

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

## CHURCH LIFE

### WEDDING BELLS

Congratulations to the happy couples!

Robert Gushel-Barrón and Bobbi Vasquez will be married on October 10. Kevin Gilpin and Shelly Clement will say their "I Dos" on October 11.

We pray God's blessings of joy and love over them as they begin their lives together as one.



*There are three things that are too hard for me,  
really four I don't understand:  
the way an eagle flies in the sky,  
the way a snake slides over a rock,  
the way a ship sails on the sea,  
and the way a man and a woman fall in love.*

*Proverbs 30:18-19 (NIV)*

### PASSING OF JOHN TOLMOSOFF

It is with heavy hearts we share that more of our church family has experienced loss this week. John Tolmosoff passed away on Monday after suffering a heart attack last Thursday. John was the son of Anne Marie Moore and brother to Jack Tolmosoff. John had recovered extremely well after battling cancer. However, recently, he developed pneumonia and it all had taken quite a toll on his body.

The Tolmosoff family would appreciate your prayers and expressions of love during this time. Teresa asks that we remember John's three young adult children in our prayers as they have lost both parents within the last two years.

Because he grew up with his family in the Valley, John was known and loved by many in the area. A memorial service will be planned at a later date.

#### 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

October 10, 2015

**Sunnyside** *Light*

9:00 – 9:50 A.M.

“Revelation Song”  
“Into My Heart”

**Prayer**

Renee Nozaki

**Scripture**

**Ecclesiastes 2:24 & 25**

“What Is Your Pleasure?”

Pastor Tom Gearing

## Sunnyside Prime

11:15 A.M.

“Revelation Song”  
“Even So Come”

**Welcome**

Pastor Dennis Ray

**Giving Thanks**

“Sweet, Sweet Spirit”  
“Into My Heart”

**Prayer**

Leo and Angela Reijnders

**Scripture**

**Ecclesiastes 2:24 & 25**

Steve Cosner

“What Is Your Pleasure?”

Pastor Tom Gearing

**Benediction**

## THIS WEEK AT A GLANCE

### Sunday, October 11

Early Youth Serve Breakfast 8:00 a.m. (*Creek Park Village*)

### Monday, October 12

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

### Tuesday, October 13

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

### Wednesday, October 14

Community Services at McLane High School Noon

Midweek Reflections 5:45 p.m. (*Sanctuary*)

Bulletin Info Deadline: [bulletinstaff@sunnysidesda.org](mailto:bulletinstaff@sunnysidesda.org) 6:00 p.m.

Men's Ministry Group 6:30 p.m. (*Youth Room*)

### Friday, October 16

Harvest Carnival Set-up 10:00 a.m. - 5:00 p.m. (*Estep home*)

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

Youth Vespers 6:30 p.m. (*Pastor Tom's home*)

### Sabbath, October 17

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. (*Cedarbrook Memory Care*)

Annual Harvest Carnival 6:30 p.m. (*Estep home*)

This Friday **SUNSET** Next Friday  
6:33 p.m. 6:23 p.m.

## PREACHING SCHEDULE

October 17 - Pastor Ray

October 24 - Pastor Ray

October 31 - Pastor Gearing

## MONTHLY CONTRIBUTION SUMMARY

<b>October Needs</b>	<b>\$30,125.00</b>
Church Needs Donations	8,152.47
Over ( <i>Short</i> )	(21,972.53)
<b>Year to Date</b>	<b>\$301,250.00</b>
Donations Received	206,326.09
Over ( <i>Short</i> )	(94,923.91)
<b>Youth Pastor Fund</b>	<b>\$17,227.92</b>

## TITHE TO CENTRAL CALIF. CONFERENCE

<b>October Tithe</b>	<b>\$5,094.06</b>
<b>Year to Date</b>	<b>\$238,523.66</b>

## THIS WEEK'S OFFERING

**Voice of Prophecy**

## HEALTHY BYTES

### Soda



The average American, in the year 2000, drank 53 gallons of soda (yes, per person!)...it is now down to 40 gallons of soft drinks per year. Better, but not great; that's still a lot of pop! Aside from the fact that soda contributes to our obesity and disease, (yes, even you diet soda drinkers - read the statistics: diet soda makes you GAIN weight) it is now known that it is associated with Out-of-Hospital Cardiac Arrests (OHCA).

A cardiac arrest is when the heart suddenly stops pumping blood throughout the body. It is not the same as a heart attack, that is when the supply of blood to the heart is suddenly blocked, most often caused by a blood clot. OHCA is usually an electrical problem. Americans have a lot of OHCA's each year.

