

FRESNO
SUNNYSIDE
SEVENTH-DAY
ADVENTIST
CHURCH

SunnysideNews

WEEKLY NEWSLETTER

June 12, 2014

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

CHURCH LIFE

SON OF HARRIET SHIMMIN PASSES AWAY

Scott Shimmin, the son of Harriett Shimmin and brother of Jody Liu and Gary Shimmin, passed away suddenly on Monday afternoon. He was 48 years old. The cause of death is assumed to be a heart attack, although that has not been confirmed. Scott and his family live in Southern California, and the family has gathered at his home. The Shimmin and Liu families request our prayers during this time of shock and grief.

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Worship

Learn

Connect

Serve

SABBATH CELEBRATION

June 14, 2014

Sunnyside *Light*
9:00 – 9:50 A.M.

“10,000 Reasons”
“You Are My All in All”

Prayer
Bruce Eckhart

Scripture
Matthew 5:43-48

“Loving Your Enemies”
Pastor Dennis Ray

Worship Service

11:15 A.M.

“10,000 Reasons”
“You Are My All in All”

Welcome
Pastor Dennis Ray

Fathers' Day Recognition

Giving Thanks

“Seek Ye First”
“My Chains Are Gone”

Prayer
Bruce Eckhart

“Father, I Adore Thee”
Elle & The Kidwell Trio
(Jarrod, Lana, and Janelle)

Scripture: Matthew 5:43-48

“Loving Your Enemies”
Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Sunday, June 15
FATHERS' DAY

Monday, June 16
Women's Ministry Bible Study: "Gideon" 6:00 p.m.

Tuesday, June 17
Staff Meeting 1:00 p.m.

Wednesday, June 18
Community Services Distribution - *by appointment only*
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.

Thursday, June 19
Church Board Meeting - Pastor's Office 6:30 p.m.

Sabbath, June 21
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 - Pacific Gardens Nursing 2:30 p.m.

SUNSET

This Friday
8:19 p.m.

Next Friday
8:21 p.m.

PREACHING SCHEDULE

June 21 - Pastor Ray
June 28 - Don Simmons
July 5 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

June Needs	\$29,860.00
Church Needs Donations	9,274.66
Over (Short)	(20,585.34)
Year to Date	\$179,160.00
Donations Received	121,429.26
Over (Short)	(57,730.74)
Associate Pastor Fund	\$25,105.11
Youth Pastor Fund	\$44,872.00

TITHE TO CENTRAL CALIF. CONFERENCE

June Tithe	\$11,573.24
Year to Date	\$141,381.91

THIS WEEK'S OFFERING

Adventist Chaplaincy/Multilingual Ministries



HEALTHY BYTES

What environment do you live in?

Have you ever been diagnosed with Heartburn or Acid-Reflux? Both of these problems can be the result of an over-acidic diet. Our nutritional goal for optimum health is maintaining a proper acid/alkaline balance. It is important that the diet is slightly more alkaline than acid for the body to repair itself. Sounds easy; however, in

our society the acid food reigns. Your body cannot thrive in an acidic environment.

The body will always strive to maintain a proper acid/alkaline balance, though the more we help it along by eating the right balance of foods, the less wear and tear on the system. If an acid condition continues, however, the body will draw minerals from other areas to try to neutralize itself. For instance, calcium, an alkaline-forming mineral, may be released from bones. This is a short-term solution which, over time, can lead to osteoporosis. Chronic over-acidity removes oxygen from the blood and can result in lowered immunity and premature aging, kidney stone formation, muscle loss, back pain, gout and other joint diseases. Chronic degenerative conditions, like cancer, tend to develop in an over acid environment. Over acidity also can produce that tired, headachy, fuzzy-headed feeling many people get, especially after eating.

The typical American diet is acidic, consisting of foods that have an acidifying effect on the body - too much meat, processed foods, refined sugars, chemical additives, caffeine, alcohol (yup, all your favorites), as well as most prescription drugs. A plant-based diet of whole, fresh vegetables, fruits, nuts and seeds, whole grains, etc., will naturally have a more alkalizing effect. You will find that the more you eat alkaline foods, the more you will crave them and they will become your favorites.

