

WEEKLY NEWSLETTER

August 20, 2015

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

## CHURCH LIFE

### FOOD PANTRY SETUP AND DISTRIBUTION NEXT WEEK

Community Services will setup on Tuesday morning for our Wednesday food distribution. If you're available Tuesday morning around 11:00 a.m., come out and help them sort and bag produce, bread and other food items. A scrumptious hot lunch is always provided. You'll enjoy the fellowship and help serve your community at the same time.

Our monthly food distribution will take place Wednesday, 8:00 – 11:00 a.m. If you are in need or you know someone who would be blessed by receiving a box of groceries, please come and let others know who could benefit. One box will be given to each household and all you need to provide is a photo I.D.

### THANK YOU FOR A WONDERFUL DAY IN THE MOUNTAINS

Thank you to everyone who participated in some way with our annual "Church in the Mountains" Sabbath at Shaver Lake. Your attention to the details and commitment to this special day made for an extra special blessing as we experienced the day in worship, celebrating those baptized, and enjoying our church family and friends. More pictures on pages 4 – 8.

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# SABBATH CELEBRATION

August 22, 2015

## Sunnyside Light

9:00 – 9:50 A.M.

**“Leaning On  
the Everlasting Arms”  
“Swing Low, Sweet Chariot”**

### Prayer

Leo and Angela Reijnders

**Scripture: Mark 1:1-5**

## “Man in the Wilderness”

Pastor Dennis Ray

## Sunnyside Prime

11:15 A.M.

**“Leaning On  
the Everlasting Arms”  
“Swing Low, Sweet Chariot”**

### Welcome

Pastor Dennis Ray

### Giving Thanks

### Ministry Minute

Afternoon Music & Praise Ministry

**“Amazing Grace,  
My Chains Are Gone”**

### Prayer

Leo and Angela Reijnders

### “Oceans”

Karina Lopez

### Scripture

**Mark 1:1-5**  
George Harris

## “Man in the Wilderness”

Pastor Dennis Ray

### Benediction

## THIS WEEK AT A GLANCE

### Tuesday, August 25

Food Pantry Distribution Setup 10:00 a.m. (Maroa Rooms)  
Staff Meeting 1:00 p.m. (Pastor's Office)

### Wednesday, August 26

Food Pantry Food Distribution 8:00 a.m. (Maroa Rooms)  
Midweek Reflections 5:45 p.m. (Sanctuary)  
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.  
Men's Ministry Group 6:30 p.m. (Youth Room)

### Friday, August 28

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

### Sabbath, August 29

Sunnyside Light: Worship Service 9:00 a.m.  
SunnysideUp Café 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. (Belmar Villa)

## PREACHING SCHEDULE

August 29 - Pastor Ray (Communion)

September 5 - Pastor Ray

September 12 - Pastor Ray

## MONTHLY CONTRIBUTION SUMMARY

<b>August Needs</b>	<b>\$30,125.00</b>
Church Needs Donations	9,553.53
Over (Short)	(20,571.47)

<b>Year to Date</b>	<b>\$241,000.00</b>
Donations Received	158,670.40
Over (Short)	(82,329.60)

<b>Youth Pastor Fund</b>	<b>\$20,858.34</b>
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## TITHE TO CENTRAL CALIF. CONFERENCE

<b>August Tithe</b>	<b>\$16,318.70</b>
<b>Year to Date</b>	<b>\$184,256.23</b>

## THIS WEEK'S OFFERING

Conference Faith Advance

This Friday      **SUNSET**      Next Friday  
7:44 p.m.    7:35 p.m.

## HEALTHY BYTES



### Sugar in Fruit

Do you ever worry about the natural sugar found in fresh fruit? Common sense should tell us that refined sugar is NOT the same as the sugar in fruit, but it's still common to hear that you need to limit your sugar intake, and many experts throw fruit into that category.

The body treats the sugar in fruit differently than processed sugar. Still we sometimes worry that we are eating too much fruit. Studies show that fruit in any amount is never too much. That being said, common sense tells us to stop before we get a stomach ache, but there is no real damage done. Despite the high fructose content of a high-fruit diet, subjects in these studies had no adverse effects on body weight, blood pressure, insulin, or lipid levels.

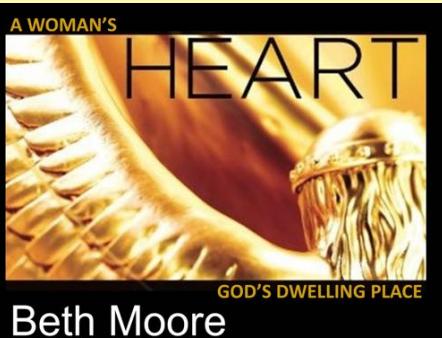
What about diabetics? In a recent study, diabetics were divided into two groups. The group who reduced their fruit consumption showed no difference in weight, waist circumference, or diabetes management when compared to the group who ate at least two or more pieces of fruit each day. The researchers ultimately concluded that fruit should not be restricted in patients with type 2 diabetes.

Dates are often considered to be a sweeter fruit higher in sugar, but this study concluded that dates do not result in a significant blood spike, and instead could have potential benefits when included in a healthy diet for diabetics.

