

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

CHURCH LIFE

PRAYER PATH RETREAT (article by Pastor Taneshia Kerr)



Last weekend, October 24-26, our prayer team experienced a powerful, Spirit-filled retreat along with 250 other participants in the CCC Prayer Ministries Training event titled "Prayer Path", held at Camp Wawona. The weekend's keynote speaker was Dr. Joseph Kidder, professor of Christian Ministry at Andrews University Theological Seminary. He passionately explained how "prayer is the powerhouse in a person's life" and that "the church cannot be fruitful without it."

Dr. Kidder's main aim was to inspire the prayer leaders to take their churches from being "churches of prayer" to "churches with prayer". Teresa Tolmosoff explains that "churches of prayer have a prayer ministry. Churches with prayer have the whole church involved in prayer for example, with prayer meetings." Many participants and Dr. Kidder as well, shared powerful testimonies about answered prayer. "A pivotal piece at the core of each story was this: *community prayer*" Diane Bertao explained. "Church family members are joining together mid-week to pray for healing, the needs of others, the needs of the church, the community and our world in general."

Participants also explored various elements of prayer. "The most powerful was the prayer walk on Sabbath" Kim Daggs said. "Going through...praying for different things, forgiveness, knowing we are perfect the way God made us and letting go of negative thoughts and feelings," she said. For Gloria Ferrer, the weekend "was a mountain-top experience with the Lord, that continues to resonate in my soul." "When we make prayer and praise a priority in our lives and really take the time to listen to His still small voice, then it will be much easier to hear Him in the busyness of life," she said.

In the coming week, the Prayer Team and Pastor Taneshia, will meet to debrief and discuss what aspects of the training, if any, can be incorporated here at Sunnyside.

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

November 1, 2014

Sunnyside Light
9:00 – 9:50 A.M.

**“People Get Ready”
“It Is No Secret”**

Prayer
Desrie van Putten

Scripture
Genesis 18:1-15

“Sarah and the Three Visitors”
Pastor Dennis Ray

Sunnyside Prime
11:15 A.M.

**“People Get Ready”
“It Is No Secret”**

Welcome
Pastor Taneshia Kerr

“What Wondrous Love”

Giving Thanks

**“There Is a Balm in Gilead”
Medley**

Prayer
Desrie van Putten

Scripture
Genesis 18:1-15

“Sarah and the Three Visitors”
Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Sunday, November 2

Daylight Saving Time ends (fall back one hour)

Monday, November 3

Women's Bible Study: "Stepping Up" 6:00 p.m. (Sanctuary)

Tuesday, November 4

Women's Friendship Circle 1:00 p.m. (P.F Chang - Riverpark)
Staff Meeting 1:00 p.m. (Pastor's Office)

Wednesday, November 5

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, November 6

Worship Committee Meeting 6:00 p.m. (Pastor's Office)

Friday, November 7

Worship Band/Chorister Rehearsal 5:30 p.m. (Sanctuary)
Intercessory Prayer Team 7:00 p.m. (Fellowship hall)

Sabbath, November 1

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. (Bella Vista)

PREACHING SCHEDULE

November 8 - Pastor Ray
November 15 - Pastor Kerr
November 22 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

October Needs	\$29,860.00
Church Needs Donations	24,218.22
Over (Short)	(5,641.78)
Year to Date	\$298,600.00
Donations Received	227,632.19
Over (Short)	(70,967.81)
Associate Pastor Fund	\$7,545.85
Youth Pastor Fund	\$53,581.00

TITHE TO CENTRAL CALIF. CONFERENCE

October Tithe	\$76,237.74
Year to Date	\$355,761.89

THIS WEEK'S OFFERING

Local Church Budget

SUNSET

This Friday
6:04 p.m.

Next Friday
5:02 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

SALT



I know we have all heard that salt is a bad thing. And if we're talking about regular "table salt", I'd have to agree.

Salt is a mineral that our body must have. In ancient times it was considered very valuable because one could not live without it. I'm talking about REAL salt – 100 percent natural salt that is extracted from a legitimate natural source and is not bleached or processed. Think Celtic sea salt, black lava salt or the mother of all salts, Himalayan salt, light pink in color.

So what has changed? The way salt is processed. The chemically produced salt we started manufacturing to keep it unclumped and free-flowing is not the ancient salt God intended us to use.

As Phillip Day explains in *The Essential Guide to Water and Salt*, common table salt is a poison, refined from nature's storehouse to remove all elements but sodium chloride. It is chemically produced, bleached and devoid of other trace nutrients the body needs. It is not naturally occurring.

"Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt, causing the potential for a myriad of health problems in your body," confirms Dr Joseph Mercola.

In fact, when saltwater fish are placed in salt water made with table salt, they die.

So no, table salt is not real salt. And real salt is vital for the body to function properly. Natural salt has been known to help combat a whole host of ailments including stress, depression, emotional disorders, confidence issues, muscle weakness, bladder control problems, diabetes, sleep disorders and arguably cancer.

Natural salt is not only a necessary building block of our existence, it can also help prevent and even cure a number of illnesses. Amazing, isn't it?

So there you have it. Salt is a mineral to *hail* not to *hate*, just as long as it is the right type.

