

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

## CHURCH LIFE

### JUNIOR CLASS WILL MEET ON SABBATH

We will have Junior Sabbath School this week. Diane Ray has volunteered to teach this Sabbath. Also, please remember, there will be a meeting for Junior Division parents on May 17, immediately following the worship service, to discuss the future of the Junior Division.

We are praying that God will send us a team of leaders and teachers for the Junior Division. If you are interested in teaching the Junior Division on May 10, or 24, please contact Pastor Dennis ([dennis@sunnysidesda.org](mailto:dennis@sunnysidesda.org) or 647-9485).

### KERR TWINS UPDATE

People around the world are praying for Tim and Taneshia's twins. The following is an update Pastor Taneshia posted on April 30 to a website that a few of her friends put together. The site was designed to help with sharing news and updates with friends and relatives across the globe:

*"Asher is eating more today, and he is still stable. I even got to change his diaper.*

*Achsah had her catheter taken out today, and she's being weaned off most of her meds. The hole in her heart seems to have closed, but her doctors are being cautious and will monitor her more before ruling out surgery. She's still very sick and has a few more blood panels to do this week. All these blood draws may mean another transfusion by the end of the week.*

*Please pray that Asher continues to develop normally and that Achsah's blood panels all come back normal and the hole in her heart stays closed.*

*I left the hospital feeling very peaceful and fully assured that my babies are coming home. One of the nurses showed me pictures of twins they had last year who were smaller, younger, and sicker than mine but are both fine now. God will continue to do amazing things! I'm fully confident!! – Taneshia"*

To see more pictures and to follow the progress of the babies, go to [youcaring.com/kerrtwins](http://youcaring.com/kerrtwins).



**Asher Ezekiel**



**Achsah Kareen**

*(pronounced Axa)*

Worship

Learn

Connect

Serve

### 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

May 3, 2014  
Sunnyside *Light*  
9:00 – 9:50 A.M.

**“I See the Lord”  
“Love You So Much”**

**Prayer**  
Dave and Elga Boccardo

**Scripture**  
**Matthew 5:27-30**

**“Looking, Loving, Lusting”**  
Pastor Dennis Ray

## Worship Service

11:15 A.M.

**“Oh Lord, You're Beautiful”  
“How Good It Is”**

**Welcome**  
Pastor Dennis Ray

**Children's Story**  
Mike Menes

**Giving Thanks**  
Diane Bertao

**“I See the Lord”  
“Love You So Much”**

**Prayer**  
Jack and Teresa Tolmosoff

**Special Music**  
Kurt Logan

**Scripture: Matthew 5:27-30**  
Gloria Ferrer

**“Looking, Loving, Lusting”**  
Pastor Ray

**Benediction**

## THIS WEEK AT A GLANCE

**Monday, May 5**  
Women's Ministry Bible Study: "Gideon" - Sanctuary  
6:00 p.m.

**Tuesday, May 6**  
Single Womens' Friendship Circle 1:00 p.m.

**Wednesday, May 7**  
Community Services Distribution - *by appointment only*  
Bulletin Info Deadline: [bulletinstaff@sunnysidesda.org](mailto:bulletinstaff@sunnysidesda.org) 6:00 p.m.  
Men's Ministry Meeting - Youth Room 6:30 p.m.

**Thursday, May 8**  
Church Board Meeting - Pastor's Office 6:30 p.m.

**Sabbath, April 10**  
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.  
Youth visit to Nursing Home & Lunch - *following worship service*

**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

**May 10** - Costin Jordache  
**May 17** - Pastor Ray  
**May 24** - Pastor Ray

## MONTHLY CONTRIBUTION SUMMARY

|                              |                     |
|------------------------------|---------------------|
| <b>April Needs</b>           | <b>\$29,860.00</b>  |
| Church Needs Donations       | 22,010.09           |
| Over (Short)                 | (7,849.91)          |
| <b>Year to Date</b>          | <b>\$119,440.00</b> |
| Donations Received           | 85,234.85           |
| Over (Short)                 | (34,205.15)         |
| <b>Associate Pastor Fund</b> | <b>\$34,435.11</b>  |
| <b>Youth Pastor Fund</b>     | <b>\$44,672.00</b>  |

### TITHE TO CENTRAL CALIF. CONFERENCE

|                     |                    |
|---------------------|--------------------|
| <b>April Tithe</b>  | <b>\$18,427.14</b> |
| <b>Year to Date</b> | <b>\$95,745.64</b> |

### THIS WEEK'S OFFERING

### Local Church Budget

## SUNSET

This Friday  
7:48 p.m.

Next Friday  
7:54 p.m.

## HEALTHY BYTES

### Healthy Oils - Part II

We are always told to cut back on our fat intake and yes, that is a good thing, especially if it is an unhealthy fat. But there is such a thing as a "good fat". Last time we talked about the benefits of extra virgin olive, almond, and ghee oils. Here are more healthy fats that you can incorporate into your diet. Each has amazing health benefits that don't degrade during the cooking process.



**Extra Virgin Coconut Oil:** Once thought to be unhealthy saturated fat, is now known for its many health benefits. Unrefined coconut oil (which you definitely want for health benefits) melts at 76°F and smokes at 350°F. It is not good for very high temperature frying but good for lower temperature sautéing. It is great in soups, stews, curries, and very light heat stir fries. It is also wonderful for baking cookies, cakes and pies and chocolate making. Try a spoonful on top of your porridge instead of butter, or on your potatoes and other vegetables.

