

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

CHURCH LIFE



BABY NEWS

Congratulations, Cal and Jessica Redman. Hannah Kaitlyn was born on September 20 at 9:55 a.m. at St. Agnes Hospital. She weighed 8lbs. 4ozs. Little Hannah will be dedicated to the Lord this Sabbath, as Cal's parents will be returning to Australia next week; Cal and Jessica want them to be part of this commitment and celebration with the rest of their family.



*Grandchildren are the crowning glory of the aged;
parents are the pride of their children.*

— Proverbs 17:6 (NLT)

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POTLUCK GUESTS

Fresno Adventist Academy students and their families will be our guests this Sabbath. Principal Eric Johnson and the students will take part in our worship service, with singing and the sermon. We encourage everyone to double, or make an extra portion of their salad or sandwiches for the potluck, as we will have 50 or more guests joining us for lunch.

CHAT & CHEW WITH FAA'S PRINCIPAL

Parents interested in sending their child(ren) to Fresno Adventist Academy next school year are invited to meet with principal Eric Johnson this Sabbath. He will be available to chat and answer questions during potluck. If you'd just like to know what's happening at FAA, you're welcome to join the conversation as well.

SABBATH CELEBRATION

October 3, 2015

Sunnyside Light

9:00 – 9:50 A.M.

**“You Are Holy”
“Cares Chorus”**

Prayer

Gabriel Wiest

Scripture

Luke 23:34

**Fresno Adventist Academy
6th, 7th, and 8th Grade Choir**

**“What Have You Done
with Your Randy?”**

Eric Johnson, Principal

Sunnyside Prime

11:15 A.M.

“Oh Lord, You’re Beautiful”

Welcome

Pastor Tom Gearing

Giving Thanks

Adam Fernandez & Brandon Romero

Baby Dedication

of

Hannah Kaitlyn Redman

“You Are Holy”

Prayer

Cathie Jo Jones

Fresno Adventist Academy Choir

Scripture: Luke 23:34

Jed Sulit

**“What Have You Done
with Your Randy?”**

Eric Johnson, Principal

Benediction

THIS WEEK AT A GLANCE

Monday, October 5

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

Tuesday, October 6

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

Wednesday, October 7

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, October 9

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

Sabbath, October 10

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. (Somerford Place)

This Friday
6:43 p.m.

SUNSET

Next Friday
6:33 p.m.

PREACHING SCHEDULE

October 10 - Pastor Gearing

October 17 - Pastor Ray

October 24 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

September Needs	\$30,125.00
Church Needs Donations	26,062.64
Over (Short)	(4,062.36)
Year to Date	\$271,125.00
Donations Received	198,173.62
Over (Short)	(72,951.38)
Youth Pastor Fund	\$16,967.92

TITHE TO CENTRAL CALIF. CONFERENCE

September Tithe	\$27,722.68
Year to Date	\$233,429.60

THIS WEEK’S OFFERING

Local Church Budget

HEALTHY BYTES

Beans



There are several spots in the world where people seem to live longer than others called “blue zones.” The zones pinpointed were in Ikaria, Greece; Okinawa, Japan; the Barbagia region of Sardinia; Loma Linda, California (which contains the highest concentration of Seventh-day Adventists in the US); and Nicoya, Costa Rica. The lifestyles in these areas vary. They have different diets and beliefs. One of the things they do have in common is beans. Yes, something as simple as beans.

From studying the blue zones, it is believed that beans are "the world's greatest longevity foods" and that eating beans - of every variety, including fava, black, soy and lentil - is fundamental to healthy living and the "cornerstone of every longevity diet". The blue zone people are "eating a cup of beans a day on average".

Why are beans so special? We know they are high in fiber, vitamins and micronutrients but they also remove the need for animal protein, so are better for the gut. The blue zoners eat only 5 percent meat. The majority of their food is plant based.

When you eat a lot of meat, the gut bacteria, the flora, of your gut changes to digest it. So a certain type of bacteria thrives when you eat a lot of meat; that bacteria causes inflammation, which is at the root of every age-related disease.

When you eat beans, however, you switch to another type of flora (it is during this changeover that flatulence occurs, but it only lasts a couple of weeks), which lowers inflammation and obesity rates.

The goal isn't necessarily to live to be 100, but to LIVE until you die. It is amazing how something as simple as beans can increase your quality of life. So eat your beans (take a walk if they cause flatulence and let it rip - exercise is the bonus!) and enjoy a longer, healthier life.

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.

ANNOUNCEMENTS

MEMBERSHIP TRANSFERS

Second Reading

Bruce and Karen Eckhart
to Hood View SDA in Boring, OR
☪☪☪☪☪

Jacki Landis
to Grants Pass SDA in Grants Pass, OR
☪☪☪☪☪

Carole LeGallo
to Sequim SDA in Sequim, WA

PRAYER REQUESTS

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

- Merrick, Michael, and Brandi Akins
- Susan Barrick
- Patrick Coffee
- Mike Mosley
- Marlis Phelps
- Bernadette Randall
- Joyce Reimer

POTLUCK THIS SABBATH

Join us **Sabbath** for our church family potluck. The menu will feature 'sandwiches and salads'. The Potluck committee will provide dessert.

