

FRESNO
SUNNYSIDE
SEVENTH-DAY
ADVENTIST
CHURCH

SunnysideNews

WEEKLY NEWSLETTER

September 10, 2015

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

CHURCH LIFE



A HEARTFELT THANK YOU

Delaine Morford wishes to thank her church family for the thoughtful, loving kindness she has received during this time of recovery and healing after her fall. The cards, phone calls, and prayers are cherished and appreciated.

In this week's issue...

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Worship

Learn

Connect

Serve

SABBATH CELEBRATION

September 12, 2015
Sunnyside *Light*

9:00 – 9:50 A.M.

“This Little Light of Mine”
“In His Time”

Prayer

Marla Hartman

Baby Dedication

of

Atticus Nozaki

Scripture

Message

Pastor Tom Gearing

Sunnyside Prime

11:15 A.M.

“I’m Gonna Sing, Sing, Sing”
“This Little Light of Mine”

Welcome

Pastor Dennis Ray

Giving Thanks

Jack Tolmosoff

Baby Dedication

of

Ruben Morales, Jr.

and

Mia Silalahi

“He’s Got the Whole World
In His Hands”
“In His Time”

Prayer

Marla Hartman

Scripture

Taylor Johnson

Message

Pastor Tom Gearing

Benediction

THIS WEEK AT A GLANCE

Sunday, September 13

Youth Serve Breakfast 8:00 a.m. (Creek Park Village)
Sunnyside Board Retreat 10:00 a.m. (Hartman Home)

Monday, September 14

Soul Sisters Women’s Bible Study 6:00 p.m. (Sanctuary)

Tuesday, September 15

Staff Meeting 1:00 p.m. (Pastor’s Office)
Worship Committee Meeting 6:30 p.m. (Pastor’s Office)

Wednesday, September 16

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)
Church Board Meeting 6:30 p.m. (Pastor’s Office)

Friday, September 18

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

Sabbath, September 19

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 Assisted Living)

This Friday **SUNSET** Next Friday
7:15 p.m. 7:04 p.m.

PREACHING SCHEDULE

September 19 - Pastor Ray

September 26 - Pastor Ray

October 3 - FAA Choir & Eric Johnson

MONTHLY CONTRIBUTION SUMMARY

September Needs	\$30,125.00
Church Needs Donations	11,772.43
Over (Short)	(18,352.57)
Year to Date	\$271,125.00
Donations Received	183,883.41
Over (Short)	(87,241.59)
Youth Pastor Fund	\$19,454.67

TITHE TO CENTRAL CALIF. CONFERENCE

September Tithe	\$7,232.68
Year to Date	\$212,939.60

THIS WEEK’S OFFERING

Fall Mission Appeal



HEALTHY BYTES

The art of fermenting food is deeply rooted in tradition, before refrigeration. Countless cultures around the world ferment in part as a preservation technique but also as a way to enhance the nutritional profile of ingredients.

Fermented foods are foods that have been through a process of lactofermentation in which natural bacteria feed on the sugar and starch in the food creating lactic acid. This process preserves the food, and creates beneficial enzymes, B-vitamins, Omega-3 fatty acids, and various strains of probiotics. Natural fermentation of foods has also been shown to preserve nutrients in food and break the food down to a more digestible form. This, along with the bevy of probiotics created during the fermentation process, could explain the link between consumption of fermented foods and improved digestion.

Foods in the "fermented" category are things like sauerkraut, yoghurt (not the sugary, fruit added kind), sourdough bread, olives, water kefir, kombucha.

Here is a list of some of the health benefits you can expect from eating fermented foods:

1. It restores gut health. The lactic acid produced during fermentation promotes the growth of healthy flora in the intestine.
2. Lactic acid enhances a foods digestibility and increases vitamin C and vitamin A levels.
3. It helps remove toxins from the body. Fermentation breaks down the nutrients in foods by the action of beneficial microorganisms and creates natural chelators that are available to bind toxins and remove them from the body (helps keep good stuff in, takes bad stuff out).
4. Fermentation cuts the sugar content of foods dramatically. In fact, it’s the sugar that starts the fermentation.
5. It has cancer-fighting properties. Fermented foods are rich in vitamin K2 and studies have shown that increased intake of vitamin K2 may reduce the risk of prostate cancer.
6. It helps you absorb nutrients better. When your gut flora is out of whack you don’t absorb the nutrients from the foods you eat. So no matter how much kale you munch on you won’t be reaping any of the benefits. Fermented foods produce the digestive enzymes which ensure you get the most nutrients out of all foods you ingest.
7. It supports our immune function. Some experts consider the gut to be the largest immune organ in the body. The chronic inflammation linked to diseases like heart disease, cancer and diabetes can begin with dysfunctional gut microbiota.

