

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

CHURCH LIFE

CENTRAL CALIFORNIA CONFERENCE HEALTH SURVEYS

Local Church Health Needs Survey - This survey may be completed by everyone. The purpose of it is to gather information to determine the health condition and needs of the Central California Conference membership. Your response may help the conference develop specific ministries that meet the health concerns of our members. To complete this survey, on your smart phone, iPad or computer send an email to cccsurvey@cccsda.org and simply type: **"Yes, I would like to take the surveys."** A link to both surveys will be sent to you immediately. (If you are not a health professional, complete only this survey. Ignore the Health Ministries Resource Survey.)

Health Ministries Resource Survey - This survey should only be completed by health professionals. The conference is seeking individuals who are willing to volunteer their time and to enrich Health Ministries in Central California Conference. If you are willing to volunteer your time, on your smart phone, iPad or computer send an email to cccsurvey@cccsda.org and simply type: **"Yes, I would like to take the surveys."** A link to both surveys will be sent to you immediately.

RECIPES FOR AFRICA

Last week the Youth announced their plans for a mission trip to Tanzania, Africa. One of their fundraisers is a cookbook featuring your favorite recipes! Please submit your recipes to Loanne Soloniuk (soloniuk@sbcglobal.net) or Misty Cruz (mcruz@fcoe.org) or drop them in the box marked "Recipes for Africa" in the foyer.

The Youth are also continuing their work bees and clean-up days. If you have projects around your house that need to be done and you'd like to support their fundraising, think about asking them to do it rather than paying an outside service.

If you have any questions, contact Loanne (259-5302). Thank you for supporting our youth.



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SABBATH CELEBRATION

April 5, 2014

Sunnyside *Light*
9:00 – 9:50 A.M.

“Joyful, Joyful, We Adore Thee”
“Sweet Hour of Prayer”

Prayer

Marla Hartman

Scripture

Matthew 5:21-22

“Beyond Anger Management”
Pastor Dennis Ray

Worship Service

11:15 A.M.

“He Lives” Medley
“I Have Decided” Medley

Welcome

Pastor Dennis Ray

Giving Thanks

Stan Wagenleitner

“Joyful, Joyful, We Adore Thee”
“Sweet Hour of Prayer”

Prayer

Marla Hartman

“Come and Take Me Home”
Pete Jones

Scripture

Matthew 5:17-20

Bill Hartman

“Beyond Anger Management”
Pastor Ray

“He Lives”

Benediction

THIS WEEK AT A GLANCE

Sunday, April 6

Kids Hike – Sierra Foothill Conservancy's McKenzie Reserve 9:30 a.m.

Tuesday, April 8

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

Wednesday, April 9

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, April 10

WM Workshop Meeting - Lutz home 6:00 p.m.

Church Board Meeting - Pastor's Office 6:30 p.m.

Sabbath, April 12

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 - 1:30 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

April 12 - Pastor Ray

April 19 - Pastor Ray

April 26 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

March Needs	\$29,300.00
Church Needs Donations	27,780.69
Over (Short)	(1,519.31)
Year to Date	\$87,900.00
Donations Received	60,285.37
Over (Short)	(27,614.63)
Associate Pastor Fund	\$38,216.76
Youth Pastor Fund	\$40,978.00

TITHE TO CENTRAL CALIF. CONFERENCE

March Tithe	\$32,519.99
Year to Date	\$68,290.40

THIS WEEK'S OFFERING

Local Church Budget

SUNSET

This Friday

7:23 p.m.

Next Friday

7:29 p.m.



HEALTHY BYTES

What can be more natural than eating oatmeal? Your grandma ate it because it was the most nutritious, most filling, inexpensive food around. I eat oatmeal for its taste and nutrition and its many other benefits. Here are 10 reasons I love oatmeal:

1. **Low calorie food stops cravings.** A cup is only 130 calories! It also stays in your stomach longer making you feel full longer. You will have less hunger and cravings.

2. **Provides high levels of fiber and low levels of fat.** A half a cup has 4 grams of

fiber and 3 grams of healthy fat.

