

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

CHURCH LIFE

BABY NEWS!



Genevieve Tatum Keener was born today, October 9, at 12:01 p.m.! She weighs 6lbs., 6ozs. and is 20 inches long. Mommy and baby are doing well. Congratulations to Kris and Kathryn Keener. Gracie must be very happy with her new baby sister...and grandparents Greg and Julie are all smiles and praising God.

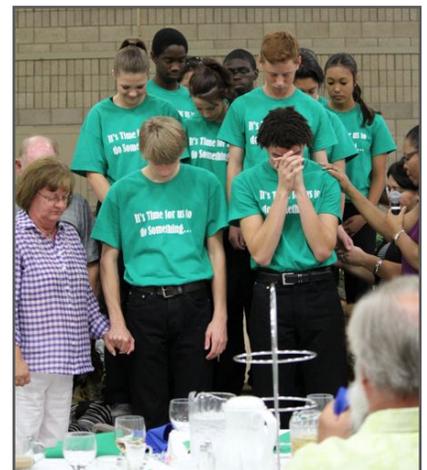
THANK YOU FOR SUPPORTING OUR YOUTH

Thank you to everyone who supported the Youth Mission Trip Fundraiser Luncheon on Sunday. It was a special afternoon filled with delicious food, fellowship, and lots of laughter. The Youth made two presentations which helped us understand their motivation for answering God's call to go and serve in this way. They expressed from their young hearts how they are trusting God, are thankful for their church family's support, and are looking forward to having fun with the children and people they will meet in Moshi, Tanzania.

One of the highlights of the afternoon was a fashion show modeled by some of our Sunnyside men. It was delightfully entertaining.

Pastor Taneshia ended the event with a beautiful prayer of blessing over our Youth as our church elders surrounded them in love.

After expenses, the event raised over \$5,000 for our mission trip to Tanzania. This brings our cash total to about \$32,500 and \$6,000 in donated airmiles. We praise God for how He blessed the luncheon and continues to bless our Youth as they prepare to do His will.



more pictures on pages 4-7

PRAISE REPORT

Teresa Tolmosoff's brother, Morgan, is at home with his daughter. God has healed his body. He will not need any physical rehabilitation. The doctors have given him only a few exercises to do at home. Teresa is extremely thankful for the prayers from her church family.

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SABBATH CELEBRATION

October 11, 2014

Sunnyside *Light*

9:00 – 9:50 A.M.

“In the Garden”
“Lord, I’m Amazed”

Prayer

Leo and Angela Reijnders

Scripture

Genesis 15:1-8

“The Gospel According to Abraham”

Pastor Dennis Ray

Sunnyside Prime

11:15 A.M.

“Everlasting God”
“Love You So Much”

Welcome

Pastor Dennis Ray

Giving Thanks

“In the Garden”
“Lord, I’m Amazed”

Prayer

Leo and Angela Reijnders

Musical Selection

Lawrence Bohanon

Scripture

Genesis 15:1-8

“The Gospel According to Abraham”

Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Sunday, October 12

Early Youth Serve Breakfast 8:00 a.m. (Creek Park Village)

Monday, October 13

Women’s Bible Study: “Stepping Up” 6:00 p.m. (Sanctuary)

Tuesday, October 14

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

Wednesday, October 15

Community Services Distribution (by appointment only)

Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.

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

Thursday, October 16

Church Board Meeting 6:30 p.m. (Pastor’s Office)

Friday, October 17

Harvest Carnival Set-up 11:00 a.m. (Estep home)

Worship Band/Chorister Rehearsal 5:30 p.m. (Sanctuary)

Sabbath, October 18

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. (Pacific Gardens)

Harvest Carnival 6:30 p.m. (Estep home)

PREACHING SCHEDULE

October 18 - Pastor Ray

October 25 - Pastor Kerr

November 1 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

October Needs	\$29,860.00
Church Needs Donations	9,471.00
Over (Short)	(20,389.00)
Year to Date	\$298,600.00
Donations Received	212,884.97
Over (Short)	(85,715.03)
Associate Pastor Fund	\$6,924.85
Youth Pastor Fund	\$53,081.00

TITHE TO CENTRAL CALIF. CONFERENCE

October Tithe	\$4,173.00
Year to Date	\$283,697.15

THIS WEEK’S OFFERING

Voice of Prophecy

SUNSET

This Friday
6:31 p.m.

