

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

## CHURCH LIFE



### PASSING OF TINA PRITCHARD-SHEPARD

Tina Shepard, former Sunnyside member, died last Thursday of natural causes. She was 48 years old. Her funeral will be held on Tuesday, March 25 at 12:00 p.m. at the Clovis Cemetery.

### WEDDING BELLS

Yvette Kerbs and Bob Gilbert were married on Monday, March 17 at the Mariposa Courthouse surrounded by family and a few close friends. They will host a refreshment table on Sabbath, March 29 so that their church family may celebrate with them.



### PRAYER SHAWLS FOR PRAYER TEAM

Prayer Shawls were given to our Intercessory Prayer Warriors at our March 4 meeting.

*"In the Jewish culture, the prayer shawl is known as a Tallit, meaning "little tent" because it can be worn over you like a tent or a Tameion. Tameion is a Greek word which means: an inner chamber or a secret room.*

*The closeting of oneself in the covering of the Prayer Tallit was a symbolic separation from the world. It is a symbol which envelopes the wearer both physically and spiritually, in prayer. Matthew 6:6 – 'But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.'*

*Many Christians today pray with a traditional prayer shawl in order to follow in Jesus's footsteps. Many of us today don't get a chance to have a closet-like experience in prayer, but the use of a prayer shawl helps to separate the wearer from the world, having a closet-like experience or oneness with the Lord." - Gloria Ferrer, Women's Ministry Leader*



#### In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
Getting to Know Our Family & Friends	4
The Last Word	5

# SABBATH CELEBRATION

March 22, 2014

**Sunnyside** *Light*  
9:00 – 9:50 A.M.

“More Precious Than Silver”  
“He Knows My Name”

**Prayer**  
Patricia Ford

**Scripture: Matthew 5:13-16**  
Mike Ford

“Salt and Light”  
Pastor Dennis Ray

## Worship Service

11:15 A.M.

“To God Be the Glory”  
“Glorify Thy Name”

**Welcome**  
Pastor Dennis Ray

**Giving Thanks**  
Ivan Morford

“More Precious Than Silver”  
“He Knows My Name”

**Prayer**  
Patricia Ford

**Scripture: Matthew 5:13-16**  
Mike Ford

“Salt and Light”  
Pastor Dennis Ray

**Benediction**

### THIS WEEK AT A GLANCE

**Monday, March 24**  
Women's Ministry Bible Study: "Breaking Free" -  
Sanctuary 6:00 p.m.

**Tuesday, March 25**  
Food Pantry Set-up 12:00 p.m.  
Staff Meeting - Pastor's Office 1:00 p.m.

**Wednesday, March 26**  
Food Pantry Distribution 9:00-11:00 a.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.

**Sabbath, March 29**  
Sunnyside Light - 9:00 a.m.  
SunnysideUp Café - 10:00 a.m.  
Sabbath School - 10:00 a.m.  
Worship Service - 11:15 a.m.  
Music & Praise Ministry - 2:00 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

March 29 - Pastor Ray  
April 5 - Pastor Ray  
April 12 - Pastor Kerr

### MONTHLY CONTRIBUTION SUMMARY

<b>March Needs</b>	<b>\$29,300.00</b>
Church Needs Donations	17,804.99
Over (Short)	(11,495.01)

<b>Year to Date</b>	<b>\$87,900.00</b>
Donations Received	50,309.67
Over (Short)	(37,590.33)

<b>Associate Pastor Fund</b>	<b>\$35,076.76</b>
<b>Youth Pastor Fund</b>	<b>\$40,718.00</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>March Tithe</b>	<b>\$12,890.79</b>
<b>Year to Date</b>	<b>\$48,661.20</b>

### THIS WEEK'S OFFERING

**Conference Faith Advance**

### SUNSET

This Friday  
7:11 p.m.

Next Friday  
7:17 p.m.

## HEALTHY BYTES

### Eat Your Greens



Here's a picture of my leafy greens garden from 2012.

Raw leafy greens contain only about 100 calories per pound, and are packed with nutrients. Leafy greens protect blood vessels, and are associated with reduced risk of diabetes. Great for weight loss, Greens can be eaten in virtually unlimited quantities. Leafy greens are also the most nutrient-dense of all foods. The majority of calories in green vegetables, including leafy greens, come from protein, and this plant protein is packaged with beneficial phytochemicals: Green vegetables are rich in folate, calcium, and contain small amounts of omega-3 fatty acids. Leafy greens are also rich in antioxidant pigments called carotenoids, specifically lutein and zeaxanthin, which are the carotenoids known to promote healthy vision. Eating your Greens will remove carcinogens, reduce inflammation, neutralize oxidative stress, inhibit angiogenesis (the process by which tumors acquire a blood supply), and kill cancer cells. Also,

several leafy greens and other green vegetables (such as bok choy, broccoli, and kale) belong to the cruciferous family of vegetables.

All vegetables contain protective micronutrients and phytochemicals, but cruciferous vegetables have a unique chemical composition – and when their cell walls are broken by blending, chopping, or chewing, a chemical reaction converts into compounds with a variety of potent anti-cancer effects. These vegetables work synergistically to remove carcinogens, reduce inflammation, neutralize oxidative stress, inhibit angiogenesis (the process by which tumors acquire a blood supply), and kill cancer cells.

Start sprouting those green vegetable seeds now for the healthiest vegetables you can eat - Home Grown!

