

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

CHURCH LIFE

FOOD PANTRY SETUP AND DISTRIBUTION NEXT WEEK

Community Services will setup on Tuesday morning for our Wednesday food distribution. If you're available Tuesday morning around 11:00 a.m., come out and help them sort and bag produce, bread, and other food items. A scrumptious hot lunch is always provided. This monthly service project offers a wonderful opportunity to connect with others as we spread the gospel of God's love to those in need within our community.

Our monthly food distribution will take place Wednesday, 9:00 – 11:00 a.m. If you are in need or you know someone who would be blessed by receiving a box of groceries, please come or let those know who could benefit. One box will be given to each household; you only need to provide a photo I.D.



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SABBATH CELEBRATION

November 14, 2015

Sunnyside Light
9:00 – 9:50 A.M.

“Sweet By and By”
“Nothing But the Blood”

Prayer
Michael Bullion

Scripture
Mark 7:14-30

“Passing the Test at Tyre”
Pastor Dennis Ray

Sunnyside Prime
11:15 A.M.

“Sweet By and By”
“Nothing But the Blood”

Welcome
Pastor Dennis Ray

Giving Thanks

“Holy Spirit, Rain Down”
“Jesus, You’re the Center of My Joy”

Prayer
Michael Bullion

Special Music

Scripture
Mark 7:14-30

“Passing the Test at Tyre”
Pastor Ray

Benediction

THIS WEEK AT A GLANCE

Sunday, November 15

Youth return from CCC Youth Prayer Conference (Armona Academy)
Early Youth at McDermont House 10:45 a.m. (Lindsey)

Monday, November 16

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

Tuesday, November 17

Staff Meeting 1:00 p.m. (Pastor's Office)
Food Pantry Distribution Setup 10:00 a.m. (Maroa Rooms)

Wednesday, November 18

Food Pantry Distribution 9:00–11:00 a.m. (Maroa Rooms)
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)

Thursday, November 19

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

Friday, November 20

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

Sabbath, November 21

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. (Brookdale Fresno)

This Friday 4:52 p.m. **SUNSET** Next Friday 4:48 p.m.

PREACHING SCHEDULE

November 21 - Pastor Ray
November 28 - Pastor Gearing
December 5 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

November Needs	\$30,125.00
Church Needs Donations Over (Short)	24,391.22 (5,733.78)
Year to Date	\$331,375.00
Donations Received Over (Short)	234,630.82 (96,744.18)
Youth Pastor Fund	\$12,344.01

TITHE TO CENTRAL CALIF. CONFERENCE

November Tithe	\$5,650.55
Year to Date	\$263,388.74

THIS WEEK'S OFFERING

Annual Sacrifice

HEALTHY BYTES

'Tis the Season

If there was a "Sugar Season" it would begin October 31 and end sometime after January 1. And with all that sugar comes sickness and the blahs. So to get through this "season" well and happy, you need a plan. Remember that "sweet" doesn't always have to mean the harmful sugar that is in almost every packaged food we eat. Here is where the planning comes in. If you have the right kind of sweets on hand you won't feel the need to grab the bad stuff (yes, it is a need for some of us).

Try substituting coconut crystals for highly processed brown sugar. It has a low glycemic index and has better flavor than the brown sugar we grew up with. Other subs are sucanat, rapadura, pure maple syrup, coconut syrup and honey. Some may argue that these have the same calories as the white sugar, and they would be right. So keep that in mind with the amount you eat. It is the way your body reacts to these sweets that makes the difference. The secret is that these are still REAL FOOD. Your body recognizes them as food and can process them. They don't cause havoc within your body. Bottom line, they won't make you sick.