Next Friday
6:21 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

Kidney Stones



Kidney stones start as tiny crystals in your urine that would normally be eliminated through your bladder. If these crystals grow big enough, they are trapped in the delicate kidney tissue and become stones. Passing a kidney stone is a painful experience. Once started, there is almost nothing you can do but suffer and endure. If you are between 30 and 60 years of age, your chances of going through this ordeal is approximately one in ten. But, this likelihood significantly increases if you’ve adopted certain eating and lifestyle habits.

If you’ve already had a kidney stone, there is a 50 percent chance of getting another one within five years, and up to an 80 percent of recurrence over ten years...unless you take preventative measures. Avoiding this experience is so much easier and smarter!

6 Things to Do to Prevent Kidney Stones

- 1. Drink enough liquids throughout the day.** The most important factor for the prevention of kidney stones is to produce adequate volumes of urine. Your urine should be light and clear if you are properly hydrated. To stay properly hydrated, you should be drinking the recommended 8 glasses of water a day. You can also eat water-based foods like watermelon, celery, fresh fruits and vegetables. Drink fresh citrus beverages, like lemonade and orange juice. The citrate in these beverages helps block stone formation. The exception to this is grapefruit juice which is associated with higher risk.
- 2. Eat a diet low in salt.** A low-sodium diet is recommended for those who have a history of kidney stones. This will also be good for your blood pressure and heart.
- 3. Eat less animal protein.** Studies show that high animal protein decreases the ability of our urine to inhibit the agglomeration of calcium oxalate crystals. The idea that we have to eat animal meat to get enough protein is a myth. While animal meat is a protein option, there are abundant non-animal protein sources, such as beans or lentils.
- 4. Eat calcium-rich foods, but use caution with calcium supplements.** There are studies that link taking calcium supplements to kidney stones. When we don’t get enough calcium in our diet oxalate levels can rise and cause kidney stones. Make sure to eat food high in calcium like almonds and other nuts and seeds.
- 5. Limit your coffee consumption.** A little coffee is OK, but large amounts may put you at risk. Population studies show that coffee and tea drinkers generally had fewer kidney stones. But, some researchers find that large amounts of coffee raise urine calcium levels.
- 6. Drink fewer sugary drinks.** “Adults who drink at least one sugar-sweetened drink a day are slightly more likely to develop kidney stones than people who rarely imbibe them,” according to a new study.

Conclusion: Prevention isn’t a great motivator for many people since you don’t see instant results, like when you lose 20 pounds or create more muscle tone. Passing kidney stones though, is such a horrendous experience that it is worth taking preventive steps — especially if you are at high risk.

The good news: all the recommendations to prevent kidney stones are recommendations for a general healthy diet. The benefits of a diet with lots of whole fresh foods does include the benefits that we are highly motivated for: more energy, easy weight loss, beautiful skin and a slower aging process.

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

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 • Face Painting • 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 breads, cupcakes
K-P: cheese and crackers or nuts
Q-Z: veggies and dip or fruit



The Estep Home
3118 N. Greenwood
Sanger, CA
(559) 875-5855

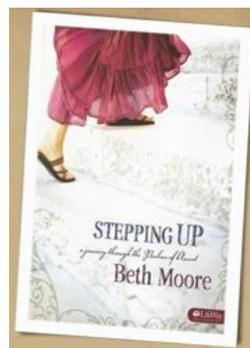
- Wear a costume (nothing scary)
- Bring a folding chair
- Bring a goody bag to collect your treats
- Invite your family and friends

Plan to Have a Great Evening!!

This is a church-sponsored social; all food & activities are FREE, including two rounds of paint ball. (Additional paintball rounds will be \$1 each to help cover the cost. Also, a photographer will be available to take your picture in the photo booth for a donation to the Youth Mission Trip.)

WOMEN'S BIBLE STUDY BEGINS MONDAY

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

JUNIOR CLASS MOVIE & GAME NIGHT

Hey Junior Class! Let's get together for a movie and game night at the Maynez home on **November 1**. Please call or text Jerma Palafox (381-5000) for all the details.

Join us; it's gonna be a blast!



JUNIOR CLASS NEWS

HARVEST CARNIVAL VOLUNTEERS NEEDED

Are you willing to help with this year's Harvest Carnival?