Families with last names beginning
A-L bring sandwiches
M-Z bring salad

Please DO NOT bring casseroles this month.

Please prepare extra; we will have 50 or more guests from Fresno Adventist Academy.



JUNIOR EVENTS

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

McDermont Field House - November 8: An all-day event filled with exciting activities and entertainment.



YOUTH EVENTS

Breakfast for Elderly - October 11: 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 - October 16: There will be food and a Bible study at Pastor Tom's house at 6:30 p.m.

HARVEST FIELDS FARM

Now is a great time to join FAA's farm produce box program. When you refer a friend, you'll receive 50% off your last order. Logon to harvestfields.farm for more info.

SUNNYSIDE'S ANNUAL HARVEST CARNIVAL

Make plans to attend one of our favorite yearly events!
Saturday, October 17, 6:30–9:00 p.m. at the Esteps' home.
Friends • Food • Games • Photo Booth • Music • Face Painting •
Obstacle Course • Paint Ball* • Fun for all ages!
Hotdogs, popcorn and beverages will be provided.

Here's what we'd like you to bring:

- A-G: cheese & crackers, fruits and nuts**
- H-R: dessert - cookies, fruit breads, cupcakes**
- S-Z: veggies & dip, chips & dip**

- ⇒ Wear a costume (nothing scary)
- ⇒ Bring a folding chair
- ⇒ Bring a goody bag to collect your treats
- ⇒ Invite your family and friends

**This is a church-sponsored social; all food & activities are FREE, including two rounds of paint ball. (Additional paintball rounds will be \$1 each to help cover the cost.)*

Plan to Have a Great Evening!!



Midweek Reflections
Our weekly prayer service
Wednesdays 5:45-6:45 p.m.

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 Living/Hy-Lond
3408 E. Shields Ave. — Fresno

LIFE 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.

FAA BRICK FUNDRAISER
Logon to www.bricksrus.com/order/faabrickcampaign to learn more about donating a commemorative brick to the newly designed courtyard at Fresno Adventist Academy.

CCC JOB POSTINGS
The Human Resources Department is seeking a full-time Administrative Assistant. Must have strong computer skills, organizational skills, customer service skills, be detail-oriented, be able to handle a large workload and have an understanding of employment issues. In this position there are many interruptions and the candidate must be able to multitask. College degree preferred or equivalent in work experience. Must be a Seventh-day Adventist 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., October 6.

Please submit your bulletin and eNews announcements of 50 words or fewer (in paragraph form) to: bulletinstaff@sunnysidesda.org. All info is due by 6:00 p.m. on Wednesdays. The Bulletin staff reserves the right to edit text.

Disclaimer: Ads appearing in the Sunnyside eNews are printed without endorsement or recommendation of Fresno Sunnyside Seventh-day Adventist Church.

GETTING TO KNOW OUR FAMILY & FRIENDS

Pastor Tom & the Youth teaching the congregation a new song.



CHURCH ADDRESS

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website: www.sunnysidesda.org

Office Hours

Tuesday – Friday
10:00 a.m. – 3:30 p.m.

THE LAST WORD

1 Peter 3:9 WEB

*not rendering evil for evil, or insult for insult; but instead blessing;
knowing that to this were you called, that you may inherit a blessing.*

Promise #261: I have called you to inherit My blessing.

In this Scripture passage, the Apostle Peter is encouraging us not to repay evil for evil, but rather be a blessing instead. If we are living with an orphan perspective, we will have to scratch and claw for everything we get in life. When people do evil things to us, we will need to respond in the same way back to them. The life of an orphan is lonely and scary. An orphan is left to their own devices to manage life.

The life of a son or daughter however, is quite different. They know that they are loved beyond imagination and are safe from harm. They live in the reassurance that they are blessed beyond measure and that they have a rich inheritance of many blessings yet to come. In Ephesians 1:3, the Bible says that our Heavenly Father has blessed us with every spiritual blessing in heaven. The life that we are called to live is a life of abundance and blessing.

That is why when someone acts in an 'orphan-like' way to us, even a brother or sister in Christ, we don't have to respond in a similiar way, but we can respond with blessings. May each one of us be so filled with the revelation that we have been called to inherit a blessing, that we become an absolute outflow of blessings to others!

— taken from 365promises.com

HAPPY BIRTHDAY TO...

Cheryl Crouch (10/5)
Leslie Batty (10/7)
Jayson Cornwell (10/7)
Alyssa Daggs (10/7)
Ralph Diaz (10/7)
Ruben Jimenez (10/8)
Jonathon Marshall (10/8)
Elias Walker (10/8)
Dioni Rodriguez (10/9)

**HAPPY ANNIVERSARY
TO...**

Dennis & Diane Ray (10/4)
Ronnie & Julie Goodwin (10/5)
Russell & Jill Fulkes (10/7)