

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

CHURCH LIFE

WITH OUR HEARTFELT THANKS

Dear Church Family,

Thank you so much for the words and prayers of comfort, the beautiful plant, and for those who attended the service for my mother, Mary Pruett. Our pain was lessened because of your thoughtfulness and love.

— Nancy & Bob Isaacs and family



BABY NEWS, DOWN UNDER

Congratulations to Joshua and Kirsten (Bolinger) Barton on the birth of their baby boy – Harrison Joshua Barton! He was born in Brisbane, Queensland, Australia on November 19 and weighed 8lbs, 8ozs. Grandparents, Gale and Rusty Bolinger, are just elated and enjoying their new grandson. By the way, there's another grandchild on the way whom they can't wait to meet, too! We miss and love the Bolinger family and we are happy to celebrate their new little gift.



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SABBATH CELEBRATION

November 29, 2014

Sunnyside *Light*

9:00 – 9:50 A.M.

“O Lord, You're Beautiful”
“Sanctuary”

Prayer

Leo and Angela Reijnders

Scripture

Isaiah 59:21

“By His Hand”

Pastor Tom Gearing

Sunnyside Prime

11:15 A.M.

“Lord, I Lift Your Name
on High”
“Holiness”

Welcome

Pastor Dennis Ray

Advent Candle

Jordache Family

“O Come, O Come, Immanuel”

Giving Thanks

“Order My Steps”

Jordan Reijnders

“O Lord, You're Beautiful”

“Sanctuary”

Prayer

Leo and Angela Reijnders

Musical Presentation

Earl Meyers

Scripture

Isaiah 59:21

Justin Reijnders

“By His Hand”

Pastor Tom Gearing

Benediction

THIS WEEK AT A GLANCE

Tuesday, December 2

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

Women's Friendship Circle 1:00 p.m. (Youth Room)

Wednesday, December 3

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

Thursday, December 4

Worship Committee Meeting 7:00 p.m. (Pastor's Office)

Friday, December 5

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

Sabbath, December 6

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.

Potluck immediately after the 2nd Service (Maroa Rooms)

Youth Parent Meeting during Potluck (Junior Room)

Music & Praise Ministry 2:30 p.m. (Twilight Haven)

PREACHING SCHEDULE

December 6 - Pastor Ray

December 13 - Pastor Ray

December 20 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

November Needs	\$29,860.00
Church Needs Donations	19,889.45
Over (Short)	(9,970.55)
Year to Date	\$328,460.00
Donations Received	247,339.54
Over (Short)	(81,120.46)
Associate Pastor Fund	\$9,608.11
Youth Pastor Fund	\$54,576.07

TITHE TO CENTRAL CALIF. CONFERENCE

November Tithe	\$21,592.28
Year to Date	\$377,735.27

THIS WEEK'S OFFERING

NAD Evangelism

SUNSET

This Friday
4:44 p.m.

Next Friday
4:43 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

Let's Talk Turkey

Every year at Thanksgiving, most of us engage in an annual ritual: stuffing ourselves mercilessly with turkey, cranberry sauce, and pie. Not a bad way to spend a Thursday. But inevitably, in that hour between feeling so full you think you'll explode and gearing up for

round two with the leftovers, your relatives can find you conked out on the couch.

Along comes Aunt Mildred with her "armchair-scientific" explanation. You're tired, she tells you, because the turkey you just ate is laden with L-tryptophan. Tryptophan, she says, makes you tired. So is she right? Is the turkey really what's to blame for Thanksgiving sleepiness?

Tryptophan is used by the body to make niacin, a B vitamin that is important for digestion, skin and nerves, and serotonin. Serotonin is a brain chemical that plays a large role in mood and can help to create a feeling of well-being and relaxation. When levels of serotonin are high, you're in a better mood, sleep better, and have a higher pain tolerance.

Tryptophan is needed for the body to produce serotonin. Serotonin is used to make melatonin, a hormone that helps to control your sleep and wake cycles. As it turns out, turkey contains no more of the amino acid tryptophan than other kinds of poultry. In fact, turkey actually has slightly less tryptophan than chicken.

