

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

CHURCH LIFE

SUNNYSIDEUP CAFÉ

Small groups are a great way to connect and grow spiritually in community. The café is another way of doing small groups - it just happens on a Sabbath morning. Come and join us and see how God continues to bless this new Sabbath School hour ministry. Coffee and a light breakfast are served each week. *(More picture on page 4.)*



Open Tables

If you'd like to slip in and just enjoy a cup of coffee or a friendly smile.



"Experiencing God" Class

the current book study

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Happening Now

a drop-in discussion group



Young Adult Ministry Class

reserved for ages 19-35

Worship

Learn

Connect

Serve

SABBATH CELEBRATION

March 1, 2014

Sunnyside *Light*
9:00 – 9:50 A.M.

“Blessed Assurance”
“Holy Spirit, Rain Down”

Prayer

Judi Krogstad

Scripture

Matthew 5:1-12

“The Gospel of the Beatitudes”
Pastor Dennis Ray

Worship Service
11:15 A.M.

“Blessed Assurance”
“How Good It Is”

Welcome

Pastor Dennis Ray

Children's Story

Pastor Taneshia Kerr

Giving Thanks

Bill Hartman

“Holy Spirit, Rain Down”
“Come Just As You Are”

Prayer

Judi Krogstad

“The Pleasures of the King”
Garry Clark

Scripture: Matthew 5:1-12

“The Gospel of the Beatitudes”
Pastor Dennis Ray

THIS WEEK AT A GLANCE

Monday, March 3

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

Tuesday, March 4

Women's Friendship Circle - Youth Room 1:00 p.m.
Staff Meeting - Pastor's Office 1:00 p.m.
Intercessory Prayer Team Meeting - Sanctuary 6:30 p.m.

Wednesday, March 5

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.

Thursday, March 6

Worship Committee Meeting - 6:00 p.m. - Pastor's Office

Sabbath, March 8

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

March 8 - Pastor Ray

March 15 - Pastor Kerr

March 22 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

February Needs **\$29,300.00**
Church Needs Donations 14,067.70
Over (Short) (15,232.30)

Year to Date **\$58,600.00**
Donations Received 29,348.68
Over (Short) (29,251.32)

Associate Pastor Fund **\$38,948.38**
Youth Pastor Fund **\$40,498.00**

TITHE TO CENTRAL CALIF. CONFERENCE

February Tithe **\$17,088.82**
Year to Date **\$35,770.41**

THIS WEEK'S OFFERING

Local Church Budget

SUNSET

This Friday
5:53 p.m.

Next Friday
5:59 p.m.

HEALTHY BYTES

Water - Part 2

Dieters and non-dieters alike must establish a "fluid balance" where water going into the body approximately equals the amount being excreted. When you reach this balance point, you will see what an incredible difference water can make in your weight control program. Pounds and inches begin to disappear.

Trying to solve the problem of fluid retention by drinking less water only aggravates matters, because it (retention) occurs even when you drink no water. If you don't drink more water after salty food, your body pulls water from your intestines and bowel to dilute the extra sodium. If you drink more water, you force stored water out of your body through the kidneys.

I suggest you give water a chance. Only with an adequate supply of clean, fresh, life-giving water, can your body's systems function in a way that keeps you healthy. If you are unaccustomed to drinking water, start with four 8oz. glasses the first day and build up an ounce a day until you have reached at least 12 8oz. glasses a day. I leave a large pitcher of filtered water on the counter (keep in the fridge if you like it cold) and drink a little all day until it is empty. Drinking water at a certain time maximizes its effectiveness on the body:

- ✓ 2 glasses of water after waking up - helps activate internal organs
- ✓ 1 glass of water 30 minutes before a meal - helps digestion
- ✓ 1 glass of water before taking a bath - helps lower blood pressure
- ✓ 1 glass of water before going to bed - prevents stroke or heart attack. Water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

If you are drinking enough water to be healthy, you won't be craving those unhealthy drinks as much; another plus!



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

Sharmyn Johnson to North Hills SDA in Claremont, CA
 Robert Wagenleitner to North Hills SDA in Claremont, CA
 Carolyn Page to Fresno Asian SDA
 Calvin Redman to eChurch7 in Mount Vernon, OH
 Marina Marschall to Grants Pass SDA in Grants Pass, OR
 Robert Fritz to Loma Linda University Church
 David Daggs to Madera SDA

YOUTH EVENTS COMIN' UP



Vespers - Tomorrow: Hey guys - join the group for vespers at 6:30 p.m. at Jordan & Justin's home. Call or text Angela (994-5502) for directions.