Does this mean you should eat fruit with reckless abandon? That depends on how fruit makes YOU feel as an individual. I just wanted to present you with this information because fruit has been lumped into the “sugar” category lately, and I don’t want you to avoid it simply because of misinformation or arbitrary rules. Remember, you’re the best expert for your body!

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



## Beth Moore

experience we'll explore the fascinating account of the building of the Old Testament tabernacle, the significance of its intricate design, its pivotal role in God's eternal plan, the grand fulfillment of its purpose by Jesus Christ, and its variety of meanings for your walk with God today. Perhaps no Old Testament event so dramatically illustrates God's persistent desire to relate to His children as the building of the tabernacle in the wilderness.

To view the promotional video logon to:

<http://bcove.me/7kc3vgef>

To register or for more information logon to: [www.soulsisters07.com](http://www.soulsisters07.com)

## PRAYER PLACE

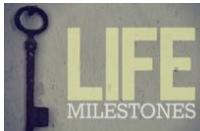
A ministries training weekend for anyone interested in prayer will be held at Camp Wawona, **October 23-25**. Learn how to take your prayer time to the next level. Main speaker, Peter Neri. Breakout sessions/speakers include: Marriage/Pierre Steenberg, Discipleship/ Don MacLafferty & Leah Jordache.

For more information and to register, contact Marlyn Novielli 347-3124 or [mnovielli@cccsda.org](mailto:mnovielli@cccsda.org)  
Registration deadline: **October 15**

## POTLUCK IN OCTOBER

Our next church family potluck will be **October 3**. Make plans to join your family and friends for afternoon lunch and fellowship.

## MILESTONES



Your birthdays and anniversaries are important to us. If we missed publishing your special day in the church newsletter or bulletin, please let us know by completing a 'Sunnyside Connects' card and putting it in the offering plate. We want to celebrate with you.

## FALL WOMEN'S BIBLE STUDY

Join Soul Sisters for their newest Bible Study, A Women's Heart: God's Dwelling Place by Beth Moore, beginning **Monday, September 14, through Monday, November 16**. In this women's Bible study

## PRAYER REQUESTS

Please remember the following in our church family in your prayers:

- Delaine Morford
- Joyce Reimer
- Julie Goodwin
- Susan Barrick
- Patrick Coffee
- Michael & Brandi Akins' newborn baby boy, Merrick

## MUSIC & 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. All are welcome! For more info contact Joseph Zenith: 289-5611 or [mjzenith@gmail.com](mailto:mjzenith@gmail.com).

### This Sabbath

Bella Vista Memory Care  
5425 W. Spruce — Fresno

## Midweek Reflections

Join us for a one-hour prayer service **every Wednesday 5:45-6:45 p.m.** We'll have a few minutes for silence and quiet prayer before sharing testimonies, a worship thought, and community prayer. Together, we can support and encourage each other.

## INVITATION TO CONFERENCE PRAYER DAYS EVERY WEDNESDAY



A number of people get together to pray (coming and going as their schedules allow) **every Wednesday** at the Conference Office from **10:30 a.m. to 1:00 p.m.** During these last days, we feel the need for greater prayer support and to have more prayer supporters join us in this ministry. Please join the CCC in remembering these "prayer priorities":

- Revival of personal godliness and repentance
- Daily quiet time with God
- All members discover and utilize their gifts in ministry
- Conference evangelism offering and evangelism projects
- Adventist education and the educators and students
- Your pastors and church; the spiritual, physical and spiritual health of the members
- Resources to support Wawona, Soquel, and MBA for ministry
- Dynamic growth of all conference of ministries
- Salvation of our neighbors
- God's intent be fulfilled in the selection of our pastors and teachers

# GETTING TO KNOW OUR FAMILY & FRIENDS

## Shaver Lake — “Church in the Mountains” August 15, 2015



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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](mailto:churchoffice@sunnysidesda.org)

website: [www.sunnysidesda.org](http://www.sunnysidesda.org)

**Office Hours**

Tuesday – Friday

10:00 a.m. – 3:30 p.m.

**HAPPY BIRTHDAY TO...**

Maria Kwon (8/22)

Jessica Moore (8/22)

Nichola Ribadu (8/22)

Rebekah Gradillas (8/23)

Anne Marie Moore (8/23)

Melissa Cornwell (8/24)

Tyler Hirschkorn (8/24)

Tom Gearing (8/25)

Sarah Kuykendall (8/25)

Nicole Lemus (8/25)

Diana Mora (8/25)

Jordan Reijnders (8/25)

Zander Zenith (8/25)

Jaelyn Barr (8/26)

Audrey Donaghy (8/26)

Jacqueline Messing (8/26)

Camille van Putten (8/26)

Michael van Putten (8/27)

Diane Ray (8/28)

Kaleb Jaden Walker (8/28)

**THE LAST WORD**

In Love's  
service, only  
wounded soldiers  
can serve.

*Brennan Manning*

**HAPPY ANNIVERSARY  
TO...**

Ray & Maria Kidwell (8/23)

Greg & Julie Keener (8/24)

Dave & Elga Boccardo (8/25)

Peter & Cathie Jo Jones (8/26)