

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

CHURCH LIFE



CONGRATULATIONS MICHAEL & CRISOL VAN PUTTEN

David Villaseñor van Putten was born at 3:33 a.m. on August 26. He weighed 7 lbs., 7 ozs., and measured 21 inches. Little David and Crisol are doing well. Desrie and Clif have fallen in love with their first grandchild. David also shares his birthday with his aunt, Camille. What a wonderful blessing for the van Putten family.

*Children are a gift from the Lord;
they are a reward from him.
Children born to a young man
are like arrows in a warrior's hands.
How joyful is the man whose quiver is full of them!
Psalm 127:3-5 (NLT)*



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

August 29, 2015

Sunnyside Light
9:00 – 9:50 A.M.

“You Are My King”
“Love You So Much”

Prayer
Patricia Ford

“Communion Homily”
Pastor Dennis Ray

Communion

“Blest Be the Ties That Bind”

Sunnyside Prime
11:15 A.M.

“You Are My King”
“Love You So Much”

Welcome
Pastor Tom Gearing

Giving Thanks
Bud Dickerson

“Holy Spirit, Rain Down”
“Care Chorus”

Prayer
Patricia Ford

“Communion Homily”
Pastor Dennis Ray

Communion

“Blest Be the Ties That Bind”

Benediction

THIS WEEK AT A GLANCE

Tuesday, September 1

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

Wednesday, September 2

Community Services at McLane High School Noon

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, September 4

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

Sabbath, September 5

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. (Oakmont Senior Living)

This Friday **SUNSET** Next Friday
7:35 p.m. 7:25 p.m.

PREACHING SCHEDULE

September 5 - Pastor Ray

September 12 - Pastor Gearing

September 19 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

August Needs	\$30,125.00
Church Needs Donations	20,454.55
Over (Short)	(9,670.45)
Year to Date	\$241,000.00
Donations Received	169,571.42
Over (Short)	(71,428.58)
Youth Pastor Fund	\$18,694.34

TITHE TO CENTRAL CALIF. CONFERENCE

August Tithe	\$35,457.39
Year to Date	\$203,394.92

THIS WEEK'S OFFERING

Monterey Bay Academy



HEALTHY BYTES

Liver Health

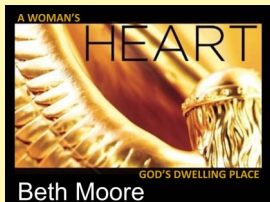
Our livers work extremely hard every day to protect us from adverse affects from toxins. Often it is easy for our livers to become overworked, often compromising our health significantly.

Here are seven common foods you can include daily to help cleanse your liver naturally.

- 1. Garlic** helps flush out toxins from the body.
- 2. Grapefruit** has vitamin C and antioxidants that are liver cleansers. Grapefruit and garlic contain compounds that boost production of liver detoxification enzymes. Also cause the liver to burn fat rather than store it.
- 3. Green tea** is loaded with catechins, a plant antioxidant that eliminates liver fat accumulation and promotes proper liver function.
- 4. Green vegetables** are cleansing compounds that neutralize heavy metals. Leafy greens also eliminate pesticides from the body.
- 5. Avocado** promotes liver health by protecting it against toxic overload, and boosting its cleansing power.
- 6. Walnuts** help detoxify the liver of disease-causing ammonia.
- 7. Turmeric** protects against toxic damage, and will even regenerate damaged liver cells.

As you can see, it is never just one thing we need to have healthy bodies...we need a variety of many foods to be healthy. Also notice that most of these are high fiber foods!

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.

MEMBERSHIP TRANSFER**First Reading**Tom Gearing *from Discover Life SDA – Sonora, CA***FALL WOMEN'S BIBLE STUDY**

Beth Moore

Join Soul Sisters for their newest Bible Study, *A Woman's Heart: God's Dwelling Place* by Beth Moore, beginning **Monday, September 14, through Monday, November 16**. In this women's Bible study 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/7kc3vjef>To register or for more information logon to: www.soulsisters07.com**PRAYER REQUESTS**

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

- Delaine Morford
- Joyce Reimer
- Julie Goodwin
- Susan Barrick
- Patrick Coffee
- Merrick, Michael, and Brandi Akins

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.

This Sabbath

Belmar Villa

2020 N. Weber — Fresno

EARLY YOUTH EVENTS

Swim Party - September 20: Dinner, swimming, games, and a PG movie under the stars at the Ray home.

McDermont Field House - November 1: An all-day event filled with exciting activities and entertainment.

YOUTH EVENTS

Game & Gym Night - this Saturday: Westside Church has invited us to join them for gym night at 7:45 p.m. If you need a ride, please talk with Pastor Tom (209) 559-3690.

Movie Night - September 6: Pastor Tom is going to host a movie and game night. Watch for more details, soon!

Pancake Breakfast for Elderly - September 13: We will meet at Creek Park Village Retirement Community. We will send out the list of food needed, soon.

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.

CHURCH FAMILY POTLUCK

Join us for our next church family potluck on **October 3**.

CCC MEN'S RETREAT

Central California Conference Annual Men's Retreat will be **October 16-18** at Soquel Conference Center, the theme is "God's Fantastic Four." The speaker will be Alex Horton with a special testimony from Eugene Kitney. The weekend will also feature musical guest, Wilson Mackey, the Band of Brethren praise team, and a health talk by a guest physician. \$75/person covers five meals, two nights lodging, and the retreat program.

CCC JOB POSTING

The Human Resources Department is seeking a full-time Administrative Assistant. Must have strong computer, organizational, and customer service skills; be detail-oriented, able to handle a large workload, multi-task, and have an understanding of employment issues. College degree preferred or equivalent in work experience. Must be a Seventh-day Adventist with regular church attendance. To apply, please send cover letter, application, & resume to Human Resources: PO Box 770, Clovis, CA 93613; <http://ccchr.adventistfaith.org/hr-resources-forms>; lbarron@cccsda.org; or fax 347-3062. **Please respond by 5:00 p.m., September 14, 2015.**

WESTSIDE FAMILY GAME & GYM NIGHT

Our entire church has been invited to join Westside SDA Church for a family game night.

this Saturday night, August 29 – 7:45 p.m.

2750 Martin Luther King, Jr Blvd – Fresno

Please bring your favorite board or table game, your basketball shoes and a vegetarian snack to share. For more information, talk with Pastor Tom.

MILESTONES

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

GETTING TO KNOW OUR FAMILY & FRIENDS

Sunnyside's Afternoon Music & Praise Ministry Team



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

When we live in the
love of God, we
begin to pay
attention to people
the way God pays
attention to us.

John Ortberg

meabills.com

HAPPY BIRTHDAY TO...

Stephanie Carpenter (8/29)

Patricia Lutz (8/29)

Jacob Padilla (8/29)

Joel Charron-Garbutt (8/30)

Denise Gutierrez (9/2)

Grant Mitchell (9/2)

Sandrella Estassi (9/3)

Brittany Gilbert (9/3)

Bernadette Randall (9/4)

**HAPPY ANNIVERSARY
TO...**

Trace & Tami Pafford (8/29)

Ivan & Delaine Morford (8/29)

Arland & Mylinda Finney (9/1)

Wendell & Beverly Edwardsen (9/2)

Larry & Printess Schlist (9/2)

Ryan & Nicole Piñon (9/3)

Michael & Terri Mosley (9/4)

Dick & Skye Botimer (9/4)