

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

CHURCH LIFE

SERVICES FOR GEORGIELLA ZENDER-SWEDEROFSKY



Funeral Services for Georgiella Swederofsky will be held tomorrow, January 10, 11:00 a.m. at Redbank Cemetery - 11600 E. Shaw, Clovis (approx. 6.6 miles east of Clovis Ave; across from Wild Water Adventure Park).

There will be a Celebration of Life reception immediately following at the home of Lyn & Charles La Cross, 2099 E. Omaha - Fresno (Maple/Nees).

Cards of Condolence may be sent to Lyn's home, 2099 E. Omaha - Fresno, CA 93720.

Flowers may be sent to Clovis Funeral Chapel, 1302 Clovis, Ave - Clovis, CA 93612-2701.

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SABBATH CELEBRATION

January 11, 2014

Sunnyside Light
9:00 – 9:50 A.M.

**“Great and Mighty”
“More Precious Than Silver”**

Prayer

Scripture: Genesis 2:1-3

**“What Are You (not)
Doing in 2014?”**
Pastor Dennis Ray

Worship Service

11:15 A.M.

**“Tis So Sweet to Trust in Jesus”
“Great is the Lord”**

Welcome
Pastor Dennis Ray

Giving Thanks
Ron Fitzgerald

**“Great and Mighty”
“More Precious Than Silver”**

Prayer

Scripture: Genesis 2:1-3
Ron Richards

**“What Are You (not)
Doing in 2014?”**
Pastor Ray

Benediction

THIS WEEK AT A GLANCE

Monday, January 13
Women's Ministry Bible Study: "Breaking Free" -
Sanctuary 6:00 p.m.

Tuesday, January 14
Staff Meeting 1:00 p.m.

Wednesday, January 15
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.
Men's Ministry Meeting - Youth Room 6:30 p.m.
Divorce Care - Pastor's Office 6:30 p.m.

Thursday, January 16
Board Meeting - Pastor's Office 6:30 p.m.

Sabbath, January 18
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 Vespers & Game Night - 6:00 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

January 18 - Pastor Kerr
January 25 - Pastor Ray
February 1 - Alan Reinach with Religious Liberty

MONTHLY CONTRIBUTION SUMMARY

January Needs	\$29,300.00
Church Needs Donations	5,356.00
Over (Short)	(23,944.00)
Year to Date	\$29,300.00
Donations Received	5,356.00
Over (Short)	(23,944.00)
Associate Pastor Fund	\$18,110.00
Youth Pastor Fund	\$40,118.00

THIS WEEK'S OFFERING

Conference Faith Advance

SUNSET

This Friday
5:01 p.m.

Next Friday
5:08 p.m.

HEALTHY BYTES

EASY HEALTH TIP

Fast for half the day (the dark half, when you sleep, anyway!). From your last meal of the day until you “break” your “fast” in the morning with breakfast. It takes eight hours for your body to fully digest your food from the day. By adding another four hours to that the body actually goes into detoxification mode and has more time to remove dead and dying cells from the body. During this “idle” time, the body also stimulates the development and regeneration of new cells.

There are several benefits of a 12-hour fast.

- This practice also burns up fat cells. When you fast for 12 hours, your body has to use up stored glucose for fuel, burning excess fat off your body.
- Your brain can also deal with stress better. Twelve-hour fasts give the brain a chance to fight the chemical byproducts of stress. They also help the mind to re-focus and improve memory and sensory perception.
- It also promotes heart health. Twelve-hour fasts lower the body temperature, the blood pressure, and the heart rate and increase your good cholesterol.
- Your sleep improves because you are not going to bed on a full stomach.

Here's to breaking the fast and waking up feeling lighter, more rested and re-energized in the New Year!

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

HOUR OF PRAYER

Beginning Wednesday, January 15, I will open my office for those who would like to come in and pray. Each Wednesday from 4pm-6pm, anyone can drop by for a few minutes, and I will pray with you about whatever is on your heart. Appointments are not required, but it would be advised that you call ahead. I look forward to sharing with you as we strengthen each other in Christ. - Pastor Taneshia Kerr

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.



