

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

## CHURCH LIFE

### CAMPMEETING BEGINS TONIGHT

Central California Conference 134th Campmeeting begins this evening. You can find the program guide at [ccc.adventist.org/campmeeting](http://ccc.adventist.org/campmeeting). This guide includes the programming grid for the main auditorium, the Hispanic tent, as well as for the lower age divisions. Campmeeting programming will air on the Hope Church Channel (Galaxy-19). There will also be live streaming on the web from both the main auditorium and the Hispanic tent. Find the web links for these live feeds at [ccc.adventist.org/campmeeting](http://ccc.adventist.org/campmeeting).

Our thoughts and prayers go with those who are traveling to and from Soquel and we pray that God's spirit will shine through all those who speak and those who attend. We ask for a special blessing for Pastor Dennis and all those from Sunnyside as they serve there during these next ten days.

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# SABBATH CELEBRATION

## July 19, 2014

**Sunnyside Light**  
9:00 – 9:50 A.M.

**“Footprints of Jesus”**  
**“In the Garden”**

**Prayer**  
Bruce Eckhart

**Scripture:**  
**Ephesians 6:23,24**  
**& Revelation 2:1-7**

**“Remember, Repent, and Do”**  
Jim Robison

# Worship Service

## 11:15 A.M.

**“Footprints of Jesus”**  
**“In the Garden”**

**Welcome**  
Desrie van Putten

**Giving Thanks**

**“I Feel Jesus”**  
**“Into My Heart”**

**Prayer**  
Bruce Eckhart

**Scripture:**  
**Ephesians 6:23,24**  
**& Revelation 2:1-7**

**“Homesick”**  
Cory Colombini

**“Remember, Repent, and Do”**  
Jim Robison

**Benediction**

## THIS WEEK AT A GLANCE

### Tuesday, July 22

Community Services - Food Pantry Set-up 11:00-3:00

### Wednesday, July 23

Community Services - Food Pantry Distribution & Clean-up 8:30-1:00

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

### Sabbath, July 26

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 - Bella Vista Care 2:30 p.m.

## SUNSET

This Friday

8:17 p.m.

Next Friday

8:12 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

July 26 - Gloria Ferrer

August 2 - Tom Gearing (*Youth Pastor Candidate*)

August 9 - Pastor Ray

## MONTHLY CONTRIBUTION SUMMARY

<b>July Needs</b>	<b>\$29,860.00</b>
Church Needs Donations	13,004.16
Over (Short)	(16,855.84)
<b>Year to Date</b>	<b>\$209,020.00</b>
Donations Received	145,314.66
Over (Short)	(63,705.34)
<b>Associate Pastor Fund</b>	<b>\$19,142.76</b>
<b>Youth Pastor Fund</b>	<b>\$50,602.00</b>

## TITHE TO CENTRAL CALIF. CONFERENCE

<b>July Tithe</b>	<b>\$12,110.20</b>
<b>Year to Date</b>	<b>\$164,153.71</b>

## THIS WEEK'S OFFERING

**Local Church Budget**

## HEALTHY BYTES



**Overcoming anxiety without medications involves making lifestyle changes, and that includes changing your diet.** There are foods that will help cure anxiety, and foods that will contribute to anxiety, and by choosing the right foods, you can drastically cut down on the amount of anxiety you experience – and possibly improve your mood.

Healthy eating is one of the best ways to control anxiety and stress. In fact, one of the best things you can add to your diet is to drink more water. Many studies have found that dehydration affects as many as 25% of those with persistent stress or more, and dehydration is known to cause more anxiety.

As for foods, anything with magnesium, vitamin B12 (and other B vitamins), zinc, and antioxidants can be beneficial for helping you deal with stress. There are also herbal supplements like kava and passionflower that may be valuable for anxiety.