I’ll admit that "fermented" foods doesn't sound nice, but with all these benefits I have decided to dig deeper and find out more. After all, isn't this the way grandma used to do it?

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.

JUNIOR EVENTS

Game Night - September 12:
We're getting together for game night this Saturday night!

Volunteering at Poverello House: We're still working on the date for this service project – more details coming soon.

Bowling Night - November 7:
Watch for more details!

Teacher/Parents Meeting - November 14: Make plans to attend our meeting and lunch.

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

Pancake Breakfast for Elderly - September 13: We will meet at Creek Park Village Retirement Community at 8:00 a.m. **Please bring the food you're donating to church Sabbath morning.**

Vespers - September 18: Plan to get together next Friday at Pastor Tom's house at 6:30 p.m.



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

Golden Paradise Inn
7236 N. Fruit Ave — Fresno



Sunrise of Fresno
7444 N. Cedar Ave — Fresno

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.

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://cchr.adventistfaith.org/hr-resources-forms>; lbarron@cccsda.org; or fax 347-3062. **Please respond by 5:00 p.m., September 14.**

SAVE THE DATE

Make plans to attend our **Annual Harvest Carnival**
October 17

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 BEGINS MONDAY



There is still time to register for the upcoming Soul Sisters Bible Study, **A Women's Heart: God's Dwelling Place** by Beth

Moore. Join us this **Monday, September 14, at 6:00 p.m.** in the sanctuary. In this 10-week 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.

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.



Join us for a one-hour prayer service **every Wednesday 5:45-6:45 p.m.** for testimonies, a worship thought, and community prayer.

GETTING TO KNOW OUR FAMILY & FRIENDS

Youth Movie Night

They also celebrated Ivy's birthday with two cakes...wait, what?!



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Office Hours

Tuesday – Friday

10:00 a.m. – 3:30 p.m.

HAPPY BIRTHDAY TO...

Deanna Donaghy (9/12)

Jennifer Moseley-Stevens (9/14)

Vicki Anderson (9/15)

Larry Barber (9/15)

Josias Eugene (9/15)

Anthony Pittman (9/16)

Caitlyn Menes (9/16)

Dan Nozaki (9/16)

Yissel Gutierrez (9/17)

Barbara Bohlman-Brown (9/18)

Lyn Harrelson-LaCross (9/18)

Shayla Phillips (9/18)

Garth Zambrana (9/18)

HAPPY ANNIVERSARY TO...

David & Tyonna Marshall (9/13)

THE LAST WORD

...*Live in the wisdom of accepted tenderness.* Tenderness awakens within the security of knowing we are thoroughly and sincerely liked by someone. The mere presence of that special someone in a crowded room brings an inward sigh of relief and a strong sense of feeling safe. The experience of a warm, caring, affective presence banishes our fears. The defense mechanisms of the impostor — sarcasm, name-dropping, self-righteousness, the need to impress others — fall away. We become more open, real, vulnerable, and affectionate. We grow tender.

Years ago, I related a story about a priest from Detroit named Edward Farrell who went on his two-week summer vacation to Ireland. His one living uncle was about to celebrate his eightieth birthday. On the great day, the priest and his uncle got up before dawn and dressed in silence. They took a walk along the shores of Lake Killarney and stopped to watch the sunrise. Standing side by side with not a word exchanged and staring straight at the rising sun. Suddenly the uncle turned and went skipping down the road. He was radiant, beaming, smiling from ear to ear.

His nephew said, “Uncle Seamus, you really look happy.”

“I am, lad.”

“Want to tell me why?”

His eighty-year-old uncle replied, “Yes, you see, my Abba is very fond of me.”

How would you respond if I asked you this question: “Do you honestly believe God likes you, not just loves you because theologically God *has* to love you?” If you could answer with gut-level honesty, “Oh, yes, my Abba is very fond of me,” you would experience a serene compassion for yourself that approximates the meaning of tenderness.

“Can a woman forget her nursing child, and have no compassion [tenderness] on the son of her womb? Even these may forget, but I will not forget you” (Isaiah 49:15, NASB).

Scripture suggests that the essence of the divine nature is *compassion* and that the heart of God is defined by *tenderness*.

By the tender mercy [compassion] of our God who from on high will bring the rising sun to visit us, to give light to those who live in darkness and the shadow of death, and to guide our feet into the way of peace” (Luke 1:78-79). Richard Foster wrote, “*His heart is the most sensitive and tender of all. No act goes unnoticed, no matter how insignificant or small. A cup of cold water is enough to put tears in the eyes of God. Like the proud mother who is thrilled to receive a bouquet of wilted dandelions from her child, so God celebrates our feeble expressions of gratitude.*”

—Brennan Manning, *Abba's Child: The Cry of the Heart for Intimate Belonging*