

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

CHURCH LIFE



GUEST SPEAKER THIS SABBATH

Costin Jordache will speak at Sunnyside on Sabbath. Costin serves as Vice President for Communication in the Central California Conference. Over the last 15 years he has served in roles including Assistant to the President for Communication in the Texas Conference, Senior Pastor of the Dallas First Church, Pastor for Media at the Loma Linda University Church, General Manager of the Texas Media Center and Adjunct Instructor in Communication at Southwestern Adventist University. He holds a Masters degree in Radio, Television & Film (RTF) as well as an

MBA, along with an undergraduate degree in Theology. Costin specializes in strategic media and communication planning and production, public relations, teaching and organizational leadership. He has produced a number of television and digital media projects and continues to push the creative envelope in an effort to enlarge the Kingdom of Heaven. Costin is married to Leah Jordache, his partner in life and ministry. They have two amazing boys, Roman and Lance.

His wife, Leah, says that we are in for a real treat this Sabbath. So, we have it on good authority that we will be blessed by his message.

MEMORIAL SERVICE FOR FREDA PUTZ

A memorial service for Freda Putz will be held at Sunnyside tomorrow (May 9), at 6:00 p.m. A short reception will follow in the fellowship hall. Memorial donations may be made to Sunnyside SDA Church or Saint Agnes Hospice in lieu of flowers. Cards and condolences may be sent to Gina Beckmann, 1128 El Capitan Drive, Madera, CA 93636-8850.

AN UPDATE FROM PASTOR TANESHIA

"For me, being a NICU mom is very emotional but God has been very good to us; our church family has been an amazing support for which I'm very grateful.

Asher is doing well; he's tolerating more milk now. He's now 2lbs 4oz and getting quite strong. Achsah's intestine has healed but left a little scar that's partially blocking the passageway. Her doctor is giving her small quantities of milk in the hopes that it will clear on its own. Achsah is now 2lbs 2oz.

The biggest risk the babies face now is infection; so, we continue to pray for their protection and growth. Thank you so much for your thoughts and prayers. – Pastor Taneshia"

Worship

Learn

Connect

Serve

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SABBATH CELEBRATION

May 10, 2014
Sunnyside Light
 9:00 – 9:50 A.M.

“Blessed Be Your Name”
“Lord, I Give You My Heart”

Prayer
 Patricia Ford

Scripture
Psalm 33:1-5

“Holy Heartburn”
 Costin Jordache

Worship Service

11:15 A.M.

“Blessed Be Your Name”
“Lord, I Give You My Heart”

Welcome
 Pastor Dennis Ray

Giving Thanks
 Printess Schlist and Patricia Ford

“M-O-T-H-E-R”
 Michael Bullion, Jason Castillo,
 Bud Dickerson, Mike Ford,
 Johan Reijnders, Clif van Putten
 and Gabriel Wiest

“I Feel Jesus”
“Cares Chorus”

Prayer
 Patricia Ford

Scripture: Psalm 33:1-5
 David Castillo

“Holy Heartburn”
 Costin Jordache

Benediction

THIS WEEK AT A GLANCE

Sunday, May 11

Mothers' Day

Monday, May 12

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

Tuesday, May 13

Staff Meeting 1:00 p.m.

Wednesday, May 14

Community Services Distribution - *by appointment only*
 Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.
 Men's Ministry Meeting - Youth Room 6:30 p.m.

Sabbath, May 17

Sunnyside Light - 9:00 a.m.
 SunnysideUp Café - 10:00 a.m.
 Sabbath School - 10:00 a.m.
 Worship Service - 11:15 a.m.
 Junior Division Parents Meeting - *following worship service*
 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

May 17 - Pastor Ray

May 24 - Pastor Ray

May 31 - Gilbert Barr

MONTHLY CONTRIBUTION SUMMARY

May Needs	\$29,860.00
Church Needs Donations	8,043.79
Over (Short)	(21,816.21)
Year to Date	\$149,300.00
Donations Received	94,518.20
Over (Short)	(54,781.80)
Associate Pastor Fund	\$29,545.11
Youth Pastor Fund	\$44,722.00

TITHE TO CENTRAL CALIF. CONFERENCE

May Tithe	\$8,330.94
Year to Date	\$104,076.58

THIS WEEK'S OFFERING

ADRA - Disaster & Famine Relief

SUNSET

This Friday
 7:54 p.m.

