

FRESNO
SUNNYSIDE
SEVENTH-DAY
ADVENTIST
CHURCH

SunnysideNews

WEEKLY NEWSLETTER

May 29, 2014

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

CHURCH LIFE

PRAYER REQUEST FOR ACHSAH

Although little Achsah has responded to the treatment for her heart and is improving, her doctor has stated she will still need to have surgery to close the hole in her heart. She is being transported to Children's Hospital Central California today. We pray that there are no further complications from moving Achsah and that all goes well with the surgery. Continue to pray for God's strength and peace to fortify Tim and Taneshia during this next hurdle in the young lives of their children.

In this week's issue...

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Worship

Learn

Connect

Serve

SABBATH CELEBRATION

May 31, 2014

Sunnyside Light

9:00 – 9:50 A.M.

“Tis So Sweet to Trust in Jesus”
 “In My Life Lord, Be Glorified”

Prayer

Leo and Angela Reijnders

Scripture

Matthew 19:27-30

“The Last Will Be First - Why?”

Gilbert Barr

Worship Service
 11:15 A.M.

“Tis So Sweet to Trust in Jesus”
 “Redeemed”

Welcome

Marla Hartman

Giving Thanks

“Give Me Oil in My Lamp”

“In My Life Lord, Be Glorified”

Prayer

Leo and Angela Reijnders

Scripture: Matthew 19:27-30
 Carlyn Murdock

“The Last Will Be First - Why?”
 Gilbert Barr

Benediction

THIS WEEK AT A GLANCE

Monday, June 2

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

Tuesday, June 3

Women's Friendship Circle - Youth Room 1:00 p.m.
 Staff Meeting 1:00 p.m.

Wednesday, June 4

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.

Thursday, June 5

Worship Committee Meeting - Pastor's Office 7:00 p.m.

Sabbath, June 7

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 Parents Meeting - Youth Room following service
 Youth Parents Meeting - Maroa Room following service
 Music & Praise Ministry - Horizon Health 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.

This Friday **SUNSET** Next Friday
 8:06 p.m. 8:11 p.m.

PREACHING SCHEDULE

June 7 - Pastor Ray

June 14 - Pastor Ray

June 21 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

May Needs	\$29,860.00
Church Needs Donations	23,303.19
Over (Short)	(6,556.81)
Year to Date	\$149,300.00
Donations Received	109,777.60
Over (Short)	(39,522.40)
Associate Pastor Fund	\$30,505.11
Youth Pastor Fund	\$44,872.00

TITHE TO CENTRAL CALIF. CONFERENCE

May Tithe	\$25,052.55
Year to Date	\$120,798.19

THIS WEEK'S OFFERING

NAD Evangelism

HEALTHY BYTES

Himalayan Salt



Have you heard about the amazing Himalayan crystal salt that comes directly from the Himalayan Mountains? It is packed with some pretty great benefits. Himalayan Salt contains the same 84 trace minerals and elements that are found in the human body. A few of these minerals include: sodium chloride, sulphate, calcium, potassium and magnesium. When using this salt, you are actually getting less sodium intake per serving than regular table salt because it is less refined and the pieces are larger. Therefore, Himalayan salt has less sodium per serving because the crystals or flakes take up less room than the highly processed table salt variety. The minerals in this salt are small enough

for our cells to easily absorb.

Regular, commercial table salt is completely stripped of the majority of its minerals with the exception of sodium and chloride. It is then bleached, cleaned with chemicals and then heated at extremely high temperatures. The iodine that is added to table salt is almost always synthetic which is difficult for our bodies to absorb. It is treated with anti-caking agents, which prevents the salt from dissolving in water and in the salt container. These agents then prevent the salt from absorbing in our own bodies, which leads to a build up and deposit within the organs. This can cause severe health problems. Studies have shown that for each gram of table salt consumed that the body cannot process takes 20 TIMES the amount of cellular water to neutralize the amount of sodium chloride present in this chemically-treated salt.

This is largely how salt has gotten such a bad name. It is not necessarily salt that is unhealthy for us, it is refined table salt that is inferior for our health. Aside from that, many of us are consuming way too much processed food. These foods contain huge amounts of salt, and it isn't the good kind. It's not about limiting our amount of salt; it's about consuming more natural, homemade whole foods. This way we can add salt while cooking or sprinkle some on our meals without having to worry so much about high blood pressure.

You should be able to find this amazing Himalayan crystal salt at your local health food store and many conventional grocery stores now carry it (it's the pink one). Sea salt that is not highly processed is also good; however, it has fewer trace minerals. Celtic salt is also a good choice but it can be wet and not a good 'shaker' salt. Himalayan salt is my personal favorite.

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.

BAPTISMAL CLASS

Pastor Dennis will teach a baptismal class for young people ages 10–13. The class will meet during Sabbath School, from **10:00–11:00 a.m., on June 28, July 12, and August 2**. There is no cost to attend. To register your child, please contact Pastor Dennis at 647-9485 or dennis@sunnysidesda.org.



FRIENDSHIP CIRCLE MEETING

Ladies, plan to join us **Tuesday, June 3 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.

YOUTH NEWS

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.



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.

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.**

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.



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.

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.

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: Vintage Gardens Assisted Living
540 S. Peach Ave. – Fresno – 2:30 p.m.
and Golden Paradise Inn
7236 N. Fruit Ave. – Fresno – 3:00 p.m.

June 7: Horizon Health & Sub-Acute Center
3034 E. Herndon Ave. – 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



**Dedication of
Jaelyn and
Gingela Barr**



CHURCH ADDRESS

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THE LAST WORD

I've learned that people will forget what you said,
people will forget what you did,
but people will never forget how you made them feel.

– Maya Angelou

HAPPY BIRTHDAY TO...

Dianne Hall (5/31)
Cathie Jo Jones (5/31)
Brooklynn Wheeler (5/31)
Randy Castanaza (6/1)
Joscelyn Craig (6/1)
Gavin Nozaki (6/1)
Chris Burkhart (6/2)
Jonathan Espinoza (6/2)
Patrick Coffee (6/3)
Kenny Lay (6/5)
Joshua Palafox (6/5)
Monica Estep (6/6)
Joanie McCulloch (6/6)

**HAPPY ANNIVERSARY
TO...**

Frank & Connie Carpenter (6/1)
Bill & Denise McEowen (6/1)
Trent & Julie Jaeckel (6/6)