

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

## CHURCH LIFE

### YOUNG ADULTS TACKLE SEXUAL ASSAULT ISSUES



By Pastor Taneshia

Did you know that FBI statistics indicate that only 8% of rape allegations prove to be false? Yet sexual assault still remains a crime where survivors are victimized twice. Once by their attackers and again by our society.

Every year there are about 683,000 sexual assaults. That's about one every minute. Eighty percent of these will happen to someone under the age of 30 and 97% of rapists will never spend a day in jail.

With hundreds of thousands of young adult survivors needing healing each year, Officer Mark Bravo will be sharing with us how we can help. On April 26, in honor of Sexual Assault Awareness Month, he will make a presentation to the Young Adults during SunnysideUp Café. He will talk to us about the statistics in Fresno and what we can do as a church to help.

Everyone is invited to join the YAM Sabbath School class on April 26, to find out how we can be part of the healing.

### URGENT - JUNIOR CLASS CANCELLED

The Junior Sabbath School class has enjoyed a wonderful teaching and growing experience with Patty Osborne and her team. Unfortunately, Patty is moving out of the area and due to a lack of teachers, the Junior class will be closed until further notice. We do not want to disrupt the flow and continuity of the other Sabbath School classes – so, please do not send your Junior-aged child to another classroom. We are trusting that God will provide us with a solution to this intermediate problem.

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# SABBATH CELEBRATION

April 12, 2014

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

**“Jesus, You're the Center of My Joy”**  
**“Give Me Jesus”**

**Prayer**  
Angela Reijnders

**Scripture**  
Mark 14:17-26

**“Betrayal, Defection, and Failure”**

Pastor Dennis Ray

**Communion**

## Worship Service

11:15 A.M.

**“Everlasting God”**

**Children's Story**  
Angela Reijnders

**“I Am Free”**

**Welcome**  
Pastor Dennis Ray

**Giving Thanks**  
Kristi Burkhart

**“Jesus, You're the Center of My Joy”**  
**“Give Me Jesus”**

**Prayer**  
Diane Ray

**“I Need You”**  
Yvette and Bob Gilbert

**Scripture: Mark 14:17-26**  
Ron Soloniuk

**“Betrayal, Defection, and Failure”**  
Pastor Ray

**Communion**

**Benediction**

## THIS WEEK AT A GLANCE

**Tuesday, April 15**  
Staff Meeting - Pastor's Office 1:00 p.m.

**Wednesday, April 16**  
Bulletin Info Deadline: [bulletinstaff@sunnysidesda.org](mailto:bulletinstaff@sunnysidesda.org) 6:00 p.m.  
Men's Ministry Meeting - Junior Room 6:30 p.m.

**Friday, April 18**  
"The Last Supper" Experience - Maroa Rooms 6:45 p.m.

**Sabbath, April 19**  
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 - Bella Vista/Sunrise Senior Living 1:30 p.m.  
Women's Ministry Workshop - Sanctuary 3:00 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

April 19 - Pastor Ray

April 26 - Pastor Ray

May 2 - Pastor Ray

## MONTHLY CONTRIBUTION SUMMARY

<b>April Needs</b>	<b>\$29,860.00</b>
Church Needs Donations	11,369.37
Over (Short)	(18,490.63)
<b>Year to Date</b>	<b>\$119,440.00</b>
Donations Received	74,594.13
Over (Short)	(44,845.87)
<b>Associate Pastor Fund</b>	<b>\$33,985.11</b>
<b>Youth Pastor Fund</b>	<b>\$41,472.00</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>March Tithe</b>	<b>\$11,207.14</b>
<b>Year to Date</b>	<b>\$88,525.64</b>

### THIS WEEK'S OFFERING

**Christian Record Services for the Blind**

## SUNSET

This Friday  
7:29 p.m.

Next Friday  
7:35 p.m.

## HEALTHY BYTES



**Only God could come up with something as sweet and good as a pineapple and give it so many healthy benefits for man.**

Pineapples contain bromelain, an enzyme with anti-inflammatory properties. It fights infections and kills bacteria. The juice from fresh pineapples can suppress

coughs five times more effectively than cough syrup.

