

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

## CHURCH LIFE

### A.P. NOTES *(an update from our Associate Pastor)*

"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive." - Howard Thurman

Here's a look at some of the things that are coming alive at Sunnyside:

#### Young Adults

With the support of the church, the Young Adults are fully engaged in the Center for Youth Evangelism's Church of Refuge program. They have received seed funding for a budget for which they are fully responsible. They are taking ownership of many of their own social activities and have committed to leading their Sabbath School discussions twice per month. This has been a both a learning and a confidence building experience. The young adults are doing deeper studies in topics that are meaningful to them and then find the courage to share their new understanding with their peers.

#### Youth

The Youth are exploring the experience of TAG time. TAG is Time Alone with God. With dozens of things vying for their attention everyday, we have started to place renewed emphasis on the need to carve out time every day, for personal study and prayer.

#### Prayer Hour

Wednesday evenings have become a time of special meaning as we pause to pray for the needs of members of our church family. Some have come in person, others have called, and together we have presented our concerns to God. If you have not yet joined in, the door remains open whenever you need it.

#### Prayer

The Intercessory Prayer Team which is part of Women's Ministry, is currently planning the next prayer conference for the Spring. In January, the team got together for prayer, communion, and fellowship. You can contact the team with your prayer requests at anytime by going to our website and clicking "Contact Us" or by dropping a completed bulletin tab in the offering plate on Sabbath.

- Taneshia Kerr, Associate Pastor



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# SABBATH CELEBRATION

## February 15, 2014

**Sunnyside** *Light*

9:00 – 9:50 A.M.

**“Leaning on the Everlasting Arms”**

**“Change My Heart, O God”**

**Prayer**

Marla Hartman

**Scripture**

2 Kings 8:1-6

**“Divine Appointments”**

Pastor Taneshia Kerr

## Worship Service

11:15 A.M.

**“Jesus, Lover of My Soul”**

**“Therefore the Redeemed”**

**Welcome**

Pastor Dennis Ray

**Giving Thanks**

Ron Fitzgerald

**“Leaning on the Everlasting Arms”**

**“Change My Heart, O God”**

**Prayer**

Marla Hartman

**Scripture**

2 Kings 8:1-6

David Castillo

**“Divine Appointments”**

Pastor Taneshia Kerr

**Benediction**

### THIS WEEK AT A GLANCE

**Monday, February 17**

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

**Tuesday, February 18**

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

**Wednesday, February 19**

Hour of Prayer - Pastor Taneshia's Office 4:00 p.m.  
Bulletin Info Deadline: [bulletinstaff@sunnysidesda.org](mailto: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.

**Thursday, February 20**

Church Board Meeting - 6:30 p.m. Pastor's Office  
Power Moms' Bible Study - 7:00 p.m.

**Sabbath, February 22**

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 22** - Joel Moutray (GLOW)

**March 1** - Pastor Ray

**March 8** - Pastor Ray

### MONTHLY CONTRIBUTION SUMMARY

<b>February Needs</b>	<b>\$29,300.00</b>
Church Needs Donations	12,048.05
Over (Short)	(17,251.95)
<b>Year to Date</b>	<b>\$58,600.00</b>
Donations Received	27,329.03
Over (Short)	(31,270.97)
<b>Associate Pastor Fund</b>	<b>\$38,948.38</b>
<b>Youth Pastor Fund</b>	<b>\$40,498.00</b>

### THIS WEEK'S OFFERING

**Church Budget**

### SUNSET

This Friday  
5:38 p.m.

Next Friday  
5:45 p.m.

## HEALTHY BYTES

### Sugar Alternatives

Sugar has become a constant companion in most of our lives. Americans consume, on average, 22 teaspoons of sugar a day, double the recommended daily amount. Whether added to our tea or coffee, or found in our favorite packaged foods, sugar is hard to remove from our diet all together. With obesity levels shooting up, and greater understanding of just how sugar can wreak havoc on our health, the hunt is on for alternatives.

But there's a problem. Many sugar substitutes are synthetics that are no better for us than real sugar. What's more, some of these synthetics – like aspartame – have been linked to cancer, destroy your overall health, and cause weight gain. An occasional dose of these synthetics wouldn't do much damage, but it is hidden in so many of our foods, we are eating more than we ever imagined. Trying to incorporate sugar alternatives into your diet would be beneficial to your overall health.