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" 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!



YOUTH EVENTS COMIN' UP

Vespers & Game Night - January 18: We moved the fun to next Saturday! We'll meet at the church to close the Sabbath together and have some fun playing games.

Poverello House Outreach - January 25: We will join Meal On Wheels Street Ministry at 1:00 p.m. in serving lunch to the homeless outside Poverello House.



WOMEN'S MINISTRY BIBLE STUDY



Sunnyside Soul Sisters will begin another 11-week "Breaking Free" Bible Study by Beth Moore **this Monday at 6:00 p.m.** Join them on this incredible journey with God and experience how He can change the course of your life! To register, go to www.breakingfree04.eventbrite.com

DIVORCE CARE MINISTRY

Divorce Care seminar and support group starts **this Wednesday from 6:30 to 8:30 p.m.** If you or someone you know is going through a separation or divorce, sign up now at DivorceCare.org/findagroup or call the church office. This is a Bible-based, nondenominational, nationally recognized program that has helped thousands get their life on track following the devastation of a divorce. Registration is \$20 and includes all materials. Scholarships are available.



ADMIN ASSISTANT NEEDED AT HOPE LUTHERAN CHURCH



Job opening for the position of Administrative Assistant.

Resumes must be submitted by: January 24, 2014

Send to the attention of: Pam Campbell, Parish Administrator at Hope Lutheran Church, 364 E Barstow Ave - Fresno, CA 93710 or emailed to pcampbell@hopelutheranfresno.org.

Position Summary: Provides secretarial, bookkeeping, and administrative support to the Pastors, Parish Administrator, Council, Committee Chairpersons, and Staff. Works closely with volunteers – background in church work helpful.

Questions may be addressed and a full job description can be obtained by emailing pcampbell@hopelutheranfresno.org.

SAVE THE DATE

Our "Church in the Mountains"/Shaver Lake Sabbath is August 16, 2014. It's not too early to reserve your campsite at Camp Edison. To make your reservation send an email to camped@sce.com or log onto the website: www.sce.com/campedison. Spaces fill up quickly - so, sign up early.

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.

GETTING TO KNOW OUR FAMILY & FRIENDS

Sunnyside's Worship Band, the YAMs, and the Kidwell kids shared a little Christmas music and love with residents at WestCare Treatment Center.



CHURCH ADDRESS

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Fresno, CA 93704

Phone: 559.229.5501

Fax: 559.229.5502

email: churchoffice@sunnysidesda.org

website: www.sunnysidesda.org

THE LAST WORD**HAPPY BIRTHDAY TO...**

Steve Cosner (1/11)
Mhel Scott (1/11)
Aesia Dobson (1/12)
Ella Lee (1/12)
Samantha Marie Patterson (1/12)
Lordzel Franco (1/13)
Karen Eckhart (1/14)
Mylinda Finney (1/14)
Bud Dickerson (1/15)
Zachary Marsh (1/16)
Rollie Mitchell (1/16)
John Self (1/16)

**HAPPY ANNIVERSARY
TO...**

Jason & Adriana Castillo (1/16)

"Prayer is the answer to every problem in life.
It puts us in tune with divine wisdom
which knows how to adjust everything perfectly.
So often we do not pray in certain situations
because from our standpoint the outlook is hopeless.
But nothing is impossible with God.
Nothing is so entangled that it cannot be remedied.
No human relationship is too strained
for God to bring about reconciliation and understanding.
No habit is so deeply rooted that it cannot be overcome.
No one is so weak that they cannot be strong.
No one is so ill that they cannot be healed.
No mind is so dull that it cannot be made brilliant.
Whatever we need or desire, if we trust God, He will supply it.
If anything is causing worry or anxiety,
let us stop rehearsing the difficulty
and trust God for healing, love and power."

unknown author, *Review and Herald*, October 7, 1965