One cup of pineapple juice contains nearly 50% of the daily requirement for vitamin C intake. Pineapple juice also contains high levels of manganese, a mineral that helps form healthy connective tissue and bones. Manganese works to absorb more calcium, metabolize carbohydrates and fats, plus it increases regular nerve function.

Pineapple has been known to be a natural anti-inflammatory for conditions such as arthritis. Since all disease begins with inflammation, this would be a great source for a number of conditions.

Drinking pineapple juice helps soothe a sore throat and helps the body to expel mucous easily. A mixture of raw pineapple juice, pepper, salt and honey given to patients every day helped to dissolve the mucus in the lungs.

When buying pineapple juice look for only natural, unsweetened pineapple juice and stay away from canned. If you are able to juice the pineapple yourself, that would be far superior to any store bought. When choosing a fresh pineapple, pick it up by one of the top leaves. If the leaf pulls out easily, it is ripe and ready to eat.

### Pineapple Cough Suppressant Recipe:

- 1 cup fresh pineapple juice
- 1/4 cup of fresh lemon juice
- 1 piece of ginger (about 3 inches)
- 1 tbsp of raw honey
- 1/2 tps cayenne pepper

Combine all ingredients and take 1/4 cup, 2-3 times a day. Repeat daily.

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

### Joining by Profession of Faith

Jack Chubb

☎☎☎☎☎☎

### First Reading

Luis Miguel Razo from Fresno Spanish SDA  
J. (James) Murdock to Boulder English SDA in Boulder, CO



## YOUTH NEWS

**Vespers - April 25:** Hey guys - plan to get together at 6:30p.m. at Alex's house.

**Mission Trip Meeting - April 26:** Ryan Helbling with Global Effect Ministries and our host from Tanzania, Africa will be meeting with us for lunch after church. He will answer our questions and give us more information. This meeting is for parents and youth.

**Fundraiser Work Bee - April 27:** We're going to help with yard work and cleanup for a church member. Lunch will be provided.

**Candle Fundraiser Due:** Please turn in your candle orders to Misty this Sabbath.

## RECIPES FOR AFRICA

The Youth are in the midst of planning 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](mailto:soloniuk@sbcglobal.net)) or Misty Cruz ([macruz@fcoe.org](mailto:macruz@fcoe.org)) or drop them in the box marked "Recipes for Africa" in the foyer. Thank you for supporting our youth.

## 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!

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

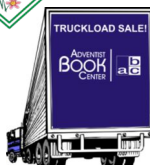
## ABC OPEN HOUSE & FOOD SALE

You are invited to join us at the Adventist Book Center, 2820 Willow Ave., Clovis - **this Sunday, 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



## 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](mailto:mjzenith@gmail.com).

### Sabbath:

Gettysburg Christian Home

4844 E. Gettysburg Ave. – 1:00 p.m.

Twilight Haven

1717 S. Winery Ave. – 2:30-3:30 p.m.

### April 19:

Bella Vista

5425 W. Spruce Ave. – 2:00 p.m.

Sunrise Senior Living

7444 N. Cedar Ave. – 2:30 p.m.

## 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.

## TAKE A LOOK

Yes, if you're reading this announcement, you're blessed with eyesight. Many people of all ages can't see to read something like this. That's where the SDA ministry to those who are blind or visually impaired comes in. The focus of this week's World Budget Offering is on Christian Record Services to the Blind. If you would like to give a special offering to Christian Record Services to the Blind, remember to write CRSB on your tithe envelope this Sabbath. You will be helping the blind see Jesus through special material produced in Braille, large print, and audio format as well as through a unique camping program.

## FAA NEWS

**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

## Sunnyside Kids' Annual Hike through McKenzie Preserve in the Sierra Foothill Conservancy.



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**THE LAST WORD**

"What this world needs is a new kind of army – the army of the kind."  
~Cleveland Amory

**HAPPY BIRTHDAY TO...**

- Makai Eason (4/12)
- O Joung Kwon (4/12)
- Pam Diaz (4/13)
- Sal Gonzales (4/13)
- Pamela Simpson (4/13)
- Susan Clark (4/15)
- Sean Jones (4/15)
- Mari Ann Ricchuiti (4/15)
- Jeanelle Menes (4/16)
- Fran Moseley (4/16)
- Tariq Faridi (4/17)

**HAPPY ANNIVERSARY  
TO...**

Brian & Phyllis Birmingham (4/18)