In a recent study in Japan involving 800,000 people, they found that those who spent more money on carbonated beverages were more likely to suffer cardiac arrests. This study is the first to make a link between drinking large amounts of carbonated beverages and OHCA. They think it is the acid in the soda that plays an important part in this link. Drinking green tea, black tea, coffee, cocoa, fruit or vegetable juice, fermented milk beverage, milk and mineral water were not found to be associated with OHCA's. We already knew that soda leads to type 2 diabetes and heart disease, this is just one more reason to get it out of your diet.

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

## 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

## HARVEST CARNIVAL VOLUNTEERS NEEDED

We need your help with set-up for the Carnival on **Friday, October 16, 10:00 a.m. - 5:00 p.m.** We will be setting up the stage for the musicians, the game booths, tables, hay bales, canopies, lights, etc. The more hands we have, the sooner the work is done. Come and help as long as you can. Pizza will be provided for lunch. Contact Marla (259-0241) if you'd like to help or just show up – there'll be plenty to do...and you'll enjoy the fellowship.

## 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 & 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!!**

## 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

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

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

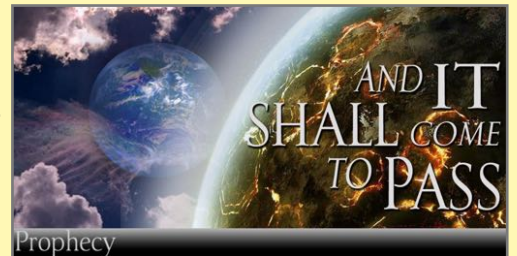
## YOUTH EVENTS

**Vespers - October 16:** There will be food and a Bible study at Pastor Tom's house at 6:30 p.m.

## QUARTERLY CLASS WILL BEGIN "LAST DAY EVENTS" PROPHECY CLASS

An 8-week class on "Last Day Events in the Prophecies of Daniel and Revelation" will begin on **Sabbath, October 17**. Please join our weekly Sabbath School Class beginning at 10:00 a.m. to learn the significance of current world events and how they relate to Bible Prophecy.

- October 17: "God's Panoramic View of the Future" (Daniel 2)
- October 24: "The Rise of the Little Horn Power" (Daniel 7)
- October 31: "Time No Longer" (Daniel 8, 9 and Revelation 10)



## GOD'S FANTASTIC 4

There is still time to sign-up for the Central California Conference Annual Men's Retreat – **October 16-18**. The cost is \$75 per person. To register by credit card and for more information call at 347-3142.

## FAA FLAG FOOTBALL TOURNAMENT

Fresno Adventist Academy invites you to the FAA flag football tournament this Saturday night and Sunday! Come enjoy food and the games played by our students. Games begin at 7:00 p.m. on Saturday and 8:30 a.m. on Sunday.

## 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](http://harvestfields.farm) for more info.

## FAA BRICK FUNDRAISER

Go to [www.bricksrus.com/order/faabrickcampaign](http://www.bricksrus.com/order/faabrickcampaign) to learn more about donating a commemorative brick to the newly designed courtyard at Fresno Adventist Academy.



**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](mailto:mjzenith@gmail.com).

**This Sabbath**

Somerford Place  
6075 N. Marks Ave. — Fresno

Please submit your bulletin and eNews announcements of 50 words or fewer (in paragraph form) to: [bulletinstaff@sunnysidesda.org](mailto: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

## **Fresno Adventist Academy Choir**

blessed our congregation with their music on Sabbath.

Thank you to everyone from the Academy who participated in our worship service.



**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**

The life of Christ was an ever-widening, shoreless influence, an influence that bound Him to God and to the whole human family. Through Christ, God has invested man with an influence that makes it impossible for him to live to himself.

Individually we are connected with our fellow men, a part of God's great whole, and we stand under mutual obligations. No man can be independent of his fellow men; for the well-being of each affects others. It is God's purpose that each shall feel himself necessary to others' welfare, and seek to promote their happiness.

Every soul is surrounded by an atmosphere of its own — an atmosphere, it may be, charged with the life-giving power of faith, courage, and hope, and sweet with the fragrance of love. Or it may be heavy and chill with the gloom of discontent and selfishness, or poisonous with the deadly taint of cherished sin. By the atmosphere surrounding us, every person with whom we come in contact is consciously or unconsciously affected.

Christ's Object Lessons, p. 339

**HAPPY BIRTHDAY TO...**

Aleya Barron (10/12)  
Amy Daniels (10/13)  
Liam Djabrayan (10/13)  
Patrick Reynolds (10/13)  
Nikilas Cornwell (10/15)  
Cherokee Espinoza (10/15)

**HAPPY ANNIVERSARY  
TO...**

Gary & Linda Barron (10/10)  
Sal & Amanda Gonzales (10/13)  
Dustin & Leslie Batty (10/14)  
Kris & Kathryn Keener (10/16)