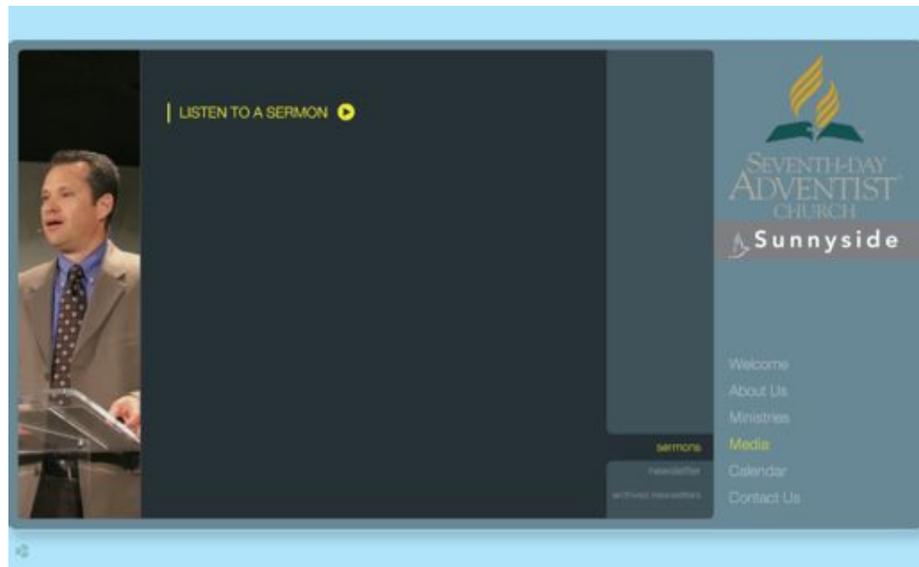


Sunnyside News is a weekly publication designed to inform members and subscribers of our current news and events.

CHURCH LIFE

ONLINE SERMONS

The sermons are back on the church website! Thank you to Bruce Eckhart for editing and Pastor Taneshia for finding the best platform in which to upload them. The sermons through January 4, 2014 are available for listening, now. Log onto the church website at www.sunnysidesda.org and click on "media," then click on "listen to a sermon." Because it takes some time to edit and upload, the available sermons could generally be one or two weeks behind the current date.



In this week's issue...

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SABBATH CELEBRATION

January 25, 2014

Sunnyside *Light*
9:00 – 9:50 A.M.

“Here I Am to Worship”
“I Give You My Heart”

Prayer

Bruce Eckhart

Scripture

Message

Pastor Dennis Ray

Worship Service

11:15 A.M.

“Great Is Thy Faithfulness”
“Come, Now Is the Time to Worship”

Welcome

Pastor Dennis Ray

Giving Thanks

Bruce Eckhart

“I Worship You”
“We Have Come Into This Place”

Prayer

“Steady My Heart”

Yvette Kerbs and Bob Gilbert

Scripture

Message

Pastor Ray

Benediction

THIS WEEK AT A GLANCE

Monday, January 27

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

Wednesday, January 28

Hour of Prayer - Pastor Taneshia's Office 4:00 p.m.
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.
Men's Ministry Meeting - Junior Room 6:30 p.m.
Divorce Care - Youth Room 6:30 p.m.

Sabbath, February 1

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

February 1 - Alan Reinach *with Religious Liberty*

February 8 - Pastor Ray

February 15 - Pastor Kerr

MONTHLY CONTRIBUTION SUMMARY

January Needs	\$29,300.00
Church Needs Donations	10,018.13
Over (Short)	(19,281.87)
Year to Date	\$29,300.00
Donations Received	10,018.13
Over (Short)	(19,281.87))
Associate Pastor Fund	\$16,221.69
Youth Pastor Fund	\$40,198.00

THIS WEEK'S OFFERING

Religious Liberty

SUNSET

This Friday
5:15 p.m.

Next Friday
5:23 p.m.

HEALTHY BYTES

Tricky Foods

Americans are battling an obesity epidemic. More than one-third of us are obese, and we've handed the problem down to the next generation: Childhood obesity has more than tripled in the past 30 years. Making smart food choices is the best defense. But misconceptions persist about foods that are healthy—when they're not. Here are 8 ways you may be sabotaging your healthy life style:

