

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

## CHURCH LIFE

### CONGRATULATIONS TO OUR 2014 GRADUATES

This Sabbath we will recognize our graduates of 2014 during the worship service with a slideshow presentation, a small gift, and a blessing in prayer with the church elders.

#### EIGHTH GRADE

**Elijah Freebird**

Fort Miller Middle School

*Honor Roll – 3.8 GPA*

#### UNDERGRADUATE DEGREE

**Venita Janine Espinosa**

Bachelor of Science – Exercise Science  
Pacific Union College

#### ADVANCED DEGREE

**Rachelle M. Clement**

Master of Science in Counseling –  
Marriage, Family and Child Therapy  
University of Phoenix

**My linda Finney**

Bachelor of Science – Nursing  
Chamberlain College of Nursing  
*received President's Honors*

**Camille Mariah van Putten**

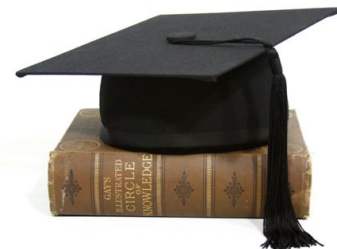
Bachelor of Arts – Theater  
Dartmouth College  
*2014 Winner of the Susan DeBevoise Wright  
Fund Award for Theater Arts*

**Sean Jones**

Juris Doctorate  
California Western  
School of Law – San Diego  
*admitted to California Bar on May 16, 2014*

**Michael David Josiah van Putten**

Master of Business Administration –  
Management



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# SABBATH CELEBRATION

June 7, 2014

**Sunnyside** *Light*

9:00 – 9:50 A.M.

**“You Are Holy”**

**“I Feel Jesus”**

**Prayer**

Marla Hartman

**Scripture**

**Matthew 5:38-42**

**“A Slap, a Shirt, and a Walk”**

Pastor Dennis Ray

## Worship Service

11:15 A.M.

**“Ancient of Days”**

**“Oh Lord, You're Beautiful”**

**Welcome**

Pastor Dennis Ray

### Graduate Recognition

**Giving Thanks**

Ron Fitzgerald

**“You Are Holy”**

**“I Feel Jesus”**

**Prayer**

Marla Hartman

**Scripture: Matthew 5:38-42**

**“A Slap, a Shirt, and a Walk”**

Pastor Dennis Ray

**“Change Your Heart  
to Change Your Mind”**

**Benediction**

## THIS WEEK AT A GLANCE

**Monday, June 9**

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

**Tuesday, June 10**

Staff Meeting 1:00 p.m.

**Wednesday, June 11**

Community Services Distribution - *by appointment only*

Bulletin Info Deadline: [bulletinstaff@sunnysidesda.org](mailto:bulletinstaff@sunnysidesda.org) 6:00 p.m.

**Thursday, June 12**

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

**Sabbath, June 14**

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 - TBA

## SUNSET

This Friday

8:15 p.m.

Next Friday

8:19 p.m.

## PREACHING SCHEDULE

June 14 - Pastor Ray

June 21 - Pastor Ray

June 28 - Don Simmons

## MONTHLY CONTRIBUTION SUMMARY

<b>May Needs</b>	<b>\$29,860.00</b>
Church Needs Donations	25,733.92
Over (Short)	(4,126.08)
<b>Year to Date</b>	<b>\$149,300.00</b>
Donations Received	112,208.33
Over (Short)	(37,091.67)
<b>Associate Pastor Fund</b>	<b>\$25,005.11</b>
<b>Youth Pastor Fund</b>	<b>\$44,872.00</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>May Tithe</b>	<b>\$28,200.05</b>
<b>Year to Date</b>	<b>\$123,945.69</b>

### THIS WEEK'S OFFERING

**Local Church Budget**



## HEALTHY BYTES

### Water

If you don't take in an adequate amount of water, you will likely find it impossible to achieve control over your weight! What this means is 10-12 eight ounce glasses of WATER per day, plus eight more ounces for every 25 pounds you are overweight. This is the basic requirement

for healthy living. Unfortunately, not many people drink as much water as they need. Many problems of weight control can be cured by increasing your water intake. Constipation, nausea, and headaches can all be helped with this, the greatest nutritional supplement in the world. WATER!

Restricting your water can promote fat deposits. Your body uses water as the major component of blood to transport nutrients and wastes. A lack of water in the system can cause fats and other toxins, that are normally disposed of, to remain in your body - including that dimpled fat commonly referred to as cellulite. The good news is that it is easy to solve this problem. An 8 oz. glass of water isn't very large. Keep it on your desk and keep refilling it. Don't go by the water cooler without taking a sip, thirsty or not. Keep a glass on your night stand and drink when you first get up. Sixteen ounces upon rising will prepare your body for the day.