For me, I have to have something with chocolate in it to keep me from that box of See's Candies that always shows up this time of year. My favorite go-to chocolate treat is easy to make and fun to have on hand. It satisfies that chocolate craving and doesn't leave me feeling like I just blew it. Try this simple recipe for Fudge:

Place ½ cup slivered almonds (found them at Costco even cheaper than the whole almond or you can start with almond meal) in a food processor with the S blade (a blender works well too). Keep whizzing it, scraping down the sides until it is very fine powder if you like it with a little crunch, or keep going until you have almond butter for a creamer fudge (I like the crunch and don't have the patience for the butter). Add 2½ Tbsp. of each: coconut oil, cacao powder, maple syrup (you can use honey or coconut syrup, but I like the maple flavor), ½ teaspoon vanilla extract and ⅛ teaspoon of salt. Blend until a ball forms. Scrape out into a small ziplock baggie. Smash to thickness you like, place in freezer. After about an hour, cut away the plastic and cut fudge into bite size squares. I put them in small containers and put back in the freezer for easy access. When I get a craving, I pop a couple of bites of fudge and it takes care of my cravings AND it isn't harmful AND the antioxidants in the cacao are even good for me! Find what works for you and make it a healthy, happy season.



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
- Ben Liu
- Mike Mosley
- Marlis Phelps
- Bernadette Randall
- Joyce Reimer



ABC HOLIDAY OPEN HOUSE
December 6
10:00 a.m. to 4:00 p.m.

Christmas Blessings from your Adventist Book Center!

You are invited to the Annual Open House at 2820 Willow Ave., Clovis. Look for the new 2016 Devotionals! Purchase any 3 cases of Worthington or Loma Linda canned items and get a case of Loma Linda's *New Five Bean Chili* for only \$25. The first 100 customers will receive a FREE Worthington Foods Dinner Roast. Everyone will be greeted with a tasty holiday treat. Enter and win a free drawing for \$25, \$50 or \$75 gift certificate.

EARLY YOUTH EVENTS

McDermont Field House – Sunday!
Arrive at the church at 10:45 a.m. We will leave for Lindsey at 11:00 a.m. Pizza will be provided for lunch. Parents can pick up kids around 6:00 p.m. from the church.

Don't forget to complete the waiver online and bring the Sunnyside Travel form with you.



YOUTH EVENTS

CCC Youth Prayer Conference - Friday!
Pastor Tom will be rolling out from the church at 4:30 p.m., sharp — tomorrow. All those who have signed up to go should **meet at the church by 4:15 p.m.** Parents can pick up their kids at the church on Sunday around noon. Don't forget to read the email from Tom; it includes the list of things needed for the weekend.

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

WORKBEES FOR "TBA"

If you have any projects around your house such as raking leaves, cleaning gutters, washing and waxing your car, or hanging Christmas lights, let Pastor Tom know. He can get a crew of Youth out to your house to get the job done. Also, don't limit them to outside work. If you have an overwhelming amount of house work to do before those relatives come for Thanksgiving, don't sweat! They can help you clean, too. Please call or text Tom at (209) 559-3690. Everything they earn will help them pay for Teen Bible Academy next summer.

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
Pacific Gardens
577 S. Peach 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.

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.



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.

GIVE A BRICK FOR CHRISTMAS

Fresno Adventist Academy's Brick Fundraiser is a very thoughtful way to honor a student, family member, or favorite teacher. To learn more about donating a commemorative brick to the newly designed courtyard at Fresno Adventist Academy logon to www.bricksrus.com/order/faabrickcampaign.

DONATE YOUR TRASH TO FAA ART!



Fresno Adventist Academy Art 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. Please place in FAA Art Box in the church lobby.

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

Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.'

— Epicurus

HAPPY BIRTHDAY TO...

Debbie Anlauf (11/14)
Garret Morgan (11/14)
Makehna Morgan (11/14)
Winona Barreto (11/15)
Pam Miller (11/15)
Kevin Michael Carpenter (11/16)
George Harris (11/16)
Matthew Novielli (11/16)
Ken Swanson (11/16)
Linda Estep (11/17)
Eunice Kwon (11/17)
Olivia Shimmin (11/17)
Josiah Burkhart (11/18)
Mary Lou DeVries (11/18)
Patrick Anlauf (11/19)
Connie Carpenter (11/19)
Hope Contreras (11/20)
Tim Rodriguez (11/20)

**HAPPY ANNIVERSARY
TO...**

Kenny & Patty Lay (11/14)