If you are regaining your health, a diet of 80% alkaline-forming foods and 20% acid-forming foods is best. For maintaining health, usually 60% alkaline and 40% acid is adequate. Try this: for every 10 foods eaten, six should be vegetables, two fruits, one protein, one starch and whole, organic grains. Some foods that we would consider acid, like lemons, are not the problem. In fact, if you are experiencing the effects of an over acidic diet, try drinking a glass of water with a lemon in it to balance you out.

Remember that it is not the occasional bad eating day; but the day in and day out acid diet that will destroy you. Find your balance!

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.



IT'S A BABY SHOWER

We're having a church family baby shower to welcome little Achsah and Asher Kerr 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 and target.com/babyregistry. Enter "Taneshia Stoddart-Kerr." Also, please RSVP to 229-5501 or churchoffice@sunnysidesda.org.

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.

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.



CHANGE, RECIPES & WORK BEES FOR AFRICA

Please submit your favorite recipes to Loanne Soloniuk (soloniuk@sbcglobal.net) or Misty Cruz (mcruz@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...and, don't forget to collect your loose change for the Youth mission trip. 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. Thanks for supporting our mission trip to Tanzania, Africa.



YOUTH NEWS

Laser Tag - June 18: Watch for more details on this via text or email.

End of School Year Party at MB2 - June 21: We're gonna have an year-end party at MB2 Raceway! Details coming soon!

Sunnyside's Food Pantry Service - June 24 & 25: Community Services needs our help in the food pantry. Join us Tuesday around noon for a couple of hours to help unload, sort, and bag groceries. Come back on Wednesday from 8:30 -11:30 a.m. to assist with carrying groceries to the cars of those who need the help. Talk to Jody Liu (818-635-1386) if you have any questions.

Hartmans' Campout - June 28-29: Make plans to go to the Hartmans' - it's gonna be awesome!! More details soon!

Beach Weekend - July 11-13: Save the date! Watch for more details.

Fundraiser Work Bee - July 20: We've got another work bee coming up in July. We'll let you know more, soon.



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: Pacific Gardens Nursing
577 S. Peach Ave. – Fresno – 2:30 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?"

CLOVIS COMMUNITY CHOIR CONCERT

The inaugural performance of the newly formed Clovis Community Choir will take place on **June 26 at 7:00 p.m.**, at the Clovis Veterans' Memorial Hall. The group, which includes some members from Sunnyside, will present a collection of patriotic songs that will make you want to stand and salute! Come and enjoy hearing some classics as well as some not-so-well-known heart-stirring pieces. Free admission.

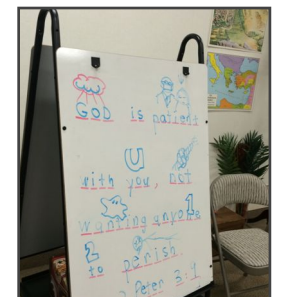
VOCAL AND GUITAR CONCERT

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

PRIMARY SABBATH SCHOOL CLASS

The kids enjoying Sabbath School with Leslie Batty, teacher.



CHURCH ADDRESS

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THE LAST WORD

“In a futile attempt to erase our past, we deprive the community of our healing gift. If we conceal our wounds out of fear and shame, our inner darkness can neither be illuminated nor become a light for others.”

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

HAPPY BIRTHDAY TO...

Jasmine Barcoma (6/14)
Will Reimer (6/14)
Audrey Rodriguez (6/14)
Nancy Isaacs (6/15)
Loanne Soloniuk (6/16)
Darryl Cook (6/17)
Karen Swanson (6/17)
Gloria Ferrer (6/18)
Gibby Mora (6/18)
Kathy Patterson (6/18)
Noah Lee (6/19)
Daryl Slusher (6/19)
Benjamin Smith (6/19)

**HAPPY ANNIVERSARY
TO...**

Mike & Laurene Ward (6/19)
Keith & Deb Tetz (6/20)