

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

## CHURCH LIFE

### SUNNYSIDE GRACE CONCERT



Sunnyside Grace and well-known Christian artist, JD Miller, will be performing an inspirational evening of music on Friday, September 19 at 7:00 p.m. at the church. A freewill offering will be taken; there is no admission fee to attend. Invite your family and friends. You will be blessed!

### WOMEN'S "SOUL SISTERS" MINISTRY

It has been an amazing two years since Sunnyside Women's Ministry has reached out to our women and those in the community under "Soul Sisters Bible Study Fellowship." God is blessing this ministry and we want to give thanks and praises for the work He is doing.

During these two years, we have hosted a prayer workshop, a Proverbs 31 workshop and completed nine studies that have impacted the lives of over 500 women. We have seen God's breath-taking and miraculous work in marriages healed, prayers answered, friendships formed, chains of addiction broken, and women giving their hearts to Him.

We are currently in the midst of "Children of the Day" – a study of 1 & 2 Thessalonians by Beth Moore. We invite you to join our next Beth Moore study beginning Monday, October 13 – "Stepping Up, A Journey Through the Psalms of Ascent." We would like for you explore this study with us and experience transformation and community in an environment where God's love and acceptance abound.



#### In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
Getting to Know Our Family & Friends	4
The Last Word	5

# SABBATH CELEBRATION

## August 30, 2014

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

**“Revelation Song”**  
**“I See the Lord”**

**Prayer**  
Patricia Ford

**Scripture: Matthew 7:13-27**

**“The Great Decision”**  
Pastor Dennis Ray

**Worship Service**  
11:15 A.M.

**“Everlasting God”**  
**“Love You So Much”**

**Welcome**  
Pastor Dennis Ray

**Giving Thanks**  
Ron Fitzgerald

**“Revelation Song”**  
**“I See the Lord”**

**Prayer**  
Patricia Ford

**“Better Than a Hallelujah”**  
Bob and Yvette Gilbert

**Scripture: Matthew 7:13-27**  
Mike Ford

**“The Great Decision”**  
Pastor Dennis Ray

**Benediction**

### THIS WEEK AT A GLANCE

**Tuesday, September 2**

Staff Meeting 1:00 p.m. (Pastor's Office)

**Wednesday, September 3**

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

Men's Ministry Meeting & Study 6:30 p.m. (Youth Room)

**Friday, September 5**

Intercessory Prayer Team 7:00 p.m. (Fellowship Hall)

**Sabbath, September 6**

Sunnyside Light - 9:00 a.m.

SunnysideUp Cafe - 10:00 a.m.

Sabbath School - 10:00 a.m.

Worship Service - 11:15 a.m.

Potluck - immediately following service (Maroa Rooms)

Junior Parent Meeting - during potluck (Junior Room)

Youth Parent Meeting - during potluck (Kindergarten Room)

Music & Praise Ministry - 2:30 p.m.

This Friday 7:33 p.m. **SUNSET** Next Friday 7:23 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

September 6 - Pastor Ray  
September 13 - Leah Jordache  
September 20 - Pastor Ray

### MONTHLY CONTRIBUTION SUMMARY

<b>August Needs</b>	<b>\$29,860.00</b>
Church Needs Donations	21,993.48
Over (Short)	(7,866.52)
<b>Year to Date</b>	<b>\$238,880.00</b>
Donations Received	176,361.46
Over (Short)	(62,518.54)
<b>Associate Pastor Fund</b>	<b>\$14,546.00</b>
<b>Youth Pastor Fund</b>	<b>\$52,702.00</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>August Tithe</b>	<b>\$18,806.13</b>
<b>Year to Date</b>	<b>\$201,998.88</b>

### THIS WEEK'S OFFERING

**Monterey Bay Academy**



## HEALTHY BYTES

### CUCUMBER TIPS & TRICKS

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, folic acid, vitamin C, calcium, iron, magnesium, phosphorus, potassium and zinc.
  2. For a pick me up in the afternoon... Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours. Slice some and put in your water bottle.
  3. If you rub a cucumber slice along your bathroom mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
  4. Place a few slices of cucumber in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area. (Haven't tested this one myself, but plan to!)
  5. Rub a slice or two of cucumbers on your wrinkles for a few minutes, the phytochemical in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of the wrinkles.
  6. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium. A good substitute for the sugary sports drinks.
  7. Looking to fight off that afternoon or evening snacking binge? Since the cucumber has all the nutrients your body needs it will satisfy the cravings.
  8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
  9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone! (just tried this and, yes, it works!)
  10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams. (well, there you go! Stress relief - think I'll put cukes in the kettle on the woodstove, we'll all be mellow soon!)
  11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the photochemical will kill the bacteria in your mouth responsible for causing bad breath. (ok, who do you know that you want to share this one with?)
  12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean. (this works amazingly well, just tried it on old copper faucet)
- God gave us so much in one simple vegetable. Get the chemicals out of your life as much as possible. Use nature to clean and cure.

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 CLASSES

Pastor Dennis will teach a baptismal class for young people ages 10–13. The class will meet during Sabbath School, from **10:00 to 11:00 a.m., on September 13, 20, and 27**. 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).

## MEN'S MINISTRY BIBLE STUDY

This group resumes their meetings this **Wednesday at 6:30 p.m.**, and will meet weekly in the Youth room. They'd love to have you join them in a relaxed environment of friendship, togetherness, and study.

## POTLUCK - SEPTEMBER 6



Join us **next Sabbath** for our church family potluck. Families with last names beginning **A–L please bring sandwiches; M–Z please bring salads.** Please DO NOT bring casseroles this month. The Potluck committee will provide dessert.

