

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

CHURCH LIFE

BABY NEWS



Congratulations, Mark and Marcia Bravo! Marcia gave birth to handsome, little Mason on November 14. He was 5 lbs 15 ozs and 20 inches in length.

Mason is doing quite well and adjusting to his new environment. Marcia is recovering well from the C-section and finally getting some sleep; however, she is in a lot of pain. Marcia says they have all fallen in love with Mason and that overrides her pain. Her dad, Waldemar Cardoso, came all the way from Brazil for the birth of his grandson. He will be here helping the new parents and getting to bond with his grandson until April.

Mark and Marcia are so thankful for the loving messages they have received from everyone, the visits from Vicki, Donna, and Ivan, and the scrumptious stew.

They are very tired but their joy is almost beyond words. We praise God for this wonderful, perfect gift He has given them.



*Every good thing given
and every perfect gift is from above;
it comes down from the Father of lights,
in whom there is no variation
or shadow cast by His turning.*
— James 1:17 (AMP)

In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
The Last Word	4

SABBATH CELEBRATION

November 21, 2015

Sunnyside Light

9:00 – 9:50 A.M.

“What a Friend We Have in Jesus”
“Sanctuary”

Prayer
Patricia Ford

Scripture
Mark 6:32-44

“The Good Shepherd”
Pastor Dennis Ray

Sunnyside Prime

11:15 A.M.

“What a Friend We Have in Jesus”
“Pass Me Not”

Welcome
Pastor Dennis Ray

Giving Thanks
Jason Castillo

“Hallelujah”
“Sanctuary”

Prayer
Patricia Ford

“Your Great Name”
Jennifer Proctor

Scripture
Mark 6:32-44

“The Good Shepherd”
Pastor Ray

Benediction

THIS WEEK AT A GLANCE

Monday, November 23

Soul Sisters Women's Bible Study 6:00 p.m. (Sanctuary)
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m

Thursday, November 26

Happy Thanksgiving

Friday, November 27

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

Sabbath, November 28

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. (The Terraces)

This Friday 4:48 p.m. **SUNSET** Next Friday 4:44 p.m.

PREACHING SCHEDULE

November 28 - Pastor Gearing

December 5 - Pastor Ray

December 12 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

November Needs	\$30,125.00
Church Needs Donations	24,069.62
Over (Short)	(6,055.38)
Year to Date	\$331,375.00
Donations Received	246,634.46
Over (Short)	(84,740.54)
Youth Pastor Fund	\$15,248.31

TITHES TO CENTRAL CALIF. CONFERENCE

November Tithe	\$18,768.99
Year to Date	\$276,507.18

THIS WEEK'S OFFERING

Local Church Budget

HEALTHY BYTES



Broccoli has such great health benefits that make it a top cancer fighter. It is naturally high in fiber, anti-inflammatory, detoxifying, and boasts powerful antioxidant content. All this with just a half a cup a day. There are phytonutrients in broccoli that aren't found in any other vegetable. The flavonoids in broccoli boost your resistance to allergens, lower inflammation, and fight the damage of free radicals caused by oxidative stress. Cancer stem cells don't stand a chance when you eat your broccoli!

The nutrient-density and low glycemic index of broccoli makes it an excellent, low-calorie food for people on every health regimen – even diabetics and patients recovering from a heart event! Broccoli is high in vitamins K, C, E, Bs, and A. Also high in chromium, folate, fiber, manganese, potassium, iron and copper.

If you must cook your broccoli, lightly steam it to keep the antioxidants intact. Using a steaming basket, add broccoli and steam for approximately 5 minutes. The florets will be bright green and the texture will be “tender-crisp.” Serve with a sprinkle of coarse sea salt. Never microwave it, as that will kill all the antioxidants.

“Baby Broccoli” or sprouts that are less than three days old offer 50 times the cellular protection and 100 times the detoxification effect of fully matured broccoli and you can grow it in your kitchen in a sprouting jar!

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.

SPECIAL REFRESHMENT TABLE

The Community Services Team will host a refreshment table after the second service this Sabbath to say thank you to our church family for all their wonderful support during this year.

EARLY BULLETIN AND NEWSLETTER DEADLINE

Due to the Thanksgiving holiday, bulletin and newsletter information must be submitted to bulletinstaff@sunnysidesda.org by 6:00 p.m. Monday, November 23.

CHURCH OFFICE HOURS

The Church office will be closed
November 26-27
in observance of Thanksgiving.

MIDWEEK REFLECTIONS & MEN'S MINISTRY TAKE THE WEEK OFF

The midweek groups will take a break next week to enjoy the time leading to the holiday with their families. They will resume on **Wednesday, December 2.**

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

Brookdale Fresno
1715 E. Alluvial Ave. — Fresno

YOUTH EVENTS

Amazing Weekend – December 4-6: The weekend will be packed with Vespers Friday and Saturday nights, a service project Sabbath afternoon and a lock-in at the church on Saturday night. All this will end with breakfast on Sunday morning at IHOP. The Youth Evangelism Team will join us. Make plans to be part of this experience!!



WOMEN'S FRIENDSHIP CIRCLE IS BACK!

The Women's Friendship Circle is back and they're getting together **Tuesday, December 8, at The Olive Garden at 1:00 p.m.** You are invited to join them for lunch and fellowship. The Friendship Circle is a ministry group designed especially for single women over 60 years of age.

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.

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.

AN OPPORTUNITY TO HELP OTHERS IN NEED

Our local Salvation Army needs 'bellringers'. If you would give two hours of your time between **November 21 and December 24** to be a 'bellringer', you would be doing a great work for others. Please call or text Patricia Ford (284-1384) with your name and phone number. Then you can sign up in a few quick steps, choosing your time and location to be a bellringer:

1. Go to volunteer.usawest.org.
2. Click on 'Salvation Army volunteer site.' In the box, type zip code of Fresno or Clovis and click GO.
3. Click Become a Kettle Bellringer.
4. Click Pick a Shift.
5. Click Sign me up.
6. You will receive a reminder from the The Salvation Army.



VOLUNTEER BELL RINGERS NEEDED!
Ring a bell...help change a life

Thank you for signing up!

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. Please place in FAA Art Box in the church lobby.

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."

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 foremost quality of a trusting disciple is gratefulness. Gratitude arises from the lived perception, evaluation, and acceptance of all of life as grace — as an undeserved and unearned gift from the Father's hand. Such recognition is itself the work of grace, and acceptance of the gift is implicitly an acknowledgement of the Giver.

— Brennan Manning from *Ruthless Trust*

HAPPY BIRTHDAY TO...

Michael Bruno (11/21)
Lianna Simpson (11/21)
Cristine Barreto (11/22)
Kevin Stuckey (11/22)
Bob Anderson (11/23)
Michael Bullion (11/24)
Betty Lee Warkentin (11/24)
Vern Biloff (11/25)
Timothy Hawkins (11/25)
Owen McCann (11/25)
Ken Charron (11/26)
Stan Kolstad (11/26)
Maryam Ribadu (11/26)

**HAPPY ANNIVERSARY
TO...**

Bud & Dianne Dickerson (11/24)