

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

CHURCH LIFE



BABY NEWS!

Congratulations to Randy and Shayla Castanaza! On October 20 at 9:20 p.m. they welcomed little Micaiah Liam Castanaza in to the world. He weighed 8lbs. 2ozs. and was 20.5 inches long.



*All your children will be taught by the Lord,
and great will be their peace.*

— Isaiah 54:13

JUNIOR PARENT MEETING — THIS SABBATH

The Junior parents and teachers will meet this Sabbath during potluck to connect with one another, discuss Junior class needs and teaching schedule, as well as social and community events. All Junior parents are invited and welcomed to grab a plate of food and join them in the Junior Room.

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SABBATH CELEBRATION

November 7, 2015

Sunnyside Light
9:00 – 9:50 A.M.

“Love Lifted Me” Medley
“Breathe On Us Again”

Prayer
Marla Hartman

Scripture
Mark 6:14-30

“The Fear of King Herod”
Pastor Dennis Ray

Sunnyside Prime
11:15 A.M.

“Love Lifted Me” Medley

Welcome
Pastor Tom Gearing

“People Get Ready” Medley

Giving Thanks
Misty Cruz-Frede

Deacon and Elder Ordination

“Precious Lord”
“Breathe On Us Again”

Prayer
Marla Hartman

“Ancient Words”

Scripture
Mark 6:14-30
Taylor Johnson

“The Fear of King Herod”
Pastor Dennis Ray

“God Be With You”

THIS WEEK AT A GLANCE

Sunday, November 8

Youth Serve Breakfast 8:00 a.m. (Creek Park Village Senior Living)

Monday, November 9

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

Tuesday, November 10

Staff Meeting 1:00 p.m. (Pastor's Office)
Special Board Dinner/Meeting 5:00 p.m. (Fellowship Hall)

Wednesday, November 11

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)
Worship Committee Meeting 6:30 p.m. (Pastor's Office)

Friday, November 13

Worship Band/Chorister Rehearsal 5:30 p.m. (Sanctuary)
Youth at CCC Youth Prayer Conference 4:30 p.m. (Armona Academy)

Sabbath, November 14

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. (Pacific Gardens)
Youth at CCC Youth Prayer Conference (Armona Academy)

This Friday 4:58 p.m. **SUNSET** Next Friday 4:52 p.m.

PREACHING SCHEDULE

November 14 - Pastor Ray

November 21 - Pastor Ray

November 28 - Pastor Gearing

MONTHLY CONTRIBUTION SUMMARY

October Needs	\$30,125.00
Church Needs Donations	24,391.22
Over (Short)	(5,733.78)
Year to Date	\$301,250.00
Donations Received	222,564.84
Over (Short)	(78,685.16)
Youth Pastor Fund	\$12,144.01

TITHE TO CENTRAL CALIF. CONFERENCE

October Tithe	\$24,308.59
Year to Date	\$257,738.19

THIS WEEK'S OFFERING

Local Church Budget

HEALTHY BYTES



Can something as simple as celery lower your blood pressure? Using the recommended dosages to lower mild cases of high blood pressure, one would eat about four ounces of celery (about a cup of chopped celery) daily. You should begin to see results after only a week or two. Juicing 2 stalks of celery per day would also achieve the same results.

That's not all this under-rated vegetable does. Eating only two stalks of celery a day has been shown to lower cholesterol levels by upwards of 7%. The presence of butylphthalide (an oil which gives celery its peppery taste and smell) has been tested and shown to treat hypertension in animals

and protect cholesterol levels with its powerful antioxidant properties. This essential oil reduces bad cholesterol and aids in the production of healthy cholesterol.

Celery also reduces inflammation. Since inflammation is the starting cause of ALL disease that would be an important food to eat.

Unlike most nutrient rich vegetables, celery contains both soluble and insoluble fiber. When compared to kale, celery has as much soluble fiber in a serving as cooked kale has in a 1/2 cup serving.

The phytochemicals in celery also prevent swelling and tissue inflammation, a primary source of pain in older adults. These healthy chemicals also rev up the body's natural defenses by ramping up white blood cells which fight malicious bacteria – including carcinogens.

Of all the many benefits of celery, the one that got my attention was that it reduces the wear and tear in the brain that causes dementia. I will have to admit, I don't like celery. But to avoid dementia, I will start eating it anyway! It is going into my salads and soups. I bet I can hide it in my morning smoothie! I have found that I actually enjoy it in a Waldorf Salad (email me for a healthier version).

While there is no one 'wonder' food, adding more 'outstanding' foods available to us will enhance our lives and bring balance to our diet.

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
- Diana Mora
- Mike Mosley
- Marlis Phelps
- Bernadette Randall
- Joyce Reimer

CROCKPOT POTLUCK SABBATH

Join us **this Sabbath** for our church family potluck.

