

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

CHURCH LIFE

NEW COMMERCIAL FRIDGE & FREEZER

Praise God from Whom all blessings flow... Community Services recently purchased new commercial refridgerator and freezer units. We now have a completely commercial kitchen and Community Services has the much need space to store food for our Food Pantry. Although Community Services will be using them a lot, they want the church family to know that the fridge and freezer are for all church use. They also wish to thank those who contributed to the purchase of the units and they encourage everyone to go in and take a look at them - *they're gorgeous!*



PRAISE REPORT

Many of you saw Dave Boccardo in worship service last Sabbath only eleven days after having his kidney removed. Well, he had his staples removed today. His doctor said the pathology report came in at stage two cancer but all was removed – nothing but healthy tissue left all around! No chemo will be necessary but he will be tested every three months. Dave and Elga are praising God. They want to thank everyone for all the prayers; without them, they would not have come through this with such faith and peace.

HARVEST CARNIVAL VOLUNTEERS NEEDED

Are you willing to help with this year's Harvest Carnival? Your help is needed! Volunteers are needed to assist with set-up, game booths, food and clean-up. Set-up is at Esteps' home on Friday, October 17 from 11:00 a.m. – 5:00 p.m. Booth shifts during the carnival are only 45 minutes. Many hands lighten the load. Please contact Marla Hartman at 259-0241 or marla.hartman1@gmail.com if you can help.

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SABBATH CELEBRATION

October 4, 2014

Sunnyside Light
9:00 – 9:50 A.M.

“Great Is Thy Faithfulness”
“I Feel Jesus”

Prayer
Marla Hartman

Scripture
Nehemiah 2:1-8

“Rebuilding the Wall” - Part 2
Pastor Taneshia Kerr

Benediction

Sunnyside Prime
11:15 A.M.

“Great Is Thy Faithfulness”
“Happy Day”

Welcome
Pastor Taneshia Kerr

Giving Thanks

“The Heart of Worship”
“I Feel Jesus”

Prayer
Marla Hartman

“As the Deer”
Camille van Putten

Scripture
Nehemiah 2:1-8

“Rebuilding the Wall” - Part 2
Pastor Taneshia Kerr

Benediction

THIS WEEK AT A GLANCE

Sunday, October 5
Youth Fundraiser Luncheon 1:00 p.m. (Hope Lutheran Church)

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

Tuesday, October 7
Women's Friendship Circle Meeting 1:00 p.m. (Youth Room)
Staff Meeting 1:00 p.m. (Pastor's Office)

Wednesday, October 8
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.
Men's Ministry Meeting & Study 6:30 p.m. (Youth Room)

Friday, October 10
Worship Band/Chorister Rehearsal 5:30 p.m. (Sanctuary)

Sabbath, October 11
Sunnyside Light: *Worship Service* - 9:00 a.m.
SunnysideUp Cafe - 10:00 a.m.
Sabbath School - 10:00 a.m.
Sunnyside Prime: *Worship Service* - 11:15 a.m.
Music & Praise Ministry - 2:30 p.m. (Cottonwood Court)

PREACHING SCHEDULE

October 11 - Pastor Ray
October 18 - Pastor Ray
October 25 - Pastor Kerr

MONTHLY CONTRIBUTION SUMMARY

| | |
|-------------------------------------|---------------------------|
| September Needs | \$29,860.00 |
| Church Needs Donations Over (Short) | 23,240.43 (6,619.57) |
| Year to Date | \$268,740.00 |
| Donations Received Over (Short) | 203,411.97 (65,326.03) |
| Associate Pastor Fund | \$8,386.03 |
| Youth Pastor Fund | \$53,422.00 |

TITHE TO CENTRAL CALIF. CONFERENCE

| | |
|------------------------|---------------------|
| September Tithe | \$70,548.35 |
| Year to Date | \$279,524.15 |

THIS WEEK'S OFFERING

Local Church Budget

This Friday **SUNSET** Next Friday
6:41 p.m. 6:31 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.



