

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

## CHURCH LIFE

### FALL BABIES

Congratulations to the Gonzales and Zenith families! Zyan Katherine was born to Joseph and Haydee Zenith on October 26 and weighed 7 lbs, 11 oz. Samantha Ana was born to Salvador and Amanda Gonzales on November 4 and she weighed 8 lbs, 3 oz. We thank God for these precious additions to our church family. *(Pictures on page 4.)*

### HELLO CHURCH!

Thank you for choosing me to be your Youth Pastor. I am excited to start working with you!

I want to give you a little bit of information about myself and I will try to distill it down to the important stuff. I was born and raised in Sonora California. Although summer has its perks such as no school, swimming, and my birthday (August 25, 1990), winter has been my favorite season as I enjoy snow above almost everything. I enjoy sledding, snowmen, wrestling in the snow, snow skiing, snowboarding, snowmobiling, snow camping, snow wheeling, snow cones (not yellow ones) and even snow globes.

I attended the Adventist school in Sonora through the tenth grade, and finished high school at Rio Lindo Adventist Academy in Northern California. I have always been an avid sports player, playing on the football, basketball, and soccer teams when I was in Academy. I also enjoy disk golf, volleyball, and tennis. I love learning new things, so if you have a favorite that I have not listed, feel free to invite me over and teach me. I might not be good, but I will go down smiling.

I knew that I wanted to serve the Lord from early high school. I had been encouraged by one of my teachers and youth pastor to have a relationship with God for myself. I took that task on logically, committing to pray and read two chapters of the Bible every night. Through that God has grown me, not in an instant, but over a long period of time. I can look back and see that He has led me one day at a time to make decisions to grow closer to Him. I praise God for the influence of my teacher and youth pastor. Because of their encouragement to spend time with him, a relationship has been born.

I did not always know that I wanted to be a pastor. One of my mentor's favorite things to tell youth who feel called to serve God is that everyone is called to full time ministry; the trick is to find out how God would have you make a living. I used to think that I was going to make a living with medicine. I wanted to be a surgeon. During my first year at Southern Adventist University, I sensed God leading me to pastoral work. Fifty-eight classes and countless tests later, I graduated with a BA in Theology.

I want to be a youth pastor because I enjoy it. I want to be able to make a difference in peoples' lives the way my youth pastors have made a difference in mine. The most fulfilling part of youth ministry is to watch Christ change a life as someone you are ministering to grows closer to Him.

I would love the chance to get to know you as well, so feel free to invite me over for food (or just to hang out).

God Bless,  
*Tom Gearing*

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Worship

Learn

Connect

Serve

# SABBATH CELEBRATION

November 22, 2014

## Sunnyside *Light*

9:00 – 9:50 A.M.

“For the Beauty of the Earth”  
“Give Thanks”

### Prayer

Patricia Ford

### Scripture

Psalm 22:1-2, 19-24

“Now Thank We All Our God”  
Pastor Dennis Ray

“Now Thank We All Our God”

## Sunnyside Prime

11:15 A.M.

“Rejoice, Ye Pure in Heart”  
“For the Beauty of the Earth”

### Welcome

Pastor Dennis Ray

### Giving Thanks

Marla Hartman

### “Give Thanks”

“Children of the Heavenly  
Father”

“Give Me Jesus”

### Prayer

Patricia Ford

### “Jesus Loves Me”

Arland Finney

### Scripture

Psalm 22:1-2, 19-24

Dianne Dickerson

“Now Thank We All Our God”  
Pastor Ray

“Now Thank We All Our God”

### Benediction

## THIS WEEK AT A GLANCE

### Monday, November 24

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

### Tuesday, November 25

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

### Wednesday, November 26

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

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

### Thursday, November 27

*Happy Thanksgiving*

### Friday, November 28

Church Office - CLOSED

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

### Sabbath, November 29

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)

## PREACHING SCHEDULE

November 29 - Pastor Gearing

December 6 - Pastor Ray

December 13 - Pastor Ray

## MONTHLY CONTRIBUTION SUMMARY

<b>November Needs</b>	<b>\$29,860.00</b>
Church Needs Donations	16,682.45
Over (Short)	(13,177.55)
<b>Year to Date</b>	<b>\$328,460.00</b>
Donations Received	244,132.54
Over (Short)	(84,327.46)
<b>Associate Pastor Fund</b>	<b>\$8,373.11</b>
<b>Youth Pastor Fund</b>	<b>\$54,536.07</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>November Tithe</b>	<b>\$17,545.63</b>
<b>Year to Date</b>	<b>\$373,688.62</b>

### THIS WEEK'S OFFERING

Conference Faith Advance

## SUNSET

This Friday  
4:47 p.m.

Next Friday  
4:44 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

### Overcoming Anxiety

Overcoming anxiety without medication involves making lifestyle changes, and that includes changing your diet. There are foods that will help cure anxiety, and foods that will contribute to anxiety. By choosing the right foods, you can drastically cut down on the amount of anxiety you experience, and possibly improve your mood.



Healthy eating is one of the best ways to control anxiety and stress. In fact, one of the best things you can add to your diet is to drink more water. Many studies have found that dehydration affects as many as 25% of those with persistent stress, and dehydration is known to cause more anxiety.

