

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

## CHURCH LIFE

### YAMS FOR THE HOLIDAYS

Since Pastor Taneshia's return, the young adult program has been growing from strength to strength. The YAMs have undertaken the young adult version of the *Experiencing God* book study, led our worship service, met for vespers, done the spiritual gifts assessment together, and battled each other in Tac-Ops. This weekend they will be feeding the homeless at Poverello House and will be ministering to the clients at WestCare of Fresno on December 20. They will also be making time to hangout together and exchange Christmas gifts over dinner and then they will ring in the new year together on December 31.

Pastor Taneshia would like to thank the church for its continued prayers and support for the young adults. Next year will see the YAMs undertaking even bigger things. If you are between the ages of 19 and 35, please stop by our sabbath school class in SunnysideUp Cafe and find out how you can get connected and get involved.

### BLUE CHRISTMAS SERVICE



Our speaker for the Blue Service is someone who deals with grief and loss on a daily basis. He is also personally familiar with the painful sting of tragic loss. Chaplain Joseph Williams lost his mother when he was two years old, his father died of cancer in 2013, and his brother committed suicide in 2012.

Joseph is a hospice chaplain for Community Hospice, Inc. in Modesto and an adjunct theology professor for Grand Canyon University. His ministerial experience includes serving the church as a Bible worker, colporteur, youth minister, pastor, evangelist and chaplain. As a former foster kid from seven foster homes, Joe is a frequent presenter and speaker on issues related to foster care, adoption and adolescent suicide prevention.



#### 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

## December 13, 2014

**Sunnyside Light**

9:00 – 9:50 A.M.

**“Go, Tell It on the Mountain”**  
**“Away in a Manger”**

### Prayer

Clif and Desrie van Putten

### Scripture

**Luke 2:1-7**

**“Later On, We'll Conspire”**  
Pastor Dennis Ray

**Sunnyside Prime**

11:15 A.M.

**Cradle Roll Class**

**“Go, Tell It on the Mountain”**  
**“O Holy Night”**

### Welcome

Pastor Dennis Ray

### Musical Presentation

Pete Jones

### Advent Candle

Kuykendall & Pasillas Family  
**“O Come, O Come, Immanuel”**

### Giving Thanks

Bud Dickerson

**“Away in a Manger”**  
**“Silent Night”**

### Prayer

Clif and Desrie van Putten

**“Mary, Did You Know?”**  
Garry Clark

### Scripture

**Luke 2:1-7**

Walter Hurtado

**“Later On, We'll Conspire”**  
Pastor Ray

**Benediction**

## THIS WEEK AT A GLANCE

### Sunday, December 14

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

Youth Make Tamales 2:00 p.m. (Church Kitchen)

YAMs Gift Exchange Party 3:00 p.m.

### Tuesday, December 16

Food Pantry Distribution Setup 10:00 a.m. (Maroa Rooms)

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

### Wednesday, December 17

Food Pantry Distribution 9:00-11:00 a.m. (Maroa Rooms)

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

Blue Christmas Service 6:30 p.m. (Sanctuary)

### Friday, December 19

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

Christmas Play Rehearsal 6:30 p.m. (Sanctuary)

### Sabbath, December 20

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. (BellaVista & Carrington Pointe)

Angel Tree Reception 4:30 p.m. (Maroa Rooms)

Junior Class walk Christmas Tree Lane 5:00 p.m.

Youth Christmas Party 6:30 p.m. (Youth Room)

YAMs at WestCare 7:00 p.m.

## PREACHING SCHEDULE

**December 20 - Pastor Ray**

**December 27 - Pastor Kerr**

**January 3 - Calvin Taylor**

## MONTHLY CONTRIBUTION SUMMARY

<b>December Needs</b>	<b>\$29,860.00</b>
Church Needs Donations	26,077.29
Over (Short)	(3,782.71)
<b>Year to Date</b>	<b>\$358,320.00</b>
Donations Received	274,830.33
Over (Short)	(83,489.67)
<b>Associate Pastor Fund</b>	<b>\$13,064.30</b>
<b>Youth Pastor Fund</b>	<b>\$54,947.07</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>November Tithe</b>	<b>\$21,093.75</b>
<b>Year to Date</b>	<b>\$400,800.82</b>

### THIS WEEK'S OFFERING

**Adventist Community Services**

### 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.



This Friday **SUNSET** Next Friday  
4:43 p.m. 4:45 p.m.

## HEALTHY BYTES



**Americans drink more than 2 billion gallons of fruit juice every year** and children under 12 are the largest group of juice consumers. In the past, pediatricians have recommended that children drink fruit juice to receive more Vitamin C and fluids. Not so much any more.

When consumed in moderation, fruit juices may provide some protective benefits. However, most experts agree that eating the whole fruit is always better than drinking fruit juice. Whole foods are almost always better than processed foods, and all fruit juice is processed. The exception is if you were to puree the fruit in a blender and 'drink' it that way....that would be

the whole food - skins and all.

Some of the lower quality brands also contain artificial colors and flavors and added sugar. Many are no healthier than a can of soda. Even when it is 100% fruit juice, you are better off eating a whole piece of fruit than drinking a glass of juice.

As long as you consume fruit juice in moderation, a little each day (say 8 oz for an adult, 4-6 oz for a child) a glass a day should not do any harm. Just be aware that you are not getting the vitamins you had hoped for and you are getting a lot of unwanted calories.