HEALTHY BYTES

What's for Breakfast

Even though "Breakfast is the most important meal of the day" we tend to grab a bite on our way out the door most mornings. Cereal with milk is a quick and easy favorite. But both contain quickly-digested carbohydrates and these can create more work for your body, leading to blood sugar spikes and energy crashes, too. You will be napping by midmorning! To help your digestion, try including fat and protein in your breakfast. That means pouring your cereal over Greek yogurt, for example, and adding a handful of nuts.

Another favorite is a muffin and OJ. Both are high in sugar and have very little nutrition. That's because they lack of protein and fiber, as well as the excess of carbohydrates, can cause your blood sugar to increase dramatically and then suddenly drop. This easily can leave you feeling tired before you've even started your day. If you really want to get going in the morning, try a whole-grain muffin for the added fiber and fewer carbohydrates and a piece of fresh fruit. Try eating the whole orange instead of just the juice. You still get all of the flavor and less of the bad stuff!

Breakfast is the meal to eat your fat and protein to help keep you going all morning. Ever tried beans for breakfast? They are filling and satisfying. For a good fat, top them with an avocado. Add a little salsa for flavor and you have a fast and easy breakfast.

Hormone, antibiotic free eggs are an excellent source of protein. Saute some onion, mushroom, peppers and spinach, then add scrambled eggs and you have a great breakfast dish. It takes just minutes to prepare. Wrap it in a whole wheat tortilla and it is a perfect "to go" breakfast.

Be creative and start your day right with a healthy breakfast. You will feel better and live longer.



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.

ANNOUNCEMENTS

BAKED POTATO POTLUCK – THIS SABBATH

Join us **this Sabbath, October 4**, for our church family potluck. The potluck committee will provide hotdogs, chili, baked potatoes and all the toppings. A donation basket will be available for those who would like to help with the cost. Families with last names beginning **A–P please bring salads; Q–Z please bring dessert.** Please DO NOT bring casseroles this month. 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*

SINGLE WOMEN'S FRIENDSHIP CIRCLE

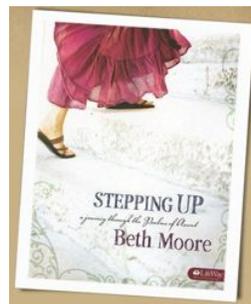


Ladies, plan to join us **Tuesday, October 7 at 1:00 p.m.** in the Youth Room for our Friendship Circle monthly meeting. If you're looking for a place to connect and make new friends, the Friendship Circle is made up of single ladies 60 and older, and we meet every month for fellowship and refreshments or lunch. We also participate in community service projects and social events. We'd love to have you join.

"STEPPING UP" - WOMEN'S BIBLE STUDY

Join Sunnyside Soul Sisters as we begin the study "Stepping Up, A Journey through the Psalms of Ascent" by Beth Moore. The study will meet every **Monday, October 13 through December 1 at 6:00 p.m.** at the church.

"Traveling pilgrims sang these psalms both on the way to the great festivals of the Lord and as key elements of the worship at those festivals. Just as a song or poem can express feelings of fear, doubt, hope, and joy, these 15 psalms model how we can voice our own petitions and praises to our God, Who is always available and ready to hear us."



Register at
www.soulsisters07.com

YOU CAN STILL RSVP

There is still time to RSVP for the Youth Fundraiser Luncheon on **October 5 - 1:00 p.m.** at the Hope Lutheran Community Center - 364 E. Barstow. Tickets are \$25 per person. Call the church office (229-5501) or text Angela (994-5502) to RSVP. You can put your check in the offering on Sabbath or pay at the event.

Thank you for supporting our Youth!

SUNNYSIDE'S ANNUAL HARVEST CARNIVAL

Make plans to attend one of our favorite yearly events! **Saturday, October 18, 6:30–9:00 p.m.** at the Esteps' home.

Friends • Food • Games • Photo Booth • Music • Obstacle Course • Paint Ball • Fun for all ages!

