

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

CHURCH LIFE

HELP WITH THE HARVEST CARNIVAL

There are three ways you can help with making our carnival spectacular:

1. Are you willing and able to play for 45 minutes this Saturday night? We still need eight people/families for 45-minute shifts in the game booths. Sign up in the lobby on Sabbath morning or call/text Marla Hartman (259-0241).
2. Set-up begins Friday (tomorrow) at 10:00 a.m. and decorating around 1:00 p.m. Please come out and help! 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. Lunch & snacks will be provided.
3. We need a clean-up crew! Please plan to hang around after the carnival is over to help clean up and put the Esteps' home back in order. Take-down goes much quicker and the more hands we have, the sooner we'll have everything put back in place. Please let Marla know if you'll help.

We expect to have a great time, again, this year. There'll be lots of food and fun games. We'll be entertained with live music from Even Flow; Todd, the Snake Man, will bring his reptiles and so much more. Find directions to the Estep home and more details about this event on page 3.



Worship

Learn

Connect

Serve

In this week's issue...

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SABBATH CELEBRATION

October 17, 2015

Sunnyside Light

9:00 – 9:50 A.M.

“Therefore the Redeemed”
“Change My Heart, O God”

Prayer

Mike and Laurene Ward

Scripture

Mark 4:35-41

“Lord of the Storm”

Pastor Dennis Ray

Sunnyside Prime

11:15 A.M.

“Lover of My Soul”
“Therefore the Redeemed”

Welcome

Pastor Tom Gearing

Giving Thanks

Diane Ray

“Humble Thyself”

“Change My Heart, O God”

Prayer

Tim and Dioni Rodriguez

Special Music

Lawrence Bohanon

Scripture

Mark 4:35-41

Marianne Cruz

“Lord of the Storm”

Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Monday, October 19

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

Tuesday, October 20

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

Wednesday, October 21

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, October 23

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

Sabbath, October 24

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.

Youth with Meals on Wheels 1:00 p.m. (Poverello House)

Music & Praise Ministry 2:30 p.m. (Bella Vista Memory Care)

This Friday
6:23 p.m.

SUNSET

Next Friday
6:14 p.m.

PREACHING SCHEDULE

October 24 - Pastor Ray

October 31 - Pastor Gearing

November 7 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

October Needs	\$30,125.00
Church Needs Donations	13,069.75
Over (Short)	(17,055.25)
Year to Date	\$301,250.00
Donations Received	211,243.37
Over (Short)	(90,006.63)
Youth Pastor Fund	\$14,786.92

TITHE TO CENTRAL CALIF. CONFERENCE

October Tithe	\$8,832.04
Year to Date	\$242,261.64

THIS WEEK’S OFFERING

Local Church Budget

HEALTHY BYTES



Probiotics

The human body has more bacterial cells than human cells and a large part of these live in the digestive system. New research is constantly showing the relationship of gut bacteria to many aspects of health. Unfortunately, the modern diet is largely deficient in foods that nourish this gut bacteria in a healthy way since many foods are pasteurized, irradiated or created in a sterile lab.

The balance of bacteria in the gut is important for immune health, hormone balance and many other aspects of wellness. Many of the foods that are most often consumed these days are high in sugar, processed grains, vegetable oils and foods that often let the “bad” bacteria grow more than they should.

Adding probiotic rich foods and drinks to the diet is an easy way to give gut bacteria a boost and to keep the digestive system in proper balance. Here are five easy ways to consume more probiotics:

5 Ways to Consume More PROBIOTICS

Sauerkraut, kvass (kvass is a naturally fermented and probiotic-rich drink with other health-boosting properties made from beets), water kefir, kombucha (a tangy drink with enzymes and probiotics), homemade ginger ale (watch for this recipe later). Of course the easiest way to get a good probiotic is to find it in pill form. If it is not sold in a refrigerated section of the store, find another source. This is a live culture and needs refrigeration to survive and work in your body.



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

PRAYER REQUESTS

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

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

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 **this Sabbath**. 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)



SUNNYSIDE'S ANNUAL HARVEST CARNIVAL

this Saturday, October 17, 6:30-9:00 p.m.

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:

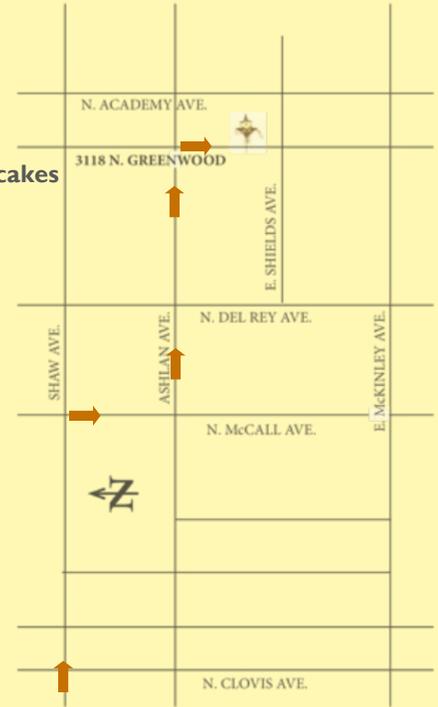
- A-G:** cheese & crackers, fruits & nuts
- H-R:** dessert - cookies, fruit breads, cupcakes
- S-Z:** veggies & dip, chips & dip

- ⇒ 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.)



The Estep Home
3118 N. Greenwood
Sanger, CA
(559) 875-5855



JUNIOR EVENTS

Volunteering at Poverello House - October 25: We will prepare and serve lunch to the community. Please contact Jerma (381-5000) for more info.

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

Meals on Wheels - October 24: Plan to join us service project at Poverello House.

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
Cedarbrook Memory Care
1425 E. Nees — Fresno

LIVING WELL SEMINAR

A food demo and dinner will be presented on **November 5, 6:00 - 8:00 p.m.** It will feature "Thanksgiving Feast" with quinoa loaf and gravy, cranberry sauce and a pumpkin dessert. Health lecturer will be Dr. Teske. For more information and to reserve a seat, please call 999-8319.

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: harvestfieldsfarm.com.

Simple Is Better

www.harvestfieldsfarm.com • csaf@harvestfieldsfarm.com

HARVEST FIELDS FARM

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



MILESTONES

Your birthdays and anniversaries are important to us. Please share them with us by completing a 'Sunnyside Connects' card and putting it in the offering plate. We want to celebrate with you.

FAA BRICK FUNDRAISER

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

CHURCH ADDRESS

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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 have become completely free from the need to judge,
we will also become free from the fear of being judged.”

~ Henri Nouwen

HAPPY BIRTHDAY TO...

Jeremiah Gonzales (10/17)
Jacob Wong (10/17)
Orin Hirschhorn (10/18)
Alan Mitchell (10/18)
Clif van Putten (10/18)
Karen Blackwell (10/20)
Pamela Pillor (10/20)
Neal Rogers (10/20)
Maria Smith (10/20)
Melissa Fulkes (10/21)
Sarah Goodwin (10/21)
Ruth Kwon (10/21)
Rod Turley (10/21)
Christiana Kerbs (10/22)
Jose Mauricio Arias (10/23)
Dave Boccardo (10/23)
Adriana Castillo (10/23)
Emmanuel Gonzales (10/23)
Dwayne Taylor (10/23)
Becky Wiest (10/23)

**HAPPY ANNIVERSARY
TO...**

Charles & Lyn LaCross (10/20)