Youth Parent Meeting - March 1: Parents, plan to get together during potluck. Loanne Soloniuk has details about a mission trip to Tanzania that will get you excited. We will also get updates and share information on upcoming youth events and activities.

CAMP WAWONA SCHOLARSHIPS

If you would like to send your child to Camp Wawona this summer, a limited amount of financial assistance is available from the Camp. Please contact our treasurer, Ron Fitzgerald, for details: fitz4381@hotmail.com, or drop a note in the treasurer's box outside the church secretary's office. Be sure to include your name, email address, and/or phone number.

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.

CONNIE CARPENTER IN ART SHOW



Out of discarded gift wrap at a Sunnyside Church baby shower for Erica Jones-Reed, a new idea was born with "Paper as Paint."

Connie Carpenter (AKA Joan Constable) has been invited to hold a solo art show at Fresno City Hall during the month of March. She will have 30 to 40 pieces of her Paper As Paint artwork on display on the second floor at City Hall.

Talk to Connie, when you see her, about the details.

AMATEUR RADIO RALLY

Join the first Conference-wide ham radio rally, **this Sunday, 9:00-4:00**, Central California Conference Office, 2820 Willow Ave., Clovis. This event will establish camaraderie among ham operators, identify operators located within CCC, and train and equip operators for disaster emergency communications. Topics to be covered are ARES and hands-on radio training. Bring your ham radio equipment. Find out more by calling the Church Ministries Dept., 347-3142.

POTLUCK - THIS SABBATH

Join us for our next potluck **this Sabbath**.

A-L bring entree and salad,

M-Z bring entree and dessert.



(If you're curious about the sex of the Kerr twins, Taneshia and Tim will reveal what they're having in a special dessert they will bring to potluck to share.)

It is extremely helpful to the potluck committee if you put your name on your casserole dish or container.

FRIENDSHIP CIRCLE MEETING



Ladies, plan to join us **Tuesday - March 4 at 1:00 p.m.** in the Youth Room for our Friendship Circle monthly meeting. If you're looking for a

place to connect and make new friends, the Friendship Circle is made up of single ladies 60 and older, and we meet every month for fellowship and refreshment or lunch. We also participate in community service projects and social events. We'd love to have you join.

HOOR OF PRAYER

Each Wednesday, I have enjoyed visiting with those have dropped by my office to pray. From 4:00 - 6:00 p.m., you too can stop by for a few minutes, and we will pray 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

NEED TO RENT A ROOM

A Sunnyside member is in need of renting a room. If you can help, please contact Patrick at 248-6235. Single male preferred.

CCC JOB POSTING

**Part-Time Children's Ministry Dept.
Office Assistant (12 hours per week)**

The Children's Ministry Department is seeking a part-time Office Assistant. Responsibilities include: Answering phones, mailings, creating Excel spreadsheets, filing, workshops, etc. Requires a working knowledge of Microsoft Excel and Word. Must be able to communicate comfortably and interact well with adults and children. Bilingual in Spanish a plus, but not required. Must be a Seventh-day Adventist.

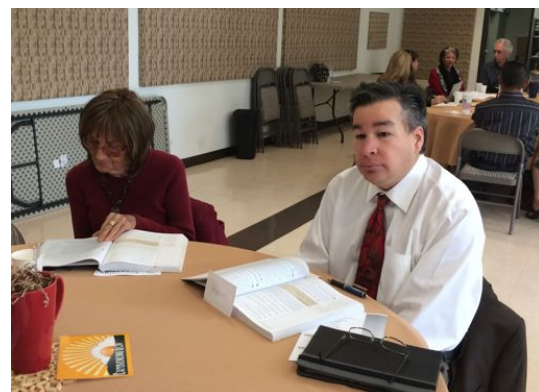
To apply, please fill out employment application and email or fax to Human Resources.

<http://cchr.adventistfaith.org/hr-resources-forms>
lbarron@cccda.org

fax 559-347-3062

Application deadline is March 10, 2014

GETTING TO KNOW OUR FAMILY & FRIENDS



SunnysideUp Café
Enjoy the coffee;
stay for the connection.

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**HAPPY BIRTHDAY TO...**

Leland Goertz (3/1)
Jean Robison (3/1)
Jack Haldeman (3/2)
Carolyn Nichols (3/2)
Tyler Pafford (3/2)
Vicky Turley (3/2)
Shirley Wiser (3/2)
Carolyn Ball (3/3)
William Barreto Jr. (3/3)
Kaitlyn Estep (3/4)
Sean Patterson (3/4)
Kayce Frazer (3/5)
Ryan Franco (3/6)
Sairene Patterson (3/6)
Branden Wheeler (3/6)

**HAPPY ANNIVERSARY
TO...**