Turkey is, indeed, a good source of tryptophan. Still, it's a myth that eating foods high in tryptophan boosts brain levels of tryptophan and therefore brain levels of serotonin.

The proteins like turkey, chicken, and fish, which are high in tryptophan, require assistance from foods high in carbohydrates to affect serotonin levels. Tryptophan is quite high in milk and turkey, but that's not the food that will give you the serotonin boost. It's a small, all-carbohydrate snack – no more than 30 grams of carbohydrates – in combination with the tryptophan stored in your body from food you've already eaten that will give you the biggest boost of serotonin. So it could be the bread roll and sweet potatoes that you ate with the turkey that would be making you sleepy.

It boils down to Thanksgiving being a time when people overeat. When people overeat, the digestive process takes a lot of energy. Don't incriminate the turkey that you ate, incriminate the three plates of food that you piled high that caused the post-Thanksgiving meal exhaustion.

Don't fight it, once or twice a year enjoy the indulgence. When the leftovers are gone you can get back to the really healthy eating. There, you have permission!

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

MEMBERSHIP TRANSFERS

Second Reading

Timahyah Stoddart-Kerr
from First SDA Church of Montclair
in Montclair, New Jersey

Leah and Costin Jordache
from Arlington SDA in Arlington, Texas

Lemuel and Dana Recalde
to Ceres SDA in Ceres, CA

Ruth Ann Stringer
to Fresno Central

CHURCH OFFICE
CLOSED

The church office will be
closed
November 27 – 28
in observance of Thanksgiving.



POTLUCK NEXT SABBATH

Join us for our last potluck of 2014! It will be **December 6**. Families with last names:

A-L please bring an entree and salad;
M-Z please bring entree and 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 casserole dish or container.*



ANGEL TREE 2014

We have the opportunity once again this year to serve some children in our community through the Angel Tree program, and to share the greatest gift of all – the good news of Jesus Christ.

Prison Fellowship Ministry works together with churches to provide a pathway between children and their incarcerated parent by providing a Christmas gift to the children on the parent's behalf. For the next few Sabbaths we will have a Christmas tree in the foyer filled with paper angels. Each angel has the name of a child and the gift requested for that child. Please take an angel or two and return the gifts wrapped with the angel attached – **by December 13**. Gifts should not exceed \$25 (*please include gift receipt.*) You have been so supportive of this ministry each year and we are thankful for your continued generosity! Please contact Diane Bertao 288-6308 if you have questions.

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.

This Sabbath

Pacific Gardens - 577 S. Peach Ave. - Fresno

YOUTH NEWS

Tamale Roll - December 13 & 14: We have lots of tamale orders to fill from our fundraiser. Please plan to help make tamales in the church kitchen. Please contact Misty Cruz (977-9335) with questions.

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:
Details coming soon!



EARL MEYERS IN CONCERT

December 13 at 4:00 p.m.

at Westside SDA Church (2750 Martin Luther King Blvd.)

Featuring the talents of

Arland Finney, Kurt Logan, Dairien Finney,
Jim Gilbert, and Dan Licht

Arrive early for a good seat. Admission is free to all!

amazon smile



USE AMAZON SMILE FOR YOUR HOLIDAY SHOPPING

The holidays are here! 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, 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. Amazon will contribute 0.5% of your eligible orders to our Youth fund.

The Youth thank you for your support!

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

Celebrating Thanksgiving and Community Services Day

**DON'T JUST COUNT
YOUR BLESSINGS,
SHARE THEM.**



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



HAPPY BIRTHDAY TO...

- Joshua Franco (11/29)
- Misty Cruz (11/30)
- Linda Messing (11/30)
- Lindy Patterson (11/30)
- Shona Phillips (11/30)
- Joyce Reimer (11/30)
- Tiffany Barron (12/1)
- Esabelle Palafox (12/3)
- Barbara Zambrana (12/3)

**HAPPY ANNIVERSARY
TO...**