3. **Stabilizes blood sugar and reduces risk of diabetes (type 2).** The high fiber and complex carbohydrates slow down the conversion of this whole food to simple sugars. The high level of magnesium nourishes the body's proper use of glucose and insulin secretion.

4. **Removes your bad cholesterol (without effecting your good cholesterol).** Many studies have shown that the unique fiber in oatmeal called beta-glucan has beneficial effects on cholesterol levels.

5. **Gluten free.** In the past oats did contain gluten from nearby wheat field contamination and processing facilities, but that would be rare today. In our house we consider it "Rusty friendly".

6. **Contains lignins which protect against heart disease and cancer.** Oatmeal, like many whole grains, contains plant lignans, which are converted by intestinal flora into mammalian lignans. One lignin, called enterolactone, is thought to protect against breast and other hormone-dependent cancers as well as heart disease.

7. **Contains unique antioxidants beneficial for heart disease.** A study at Tufts University shows that the unique antioxidants in oatmeal called avenanthramides, help prevent free radicals from damaging LDL cholesterol, thus reducing the risk of cardiovascular disease.

8. **Protects against heart failure.** A Harvard study on 21,000 participants over 19 years showed that men who enjoyed a daily morning bowl of whole grain (but not refined) cereal had a 29% lower risk of heart failure. Guess what grain is most easily found and prepared unrefined? – oats.

9. **Enhances immune response to disease.** The unique fiber in oatmeal called beta-gluten also has been shown to help neutrophils travel to the site of an infection more quickly. It also enhances their ability to eliminate the bacteria they find there.

10. **It tastes GOOD!** All oats, whether in flakes or groats form, have gone through a heat process which gives them their rich nutty flavor. This keeps them from spoiling. They have also been hulled. This process does not strip away all the bran and germ, allowing them to retain a concentrated source of fiber and nutrients. This means that oats are not raw and will not sprout.

Different Kinds of Oatmeal: All the benefits mentioned above are actually for oats. Most people don't think about oats – they think about oatmeal. In fact most people could not identify whole oats if it was sitting in front of them. There are many different levels of processing of oatmeal. Generally the larger the 'flake' – as in rolled oats or the bigger the seed or groat – as in steel cut oats – the less processed it will be. The more nutrients it retains – the slower it will be to digest. However, it will also be slower to cook. Most people think steel cut oats are the least processed since that is how the largest groats are labeled, but some of the most processed oats like instant and baby are also steel cut. An easy way to cook steel cut oats is to place them in a pot with water (usually about double water), bring to a boil, turn off burner and cover pot. Leave until morning, reheat and eat. You can also do this in a slowcooker on low overnight. Once again, Grandma was right!

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.

POTLUCK – THIS SABBATH

Join us this Sabbath for our church family potluck. Families with last names beginning **A–K** please bring an entree and dessert; **L–Z** please bring entree and salad. 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.*



YOUTH NEWS

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.

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

Supporting Each Other - this Saturday night: 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.

CONSTITUENCY DELEGATES

Fresno Adventist Academy Constituency Session will be **Sunday, April 13 at 10:00**. It is important for each church to have full representation. Sunnyside is entitled to 14 delegates. If you would like to volunteer as a delegate, please contact the church office at 229-5501.

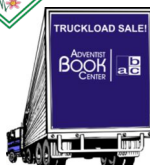
ABC OPEN HOUSE & FOOD SALE

You are invited to join us at the Adventist Book Center, 2820 Willow Ave., Clovis - **Sunday, April 13, 10:00–4:00**.

Case Lot Food Sale • Free Lunch (11:00–2:00)

First 100 customers get \$10 in ABC cash

Enter & Win Drawings • Special Discounts • New Releases



THE LISA PROJECT



Some secrets should be told... Last year more than 2,300 children in Fresno County experienced abuse. That's more than six children a day, right here in our own backyard. Child abuse prevention is a community responsibility – beginning with you and me. **April 2–May 4** a collaborative of community partners will host The Lisa Project child abuse prevention exhibit at the Central Unified School District Office, 5652 W. Gettysburg, Fresno. This free, interactive exhibit is designed to raise awareness about child abuse as the visitor “takes a child by the hand” and listens to their story. Please visit www.thelisaproject.org for exhibition schedule, to volunteer, or for more information; 241-6512. Together, we can change the odds for our children.