Next Friday
 8:00 p.m.

HEALTHY BYTES

Healthy Oils - Part III

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". We have talked about the benefits of extra virgin olive, almond, ghee, extra virgin coconut, and sesame 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.



Avocado Oil: Avocado oil has many benefits — but it is very expensive. It has the highest smoke point of any oil – 500°F! It can withstand the heat, and is full of healthy fats. Great for sautéing, stir fries, frying, baking — and great in dressings too.

Flax Seed Oil: Never cook with flax seed oil. It has a very low smoke point of 225°F and has a tendency to spoil. You can use a little in salad dressing. Use it more as a supplement for getting your Omega 3s.



How Much Oil To Use?

Oil is essential in our diet, however, oil is a fat and too much can make you fat. One tablespoon contains 120 fat calories. Therefore, I include just enough to get the health benefits or the necessary cooking effect. I use the minimum I can in my healthy baking and even in my healthy chocolate. I lighten many of my salad dressings simply by adding water to the recipe. Use oil wisely and it will greatly benefit your overall health.

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.

JUNIOR DIVISION PARENT MEETING

All Junior Division parents are invited to attend a planning meeting on **May 17**, immediately following the 11:15 worship service. Additionally, the Junior class will meet this Sabbath.

YOUTH NEWS

Mothers' Day Visit to Sierra Vista Nursing Home - this Sabbath: Let's plan to spread a little Mothers' Day love with flowers and cards at Sierra View Health Care. We'll have lunch together, and then head to the nursing home at 3:00 p.m.

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!

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.



FLOWERS FOR THE SANCTUARY

Flowers add warmth and beauty to the worship service. Your donation of \$75 provides a beautiful arrangement. Call the church office (229-5501) if you'd like to donate a floral arrangement in honor of a loved one, a birthday, an anniversary, or just because.

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.

this Sabbath: Sierra Vista Health Care
1715 S. Cedar Avenue – Fresno – 3:00 p.m.

May 17: Carrington Pointe
1715 E. Alluvial – Fresno – tba

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) or Misty Cruz (macruz@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.

SACRED CONCERT

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 **this Sabbath at 5:00 p.m.** at the Fresno Central Church (2980 E. Yale Ave.)

CCC POSITIONS 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.**



The Capital Campaign Department is seeking a full-time Administrative Assistant. Responsibilities include general secretarial, Microsoft Word and Excel, Razor's Edge, customer service, accounting, writing, telephone and organizational 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 19.**



BE AN ACT OF GOD

Acts of God are not found in the storm but in the response. This Sabbath, our church family will join Adventist churches around the world in collecting a special offering that supports the worldwide ministry of ADRA (Adventist Development and Relief Agency). Your gift will help people who are suffering in the wake of a disaster or those who are in the midst of famine. Please join ADRA in showing Christ's compassion through humanitarian action.

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.

SENIOR CITIZEN SEMINAR

May 17, 3:00–6:00 p.m., at Fresno Central Church (2980 E. Yale Ave. Fresno, CA 93703). Presenters: John Featherstone, Silvia Flores, and Steve Horton. Topics will include: Relations with Adult Children; Raising Godly Grandchildren; Sickness or Death of a Spouse; Enjoying Your Golden Years; Legal & Estate Planning; Activities of Daily Living; Dealing with Loneliness; Long Term Care; Losing Independence; Intimacy & Sex; Aging Parents; Companionship.

GETTING TO KNOW OUR FAMILY & FRIENDS

"The Last Supper"

We shared a wonderful church family experience on April 18. The evening included footwashing, an amazing meal and communion. Everyone present hopes this will be the start of a well-received and meaningful tradition.



CHURCH ADDRESS

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THE LAST WORD

"A Mother's love is the fuel that enables
a [regular] human being to do the impossible."

– Marion C. Garretty
quoted in "A Little Spoonful of Chicken Soup for the Mother's Soul"

HAPPY BIRTHDAY TO...

Patricia Barreto (5/11)
Michelle Landis (5/12)
Shauna Cook (5/12)
Salvador Gonzales Jr. (5/14)

**HAPPY ANNIVERSARY
TO...**