Extra virgin coconut oil is slow to oxidize so is resistant to rancidity. It will last two years or more due to its high saturated fat content. It is best stored in solid form below 76°F. Make sure you buy organic unrefined coconut oil as many commercial coconut oils are refined, bleached, and deodorized containing chemicals. My favorite is Tropical Traditions Green Label Coconut Oil ([www.tropicaltraditions.com](http://www.tropicaltraditions.com)). It is deodorized without chemicals so the strong coconut flavor is removed. If you like the coconut flavor the Gold Label is best.

**Sesame Oil:** This oil is very high in anti-oxidants. Sesame oil may be the oldest condiment on earth. It has a strong taste, so I often use it in oriental dishes. The smoke point ranges from 350 – 450°F. Light sesame oil has a high smoke point and is suitable for deep-frying, while dark sesame oil often used in Asian cuisine (from roasted sesame seeds) has a lower smoke point and is unsuitable for deep-frying but good for light stir frying. I like to add sesame oil to my stir fry dishes just before serving, for flavor.



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.

## POTLUCK - THIS SABBATH

Our church family potluck is Sabbath. Families with last names beginning **A-L** please bring sandwiches; **M-Z** please bring a salad. The potluck committee will provide the desserts.

**This will be our last potluck until September 6.**

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

## EARLY YOUTH NEWS



**Potluck Cleanup:** Please stay and help clean up after potluck this Sabbath. We need you.

**Cast Your Vote** : Please vote on the date you'd like to do the following activities:

- ☉ **McDermott House:** May 18, 26, June 8 or 22.
  - ☉ **The Zoo after church:** May 10, 17, or 24
  - ☉ **Wii Game Night at the church:** pick any Saturday night
- Please email or text your vote to [diane\\_ray@hotmail.com](mailto:diane_ray@hotmail.com) or 304-4801.

## RECIPES & WORK BEES FOR AFRICA



Our current fundraisers for the Youth Tanzania, Africa Mission Trip are a cookbook and work bees. Please submit your favorite recipes to Loanne Soloniuk ([soloniuk@sbcglobal.net](mailto:soloniuk@sbcglobal.net)) or Misty Cruz ([mcruz@fcoe.org](mailto:mcruz@fcoe.org)) or drop them in the box marked "Recipes for Africa" in the foyer. Also, we will wash windows, do yardwork, haul trash, clean carpets or just about any other big household chore on a Sunday that works for you - just sign up in the foyer. Thanks for your support.

## YOUTH NEWS

**Mothers' Day Visit to Nursing Home - May 10:** Let's plan to spread a little Mothers' Day love with flowers and cards at a nursing home. We'll have lunch together, also. Watch your phones for details in the weekly texts.

**Hartmans' Campout Coming Soon:** Hey guys - it's really gonna happen and soon! We're working on a date.

**Poverello House - May 24:** We'll get together after church and head down to Poverello House to serve lunch with the Meals on Wheels Street Ministry.

**Supporting One Another - May 17:** You all saw the really cool invitation to the Youth for Adriana's big un-birthday bash. Put it on your calendars and we'll see you there!



## CCC POSITION AVAILABLE

The Evangelism & Special Projects Department is seeking a full-time Administrative Assistant. Responsibilities include general secretarial, Microsoft Word and Excel, customer service, accounting, telephone and organization skills. Must be a Seventh-day Adventist. To apply, send cover letter, application and resume to Human Resources, <http://ccchr.adventistfaith.org/assets/106093;lbarron@cccsda.org>; or PO Box 770, Clovis, CA 93613. **Please respond by 5:00 p.m., Monday, May 12.**

Please submit your bulletin and eNews announcements of 50 words or fewer (in paragraph form) to: [bulletinstaff@sunnysidesda.org](mailto:bulletinstaff@sunnysidesda.org). All info is due by 6:00 p.m. on Wednesdays. The Bulletin staff reserves the right to edit text.

## FAA ROUND-TABLE DISCUSSION

Eric Johnson, the principal of Fresno Adventist Academy, will be at Sunnyside **this Sabbath** to talk with parents who are interested in learning more about FAA. Eric will host a round-table discussion during potluck.

## FRIENDSHIP CIRCLE MEETING



Ladies, plan to join us **Tuesday - May 6 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 refreshments or lunch. We also participate in community service projects and social events. We'd love to have you join.

## NEW WOMEN'S MINISTRY BIBLE STUDY BEGINS MONDAY

"Gideon: Your weakness; God's strength"

**Mondays, May 5 - June 16 at 6:00 p.m.**

There is still time to register at [www.SoulSisters07.com](http://www.SoulSisters07.com). In this study, 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.



## 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).

**this Sabbath:**

Vintage Gardens

540 South Peach Ave. - Fresno - 2:00 p.m.

## SACRED CONCERT - MAY 10

A sacred concert featuring violin, piano and musical instruments of other cultures will be presented by LeRoy Peterson, professor of Music and Culture at Pacific Union College, and Arina Timofeeva from Russia **May 10 at 5:00 p.m.** at the Fresno Central Church (2980 E. Yale Ave.)



# GETTING TO KNOW OUR FAMILY & FRIENDS

## Sunnyside's Annual SonRise Service



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**THE LAST WORD**

“Define yourself radically as one beloved by God. This is the true self. Every other identity is illusion.”

— Brennan Manning, *Abba's Child: The Cry of the Heart for Intimate Belonging*

**HAPPY BIRTHDAY TO...**

Johnathan Estep (5/4)

Brett Bertao (5/5)

Gale Bolinger (5/5)

Richard Marsh (5/5)

David Dags (5/6)

Calvin Redman (5/6)

Mack Fulkes (5/7)

Christian Straw (5/7)

Angelina Faridi (5/9)

Justin Reijnders (5/9)

**HAPPY ANNIVERSARY  
TO...**

Sean & Sairene Patterson (5/4)

Bob & Nancy Isaacs (5/5)

Armando & Sherilynne Blanchet  
(5/7)