

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

## CHURCH LIFE



### COMMUNITY SERVICES AT MCLANE HIGH SCHOOL

Sunnyside Community Services opened a community service center at McLane High School. The Highlander Outfitters (named by David Smith) hosted an open house on December 4 for all the staff. The response was very positive. We have already served over a dozen students including some of their families. We also distributed 23

Thanksgiving food boxes and will be distributing 35 Christmas food boxes on December 20. Right now we have a great need for coats, boys' jeans and tennis shoes.

The students and staff have been very supportive by bringing canned goods and clothes. Scott Lamm, principal, and the community service team wish to thank you so much for all your support. You have made this possible.

This Sabbath, the designated offering is for Community Services and we will host a very special refreshment table in gratitude to our church family. Thank you for "planting seeds of hope" throughout our community.



Worship

Learn

Connect

Serve

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# SABBATH CELEBRATION

December 14, 2013

**Sunnyside** *Light*

9:00 – 9:50 A.M.

**“Go, Tell It on the Mountain”**  
**“Little Drummer Boy”**

**Prayer**

Bruce Eckhart

**Scripture: Mark 5:24-43**

**“Questionable Delays”**

Pastor Dennis Ray

## Worship Service

11:15 A.M.

**“O Come, All Ye Faithful”**  
**“Joy to the World”**

**Welcome**

Pastor Taneshia Kerr

**Advent Candle**

Joy Oxley

**“O Come, O Come, Immanuel”**

**Giving Thanks**

**“What Child Is This?”**

**“Tell Me the Story of Jesus”**

**Prayer**

Bruce Eckhart

**Special Music**

Jeanelle Menes

**Scripture: Mark 5:24-43**

**“Questionable Delays”**

Pastor Dennis Ray

**Benediction**

## THIS WEEK AT A GLANCE

**Tuesday, December 17**

Staff Meeting 1:00 p.m.

**Wednesday, December 18**

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

Blue Christmas Service - 6:30 p.m. - Youth Room

**Friday, December 20**

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

**Sabbath, December 21**

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

December 21 - Pastor Ray

December 28 - Pastor Kerr

January 4 - Pastor Kerr

## MONTHLY CONTRIBUTION SUMMARY

<b>December Needs</b>	<b>\$29,300.00</b>
Church Needs Donations	17,419.67
Over (Short)	(11,880.33)
<b>Year to Date</b>	<b>\$351,600.00</b>
Donations Received	267,912.61
Over (Short)	(83,687.39)
<b>Associate Pastor Fund</b>	<b>\$21,110.48</b>
<b>Youth Pastor Fund</b>	<b>\$36,810.10</b>

## THIS WEEK'S OFFERING

**Adventist Community Services**

## SUNSET

This Friday

4:43 p.m.

Next Friday

4:43 p.m.

## HEALTHY BYTES

### Double Whammy?

This time of year (October through January) the majority of people add on 3-5 pounds. The sad part is that the majority of those KEEP those 3-5 pounds. It is such a small increase it's hardly noticed until a few years go by and we have an extra 30-50 pounds hanging on.



Where do these extra pounds come from? Starting with Halloween candy, we add on Thanksgiving meal (which, let's face it, lasts the whole week!), then from Thanksgiving to Christmas we have candy and delicious goodies in abundance. By the New Year we are just in the habit of eating more!

Also, this time of year we don't exercise as much as we do when the weather is warmer. So we are moving less. Add that to the extra sweets and food and our bodies take a hit. Our circulation is decreased without exercise and our immune systems are compromised with all that sugar and bad food. The Double Whammy!

Every counter or desk has a bowl of candy...one piece won't hurt...no, but 5 trips a day to that same bowl will! Replace that bowl of candy with a bouquet of flowers (same price!). You will get satisfaction from looking at the beautiful flowers and feel you are contributing to the holiday feeling. Can't fit in the exercise? Park at the back of any parking lot and "walk" to the store. Take the long way around the office - avoiding those desks with candy - to get in a few more steps each day. Take the stairs instead of the elevator - sometimes it is even faster. Do squats or leg raises during TV commercials. Be creative, you'll find a way to exercise.

You have to PLAN to not gain those extra pounds...you have to PLAN to exercise more. Let me know what strategies work for you during the holidays.

For more information on healthy solutions and recipes, contact Gale Bolinger at [gale4health@yahoo.com](mailto: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

Shar Johnson from Auburn SDA in Auburn, CA.  
Carol Dement from Clovis SDA.


**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!

**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
- ❖ **"Life & Teachings of Christ,"** the "Desire of Ages" 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.

The newest study group added to SunnysideUp is the "Experiencing God" 12-week study that dives deep into the experience of Moses and others in the Bible.


**NAD PARENT SURVEY**

**Are you the parent of a child 8-12 years of age?** If so, we need your help! Part II of "Help, I'm a Parent: Christian Parenting in the Real World" is now being developed. In order to make sure the resource addresses the concerns of parents today, we, the North American Division, need to hear your voice. Please click this link and fill out a one question survey.