Some of the top foods to relax your mind are: cashews - two handfuls a day (works like Prozac). Blueberries, acai berries and peaches have a calming effect. Almonds are high in zinc (a nutrient for maintaining a balanced mood) and iron (low iron levels have been known to cause brain fatigue, which can contribute to both anxiety and a lack of energy). Chocolate (cacao especially) reduces cortisol – the stress hormone that causes anxiety symptoms. And one that might not be easy to find, but is loaded with magnesium and iron (more than every other type of fruit and vegetable) maca root, found in health food stores.



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All of the above foods are beneficial for dealing with your anxiety. They provide vitamins and nutrients that are known to calm the mind and body while also increasing energy and stabilizing your mood. Combine those foods with a balanced diet that is free of fried foods and harmful ingredients and you should see a marked difference in your anxiety levels. Plan ahead for those stressful events with these healthy foods.

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.

ANNOUNCEMENTS

COMMUNITY SERVICES NEWS

**Help Needed:** We need your help with food setup **next Tuesday (July 22), 11:00–3:00**; and with distribution and clean-up on **Wednesday (July 23), 8:30–1:00**. Thank you!  
**How Exciting!** A video on Sunnyside Community Services and McLane High School will be shown at the **11:00 a.m. service on July 26** at campmeeting!

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:**  
Madera Nursing and Rehab  
 517 S. A Street – Madera – 3:00 p.m.  
**Next Sabbath (August 2):**  
Bella Vista Memory Care  
 5425 W. Spruce – 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?”

YOUTH NEWS



**Fundraiser Work Bee - this Sunday:** Every work bee puts us that much closer to our fundraising goal for the mission trip. Get the details from Vicky Turley (790-2333).  
**Pancake Breakfast for Elderly - August 3:** A new service project. Watch for more details.

EARLY YOUTH NEWS



McDermott House - August 3

**Time:** 12-6 p.m.  
**Who:** All current Early Youth & those who have just graduated to Youth.  
**What is included:** All day pass includes unlimited use of the surf machine, climbing wall, bounce houses, two slices of pizza & drinks. You will also receive a \$5 arcade pass.  
**RSVP:** Please text Diane at 304-4801; space is reserved for 20.

SAVE THE DATE

Shaver Lake Sabbath is coming August 16!

Make plans to join us for our annual Church in the Mountains. The day will be filled with Sabbath School, hiking, Worship Service, boat rides, baptisms in the lake, and a huge picnic potluck.

FLOWER 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.

JUNIOR CLASS SWIMMING PARTY

August 10 - more details coming soon!



Our next Soul Sister Bible Study will be **Mondays, July 28 through October 27**. Join us with Beth Moore and walk the shores of Thessalonica with this verse-by-verse Bible study of 1 and 2 Thessalonians. Children of the Day sheds light on the relationships shared by those who comprise the church. You will gain assurance that your circumstances and conditions are not coincidental. God's timing is impeccable! Whether you're facing family crises, medical diagnoses, relationship troubles, doubts, or fears, you will receive encouragement for living the Christian life now and hope for when Christ returns. To watch the trailer visit <http://bcove.me/znzpio2g>.

“You are children of the light and children of the day. We do not belong to the night or to the darkness.”  
 1 Thessalonians 5:5

CCC 134<sup>TH</sup> CAMPMEETING CALENDAR



- July 17 Opening Night 7pm
- July 18 Early Devotional 6:30am ❖ Evening Meeting 7pm
- July 19 Adult Sabbath School 9am ❖ Worship 10:45am (Speaker: Henry Wright)  
 ❖ African American Ministries Sponsored Meeting 3pm (Speaker: Deblaire Snell)  
 ❖ Evening Meeting 7pm
- July 20 ABC Book Sale 4pm
- July 21-25 Early Devotional 6:30am ❖ Morning Meeting 11am ❖ Evening Meeting 7pm  
 ❖ Health Seminar 9am & 2pm ❖ Seminars 9am, 2 & 4pm ❖ Mini-Concerts 6:30pm
- July 26 Adult Sabbath School 9am ❖ Worship 10:45am (Speaker: Ted Wilson) ❖ Heritage Singers Concert 3pm ❖ Baptisms 5:15pm ❖ Closing Meeting 7pm