1. Bran may have more fiber than other cereal grains, but let's get real: A bran muffin is essentially a miniature cake. For example, a typical Bran Muffin is over 500 calories and contains 24 grams of fat.
2. Peanut butter (the processed brands) is full of fat, but some of those fats are good for your heart. The bigger issue is trans fats. While some major processed brands have replaced trans fat with palm oil, trace amounts of trans fats remain. (By using small serving sizes on the label, brands can claim there is no trans fat in their product.) The all natural brands have simply peanuts and salt are very healthy (Trader Joe's is my favorite).
3. Though tuna's packed with protein, it also contains high levels of mercury. These tasty fish are one of largest in the oceans—bluefin tuna for instance, can grow up to 15 feet long and weight 1,500 pounds—and because tuna are high up on the food chain, tuna accumulate a greater concentration of mercury and other heavy metals just from eating other fish. Consumer Reports found canned tuna, especially white tuna, to be high in mercury and recommends young children and pregnant women reduce their consumption to less than 2.5 ounces per day.
4. Ramen looks innocent enough, but one bowl gives you a full daily intake of fat and sodium. A package of popular brand Maruchan packs 14 grams of fat and 1540 milligrams of sodium into its 380 calories.
5. Though a yogurt-covered granola bar sounds like an ideal breakfast on the go, read the small print. Nature Valley's Chewy Yogurt Bars are covered with a "naturally flavored yogurt coating" — which means they're more or less granola bars covered in yogurt-flavored frosting. Nature Valley's yogurt-frosting creation contains 4 grams of fat, 14 grams of sugar, and a paltry 2 grams of protein in each bar.
6. With the exception of vitamin C, fruit snacks have no positive nutritional value. Most brands don't even contain a drop of real fruit. Simpsons Fruit Snacks have 100 calories, 24 grams of carbohydrates, and 17 grams of sugar. Sorry, folks—that's candy.
7. Sports drinks like Gatorade have plenty of electrolytes sodium and potassium, but its sugar content makes the drink unhealthy for regular consumption. A 32-ounce bottle of original Gatorade packs a total of 56 grams of sugar. Too few people realize a bottle contains four serving sizes.
8. Protein bars have protein and carbs, but unfortunately these snacks are more like candy bars with added protein. A healthy protein bar should have less than 10 grams of sugar per 100 calories and a protein-to-carbohydrate ratio between 1:1 and 2:1. But some brands contain 30 grams of sugar in their 270 total calories. Not a good idea for weight loss.

Avoid these tricky "foods" and replace them with whole foods for a better 2014.

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

Patrick and Debbie Anlauf to Dinuba SDA
Albert and Francis Leung to San Diego Central SDA
Mark and Janelle Ward to Visalia SDA
Lenden Webb to Oceanside SDA

YOUTH EVENTS COMIN' UP

Poverello House - this Sabbath: Hey guys - make plans to join the group after church this Sabbath. We'll serve lunch outside Poverello House with the Meals on Wheels Street Ministry. Wear comfortable clothes and shoes. We'll leave the church around 12:40 p.m. Parents are welcome to join us.



DIVORCE CARE MINISTRY

If you are still considering attending Divorce Care, GOOD NEWS! It's not too late to join this completely confidential seminar and support group held Wednesdays, 6:30-8:30 p.m. Sign up at DivorceCare.org, call the church office, or simply show up on Wednesday. This is a Bible-based, nondenominational, nationally recognized program that has helped thousands get their life on track following the devastation of a divorce.

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!

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. on Wednesdays. The Bulletin staff reserves the right to edit text.

HOUR OF PRAYER

Each Wednesday, I will open my office for those who would like to come in and pray. From 4:00 – 6:00 p.m., 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

POTLUCK NEXT SABBATH



Join your church family for a Valentine-themed potluck on **February 1**. Families with last names beginning **A-L please bring a crockpot entree and salad;** **M-Z please bring a crockpot 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.**

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.

COMMUNITY GAME NIGHT

Please mark **January 25** on your calendars for a community game night on the campus of Fresno Adventist Academy, 5397 E. Olive Ave. We will begin with vespers at 5:30 p.m., followed by a variety of games to play, as well as a family movie in the music room. The classes will be selling food, so bring your appetite and come out to FAA to enjoy a fun evening together. We hope to see you there!

ADMIN ASSISTANT NEEDED AT HOPE LUTHERAN CHURCH

Job opening for the position of Administrative Assistant. **Resumes must be submitted by: January 24, 2014** to the attention of: Pam Campbell, Parish Administrator at Hope Lutheran Church, at 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.

GETTING TO KNOW OUR FAMILY & FRIENDS

**The youngest member of the Community Services team:
13-month-old Xander bagging potatoes
for the Food Pantry distribution on Wednesday.**



His loving and proud parents are Dusten and Laurie Zumwalt.

Train up a child in the way he should go: and when he is old, he will not depart from it. - Proverbs 22:6

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

“For those who feel their lives are a grave disappointment to God, it requires enormous trust and reckless, raging confidence to accept that the love of Jesus Christ knows no shadow of alteration or change. When Jesus said, 'Come to me, all you who labor and are heavy burdened,' He assumed we would grow weary, discouraged, and disheartened along the way. These words are a touching testimony to the genuine humanness of Jesus. He had no romantic notion of the cost of discipleship. He knew that following Him was as unsentimental as duty, as demanding as love.”

— Brennan Manning, *The Ragamuffin Gospel: Good News for the Bedraggled, Beat-Up, and Burnt Out*

HAPPY BIRTHDAY TO...

Mark Johnson (1/25)
Vickie Masee (1/26)
Frank Carpenter (1/27)
Justin Merriam (1/27)
Derek Ray (1/27)
Maxine Smith (1/27)
Sandy Shimmin (1/28)
Shawn Alferd (1/29)
Shawn Freed (1/29)
Jerry Koch (1/30)
Devin Daggs (1/31)
Palischer Ratliff (1/31)

**HAPPY ANNIVERSARY
TO...**