

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

## CHURCH LIFE



### BABY NEWS

We are happy to announce that our church family has grown by one precious little boy. Musawenkosi Immanuel was born to Phinny and Sengamo Sakana at 4:35 a.m. this morning weighing 6 lbs 4 ozs and measuring 22 inches long.

We praise God for their beautiful little newborn and we are thankful mommy and baby are doing well. Congratulations, Phinny, Sengamo, and Molemo!

*As you do not know the path of the wind,  
or how the body is formed in a mother's womb,  
so you cannot understand the work of God,  
the Maker of all things.*

— Ecclesiastes 11:5

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## HAVE A SAFE AND HAPPY THANKSGIVING



Worship

Learn

Connect

Serve

# SABBATH CELEBRATION

November 28, 2015

**Sunnyside Light**  
9:00 – 9:50 A.M.

“It Is No Secret” Medley “In the Garden” Medley

**Prayer**

Ray and Norma Maynez

**Scripture**

I Samuel 3:10

“Listening: The Key to a Healthy Relationship”

Pastor Tom Gearing

## Sunnyside Prime

11:15 A.M.

“It Is No Secret” Medley

**Welcome**

Pastor Dennis Ray

“Because He Lives” Medley

**Giving Thanks**

Ron Fitzgerald

**Advent Candle**

The Nozaki Family

“O Come, O Come, Immanuel”

**Baptism**

of

Kylee Straw

Troy and Brandy Crawford

“In the Garden” Medley

**Prayer**

Leo and Angela Reijnders

**Scripture – I Samuel 3:10**

Sharron Banks

“Listening: The Key to a Healthy Relationship”

Pastor Tom Gearing

“God Be With You”

## THIS WEEK AT A GLANCE

**Tuesday, December 1**

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

**Wednesday, December 2**

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)

**Friday, December 4**

Worship Band/Chorister Rehearsal 5:30 p.m. (Sanctuary)  
Youth Amazing Weekend Vespers 6:30 p.m. (Pastor Tom's home)

**Sabbath, December 5**

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.  
Potluck – immediately following 2nd service (Maroa Rooms)  
Music & Praise Ministry 2:30 p.m. (Somerford Place)  
Youth Amazing Weekend Overnight Lock-in 6:30 p.m. (Youth Room)

This Friday 4:44 p.m. **SUNSET** Next Friday 4:43 p.m.

## PREACHING SCHEDULE

December 5 - Pastor Ray

December 12 - Pastor Ray

December 19 - Pastor Ray

## MONTHLY CONTRIBUTION SUMMARY

<b>November Needs</b>	<b>\$30,125.00</b>
Church Needs Donations Over (Short)	27,942.67 (2,182.33)
<b>Year to Date</b>	<b>\$331,375.00</b>
Donations Received Over (Short)	250,507.51 (80,867.49)
<b>Youth Pastor Fund</b>	<b>\$12,231.01</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>November Tithe</b>	<b>\$19,801.99</b>
<b>Year to Date</b>	<b>\$277,540.18</b>

### THIS WEEK'S OFFERING

Conference Faith Advance

## HEALTHY BYTES

### Week #1

Here, at the end of the year, I would like to do some review by going over the things we can do to feel better and live well. Over the next five weeks we will look at the top five foods that are compromising your immune system. Avoid or eliminate these foods, and you're sure to see a positive difference in how often you get sick or how long you stay sick.



There is one change you can make today that will lower your risk of chronic disease, help you lose weight, and make you feel happier and more energized. Cut processed foods out of your life. Processed foods are full of additives, genetically modified ingredients, preservatives, monosodium glutamate (MSG), synthetic and rancid vegetable oils, and more. These ingredients give them a long shelf life, but are unrecognizable to your body which perceives them to be foreign invaders. In response to these foreign invaders the body sends powerful antibodies to fight them.

Having to constantly produce massive amounts of antibodies to battle against these foreign foods weakens the immune system over time. This makes some people more susceptible to common illnesses, such as the flu or a cold, but causes serious issues, like autoimmune disease, in others.

Avoid boxed cereals, meals in a box, frozen dinners, canned foods, store-bought sauces and dressings, and store-bought condiments. If it has a long shelf life, you shouldn't eat it! Also, don't be fooled by the words "organic" or "natural" on food packages. There are plenty of health food stores carrying "healthy" organic and natural boxed cereals, cookies, and crackers, frozen meals, and canned soups that are just as processed as anything you'd find on the shelves of your supermarket or big box store.

Action step: Buying whole foods, that don't need a label at all, and it is the best and only way to avoid processed food.



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

## POTLUCK – DECEMBER 5

Join us **next Sabbath** for our last potluck of 2015! Families with last names:

**A–K bring an entrée and dessert;  
L–Z bring an entrée and salad.**

Potluck is a great time to fellowship with old friends and to make new ones. **It is extremely helpful to the potluck committee if you put your name on your casserole dish or container.**



## ANGEL TREE

*A Program of Prison Fellowship*

We have the opportunity once again this year to serve some children in our community through the Angel Tree program, and to share the greatest gift of all: the good news of our Savior, Jesus. Prison Fellowship Ministry works together with various churches to provide a pathway between children and the incarcerated parent by providing a Christmas gift to the child(ren) on the parent's behalf. For the next few Sabbaths we will have a Christmas tree in the foyer filled with paper angels. Each angel has the name of a child and the gift requested for that child. Please take an angel or two and return your gifts, wrapped with the angel attached, **by December 12**. Gifts should not exceed \$25 (please include a gift receipt). Our Sunnyside church family has been so supportive of this ministry every year and we are very thankful for your continued generosity! Should you have any questions about the Angel Tree program, please contact Diane Bertao (288-6308).

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## PRAYER REQUESTS

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

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

## EARL MEYERS IN CONCERT

**December 12  
4:00 p.m.**  
Westside SDA Church  
2750 Martin Luther King Blvd.  
*Free Admission*

## 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.



## 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.

## 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!!

## 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.

## 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**

The Terraces at San Joaquin Garden  
5555 N. Fresno St. — Fresno

## AN OPPORTUNITY TO HELP OTHERS IN NEED

Our local Salvation Army needs 'bellringers'. If you would give two hours of your time between **now 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](http://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.

*Thank you for signing up!*



**VOLUNTEER BELL RINGERS NEEDED!**

*Ring a bell...help change a life*

## 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, 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.

## 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](http://www.bricksrus.com/order/faabrickcampaign).

**CHURCH ADDRESS**

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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**

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

— John F. Kennedy

**HAPPY BIRTHDAY TO...**

Ryan Brockman (11/28)  
Chris Hickman (11/28)  
Angela Reijnders (11/28)  
Sharron White-Banks (11/28)  
Troy Crawford (11/29)  
Joshua Franco (11/29)  
Misty Cruz-Frede (11/30)  
Linda Messing (11/30)  
Lindy Patterson (11/30)  
Shona Phillips (11/30)  
Joyce Reimer (11/30)  
Tiffany Barron (12/1)  
Donna Linde (12/1)  
Esabelle Palafox (12/3)  
Barbara Zambrana (12/3)  
Bonna Rogers-Neufeld (12/4)

**HAPPY ANNIVERSARY  
TO...**

Ron & Merle Vaughn (11/28)