

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

CHURCH LIFE

FAA TO SING THIS SABBATH

Fresno Adventist Academy students will sing in our Worship Service this Sabbath. We are happy to support our kids and their music ministry.



The FAA choir performed on February 1 at the Senior Academy Patriotic Concert hosted by the CCC Department of Education in tribute to WW II veterans and their sacrifice for our freedom. The students also took in donations to sponsor a veteran to take an Honor Flight to Washington to see the WW II Memorial.

COMMUNITY SERVICES NEED

Printess Schlist would like to share a list of immediate needs for Community Services. We have families that need the following:

- ◆ a washer and dryer
- ◆ a table and chairs
- ◆ four twin beds

Community Services would be grateful for your donation or they're willing purchase items from you.

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SABBATH CELEBRATION

February 8, 2014

Sunnyside *Light*
9:00 – 9:50 A.M.

“Something Beautiful”
“Spirit of The Living God/
I Feel Jesus”

Prayer

Dave & Elga Boccardo

Scripture

Message

Pastor Dennis Ray

Worship Service

11:15 A.M.

“Revelation Song”
“Ten Thousand Reasons”

Welcome

Pastor Taneshia Kerr

Giving Thanks

“Something Beautiful”
“Spirit of The Living God/
I Feel Jesus”

Prayer

Dave & Elga Boccardo

FAA Choir

under the direction of
Jeff Lauritzen

Scripture

Dave & Elga Boccardo

Message

Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Monday, February 10

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

Tuesday, February 11

Staff Meeting - Pastor's Office 1:00 p.m.

Wednesday, February 12

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 15

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 15 - Pastor Kerr

February 22 - Joel Moutray (GLOW)

March 1 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

February Needs	\$29,300.00
Church Needs Donations	5,120.00
Over (Short)	(24,180.00)
Year to Date	\$58,600.00
Donations Received	20,400.98
Over (Short)	(38,199.02)
Associate Pastor Fund	\$20,621.69
Youth Pastor Fund	\$40,398.00

THIS WEEK'S OFFERING

Adventist TV Ministries

SUNSET

This Friday
5:30 p.m.

Next Friday
5:38 p.m.

HEALTHY BYTES

Lemons

They: aid in digestion ▪ boost immunity ▪ give your skin a fresh glow ▪ act as a diuretic, so they help with bloating ▪ can treat rheumatism and arthritis ▪ help to flush out bacteria and toxins from the body (thus helping in the above) ▪ are delicious! ▪ can be used as an alternative to salt ▪ have antibacterial properties that fight against throat and other infections ▪ raw honey (unpasteurized), hot water, grated ginger, and lemon is my favorite cold remedy!



Ways to incorporate lemon into your day:

▪ Squeezing them into your drinking water ▪ Using them as an alternative to salt or as a flavor booster. ALWAYS squeeze lemon into your soups and pasta sauces—it boosts flavor without salt! ▪ Dressing salads

Salad Dressing:

1 or 2 crushed garlic cloves
1 tablespoon extra virgin olive oil (or flaxseed oil)
1/2 to one whole lemon
salt and pepper (to taste)

Whisk all of the ingredients together for a delicious everyday dressing! For a creamy dressing add an avocado and blend.



When lemons are in season and someone gives you a bucket full, instead of letting them mold, juice them and freeze the juice in ice cube trays. Store them in a glass canning jar in the freezer and take them out as needed. You will have fresh lemons all year long. My grandma would add sugar (or honey) to the juice before freezing. Then just add the frozen cubes to water for "fresh squeezed lemonade" anytime of the 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.

MEMBERSHIP TRANSFERS

First Reading

Joseph Zenith from Central Valley SDA

Second Reading

Allison Vargas from Phoenix Camelback SDA in Phoenix, AZ
Jose Vargas from San Jose Hispanic SDA in San Jose, CA



YOUTH EVENTS COMIN' UP

Vespers - this Friday (February 7): Hey guys - join the group for vespers tomorrow at 6:30 p.m. at Alex Soloniuk's home. Pastor Taneshia has a special program planned and there'll be great food.

Fundraiser WorkBee - this Sunday (February 9): We've been asked to do some yard work at the Dickerson home this Sunday morning. If you can help out, talk to Leo (994-5588) or Ron (284-1822).

Visits with Oliver and Abby - TBA: Some time in March, Oliver and Abby (Bill & Marla's dogs) will go with us to visit seniors and shut-ins. We'll let you know as soon as we set a date.

Retreat for Guys & Girls - April 11-13: It's time for the spring retreats, again! We had a great time last year; so, let's make plans to go. Spaces are limited, sign up before the spaces are filled. **Sign up by March 4 for the early bird special: \$45.** Regular rates apply after March 4: \$60. For more information and registration visit cccsdayouth.org or talk to Pastor Taneshia.



← **Girls' Retreat at Mt. Hermon (near Santa Cruz)**

Guys' Retreat at Monterey Bay Academy →



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

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.

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.

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.

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.

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!

ACCOMPANIST NEEDED

Fresno Adventist Academy is in need of a volunteer accompanist for its 5th–8th grade choir. The class is every Monday (9:36–10:36) and Wednesday (9:14–10:14). Please contact Ashley: amontague@faa.org or 251-5548.

LIVE-IN PERSON NEEDED

Retired SDAs, Dr. & Mrs. Eugene Warner, are in need of a live-in person to drive them to the store and doctors' appointments and to do light housekeeping, etc. Room and board will be provided and also a salary. If interested, please call their son, Todd, at 289-7878.

GETTING TO KNOW OUR FAMILY & FRIENDS

Youth Game Night - Sumo Wrestling

The Youth had a blast and so did the kids parents!
(If you look closely, one of the wrestlers is YP candidate, Leah Jordache.)



CHURCH ADDRESS

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Phone: 559.229.5501

Fax: 559.229.5502

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

THE LAST WORD

HAPPY BIRTHDAY TO...

- Cynthia Moore (2/8)
- Angelique Ingabire (2/9)
- Stanley Barr (2/10)
- Veronica Djabrayan (2/10)
- Jason Franco (2/10)
- Sean Frazer (2/12)
- Toby Cripe (2/13)
- Leroy Green (2/14)
- Taylor Johnson (2/14)



HAPPY ANNIVERSARY TO...

Michael & Crisol van Putten (2/10)