As for foods, anything with magnesium, vitamin B12 (and other B vitamins), zinc, and antioxidants can be beneficial for helping you deal with stress. There are also herbal supplements like kava and passion flower that may be valuable for anxiety.

Some of the top foods to relax your mind are:

Cashews - two handfuls a day (works like prozac). Blueberries, acai berries and peaches have a calming effect. Almonds are high in zinc (a nutrient for maintaining a balanced mood) and iron (low iron levels have been known to cause brain fatigue, which can contribute to both anxiety and a lack of energy). Chocolate (cacao especially) reduces cortisol – the stress hormone that causes anxiety symptoms. And one that might not be easy to find, but is loaded with magnesium and iron (more than every other type of fruit and vegetable) maca root, found in health food stores.

All of the above foods are beneficial for dealing with your anxiety. They provide vitamins and nutrients that are known to calm the mind and body while also increasing energy and stabilizing your mood. Combine those foods with a balanced diet that is free of fried foods and harmful ingredients and you should see a marked difference in your anxiety levels. Plan ahead for those stressful events with these healthy foods.

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.

ANNOUNCEMENTS

**MEMBERSHIP TRANSFERS**

**First Reading**

**Timahyah S.Kerr**

from First SDA Church of Montclair  
in Montclair, New Jersey

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**Leah and Costin Jordache**

from Arlington SDA in Arlington, Texas

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**Lemuel and Dana Recalde**

to Ceres SDA in Ceres, CA

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**Ruth Ann Stringer**

to Fresno Central

**CHURCH OFFICE  
CLOSED**

The church office will be  
closed

**November 27 – 28**

in observance of Thanksgiving.



**THANK YOU & REFRESHMENTS**

Community Services will make a special presentation during the second worship service **this Sabbath** and will host a refreshment table following the service to say "thank you" to everyone for the continued support of this ministry.



**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.**

**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](mailto:mjzenith@gmail.com).

**This Sabbath**

Vintage Gardens - 540 S. Peach Ave. - Fresno

**Next Sabbath**

Pacific Gardens - 577 S. Peach Ave. - Fresno

**YOUTH NEWS**



**Meet Tom - this Sabbath:** Come meet your new Youth Pastor in Sabbath School!

**Angel Tree - December 20:** We will assist with the Angel Tree reception: plating & wrapping cookies, organizing gifts and other things needed to get ready for the reception at the church.

**Christmas Party - December 20:** Save the date!



**USE AMAZON SMILE  
FOR YOUR HOLIDAY SHOPPING**



The holidays are just around the corner! Why don't you do your shopping from the convenience of your home and support the Youth Mission Trip at the same time. All it requires is a few clicks of your mouse. The next time you place an order with [amazon.com](http://amazon.com), logon to [amazonsmile.com](http://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. Amazon will contribute 0.5% of your eligible orders to our Youth fund.

**The Youth thank you for your support!**

**ABC HOLIDAY OPEN HOUSE**



**Sunday, December 7,  
10:00 a.m. to 4:00 p.m.**

Christmas Blessings from your Adventist Book Center! You are invited to the Annual Open House at 2820 Willow Ave., Clovis. Purchase any 3 cases of Worthington or Loma Linda canned items and get a case of Fri-Chik for only \$30. The first 100 customers will receive a FREE Worthington Foods Dinner Roast.

**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](mailto: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](mailto: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

**Zyan Katherine  
Zenith**



**Samantha Ana  
Gonzales**

**CHURCH ADDRESS**

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**Office Hours**

Tuesday – Friday

10:00 a.m. – 3:30 p.m.

**HAPPY BIRTHDAY TO...**

Cristine Barreto (11/22)  
Kevin Stuckey (11/22)  
Bob Anderson (11/23)  
Michael Bullion (11/24)  
Betty Lee Warkentin (11/24)  
Vern Biloff (11/25)  
Owen McCann (11/25)  
Ken Charron (11/26)  
Stan Kolstad (11/26)  
Maryam Ribadu (11/26)  
Sharron White-Banks (11/28)  
Ryan Brockman (11/28)  
Chris Hickman (11/28)  
Angela Reijnders (11/28)

**HAPPY ANNIVERSARY  
TO...**

Bud & Dianne Dickerson (11/24)

**THE LAST WORD****Silent God**

by Edwina Gateley

“This is my prayer —  
That, though I may not see,  
I be aware  
Of the Silent God  
Who stands by me.  
That, though I may not feel,  
I be aware  
Of the Mighty Love  
Which doggedly follows me.  
That, though I may not respond,  
I be aware  
That God — my Silent, Mighty God,  
Waits each day.  
Quietly, hopefully, persistently.  
Waits each day and through each night  
For me.  
For me — alone.”

“...God wishes to be seen, and He wishes to be sought, and He wishes to be expected, and He wishes to be trusted.” — Julian of Norwich

*“Where can I go from your Spirit?  
Where can I flee from your presence?  
If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.  
If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
even there your hand will guide me,  
your right hand will hold me fast.” — Psalm 139:7-10*

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