Hotdogs, popcorn and beverages will be provided. Here's what we'd like you to bring:

A-J: dessert - cookies, fruit bread, cupcakes

K-P: cheese and crackers or nuts

Q-Z: veggies and dip or fruit

Wear a costume and count on having a great time!

MUSIC AND PRAISE MINISTRY

Come join Sunnyside's Afternoon Music & Praise Ministry each Sabbath 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 info contact Joseph Zenith: 289-5611 or mjzenith@gmail.com.

This Sabbath: 2:30p.m.

Golden Paradise Inn, 7236 N.Fruit Ave. - Fresno
Golden Living Center, 111 Barstow Ave. - Clovis

This Sabbath: 2:30p.m.

Cottonwood Court
7468 N.Millbrook Ave.-Fresno

YOUTH NEWS

Youth Parent Meeting - Sabbath:

Our monthly parent meeting will be this Sabbath during potluck in the Junior Rm.

Setup & Rehearsal for Fundraiser Luncheon - October 4:

Let's meet at Hope Lutheran Church gym at 6:00 p.m. to blow up balloons, set tables, practice our presentation and get final instructions and training from Cheryl for the Youth waiters. If we have lots of hands, we can get the work done quickly!

Sabbath School Teaching Schedule

October 4: Ron & Loanne Soloniuk
October 11: Gabriel Wiest
October 18: Leo & Angela Reijnders
October 25: Gilbert Barr

AMAZON SMILE DONATES!



The Youth have discovered another way to raise money for their mission trip to Tanzania, Africa, and all it requires from us is a few mouse clicks. The next time you place an order with amazon.com, log on to amazonsmile.com; enter your Amazon login information and press "enter." In the box where it says "or pick your own charitable organization," type in "Fresno Sunnyside Seventh-day Adventist" and click "search." When our church name pops up, click "select." Then begin shopping as usual. You only have to enter it once; Amazon will know where to contribute 0.5% of your eligible orders.

The Youth thank you for your support!

CCC JOB POSTINGS

The Accounting Department is seeking a full-time Accounting Clerk. Contact Linda Barron for complete details: lbarron@cccsda.org. To apply, send cover letter, application, and resume to Human Resources <http://ccchr.adventistfaith.org/hr-resources-forms>; by email: lbarron@cccsda.org; fax 347-3062; or PO Box 77 0, Clovis, CA 93613. **Please respond by 5:00 p.m., Monday, October 6.**

The Education Department is seeking a part-time administrative assistant. Contact Linda Barron for complete details: lbarron@cccsda.org. To apply, send cover letter, application, and resume to Human Resources <http://ccchr.adventistfaith.org/assets/106093>; by email: lbarron@cccsda.org; fax 347-3062; or PO Box 770, Clovis, CA 93613. **Please respond by 8:00 a.m., Tuesday, October 14.**

GETTING TO KNOW OUR FAMILY & FRIENDS

Baby Dedication of Achsah and Asher Kerr



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.

HAPPY BIRTHDAY TO...

Cheryl Crouch (10/5)
Leslie Batty (10/7)
Jayson Cornwell (10/7)
Alyssa Daggs (10/7)
Ralph Diaz (10/7)
Elias Walker (10/8)
Dioni Rodriguez (10/9)

**HAPPY ANNIVERSARY
TO...**

Dennis & Diane Ray (10/4)
Ronnie & Julie Goodwin (10/5)
Russell & Jill Fulkes (10/7)
Gary & Linda Barron (10/10)

THE LAST WORD

“Do you believe that the God of Jesus loves you beyond worthiness and unworthiness, beyond fidelity and infidelity—that he loves you in the morning sun and in the evening rain—that he loves you when your intellect denies it, your emotions refuse it, your whole being rejects it? Do you believe that God loves without condition or reservation and loves you this moment as you are and not as you should be?”

— Brennan Manning
All is Grace: A Ragamuffin Memoir