

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

CHURCH LIFE



AN UPDATE ON THE TWINS FROM PASTOR TANESHIA

"Asher is having a great week; he's almost three pounds and that's so exciting to see! Achsah has had an infection but has responded well to the treatment. Her doctor is trying one more time to treat her heart with medicine. If it is not working by Monday then she'll definitely need to have surgery. Please pray for Asher's continued development and protection and for full healing and no surgery for Achsah."



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FOOD PANTRY DISTRIBUTION - WEDNESDAY

Community Services will have its monthly food distribution on Wednesday, May 28. If you are in need of groceries or you know someone who is in need, we will give out boxes of food during the hours of 9:00 - 11:00 a.m.

Additionally, we will set-up on Tuesday afternoon. If you are available and would like to help sort and bag food, please contact Printess Schlist (232-1194) to find out the time to be at the church.

SABBATH CELEBRATION

May 24, 2014

Sunnyside Light

9:00 – 9:50 A.M.

“Shout to the Lord”
“Here I Am to Worship”

Prayer

Shelly Clement

Scripture

Matthew 5:33-37

**“The Meaning of
Yes and No”**

Pastor Dennis Ray

Worship Service

11:15 A.M.

“Praise to the Lord”
**“Lord, I Lift Your Name
on High”**

Welcome

Pastor Dennis Ray

Giving Thanks

Bill Hartman

Dedication

of

Jaelyn Juliani Barr
& Gingela Renae Barr

“Shout to the Lord”
“Here I Am to Worship”

Prayer

Shelly Clement

Special Music

Lawrence Bohanon

Scripture: Matthew 5:33-37

**“The Meaning of
Yes and No”**

Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Monday, May 26

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

Tuesday, May 27

Food Pantry Distribution Set-up 11:00 a.m.

Staff Meeting 1:00 p.m.

Wednesday, May 28

Food Pantry Distribution 9:00-11:00 a.m.

Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.

Men's Ministry Meeting - Youth Room 6:30 p.m.

Sabbath, May 31

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 - Carrington Point 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.

SUNSET

This Friday
8:06 p.m.

Next Friday
8:11 p.m.

PREACHING SCHEDULE

May 31 - Gilbert Barr

June 7 - Pastor Ray

June 14 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

May Needs	\$29,860.00
Church Needs Donations	18,489.23
Over (Short)	(11,370.77)
Year to Date	\$149,300.00
Donations Received	104,963.64
Over (Short)	(44,336.36)
Associate Pastor Fund	\$20,355.11
Youth Pastor Fund	\$44,822.00

TITHE TO CENTRAL CALIF. CONFERENCE

May Tithe	\$16,576.69
Year to Date	\$112,322.33

THIS WEEK'S OFFERING

Conference Faith Advance

HEALTHY BYTES



Lemon Water

If you can only make time for one ritual in the morning that will improve your health, let it be this...start the day with a mug of warm (not hot) water and the juice of half a lemon.

It's so simple and the benefits are just too good to ignore. Warm water with lemon:

1. Boosts your immune system: Lemons are high in vitamin C and potassium. Vitamin C is great for fighting colds and potassium stimulates brain and nerve function and helps control blood pressure.

2. Balances pH: Lemons are an incredibly alkaline food, believe it or not. Yes, they are acidic on their own, but inside our bodies they're alkaline and an alkaline body is really the key to good health.

3. Helps with weight loss: Lemons are high in pectin fiber, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet lose weight faster. I have found that if I start the day off right, it's easier to make the best choices for myself the rest of the day.

4. Aids digestion: The warm water serves to stimulate the gastrointestinal tract and peristalsis—the waves of muscle contractions within the intestinal walls that keep things moving (maybe your first cup should be first thing in the AM so you'll have time for hummm - other 'rituals'). Lemons and limes are also high in minerals and vitamins and help loosen toxins in the digestive tract.

5. Acts as a gentle, natural diuretic: Lemon juice helps flush out unwanted materials because lemons increase the rate of urination in the body. Toxins are released at a faster rate which helps keep your urinary tract healthy. (Again, first thing so you'll have time for...stuff)

6. Clears skin: The vitamin C helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood which helps keep skin clear as well. Did you hear me, ladies...decreases wrinkles!

7. Hydrates the lymph system: This cup of goodness helps start the day on a hydrated note. When your body is dehydrated it can't perform all of its proper functions, which leads to toxic buildup, stress, constipation, and the list goes on.

Adopting just this one practice of drinking a cup of warm water with lemon in the morning for a month can radically alter your experience of the day. Don't be surprised if you begin to view mornings in a new light. It's the simple things that count.

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.

ANNOUNCEMENTS

MEMBERSHIP TRANSFER

Robin Funes is joining Sunnyside by profession of faith.



EARLY YOUTH EVENT

Lunch & Zoo - this Sabbath:

We will head to lunch after church, then spend a couple of hours at the Chaffee Zoo. Please let Diane (304-4801) know if you need a permission slip; you can also pick up one at church on Sabbath.