What about giving juice to kids? The American Academy of Pediatrics has a few guidelines:

- ⊙ Never give fruit juice to children under 6 months old
- ⊙ Children 6-12 months may have up to 4 ounces a day
- ⊙ Children 1 - 6 years may have up 4-6 ounces a day
- ⊙ Children 7 years and older may have up to 12 ounces a day
- ⊙ Infants should never be given juice in a bottle or sipper cup that allows them to drink it throughout the day
- ⊙ Children should not be given juice at bedtime
- ⊙ Children should be encouraged to eat whole fruit

There are major differences in fruit juices out there. Here is what to avoid when choosing a fruit juice:

- ⊙ Choose 100% fruit juice only
- ⊙ Avoid "fruit drinks," "fruit-juice cocktails," "fruit beverages," and any juice that has added sugar, flavors or colors
- ⊙ Choose healthier dark colors (grape, pomegranate, cranberry, blueberry)
- ⊙ Look for juice with sediment on the bottom - that would be the skins and fiber from the fruit
- ⊙ If you want to limit your calories, dilute by half with sparkling water

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

## ANGEL TREE

**All Angel Tree gifts are due this Sabbath.**

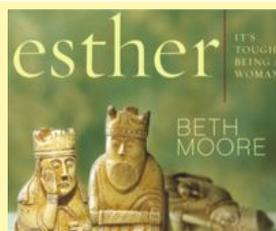
Please have all your gifts wrapped with the angel attached. Gifts should not exceed \$25 (please include gift receipt.) We are thankful for your continued support and generosity! Please contact Diane Bertao 288-6308 with questions.



## BLUE CHRISTMAS SERVICE

**Wednesday, December 17 at 6:30 p.m.**

This service is open to anyone who has suffered a loss – through death, divorce, depression or other life challenges. Here you will find a space to worship and acknowledge the blue side that can accompany the holidays. The service will be a time to honor your loss, and embrace God's hope and healing.

SOUL SISTER  
BIBLE STUDY

Join Sunnyside Soul Sisters in our newest study, Esther: It's Tough Being a Woman, beginning **Monday, January 26 – April 6**. In this 11-week (Monday nights) Bible study, you'll discover a very personal examination of this great story of threat and deliverance as Beth peels back the layers of history and shows how very contemporary and applicable the story of Esther is to our lives today. If you've ever felt inadequate, threatened, or pushed into situations that seemed overpowering, this is the Bible study for you. Just as it was tough being a woman in Esther's day, it's tough today. This story in God's Word contains treasures to aid us in our hurried, harried, and pressured lives. Register online at [www.soulsisters07.com](http://www.soulsisters07.com).

## JUNIOR CLASS NEWS

**Worship Service - this Sabbath:** the Junior class to sing for both services.

**Parent Meeting & Lunch - this Sabbath:** we will have our parent & teacher planning meeting right after second service. A scrumptious lunch will be provided for your whole family by Cheryl Colombini et al.

**Christmas Tree Lane - December 20:** Christmas Tree/Cindy Lane night walk.



## MINISTRY ASSESSMENT &amp; PLACEMENT



The MAP Team is available in the SunnysideUp Café **each Sabbath from 10:00 – 11:00 a.m.** to assist in finding how God has uniquely created you to serve in your community. The MAP Team is using the SHAPE questionnaire as the tool to guide your discoveries in this process. There is no commitment, only discovery, you and the Holy Spirit determine the speed and direction. Where does your SHAPE fit?

## YOUTH NEWS

**Vespers - this Friday:** Pastor Tom would like for us to gather at Alex Soloniuk's home at 6:30 p.m. for dinner and vespers...see ya there!

**Youth Family Lunch - this Sabbath:** Everyone is invited to stay for lunch prepared by Cheryl Colombini. Keira McGill will lead us in our first lesson on cultural and spiritual readiness for our mission trip.

**Tamale Roll - December 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!



## SUPPORTING OUR TROOPS

Dear Church Family,

Not sure if you all know but William was deployed to Afghanistan at the end of October. He will be there till April 2015.

Could you please pray for him and, if possible, send him a Christmas card or postcard greeting? That would mean so much to him during the holiday season as he is away from family, church, and friends.

**William Lutz**  
**Unit 3E**  
**Camp Vance BAF**  
**APO AE 09354-9998**

*Charles and Pat Lutz*

## 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**

Belmar Villa (formerly New Haven)  
2020 N. Weber Ave. - Fresno

EARL MEYERS IN  
CONCERT

**December 13 at 4:00 p.m.**  
at Westside SDA Church  
(2750 Martin Luther King Blvd.)  
Arrive early for a good seat.

# GETTING TO KNOW OUR FAMILY & FRIENDS

## The Second Sabbath of Advent: *Peace*

"...we remember that Christ will come again and bring to the world everlasting peace."



**Shelly Clement**

**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**

# Joy

“Joy does not simply happen to us.  
We have to choose joy and keep choosing it every day.”

— Henri Nouwen

**HAPPY BIRTHDAY TO...**

Rusty Bolinger (12/13)  
Carl Brockman (12/13)  
Charles Lutz (12/13)  
Todd Bristol (12/14)  
Samantha Espinoza (12/14)  
Laurie Zumwalt (12/14)  
Mirra Priest (12/15)  
Jordyn Pfalzgraff (12/16)  
Ernie Barreto (12/17)  
Josh Daniels (12/17)  
Jody Liu (12/17)  
Xander Zumwalt (12/17)  
Susan Espinosa-Manning (12/18)  
Linda Barron (12/19)  
David Castillo (12/19)

**HAPPY ANNIVERSARY  
TO...**

Todd & Shonda Alferd (12/13)  
Dan & Rene Nozaki (12/13)  
Garry & Susan Clark (12/17)  
Jim & Jean Robison (12/19)  
Bruce & Karen Eckhart (12/19)