

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

CHURCH LIFE

PASSING OF AGNES CONSTABLE



Agnes Constable passed away on August 31. Agnes was the oldest living Sunnyside member. She would've been 102 years old in October.

When she worshipped at Sunnyside, she delighted in having five generations fill several family pews. She was the mother of Connie Carpenter, grandmother of Cathie Jones and Carlyn Murdock, great-grandmother to Kerry Carpenter, and great-great-grandmother to

his children, Kevin and Seth. Her lifelong love of music portrayed her Celtic background of Glasgow, Scotland. Her 'living memorial' was the organ she donated to her Sunnyside church family.

Celebration of Life for Grandma Constable is 4:00-7:00 p.m. Saturday, September 19 at Grace Community Church of North Fork where she was a volunteer worker in their thrift store for five years.

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SUPPORTING FAA: HARVEST FIELDS ORGANIC FARM

Fresno Adventist Academy's organic farm offers the best kind of produce for you and has become an educational tool for the students. This week's "Healthy Bytes" talks about the benefits of eating organically grown produce on page 2.

Logon onto www.harvestfields.farm to find out how you can support the Academy through their Harvest Box Program.

As a small **local farm** growing fresh produce with personal care, we would like to **invite you to share the harvest** with us. For more information, including how to sign up for our CSA, please visit harvestfields.farm.

- Locally grown
- Certified Organic
- Fresh picked fruits & veggies
- Eggs (pasture raised hens)
- Customizable boxes
- Pay as you go
- No subscription/cancellation fees
- Home delivery
- Member only farm workshops
- Garden seeds & transplants

Simple Is Better

HARVEST FIELDS ORGANIC FARM

www.harvestfields.farm • csa@harvestfields.farm

SABBATH CELEBRATION

September 5, 2015

Sunnyside *Light*

9:00 – 9:50 A.M.

“Ancient of Days”
“I Want Jesus to Walk With Me”

Prayer

Scripture
Mark 1:9-11

“The Dance”
Pastor Dennis Ray

Sunnyside Prime

11:15 A.M.

“Ancient of Days”
“Glory, Glory”

Welcome
Pastor Tom Gearing

Giving Thanks

“I Want Jesus to Walk With Me”
“Give Me Jesus”

Prayer

Scripture
Mark 1:9-11

“The Dance”
Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Tuesday, September 8

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

Wednesday, September 9

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)

Thursday, September 10

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

Friday, September 11

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

Sabbath, September 12

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. (Golden Paradise Inn & Sunrise of Fresno, Assisted Living)

This Friday **SUNSET** Next Friday
7:25 p.m. 7:15 p.m.

PREACHING SCHEDULE

September 12 - Pastor Gearing

September 19 - Pastor Ray

September 26 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

August Needs	\$30,125.00
Church Needs Donations	22,994.11
Over (Short)	(7,130.89)
Year to Date	\$241,000.00
Donations Received	172,110.98
Over (Short)	(68,889.02)

Youth Pastor Fund	\$16,704.67
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TITHE TO CENTRAL CALIF. CONFERENCE

August Tithe	\$37,769.39
Year to Date	\$205,706.92

THIS WEEK'S OFFERING

Local Church Budget

HEALTHY BYTES

Organic Produce

Many people ask "Why is organic food so expensive!" That's a tough question to answer for a lot of reasons, particularly because expensive is such a relative term. Compared to what? Medical bills? One reason certified organic food seems to be so expensive is because junk foods are so cheap. Food manufacturers figured out that if they switched out 'real food' and replaced it with ingredients like fillers, artificial color and artificial flavors, costs went way down. People kept buying it. As a matter of fact, the companies with the cheapest food-like products started selling more than companies with 'real food'.

Organic farmers grow their produce without use of pesticides. They enrich the soil with nutrients that are lacking in conventional farming. Certified organic means that there is 5% or less pesticides in the food. (That allows for the overspray from conventional farmers.) It is tough being "organic" in our toxic world. But the organic farmer is doing a great job to keep our food healthy to consume.