YOUTH NEWS

Poverello House - this Sabbath: We'll get together after church and head down to Poverello House to serve lunch with the Meals on Wheels Street Ministry. We'll serve there at 1:30p.m. and grab some lunch together after.

Fundraiser Workbee - June 8: We have another workbee coming up. We'll give you more details, soon.

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

Important Youth Parent Meeting & Lunch - June 7: Make plans to attend our next parent meeting.

CHANGE FOR AFRICA 2015



Don't forget to pick up a jar in the foyer and collect your loose change for the Youth mission trip to Tanzania, Africa. Bring the filled jar as often as you like and empty it into the large jar in the foyer. On-the-spot donations of loose change are also appreciated.

CLAIM YOUR LOST & FOUND ITEMS

Please check the table in the church foyer this Sabbath which has all the lost & found and other items that have accumulated in the workroom. Any items that are not claimed will be donated to Community Services or discarded.



Thanks for your help in keeping the workroom clutter-free; please do not store or "drop-off" items in this room.

FAA FINANCIAL AID

Now is the time to apply for financial aid for Fresno Adventist Academy for the 2014-2015 school year. Please contact the church office (churchoffice@sunnysidesda.org) to have the application emailed to you. **Deadline to apply is June 30.**

SANCTUARY FLOWERS

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.

RECIPES & WORK BEES FOR AFRICA

Please submit your favorite recipes to Loanne Soloniuk (soloniuk@sbcglobal.net) or Misty Cruz (macruz@fcoe.org) for our cookbook fundraiser 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 supporting our mission trip.

YOUTH PARENT MEETING

Parents, please join us **June 7** in the Fellowship Hall side of the Maroa Room immediately following the worship service for a Youth parent meeting. We will discuss the Sabbath School teaching schedule, summer activities, work bees, mission trip, and get feedback from you on Youth Pastor needs. A delicious lunch will be catered by Cheryl Colombini.

JUNIOR PARENT MEETING

Parents, please join us **June 7** in the Youth Room side of Maroa Room immediately following the worship service for a Junior parent meeting. We will also have a delicious lunch catered by Cheryl Colombini!

TIME TO HONOR OUR GRADUATES



Sunnyside will honor its 2014 graduates of eighth grade, high school, college, and advanced degrees on **Sabbath, June 7**. Please contact the church office (229-5501 or churchoffice@sunnysidesda.org) with the name of the student, name of school, grade or degree, and any special awards or recognition for the graduate. We also need a current photo and a baby or toddler picture by **June 3** for a slideshow presentation.

REISIG MEMORIAL SCHOLARSHIP



A \$1,000 scholarship will be presented this year to one student from our congregation who fulfills the eligibility requirements of the scholarship. Please contact Desrie van Putten at 260-3385 or djvanputten@comcast.net to apply. Application deadline is **Tuesday, June 3.**

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: Bell Haven Care Assisted Living
2020 N. Weber - Fresno - 1:30 p.m.

(Sunnyside Grace is scheduled to join)

May 31: Carrington Pointe Assisted Living
1715 E. Alluvial - Fresno - 3:00 p.m.

We would like to have at least two or three groups of children, youth, and adults going so that we can spread out. The residents look forward to the interaction and having someone to talk to, and they ask "when will they come back?"

GETTING TO KNOW OUR FAMILY & FRIENDS

Our Adult Sabbath School Hour



CHURCH ADDRESS

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website: www.sunnysidesda.org

THE LAST WORD

“There is a twilight zone in our hearts that we ourselves cannot see. Even when we know quite a lot about ourselves — our gifts and weaknesses, our ambitions and aspirations, our motives and our drives — large parts of ourselves remain in the shadow of consciousness. This is a very good thing. We will always remain partially hidden to ourselves. Other people, especially those who love us, can often see our twilight zones better than we ourselves can. The way we are seen and understood by others is different from the way we see and understand ourselves. We will never fully know the significance of our presence in the lives of our friends. That's a grace, a grace that calls us not only to humility, but to a deep trust in those who love us. It is the twilight zones of our hearts where true friendships are born.”

– Henri J.M. Nouwen

HAPPY BIRTHDAY TO...

Irma McGuinn (5/24)
Kylee Straw (5/24)
Chad Osborne (5/25)
Corey Osborne (5/25)
Felipa Altamirano (5/26)
Chelsea Lynch (5/26)
Sierra Moore (5/26)
Sugar Knizevski (5/28)
Ben Liu (5/28)
Ken Mitchell (5/28)
Estelle Webb (5/28)
Zoe Zenith (5/28)
Walter Hurtado (5/29)
Armando Blanchet (5/30)
Marty McCann (5/30)
Mark Pillor (5/30)

**HAPPY ANNIVERSARY
TO...**

Joseph & Haydee Zenith (5/25)
Rod & Vicky Turley (5/27)
Lemuel & Dana Recalde (5/28)