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



MINISTRY ASSESSMENT & PLACEMENT

What fits your SHAPE? Ever feel like you are a square peg trying to fit into a circle? Do you feel like you want to get involved, but you're not sure where? Or are you involved, but you're not happy where you are? Let's get plugged in where God has gifted us to serve. Spiritual Gifts and SHAPE Questionnaires are available on **Sabbath mornings in the Sunnyside Café from 10:00 – 11:00 a.m.**

CROCKPOT POTLUCK THIS SABBATH



Join us on **Sabbath** for our church family potluck. **Everyone — A-Z please bring a salad and a crockpot filled with your favorite soup or dish.** 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 CLASS MOVIE NIGHT

Hey Junior Class! Let's get together for a movie and game night at the Maynez home **this Saturday night.** Please call or text Jerma Palafox (381-5000) for all the details. **Join us; it's gonna be a blast!**

YOUTH NEWS

Vespers - this Friday: We're meeting at Alex's house at 6:30 p.m.

Parent Meeting - November 1: We'll meet during potluck in the Junior Room.

Breakfast for Elderly - November 9: 8:00 a.m. at Creek Park Village in Clovis.

Winter Jam - November 11: We'd like to take a group to the Winter Jam Christian Concert at the Savemart Center. More details coming very soon! Contact Misty (977-9335) with questions.

Teaching Schedule

- November 8: Gabe Wiest
- November 15: Leo & Angela Reijnders
- November 22: Gilbert Barr
- November 29: Rod & Vicky Turley



AMAZON SMILE DONATES!

We can help the Youth with 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!

ANNUAL CCC CHILDREN FIRST CERIFICATION

Creative Children's Ministry Training and Certification – Track 1 at Visalia SDA Church, **November 8, 2:00–7:00 p.m.;** **November 9, 9:00 a.m.–3:30 p.m.** \$40/person; includes meals and give-aways. Register at ccchildren.adventistfaith.org. For more info email: rgillham@cccsda.org or call 347-3181.

SINGLE WOMEN'S FRIENDSHIP CIRCLE



Ladies, plan to join us **Tuesday at 1:00 p.m.** for our monthly fellowship meeting and a special luncheon at P.F.Chang, 7894 N. Blackstone (Riverpark Shopping Center). 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 for you to join!



YOU GET AN EXTRA HOUR OF SLEEP

Don't forget to set your clocks back one hour before you go to sleep this Saturday night. Daylight Saving Time ends.

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

Sunrise Senior Living - 7444 N. Cedar Ave. - Fresno

Next Sabbath

Bella Vista - 5425 W. Spruce Ave. - Fresno

CCC WOMEN'S RETREAT

January 30–February 1, 2015 at Tenaya Lodge.

The featured speakers are Elizabeth Talbot and 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. There are a limited number of scholarships available specifically for non-SDA guests (but does not include single room rate). Please consider whom you should invite to the retreat. There are also limited \$100 scholarships available for CCC SDA women who have never attend a CCC Women's Retreat. Please contact Pat Curtis (2patcurtis@gmail.com or 642-2396) to secure a scholarship.

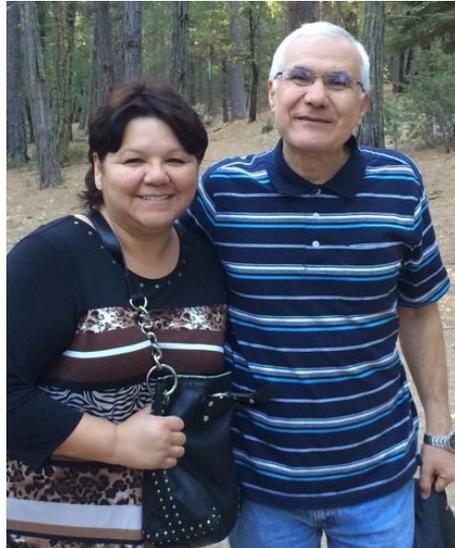


Please submit your bulletin and eNews announcements of 50 words or fewer (in paragraph form) to: bulletinstaff@sunnysidesda.org. All info is due by 6:00 p.m. on Wednesdays. The Bulletin staff reserves the right to edit text.

Disclaimer: Ads appearing in the Sunnyside eNews are printed without endorsement or recommendation of Fresno Sunnyside Seventh-day Adventist Church.

GETTING TO KNOW OUR FAMILY & FRIENDS

Sunnyside Women at Prayer Path Retreat



CHURCH ADDRESS

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website: www.sunnysidesda.org

Office Hours

Tuesday – Friday

10:00 a.m. – 3:30 p.m.

THE LAST WORD

When you can't
put your prayer
into words, God
hears your heart.

**HAPPY BIRTHDAY TO...**

Brian Birmingham (11/1)
Michelle McGuinn (11/1)
Albert Smith (11/1)
Maria Landis (11/2)
Bella Cruz (11/3)
Ivan Morford (11/3)
Isabella Soto (11/3)
Ron Richards (11/4)
Marcia Bravo (11/5)
Brandi Franco (11/5)
Sammy Hurtado (11/5)
Denise McEowen (11/5)
Amanda Menes (11/5)
John Banks (11/6)
LaRae Kellos (11/6)
Carlyn Murdock (11/6)
Jim Ragsdale (11/6)
Nicolas Frede (11/7)
Patty Kelley (11/7)

**HAPPY ANNIVERSARY
TO...**

Chad & Jannine Fitzgerald (11/1)