Stevia, the most popular natural sugar substitute, is 300 times sweeter than sugar. Stevia has no calories and no glycemic impact making it suitable for diabetics as well as weight watchers.



Coconut sugar is nutritious and has a low score on the glycemic index, which means you don't get a buzz followed by a crash. It tastes similar to brown sugar but is slightly richer. You can substitute coconut sugar for traditional sugar.



Raw, unprocessed honey is considered a superfood by many health care practitioners and a remedy for many health ailments. Honey can be substituted for sugar in many recipes. The flavor is slightly different, but just as good as sugar. Choose your honey wisely. There is nothing beneficial about processed honey. If it won't crystalize, it is processed.

Blackstrap molasses is perhaps the most beneficial and is a good source of iron and calcium. It's quite thick and is best used in baking. It is also sweeter than sugar and so you'll need less.

As with all sweeteners, use in moderation. Any sweetening agent that gets overused can overwhelm the liver and get turned into bad fat. Syrups like maple syrup and agave syrup have some plus sides, but they are both wrought with controversy in the health community and there are better options available.

By no means do natural sweeteners give us license to spoil a sweet tooth rotten, but they're an improvement over sugar. So use the above sugars as a guide to get you off of the harmful, toxic sugars, not as a license to binge on something else.

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

## Second Reading

Joseph Zenith from Central Valley SDA

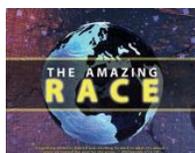


## YOUTH EVENTS COMIN' UP

**Vespers - February 28:** Hey guys - join the group for vespers at the end of the month at Jordan & Justin Reijnders' home.

**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](http://cccsdayouth.org) or talk to Pastor Taneshia.



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

**CALL DUTY**



**Boys' 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

## SAVE THE DATE

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

## 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](http://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.

## 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!*

## 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.



## FAA CONSTITUENCY SESSION

The Fresno Adventist Academy Constituency Session will be held on **Sunday, April 13** at 10:00 a.m. in the Ricchiuti Auditorium at the FAA campus, located at 5397 East Olive Avenue, between Peach and Clovis.

## FAA KINDERGARTEN ROUND-UP

It's a time to meet the principal, your teacher, future classmates and other families. **Sunday, March 2** at Fresno Adventist Academy. Parent session is at 2:00 p.m. Kids, you won't want to miss the fun: Helium balloons, bounce house, and refreshments! Kindly RSVP at 251-5548.

## 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](mailto:amontague@faa.org) or 251-5548.

# GETTING TO KNOW OUR FAMILY & FRIENDS



**Bill Sackett**



**Hirschkorn Family**

**CHURCH ADDRESS**

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website: www.sunnysidesda.org

**THE LAST WORD****There is Something**

by Ted Loder

Holy One,  
there is something I wanted to tell you,  
but there have been errands to run,  
bills to pay,  
arrangements to make,  
meetings to attend,  
friends to entertain,  
washing to do...  
and I forget what it is I wanted to say to you,  
and mostly I forget what I'm about  
or why.  
O God,  
don't forget me, please,  
for the sake of Jesus Christ...

O Father in Heaven,  
perhaps you've already heard what I wanted to tell you,  
What I wanted to ask is,  
forgive me,  
heal me,  
increase my courage, please.  
Renew in me a little of love and faith,  
and a sense of confidence,  
and a vision of what it might mean  
to live as though you were real,  
and I mattered,  
and everyone was sister and brother.

What I wanted to ask in my blundering way is  
don't give up on me, don't become too sad about me,  
but laugh with me,  
and try again with me,  
and I will with you, too.

**HAPPY BIRTHDAY TO...**

Kirsten Bolinger (2/15)  
Kimani Bruno (2/15)  
Gina Beckmann (2/16)  
Nancy Colaso-Fernandez (2/16)  
Nancy Hurtado (2/17)  
Joseph Moore (2/18)  
Robert Mora (2/18)  
Kendra Pfalzgraff (2/19)  
Ted D. Wisner (2/20)

**HAPPY ANNIVERSARY  
TO...**