PLASTIC EGGS & CANDY NEEDED



The large basket is still in the foyer for any donations you'd like to make for our Annual Easter SonRise Service and Egg Hunt on April 20. 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.

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.

EASTER WEEKEND SERVICES

April 18-20



Friday - "The Last Supper" Experience: You are invited to join your church family for a spiritual experience with elements of "The Last Supper." We will begin the evening at 6:45 with optional footwashing as you arrive at the church. We will sit down to a candle-lit supper of soup and bread. Pastor Dennis will lead us in communion and a homily. There will be special musical presentations and time for fellowship. Childcare will be available.

Sabbath - Worship Service

A special service is being planned.

Sunday - SonRise Service & Breakfast: Come and celebrate the Lord's resurrection with your church family at Sunnyside's 9th Annual Easter Service at the FAA Mansion picnic grounds. Join us for a scrumptious breakfast and fellowship starting at 9:30 a.m., followed by a celebration in music and a short message. Bring your lawn chairs and picnic blankets. You'll want to bring your friends and family to this lovely outdoor gathering. Kids, don't forget your baskets for the Easter egg hunt!

MUSIC AND 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! For more information contact Joseph Zenith: 289-5611 or mjzenith@gmail.com.

Sabbath: Cottonwood Court (7442 N. Millbrook Ave.)

1:30 p.m. Residential Care

2:00 p.m. Memory Care Facility

Golden Paradise Inn

7236 N. Fruit Ave., 2:00 p.m.

April 12: Gettysburg Christian Home (4844 E. Gettysburg Ave.), 1:00 p.m.

Twilight Haven (1717 S. Winery Ave.), 2:30–3:30 p.m.

SUNNYSIDE KIDS HIKE



You are invited to join us on **this Sunday at 9:30 a.m.** at the Sierra Foothill Conservancy's McKenzie Preserve for an easy walk among picturesque oak trees and lush green rolling hills followed by a picnic next to a meandering little stream. If you have joined us on a previous hike, plan to join us again. For details and a map or other questions, call Steve Cosner at 281-5983.

(This group usually includes the Cradle, Kindergarten, and Primary Class families and is sponsored by the Cradle Roll Class.)

FAA NEWS

Academy Day at FAA - Fresno Adventist Academy will hold their annual Academy Day, **Tuesday, April 8**. Parents can visit the classrooms along with their children from 8:00 a.m. to Noon. Lunch will be provided and all students will receive a free T-shirt!

Attention FUA/FAA Alumni - Alumni homecoming weekend at Fresno Adventist Academy is **April 25–27**. A golf tournament will be Friday, April 25 at the Riverside Golf Course. Ray Tetz will be the speaker at the Sabbath service. Potluck lunch following. Contact Ashley for more information, 251-5548.

GETTING TO KNOW OUR FAMILY & FRIENDS



Veronica, John and Liam Djabrayan



Shannan, Shayla, Skylar Patton, and Shona Phillips
(four beauties - three generations)

CHURCH ADDRESS

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website: www.sunnysidesda.org

THE LAST WORD

“We unwittingly project onto God our own attitudes and feelings toward ourselves... But we cannot assume that He feels about us the way we feel about ourselves — unless we love ourselves compassionately, intensely, and freely.” ~ Brennan Manning (from *Abba's Child*)

HAPPY BIRTHDAY TO...

Bradley Branson (4/5)
Jennifer Randall-Cosner (4/5)
Tim Miller (4/6)
Christian Vaughn (4/6)
Seth Kuykendall (4/7)
Haydee Zenith (4/7)
Jana Fritz (4/8)
Brian Jones (4/8)
Kalvin Stucker (4/8)
Aelis Batty (4/10)
Nico Diaz (4/10)
Chad Fitzgerald (4/10)
Rene Santos-Nozaki (4/10)
Amanda Gonzales (4/11)
Ryan Wagenleitner (4/11)

**HAPPY ANNIVERSARY
TO...**

Tim & Irma McGuinn (4/7)
Tim & Taneshia Kerr (4/8)
Shawn & Maria Riley (4/10)
Greg & Lauri Vaughn (4/11)