For more information go to [ccc.adventist.org/campmeeting](http://ccc.adventist.org/campmeeting)

FROM SURVIVAL TO REVIVAL

**July 17–27** at Soquel Camp Meeting Collegiate/Young Adult; this year, we'll explore what it really means to have new life – a life that makes a difference, a life that gives and serves, a life full of meaning. Great speakers, inspiring music, powerful testimonies, beach vespers and bonfire, small groups, and an “Ask Anything” panel for Sabbath School, July 26. Download the app for smartphones and tablets: <http://bit.ly/SoquelAndroid> or <http://bit.ly/soqueliO>

**CHURCH ADDRESS**

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**THE LAST WORD****A Handful of Hope**

by Pam Mytroen

*[Love] always protects, always trusts, always hopes, always perseveres.~1 Corinthians 13:7*

“Goodbye, Trevor,” I said to my nine-year-old son as he trudged through the snowy yard on his way to school. But, as usual, he didn’t turn around or acknowledge my words. He had just been diagnosed with Pervasive Developmental Disorder (PDD), which explained his lack of expression and communication. But it left us with more questions, more pain, and more worry for the future. Since the age of three, he had almost completely stopped talking. He wouldn’t even look at me and smile.

Everything had to be the same every day, including his black mittens. No other pair would do. But this morning I couldn’t find his black mittens, so he had to wear a spare pair. He had become angry with me and slammed the door.

I watched his little blond head bob up and down behind the fence as he continued walking to school, gesturing with his hands. He talks to himself all the time. If only he would share a story or two with me, I thought, as I left the window and returned to finish the breakfast dishes.

Tears dropped onto the table as I wiped the spot where Trevor sat each morning for breakfast. He routinely blurted out inappropriate messages to his cereal, but I was merely the invisible robot that served him.

“Goodnight, I love you,” was only a rote saying that he recited each night at bedtime after he brushed his teeth and put on his pajamas.

A knock at the door interrupted my sullen thoughts. I wiped the tears from my face and wondered who could be here so early. When I opened the door, Trevor stood trembling on the doorstep. “Trevor! What’s wrong? Did you forget your books?” He didn’t answer. He stepped in and looked up at me. His cheeks were a rosy pink from the cool February day. “Mommy,” he began. I held my breath. For several years, he hadn’t looked me straight in the eye or called me by name. “Yes?” I whispered. I slowly lowered to my knees to be at his eye level. If I moved too quickly, I would shatter this fragile moment. His bright blue eyes grew shiny, and a tear slipped down his round cheeks. “Mommy, I’m sorry,” he said.

He only spoke three simple words, but his soul had opened. He had talked to me from his heart. He showed emotion. Then his face hardened, and he turned and ran. The moment was over. Iron bars separated my heart and his once again.

I stayed in that spot on the floor and pressed a handful of hope to my heart. It was like a door had opened for the first time, and he had pulled me through it into his world.

It didn’t happen again for a long time, but I always knew it would. I knew that Trevor was in there. I knew he would come out again. That moment sustained me for years. Sometimes, he smiles so brightly that the chains of autism rattle their retreat for a few moments, and we connect.

All it took was three words, a tear, and his round blue eyes looking into mine. And I will always be grateful to God for giving me this little spark of hope.

*My Prayer: Thank you, Lord, for the gift of hope. May you give hope to others who are raising developmentally challenged children. Help us to see the perfect soul that resides within each of our children. Amen.*

**HAPPY BIRTHDAY TO...**

James Reed (7/19)

Rain Reed (7/20)

River Reed (7/20)

Maria Contreraz (7/22)

Heather Daniels (7/22)

Carol Dement (7/22)

Marla Hartman (7/22)

Nathan Lee (7/22)

Ron Brady (7/24)

Carson Haldeman (7/24)

Bonnie Moseley (7/25)

**HAPPY ANNIVERSARY TO...**