

FRESNO  
SUNNYSIDE  
SEVENTH-DAY  
ADVENTIST  
CHURCH

# SunnysideNews

WEEKLY NEWSLETTER

September 11, 2014

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

## CHURCH LIFE

### SPECIAL PRAYER REQUEST FOR DAVE BOCCARDO

Many may know that Dave Boccardo was diagnosed with Renal Cell Carcinoma (kidney cancer) last month. Our church prayer group has been praying for him, but we'd like to ask the entire church family to lift up in prayer Dave, Elga and the physicians who will be caring for Dave. He is scheduled to have his left kidney removed this coming Tuesday – September 16 at Fresno Regional Medical Center.

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Worship

Learn

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Serve

# SABBATH CELEBRATION

September 13, 2014

## Sunnyside Light

9:00 – 9:50 A.M.

**“Blessed Assurance”  
“I Surrender All”**

**Prayer**  
Gabe Wiest

**Scripture: John 5:24**

**“Everything We Need”**  
Leah Jordache

## Sunnyside Prime

11:15 A.M.

**“Blessed Assurance”  
“Nothing But the Blood”**

**Welcome**  
Pastor Dennis Ray

**Children's Story**  
Shelly Clement

**Giving Thanks**  
Marla Hartman

**“Draw Me Close”  
“I Surrender All”**

**Prayer**  
Gabe Wiest

**Scripture: John 5:24**  
Kevin Gilpin

**“Everything We Need”**  
Leah Jordache

**Benediction**

## THIS WEEK AT A GLANCE

### Sunday, September 14

Music & Praise Ministry - 2:00 p.m. Westgate Gardens in Visalia

### Monday, September 15

Women's Bible Study: "Children of the Day" 6:00 p.m. (Sanctuary)

### Tuesday, September 16

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

### Wednesday, September 17

Community Services Distribution (by appointment only)

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 19

Worship Band/Chorister Rehearsal 5:30 p.m.

Sunnyside Grace Concert 7:00 p.m. (Sanctuary)

### Sabbath, September 20

Sunnyside Light: *Worship Service* - 9:00 a.m.

SunnysideUp Cafe - 10:00 a.m.

Sabbath School - 10:00 a.m.

Junior Baptismal Class - 10:00 a.m. (Pastor's Office)

Sunnyside Prime: *Worship Service* - 11:15 a.m.

Music & Praise Ministry - 2:30 p.m. Vintage Gardens - Fresno

Early Youth Pool Party - 6:30 p.m. (Ray home)

## PREACHING SCHEDULE

September 20 - Pastor Ray

September 27 - Pastor Ray

October 4 - Pastor Kerr

## MONTHLY CONTRIBUTION SUMMARY

<b>September Needs</b>	<b>\$29,860.00</b>
Church Needs Donations	2,869.72
Over (Short)	(26,990.28)
<b>Year to Date</b>	<b>\$268,740.00</b>
Donations Received	183,043.26
Over (Short)	(85,696.74)
<b>Associate Pastor Fund</b>	<b>\$10,741.00</b>
<b>Youth Pastor Fund</b>	<b>\$53,062.00</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>September Tithe</b>	<b>\$3,345.03</b>
<b>Year to Date</b>	<b>\$212,320.83</b>

### THIS WEEK'S OFFERING

**Fall Mission Appeal**

### 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  
7:13 p.m. 7:02 p.m.

## HEALTHY BYTES



**Margarine** was originally manufactured to fatten turkeys. When it killed the turkeys, rather than waste all that money spent on the research they found they could make it taste similar to butter. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter. Both have the same amount of calories. Butter is slightly higher in saturated fats at 8 grams; compared to 5 grams for margarine.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study. Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few and only because they are added! Butter tastes much better than margarine and it can enhance the flavors of other foods.

Margarine is very high in trans fatty acids, triples the risk for coronary heart disease, increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol), increases the risk of cancers up to five times, lowers quality of breast milk, decreases immune response, decreases insulin response, and here's the most disturbing fact...margarine is but ONE MOLECULE away from being PLASTIC...and shares 27 ingredients with PAINT. These facts alone were enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

Open a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

- 1) no flies, not even those pesky fruit flies will go near it (that should tell you something)
- 2) it does not rot or smell differently because it has no nutritional value; nothing will grow on it. Even those teeny weeny microorganisms will not find a home to grow.

Would you melt your Tupperware and spread that on your toast? Butter may add fat to your body; however, in moderation, it won't kill you!

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.

