roast. We'll have our Truckload Food Sale: buy 3 cases of Worthington or Loma Linda canned items and get a case of Fri-Chik for only \$20. When you arrive, let us greet you with a tasty holiday treat! There will be drawings for \$25, \$50, and \$75 gift certificates and great deals on a whole lot more!

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

Youth Campout at the Hartmans'

The Youth were invited to campout at Hartmans' home in October. Everyone had such a great time, the Hartmans invited them to come back in the spring.



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THE LAST WORD

Advent 2 – *Joyful Preparations*

by Ruth Haley Barton

“Our spiritual life depends on his perpetual coming to us, far more than on our going to him. Every time a channel is made for him he comes; every time our hearts are open to him he enters, bringing a fresh gift of his very life, and on that life we depend. We should think of the whole power and splendor of God as always pressing in upon our small souls.”

—Evelyn Underhill

Several weeks after our first grandson was born, my husband and I had our first opportunity to take care of him all by ourselves. Anticipation was high. Even though he was much too young to notice any of the preparations, I still felt compelled to clean the house, light candles, build a fire, and make cookies for this special “coming.” And while I was doing all that, I kept running to the window to see if he was here yet! The preparations for giving a warm welcome were made joyfully and full of loving expectation. This is the spirit of Advent—sweet longing, joyful preparation, and loving expectation.

Sometimes it’s John the Baptist in his camel’s hair coat and leather belt crying out for repentance that speaks to us of what it means to prepare the way of the Lord.

Sometimes we know instinctively that there are obstacles that need to be removed and clutter that needs to be cleared out of our hearts and lives before there is any space for Christ to come at all.

And sometimes it’s preparing for the first visit of a tiny grandson that teaches the heart what it means to be ready and to wait with anticipation for the coming of the baby Christ.

*O God of hope and joy,
we are waiting for the day
when the glory of your Son
will brighten the night of the waiting world.*

*O God of grace,
ever faithful to your promises,
we rejoice in the hope of our Savior’s coming
and look forward with longing
for his return.*

*O God of love,
prepare our hearts
to receive him when he comes,
for he is our Lord
forever and ever.*

Amen.

HAPPY BIRTHDAY TO...

Donovan Daggs (12/7)
David Daggs III (12/7)
Shahana Faridi (12/7)
Kim Scott (12/7)
Todd Alferd (12/8)
Jeff Smith (12/8)
Sabrina Rogers (12/8)
Aidan Fitzgerald (12/9)
Tripp Pafford (12/10)
Nathan Moore (12/10)
Janelle Kidwell (12/11)
Alesia Sheffield (12/12)
Rusty Bolinger (12/13)
Carl Brockman (12/13)
Charles Lutz (12/13)

HAPPY ANNIVERSARY TO...

Steve & Jennifer Cosner (12/7)
Jack & Teresa Tolmosoff (12/7)
Gilbert & Lorraine Barr (12/10)
Todd & Shonda Alferd (12/13)
Dan & Rene Nozaki (12/13)