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 (259-0241 or marla.hartman1@gmail.com) if you can help.

EARLY YOUTH NEWS

Breakfast for the Elderly

We are going to meet **this Sunday at 8:00 a.m.** at Creek Park Village Retirement Community - **350 Minnewawa Ave., Clovis**. We will prepare and serve breakfast with the assistance of Cheryl Colombini. If you have any questions, please text/call Leo Reijnders (994-5588).



MUSIC AND PRAISE MINISTRY

Come join Sunnyside's Afternoon Music & Praise Ministry **each Sabbath at 2:30 p.m.** 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

Cottonwood Court - 7468 N. Millbrook Ave. - Fresno

Next Sabbath

Pacific Gardens - 577 S. Peach Ave. - Fresno

YOUTH NEWS

Fundraiser Workbee - Sunday:

We're washing windows, screens, gutters & patio furniture at one home. Plan to meet at the church at **8:15 a.m.** Misty Cruz (977-9335) will be in charge.

Carnival Game Booths:

Don't forget to sign-up to help in one of the booths: popcorn, paintball, photo or face painting.

Vespers - October 24:

We're meeting at Alex's house!

Teaching Schedule

October 11: Gabriel Wiest
 October 18: Leo & Angela Reijnders
 October 25: Gilbert Barr

AMAZON SMILE DONATES!



You shop. Amazon gives.

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, logon 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.

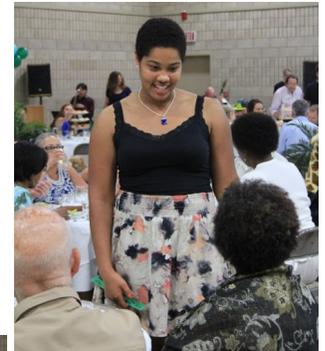
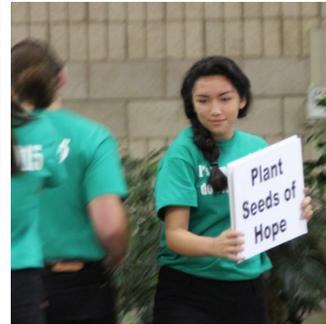
The Youth thank you for your support!

CCC JOB POSTINGS

The 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

Youth Mission Trip Fundraiser Luncheon



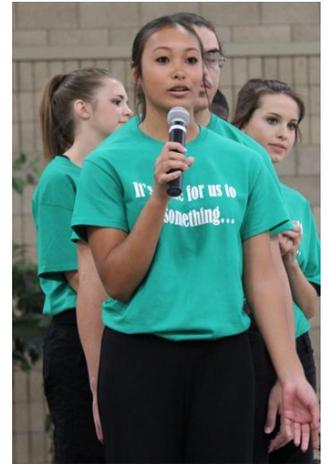
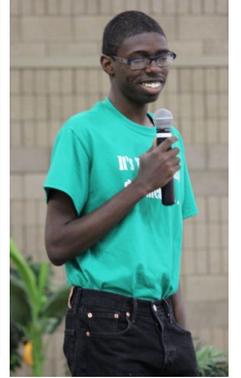
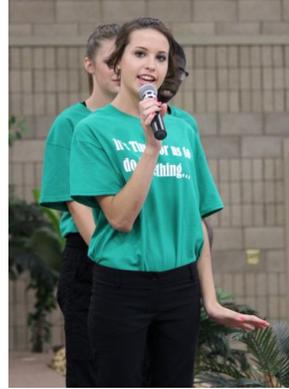
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CHURCH ADDRESS

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

“When we are fearful and worried all the time, we are living as if we don't believe that we have a strong and able Shepherd who is tenderhearted toward us, who only leads us to good places, who protects us and lovingly watches over us.” — Joseph Prince

HAPPY BIRTHDAY TO...

Aleya Barron (10/12)

Amy Daniels (10/13)

Liam Djabrayan (10/13)

Patrick Reynolds (10/13)

Nikilas Cornwell (10/15)

Cherokee Espinoza (10/15)

Lauren McEowan (10/15)

Jeremiah Gonzales (10/17)

Jacob Wong (10/17)

**HAPPY ANNIVERSARY
TO...**

Sal & Amanda Gonzales (10/13)

Dustin & Leslie Batty (10/14)

Kris & Kathryn Keener (10/16)