<https://www.surveymonkey.com/s/2GH3Y58>

**YOUTH EVENTS COMIN' UP**

**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](mailto: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.



ANGEL TREE  
A Program of Prison Fellowship

**ANGEL TREE GIFTS  
DUE THIS SABBATH**

Please return the gifts wrapped and with the angel attached by **this Sabbath by 2:00p.m.** The "Gift Pick-up Reception" will begin at 4:30 p.m. Just a reminder: 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!

**THREE SHORT**

We're missing three of the listening devices for the hearing impaired. If you accidentally put one in your purse or your jacket pocket at the end of any service, please bring it back and make sure it gets to one of the sound technicians. Thanks for your help!


**FLOWERS FOR THE SANCTUARY**

Flowers add warmth and beauty to the worship service. Your donation of \$75 provides a beautiful arrangement. Call the church office (229-5501) if you'd like to donate a floral arrangement in honor of a loved one, a birthday, an anniversary, or just because.

**MEMORIAL SERVICE FOR SANDY BEUCLER**

The service for Sandy Beucler, wife of long-time Central California Conference pastor Terry Beucler, will be held Sunday at 3:00 p.m. at the Dinuba SDA Church.

**EARL MEYERS IN CONCERT**

Annual "Music for the Holiday Season"

**this Sabbath at 4:00 p. m.**

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

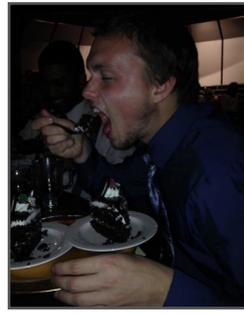
**FRESNO ADVENTIST ACADEMY NEWS**

**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.

# GETTING TO KNOW OUR FAMILY & FRIENDS

## YAMs Supporting FAA's Worthy Student Fund

The Young Adults attended Fresno Adventist Academy's Annual Holiday Gala on December 8. They have committed to raising \$2,500 for the Worthy Student Fund.



**CHURCH ADDRESS**

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**THE LAST WORD**

## Advent 3 – *Gifts In The Wilderness*

by Ruth Haley Barton

*“The desert of which I speak is a desert of the spirit: a place of revelation, conversion, and transformation... It involves being ‘made over’, being made new, being ‘born again’... In the desert we wait, we weep, we learn to live.”—Alan Jones, Soul Making*

The first time I experienced a real wilderness was when I visited the Masada fortress on the eastern edge of Israel’s Judean desert. The story of the first-century Jews who were besieged by the Romans and eventually lost their lives at Masada was both sobering and inspiring. But just as stirring for me was the vast desert surrounding the 1,300-foot plateau on which the fortification was built.

It was a striking scene: The stark contrast of sand and sky, the vastness of the wide open spaces, the uncompromising heat of the sun, the brilliant beauty of a few desert flowers, the deep silence of the landscape. There was also the simplicity of life reduced to the basic necessities—good shoes, simple clothing, a water bottle, and light nourishment—and the delightful refreshment of our bodies in the waterfalls of the Ein Gedi oasis at the end of the day. We seemed to need so little out in the desert and yet the presence of God was so, well, present.

The Scripture readings this week resonate deeply with the truth I discovered in the desert: there are beautiful and lasting gifts to be found in the wilderness places of our lives if we are brave enough to go there. But two things are needed in order to receive these gifts: patience to wait for God’s timing in all things, and realistic expectations. Jesus says, “What did you expect to find in the wilderness? Someone dressed in soft robes?” In other words, did you really expect the spiritual journey to be full of luxury? Did you expect it not to require anything of you? Think again!

The journey into the wilderness will require shedding just about everything you always thought you needed. But it will also give you everything. The Holy Way will open up right there in the wilderness and those who are courageous enough to walk in that Way will obtain that which is everlasting.

*Holy One, there are barren places in my life that I am avoiding by trying to find my own way out. Help me to trust that if I follow you into the wilderness of the spirit and wait with you there, you will meet me with gifts I might never receive any other way. Amen.*

**HAPPY BIRTHDAY TO...**

Todd Bristol (12/14)  
Samantha Espinoza (12/14)  
Laurie Zumwalt (12/14)  
Mirra Priest (12/15)  
Jordyn Pfalzgraff (12/16)  
Xander Zumwalt (12/17)  
Jody Liu (12/17)  
Josh Daniels (12/17)  
Ernie Barreto (12/17)  
Susan Espinosa-Manning (12/18)  
David Castillo (12/19)  
Linda Barron (12/19)  
Eric Colombini (12/20)

**HAPPY ANNIVERSARY TO...**

Garry & Susan Clark (12/17)  
Jim & Jean Robison (12/19)  
Bruce & Karen Eckhart (12/19)  
Bill & Sharon Barreto (12/20)