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 TRANSFER

*First Reading*  
Joy Oxley from Clovis SDA



## YOUTH NEWS

**Vespers - this Friday (March 21):** Hey guys - join the group for vespers next Friday at Mirra Priest's home.

**Girls' & Guys' Retreats - April 11-13:** There is still time to sign-up for the CCC Girls' and Guys' Retreats, but we must make a decision this week! Please let Angela know if you have signed up or if you want to go. The cost of the weekend is \$60. You can register at [cccsdayouth.org](http://cccsdayouth.org).

**Youth Parents' Meeting - April 5:** Our monthly parent meeting and planning session will take place during our next church potluck.

**Supporting Each Other - April 5:** Let's get together, again and go see Jordan in Moby Dick - a musical comedy at Bullard High. Please let Angela know if you will attend so that she can reserve the tickets.

## PLASTIC EGGS &amp; CANDY NEEDED

Plans are underway for Sunnyside's Annual Easter SonRise Service and Egg Hunt on April 20. For the next few weeks there will be a large basket in the foyer for any donations you would like to make. We can use individually wrapped candy, plastic Easter eggs, tiny toys or trinkets that fit inside plastic eggs, and fun stickers. Your generosity is so much appreciated.



## 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](mailto: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.

## MUSIC &amp; PRAISE MINISTRY

Come join Sunnyside's Afternoon Music & Praise Ministry each Sabbath afternoon as we share songs and verse with the folks in care homes. You can sing along, share a scripture, or simply chat with the residents. All are welcome!

**March 22 (this Sabbath):** Carrington Pointe, 1715 E. Alluvial, 3:15-4:00 p.m. "Afternoon Hymns"



Follow the progress of Fresno Adventist Academy's mission trip to Urcos, Peru at [www.FAAPeru.org](http://www.FAAPeru.org).

## ELMSHAVEN TOUR

Fresno Central Church is planning a tour of ElmsHaven, **Sunday, March 23**. We will be leaving the Fresno Central Church via a very nice, comfortable bus at 5:00 a.m. and returning about 9:00 p.m. Plan to join us as we tour ElmsHaven, PUC Museum, and Gist Mill. \$40/person (meals not included). Please contact Margaret Edwardsen for details, 707-9565.

## SAVE THE DATE

**Special Easter Weekend Services: April 18-20**  
Friday - "The Last Supper" Experience  
Sabbath - Worship Service  
Sunday - SonRise Service & Breakfast

## EARLY YOUTH NEWS

**Tac Ops this Saturday at 7:00 p.m.**

We will meet at Tac Ops - located at 5581 North Golden State Blvd - at 6:45 p.m. to play two rounds and then we'll head to Baskin Robbins at Valentine and Shaw. Please text Diane (304-4801) with any questions.



## WOMEN'S MINISTRY WORKSHOP

**"Portrait of a Godly Woman  
in Today's World"**

Join us **April 19 at 4:00 p.m.** as Paulette Riddlesprigger explores Proverbs 31 and reveals how we can become Godly women in today's complex world.

NEW WOMEN'S MINISTRY  
BIBLE STUDY

**Mondays, May 5 - June 16**



Another study presented by Priscilla Shirer will encourage us to recognize our weakness as the key that the Lord gives us to unlock the full experience of His strength in our lives.

Register at [www.SoulSisters07.com](http://www.SoulSisters07.com)



## CALLING ALL COOKS!

Are you willing to cook a meal for someone in need? If so, we need you on the care team. Funds are available to purchase the supplies; we just need your willing and able hands. Contact Diane Ray (304-4801, [diane\\_ray@hotmail.com](mailto:diane_ray@hotmail.com)), or complete the bulletin tab with your information and place it in the offering plate.

## COMMUNITY GARDEN PROJECT

The Area Wide Community Garden Project (led by the Gospel Medical Missionary Group) needs helping hands from **9:00 a.m. to noon this Sunday** to plant fruits and vegetables; lunch will be provided. The project is in the back lot of the Central Valley SDA Church (3901 E. Clinton Ave, Fresno). Several local churches are helping out in this endeavor. Please come and help us share the Lord's blessing with the greater Fresno area. Please bring shovels and other tools. For additional information contact Henry Pombo at 641-6050.

# GETTING TO KNOW OUR FAMILY & FRIENDS

## Intercessory Prayer Warriors

(some of the members)

Pat Lutz, Gloria Ferrer, Diane Bertao,  
Teresa Tolmosoff and Elga Boccardo



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**THE LAST WORD**

“First of all, you have to keep unmasking the world about you for what it is: manipulative, controlling, power-hungry, and, in the long run, destructive. The world tells you many lies about who you are, and you simply have to be realistic enough to remind yourself of this. Every time you feel hurt, offended, or rejected, you have to dare to say to yourself: 'These feelings, strong as they may be, are not telling me the truth about myself. The truth, even though I cannot feel it right now, is that I am the chosen child of God, precious in God's eyes, called the Beloved from all eternity, and held safe in an everlasting belief.'”

— Henri J.M. Nouwen,  
*Life of the Beloved: Spiritual Living in a Secular World*

**HAPPY BIRTHDAY TO...**

Jannine Fitzgerald (3/22)  
Julie Gomez (3/22)  
Shawntee Haldeman (3/22)  
Bill McEowen (3/22)  
Jill Fulkes (3/23)  
Josiah Soto (3/23)  
Jim Robison (3/24)  
Charlie Scott (3/24)  
Zachary Wiest (3/24)  
Anna Brockman (3/25)  
Karissa Eckhart (3/25)  
Lanette Espinoza (3/25)  
Ron Soloniuk (3/25)  
Bill Brown III (3/26)  
Isela Reza-Rogers (3/27)

**HAPPY ANNIVERSARY  
TO...**

Calvin & Jessica Redman (3/25)  
Will & Joyce Reimer (3/25)