**MEMBERSHIP TRANSFERS****First Reading**

Patrice Osborne, Chad Osborne, Corey Osborne, & Joey Osborne  
to Discover Life SDA in Sonora, CA

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Joe Gordon and Margaret Gordon  
to Hanford English SDA

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Bill Hawkins and Judy Hawkins  
to Orangevale SDA in Orangevale, CA

**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).

**YOUTH NEWS**

**Lunch Together - this Sabbath:** Cheryl Colombini has invited the Youth and their families for lunch and swimming at her home immediately following worship service. You don't have to bring anything, just come and enjoy the company of others.

**Youth at MB2 Raceway - September 21:** Show up at noon for pizza and signing in.

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

**Sabbath School Teaching Schedule**

September 13: Gabe Wiest  
September 20: Leo & Angela Reijnders  
September 27: Gilbert Barr

**AN EVENING  
OF INSPIRATIONAL MUSIC**

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. No admission; a freewill offering will be taken. You will be blessed!

**FUNDRAISER LUNCHEON****Sunnyside Youth Mission Trip**

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 invite your friends!

**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**

Golden Living Center - Hy Lond  
3408 E. Shields, Fresno - 2:30 p.m.

**This Sunday**

Westgate Gardens  
4525 Tulare Ave., Visalia - 2:00 p.m.

**Next Sabbath**

Vintage Gardens  
450 S. Peach, Fresno - 2:30 p.m.

**FALL OPEN HOUSE**

You are invited to the Adventist Book Center, 2820 Willow Ave., Clovis, **Sunday, September 21, 10:00 – 4:00** for their Fall Open House & Food Sale. Details should be in your mailbox soon! These are the offers you'll find: "\$10 @ 10 a.m.!" First 100 customers receive \$10 in ABC Cash (valid for purchases on that day only); Truckload Food Sale — save \$21 when you buy seven cases or \$42 when you buy 13+ cases of Loma Linda, Worthington, and MorningStar Farms products; Free Lunch (11:00–2:00); Enter-& Win Drawings for \$25, \$50, and \$75 gift certificates! Bring the whole family!



Adventist  
Book Center.

**CCC MEN'S RETREAT**

**October 17–19** at Soquel Conference Center. You will learn to enjoy the presence of God in your daily life; to pray for your wife and children; to make a difference in the world and more. To register send \$75 (payable to "CCC") to CCC Men's Ministry, P.O. Box 770, Clovis, CA 93612; or call 347-3142 for credit card registration. The speakers will be Dr. S. Joseph Kidder & Dr. Arlene Taylor.

**CCC WOMEN'S  
RETREAT**

**January 30 - February 1, 2015** at Tenaya Lodge. The featured speakers are Elizabeth Talbot & Carolann DeLeon. These women have great testimonies that they want to share with you. *Early bird rates will be available until December 1.* Contact your local Women's Ministries Leader or Pat Curtis (642-2396) for more information.

**DO YOU HAVE  
A PASSION FOR PRAYER?**

You are invited to the Prayer Ministries Training featuring Dr. Joseph Kidder from Andrews University, **October 24–26** at Camp Wawona. There is a \$50 fee per person or FREE if your pastor or head elder is also attending. Meals provided Friday evening through Sunday noon. Please bring your own bedding and towels. Register with Pat Curtis at 642-2396 ASAP to secure your spot.

# GETTING TO KNOW OUR FAMILY & FRIENDS

## Gracie Frede's Baptism



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**Office Hours**

Tuesday – Friday

10:00 a.m. – 3:30 p.m.

**THE LAST WORD**

○ God, by whom we are guided in judgment, and Who raises up for us light in the darkness: Grant us, in all our doubts and uncertainties, the grace to ask what You would have us to do; that Your spirit of wisdom may save us from all false choices, and in Your straight path we may not stumble; through Jesus Christ our Lord – Amen.

**HAPPY BIRTHDAY TO...**

David Faridi (9/14)  
Dorothy Horton (9/14)  
Vicki Anderson (9/15)  
Larry Barber (9/15)  
Josias Eugene (9/15)  
Anthony Pittman (9/16)  
Caitlyn Menes (9/16)  
Wes Murdock (9/16)  
Dan Nozaki (9/16)  
Yissel Gutierrez (9/17)  
Barbara Bohlman-Brown (9/18)  
Holley Estep (9/19)  
Jose Franco (9/19)  
Lyn LaCross (9/18)  
Shayla Phillips (9/18)  
Garth Zambrana (9/18)

**HAPPY ANNIVERSARY  
TO...**

David & Tyonna Marshall (9/13)