Potluck is a great time to fellowship with old friends and to make new ones. It is extremely helpful to the potluck committee if you put your name on your dish or container.

## JUNIOR PARENT MEETING

Join us for a parents and teachers meeting during potluck in the Junior Room **next Sabbath**. We will discuss and plan the September 20 worship service program that the Junior class will be in charge of. We will also plan the teaching schedule for the next quarter, and any social activities we'd like to do. Come with your suggestions and your willingness to volunteer.

## YOUTH PARENT MEETING

Our monthly parent meeting and planning session will resume at the next church potluck next Sabbath. We will meet in the Kindergarten classroom. We've taken the summer off, so we have a lot of catching up to do with one another and we have upcoming events we need to plan and discuss. So, grab your plate at potluck and join us!

## YOUTH NEWS



**Pancake Breakfast for Elderly - September 7:** We are going to meet at 8:00 a.m. at Creek Park Village Retirement Community - 350 Minnewawa, Clovis. We will serve with the assistance of Cheryl Colombini. If you'd like to donate food for the breakfast, please text Angela (994-5502).

**Parent Meeting - September 6:** Make plans to attend.

**Youth Vespers - September 26:** Plan on meeting at Devin Ray's house - 6:30 p.m.

### Sabbath School Teaching Schedule

August 30: Justin and Tonya Priest  
 September 6: (*volunteer needed; contact Vicky Turley: 790-2333*)  
 September 13: Gabe Wiest  
 September 20: Leo & Angela Reijnders  
 September 27: Gilbert Barr

## FRIENDSHIP CIRCLE MEETING CANCELLED

There will be no Friendship Circle meeting next week. **We will meet again on October 7.**

## FUNDRAISER LUNCHEON

### Sunnyside Youth Mission Trip Fundraiser Luncheon - October 5

Our Youth are inviting family, friends, neighbors and everyone they know to a fun fundraiser luncheon on **October 5 - 1:00 p.m.** and they'd like their church family to attend as well. The afternoon will include a scrumptious lunch prepared by Cheryl Colombini and served by the Youth, music from Arland Finney and his band, presentations from our teens and a special treat that you'll have to see to believe. The event will take place in the Hope Lutheran Community Center - 364 E. Barstow. Tickets are \$25 per person. Call the church office (229-5501) to RSVP. Save the date and spread the word!

## 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**

**Pacific Gardens - 577 S. Peach - Fresno 2:30 p.m.**

**Next Sabbath**

**Orchard Park - 675 W. Alluvial - Clovis 2:30 p.m.**



## 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.

## HOME & SCHOOL CLUB MEETING

Fresno Adventist Academy invites all their parents and grandparents to join the Home & School Club meeting in the Elementary Library Thursday at 3:15 p.m. There are exciting school events to know about and participate in to make this year even more awesome for the students!

# GETTING TO KNOW OUR FAMILY & FRIENDS

## Sunnyside Soul Sisters



**CHURCH ADDRESS**

5375 North Maroa Avenue  
Fresno, CA 93704

Phone: 559.229.5501

Fax: 559.229.5502

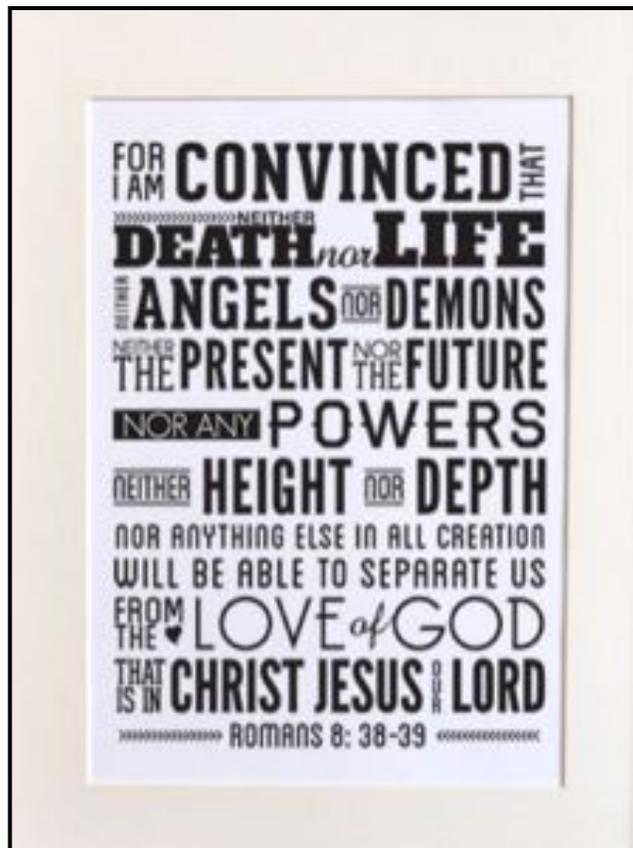
email: churchoffice@sunnysidesda.org

website: www.sunnysidesda.org

**Office Hours**

Tuesday – Friday

10:00 a.m. – 3:30 p.m.

**THE LAST WORD****HAPPY BIRTHDAY TO...**

Joel Garbutt-Quistiano (8/30)

Denise Gutierrez (9/2)

Grant Mitchell (9/2)

Brittany Gilbert (9/3)

Bernadette Randall (9/4)

Bertram Simpson (9/5)

Mark Ward (9/5)

Brandon Yoshida (9/5)

**HAPPY ANNIVERSARY TO...**

Arland & Mylinda Finney (9/1)

Larry & Printess Schlist (9/2)

Ryan & Nicole Piñon (9/3)

Dick & Skye Botimer (9/4)

Michael & Terri Mosley (9/4)

Mike & Patricia Ford (9/5)