A-L: please bring a salad and crockpot filled with your favorite soup or entree.

M-Z: please bring a dessert and crockpot filled with your favorite soup or entree.

It is extremely helpful to the potluck committee if you put your name on your dish or container.

Potluck is a great time to fellowship with old friends and to make new ones.

JUNIOR EVENTS

Parents Meeting - this Sabbath: Stay for fellowship, meeting and potluck in the Junior Room.

EARLY YOUTH EVENTS

McDermont Field House: The votes have been counted and we're going, **Sunday, November 15!**

Don't forget to complete the waiver.



YOUTH EVENTS

Senior Breakfast - Sunday: Please bring all food for the breakfast to Sabbath School — and we hope to see you all at Creek Park Village at 8:00 on Sunday morning!

QUARTERLY CLASS STUDYING "LAST DAY EVENTS"

The Quarterly Sabbath School Class is in the midst of an 8-week study on "Last Day Events in the Prophecies of Daniel and Revelation."

The Dragon and the Woman ✦ The Wounded Beast
United States in Prophecy ✦ Earth's Last Warning Message
Seven Last Plagues ✦ The Scarlet Woman and the Beast ✦ Fall of Babylon

PRAYER SERVICE

Midweek Reflections **Wednesdays 5:45-6:45 p.m.**

Join us for a few minutes in silence and quiet prayer before sharing testimonies, a worship thought, and community prayer.

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

Fig Garden Senior Retirement
6035 N. Marks Ave. — Fresno



DONATE YOUR TRASH TO FAA ART!

Connie Carpenter, Artist and Volunteer Instructor at Fresno Adventist Academy is seeking donations of: white foam egg cartons, plastic cartons, clear plastic carton lids, cotton terry towels, and needle-nose pliers. Thank you for helping the FAA Art Class to recycle and put to good use what is normally thrown away. Please place in FAA Art Box in the church lobby.

MILESTONES

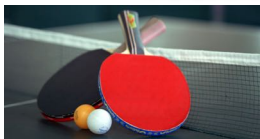


Your birthdays and anniversaries are important to us. If we missed publishing your special day, please let us know by completing a 'Sunnyside Connects' card and putting it in the offering plate. We want to celebrate with you.

BIBLE COMMENTARY SET

The Swansons have a complete set of Review & Herald Bible Commentary to give away. If you would like these books, please contact Ken or Karen at 323-1216.

SINGLES PING PONG TOURNAMENT



Sunday, November 15, 11:00 a.m. at the Central California Conference

Office, 2820 Willow Ave., Clovis. Double elimination: 1st Place - \$25 gift certificate; 2nd Place - \$10 gift certificate. Sandwich makings and beverage provided; bring your favorite chips, snacks, and dessert. Please RSVP to Debra (text) (903) 594-8868 or email singles@cccsda.org.

HARVEST FIELDS FARM

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.



Simple Is Better

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.



FAA STUDENT REVIVAL WRAP-UP

Fresno Adventist Academy will wrap-up its Student-Led Revival Series at **11:00 a.m. on Sabbath** in Richiuti Auditorium at FAA. It has been a blessed week with the students sharing their faith and the good news of God's love and salvation. A potluck will be held immediately following the worship service. You're invited to prepare your favorite dish and join them for worship, food and fellowship.

GETTING TO KNOW OUR FAMILY & FRIENDS

Was it Twins' Day for Pastor Tom and Gabe Wiest?

Can you guess who's who?



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

“Paul carried with him the atmosphere of heaven. All who associated with him felt the influence of his union with Christ. The fact that his own life exemplified the truth he proclaimed, gave convincing power to his preaching. Here lies the power of truth. The unstudied, unconscious influence of a holy life is the most convincing sermon that can be given in favor of Christianity. Argument, even when unanswerable, may provoke only opposition; but a godly example has a power that is impossible, wholly, to resist.” – Act of the Apostles p. 510

HAPPY BIRTHDAY TO...

Nicolas Frede (11/7)
Patty Kelley (11/7)
Abby Frazer (11/9)
Pete Beckmann (11/10)
Jimmy Sepeda (11/10)
Sherilynne Blanchet (11/11)
Gabriel Diaz (11/11)
Tom Hall (11/11)
Jared Kidwell (11/11)
Lana Kidwell (11/11)
Jessica Redman (11/11)
Patty Lay (11/12)
Arland Finney (11/13)
Amanda Hartman (11/13)
Malisa Kuykendall-Padilla (11/13)

**HAPPY ANNIVERSARY
TO...**

Jim & Mhel Scott (11/8)
Neil & Janet Bergman (11/12)