One of the best ways to ensure you are not getting a genetically modified food (GM) is to buy organic. In GM foods the very cell of the plant is altered and sometimes the pesticides become part of the plant. We can grow more, better looking plants, but at what cost to our health? The government is saying it is not harmful to our bodies...and of course they never lie (yes, that was sarcasm). It may cost a little more for the certified organic produce, but considering those pesticides accumulate in your body and cause you harm, I'd say you are worth the extra expense.

So where do you find organic foods? Most grocery stores now have an organic section. However, check the labels for where it was grown. Many times it is from another country that does not have the same regulations for "organic" that we do and it may not be what you had hoped for. Your best place to get healthy organic foods is from a local grower. Yes, it takes more effort on your part, but you and your family's health is so worth that effort.

Now Fresno Adventist Academy has made buying locally grown organic produce so much easier! The students and staff are now growing organic produce and selling it. Purchasing from them you would know your 'farmer' AND you could support your school and your students. A win-win!



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

Second Reading

Tom Gearing
from Discover Life SDA – Sonora, CA

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 8: An all-day event filled with exciting activities and entertainment.

YOUTH EVENTS

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.



FALL OPEN HOUSE

You are invited to the Adventist Book Center, 2820 Willow Ave., Clovis, **Sunday, September 20, 10:00 – 4:00** for their Fall Open House & Food Sale. These are the offers you'll find: "\$10 @ 10 a.m.!" First 100 customers receive \$10 in ABC Cash (valid for purchases on that day only); Truckload Food Sale — save \$21 when you buy seven cases or \$42 when you buy 13+ cases of Loma Linda, Worthington, and MorningStar Farms products; Free Lunch (11:00–2:00); Enter-&-Win Drawings for \$25, \$50, & \$75 gift certificates!

Bring the whole family!



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

Oakmont Senior Living
5605 N. Gates Ave. — Fresno

PRAYER REQUESTS

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

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



FALL WOMEN'S BIBLE STUDY

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

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 POSTINGS

The Human Resources Department is seeking a full-time Administrative Assistant. Must have strong computer, organizational, & customer service skills; be detail-oriented, able to handle a large workload, multi-task, & have an understanding of employment issues. College degree preferred or equivalent in work experience. Must be SDA with regular church attendance. 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.**

Soquel Conference Center has two openings: Lead Cook/Food Prep/Housekeeping and Food Prep/Assist Cook/Housekeeping. Both positions are on-call as needed. Weekend work for user groups. Pre and post clean-up. Hours range from 6 to 12 hours per day, when needed. Should have prior experience in food services, a food handler's permit, be friendly and professional. Must be a Seventh-day Adventist member with regular church attendance. To apply, please send cover letter, application, and resume to Human Resources: <http://ccchr.adventistfaith.org/hr-resources-forms>; PO Box 770, Clovis, CA 93613; lbarron@cccsda.org; or fax (559) 347-3062. **Please respond by 5:00 p.m., September 8, 2015.**

CHURCH ADDRESS

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Phone: 559.229.5501

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email: churchoffice@sunnysidesda.org

website: www.sunnysidesda.org

Office Hours

Tuesday – Friday

10:00 a.m. – 3:30 p.m.

THE LAST WORD

“This is certain, that a man that studieth revenge keeps his wounds green,
which otherwise would heal and do well.”

— Sir Francis Bacon

HAPPY BIRTHDAY TO...

Willie Barreto (9/6)

Dustin Batty (9/6)

Art Fernandez (9/6)

Ryan Ford (9/6)

Bob Gilbert (9/6)

Janeen Palafox (9/6)

Aaron Johnson (9/7)

Kathryn Keener (9/7)

Kris Keener (9/7)

Kipp Swanson (9/7)

Arthur Mora (9/8)

Delbert Swederofsky (9/8)

Leo Reijnders (9/10)

Adam Fernandez (9/11)

Gracie Frede (9/11)

**HAPPY ANNIVERSARY
TO...**

Mike & Patricia Ford (9/5)

Kerry & Stephanie Carpenter (9/7)

Justin & Cynthia Moore (9/7)

Isa & Nichola Ribadu (9/7)

John & Alesia Sheffield (9/8)