Dieters and non-dieters alike must establish a "fluid balance" where water going into the body approximately equals the amount being excreted. When you reach this balance point, you will see what an incredible difference water can make in your weight control program. Pounds and inches begin to disappear.

Trying to solve the problem of fluid retention by drinking less water only aggravates matters, because it (retention) occurs even when you drink no water. If you don't drink more water after salty food, your body pulls water from your intestines and bowel to dilute the extra sodium. If you drink more water, you force stored water out of your body through the kidneys. I suggest you give water a chance. Only with an adequate supply of clean, fresh, life-giving water, can your body's systems function in a way that keeps you healthy.

If you are unaccustomed to drinking water, start with 4-8oz. glasses the first day and build up an ounce a day until you have reached at least 12-8 oz. glasses a day. I leave a large pitcher of filtered water on the counter (keep in the fridge if you like it cold) and drink a little all day until it is empty.

Drinking water at a certain time maximizes its effectiveness on the body: Two glasses of water after waking up - helps activate internal organs. ☺ One glass of water 30 minutes before a meal - helps digestion ☺ One glass of water before taking a bath - helps lower blood pressure. ☺ One glass of water before going to bed - avoids stroke or heart attack. Water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse. ☺ If you are drinking enough water to be healthy, you won't be craving those unhealthy drinks as much. Another plus!

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.

## 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](mailto:dennis@sunnysidesda.org).



## IT'S A BABY SHOWER

We're having a church family baby shower to welcome little Asher Kerr and Achsa on **Sunday, June 22 at 2:00 p.m.** at the home of Judi Krogstad. If you'd like to help in any way, please call the church office (229-5501) or send Angela a text (994-5502). Pastor Taneshia is registered at [buybuybaby.com](http://buybuybaby.com) and [target.com/babyregistry](http://target.com/babyregistry). Enter "Taneshia Stoddart-Kerr."

## YOUTH NEWS

**Fundraiser Workbee - this Sunday:** We're heading out early Sunday morning before it gets too hot to Mike & Patricia Ford and Gloria & Felix Ferrer homes to do some work and raise a little money for the mission trip. Call or text Vicky Turley (709-2333) for the details.

**Hartmans' Campout - June 28-29:** We have a date! Make plans to go to the Hartmans' - it's gonna be awesome!!



## 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](mailto: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](mailto:soloniuk@sbcglobal.net)) or Misty Cruz ([macruz@fcoe.org](mailto: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 **this Sabbath** 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 **this Sabbath** 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!

## MEN'S MINISTRY ON SUMMER BREAK

The Men's Ministry Bible Study Group will take a summer break. They will not meet again until September. If you've been considering joining, re-joining or just checking them out, think about coming on Wednesday evenings at 6:30 p.m. when they begin again in the fall.

## 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:** Horizon Health & Sub-Acute Ctr  
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?"

## 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.



## VOCAL AND GUITAR CONCERT

Recording artist, Don Budd, will give a vocal and guitar concert at the Central Valley SDA Church (corner of 9th and Clinton), **Saturday, June 21, at 7:00 p.m.**



# GETTING TO KNOW OUR FAMILY & FRIENDS



**Elijah  
Freebird**

## SUNNYSIDE SDA CHURCH YEARBOOK CLASS OF 2014



**Venita Janine Espinosa**



**Rachelle M. Clement**



**Camille Mariah  
van Putten**



**Mylinda Finney**

surrounded by her family and No.1 supporters



**Sean Jones**

being hooded by Lenden Webb



**Michael van Putten**

with his wife, Crisol

**CHURCH ADDRESS**

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website: www.sunnysidesda.org

**THE LAST WORD**

Oh God, gather me now to be with you as you are with me.  
Soothe my tiredness;  
quiet my fretfulness;  
curb my aimlessness;  
relieve my complusiveness;  
let me be easy for a moment.

O Lord, release me  
from the fears and guilts which grip me so tightly;  
from the expectations and opinions which I so tightly grip,  
that I may be open  
to receiving what you give,  
to risking something genuinely new,  
to learning something refreshingly different.

O God, gather me to be with you as you are with me.  
Amen.

— Ted Loder, *Guerrillas of Grace*

**HAPPY BIRTHDAY TO...**

Curtis Gilbert (6/7)  
Daniel Haldeman (6/8)  
June Swederofsky (6/9)  
David Frazer (6/10)  
Andrew McEowan (6/10)  
Leonor Diaz (6/11)  
Fred Wiest (6/11)  
Eleen Straw (6/12)  
Desrie van Putten (6/12)  
Kenny Vestal (6/12)  
Victoria Novielli (6/13)

**HAPPY ANNIVERSARY  
TO...**

George & Linda Messing (6/7)  
Garth & Barbara Zambrana (6/8)  
Rusty & Gale Bolinger (6/9)  
Mark & Marcia Bravo (6/12)  
David & Maxine Smith (6/13)