

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

CHURCH LIFE



Each year as the Christmas season approaches some people experience a deep sense of darkness and longing. Dealing with the death of a loved one, facing life after divorce or separation, coping with the loss of a job, living with cancer or some other disease that puts a question mark over the future, or any number of other human situations can make parties and joviality painful.

The Blue Service is open to anyone in the community who wishes to have a space to worship and acknowledge the blue side that can accompany the holidays. It is a time to reflect and heal together.

You can participate by beginning to think of those in your personal circle – friends, family, coworkers, or yourself – who may be comforted through this service. You might even offer to attend with them. Other ways to extend the invitation might include posting the flyer on your Facebook page or the bulletin board at your favorite coffee shop. You may want to leave a few on the counter at work, at your doctor’s office or drop some by a hospice or extended facility. However else you choose to participate, please commit to keeping this service of hope and healing in your prayers.

OUR FAMILY REJOICES

Last Sabbath three in our family were baptized. Kylee Luci-Straw was baptized by Pastor Tom. Troy and Brandy Crawford rededicated their lives to God and were rebaptized by Pastor Dennis. We rejoice with them over their commitment and their desire to follow God’s lead.

Kylee Luci-Straw & Pastor Tom Gearing



YOUTH & YET

This weekend the Youth Evangelism Team (YET) will lead us in a fun and packed weekend for the Youth. The YET will join us for vespers Friday night, Sabbath School and worship service, afternoon outreach, and a vespers and game night on Saturday night. The weekend will conclude with a lock-in at the church and breakfast at IHOP on Sunday morning. We are extremely excited, and we ask for your prayers that this will not just be fun, but a Spirit-packed weekend in which we can grow as disciples in Christ.

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SABBATH CELEBRATION

December 5, 2015

Sunnyside Light
9:00 – 9:50 A.M.

**“Joy to the World”
“Still”**

Prayer
Desrie van Putten

Scripture
Matthew 1:1–6,17

“The Mothers of Jesus”
Pastor Dennis Ray

Sunnyside Prime
11:15 A.M.

**“Joy to the World”
“O Lord, You’re Beautiful”**

Welcome
Pastor Tom Gearing

Giving Thanks

Advent Candle
Mike & Laurene Ward
“O Come, O Come, Immanuel”

Baby Dedication
of
Genevieve Tatum Keener

**“Silent Night”
“Still”**

Prayer
Desrie van Putten

Holiday Muscial Presentation
Earl Meyers

Scripture
Matthew 1:1–6,17
Kevin Gilpin

“The Mothers of Jesus”
Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Tuesday, December 8

Single Women's Friendship Circle 1:00 p.m. (Olive Garden)
Staff Meeting 1:00 p.m. (Pastor's Office)

Wednesday, December 9

Community Services at McLane High School - Noon
Midweek Reflections 5:45 p.m. (Sanctuary)
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org - 6:00 p.m.
Worship Committee Meeting 6:00 p.m. (Pastor's Office)
Men's Ministry Group 6:30 p.m. (Youth Room)

Friday, December 11

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

Sabbath, December 12

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. (Cedarbrook Memory Care)

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

PREACHING SCHEDULE

December 12 - Pastor Gearing
December 19 - Pastor Ray
December 26 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

November Needs	\$30,125.00
Church Needs Donations	35,113.52
Over (Short)	4,988.52
Year to Date	\$331,375.00
Donations Received	257,678.36
Over (Short)	(73,696.64)
Youth Pastor Fund	\$12,431.00

TITHE TO CENTRAL CALIF. CONFERENCE

November Tithe	\$38,299.19
Year to Date	\$296,037.38

THIS WEEK'S OFFERING

Local Church Budget

HEALTHY BYTES

Week #2

Vegetable oils are highly processed, unnatural, rancid fats. They compromise the immune system because they contribute to and cause systemic inflammation. The inflammation is caused by a disproportionate ratio of Omega-6 fatty acids to Omega-3 fatty acids. Vegetable oils are extremely high in Omega-6 fatty acids. An ideal diet would include a one-to-one ratio of Omega-6 and 3. Unfortunately our Standard American Diet (SAD) is more like 16:1. The healthier Omega-3 fatty acids, found in foods like flax seeds, chia seeds, avocados, wild-caught salmon, pastured beef, and walnuts, promote healing and have anti-inflammatory properties.

Omega-6 fatty acids also have positive benefits, but in a balanced ratio. Too much Omega-6 without enough Omega-3 to offset it results in harmful chain reactions throughout the entire body, including a suppressed immune system.

A 1978 study showed that vegetable oils kill white blood cells! The immune system needs white blood cells to do its job, so why would we want to kill them by consuming vegetable oils?

Soybean, canola (rapeseed), grapeseed, sunflower, safflower, cottonseed, and peanut oils, margarine, and any oils labeled “unsaturated” or “polyunsaturated” have no business in the body of someone who is trying to maintain a high-functioning immune system.



Action step: Stick to healthy fats like coconut oil, olive oil, avocado oil, ghee, and organic butter. Or better yet, eat your oils in their natural form: nuts, seeds, and vegetables and only use the expressed oils very sparingly.

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.

POTLUCK – THIS SABBATH

Join us **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 your name is on your dish or container.**



ANGEL TREE
A Program of Prison Fellowship

ANGEL TREE

The Angel Tree program allows us to serve some children in our community and to share the good news of Jesus Christ. Prison Fellowship Ministry partners with churches to provide a pathway between children and an incarcerated parent by providing a Christmas gift 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. 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! Please direct any questions to Diane Bertao (288-6308).

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

**ABC HOLIDAY OPEN HOUSE Sunday**

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. Enter and win a free drawing for \$25, \$50 or \$75 gift certificate.

EARL MEYERS IN CONCERT

**December 12
4:00 p.m.**

Westside SDA Church
2750 Martin Luther
King Blvd.
Free Admission

SWEET TREATS NEEDED FOR ANGEL TREE PARTY

Cookies are needed – lots of them! The Angel Tree gift distribution party will be happening here on Saturday, December 19. Each year we have asked our church family to bake or buy the cookies that are packaged up and given to each family when they come to pick up their Christmas gifts, as well as the cookies needed for the party. And each year our Sunnyside bakers have graciously and abundantly provided more than enough to go around. If you would like to help out the Angel Tree ministry with a gift of cookies for the party, or if you would like to assist with packaging up the cookies for the party, please contact Diane Bertao at 288-6308. Thank you all so much!

WOMEN'S FRIENDSHIP CIRCLE IS BACK!

The Women's Friendship Circle is back and they're getting together **this Tuesday, 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.

**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.

This Sabbath

Somerford Place

6075 N. Marks Ave. — 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.
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!

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.

GETTING TO KNOW OUR FAMILY & FRIENDS

The First Sabbath of Advent: *Hope*



**Renée, Gavin, Atticus
and Dan Nozaki**



On Sabbath, we entered the season of Advent, which begins four Sabbaths before Christmas and concludes on Christmas Day. The word Advent means “coming” or “arrival.” The focus of the entire season is the celebration of the birth of Jesus Christ in His First Advent, and the anticipation of the return of Christ the King in His Second Advent. The prayer of Advent is: O Come, O Come, Emmanuel, and ransom captive Israel! The spirit of Advent is expressed well in the parable of the bridesmaids who are anxiously awaiting the coming of the Bridegroom (Matthew 25:1-13). There is profound joy at the Bridegroom’s expected coming, and yet a warning of the need for preparation echoes through the parable.

The Advent wreath, located on the platform, symbolizes the new and everlasting life brought through Jesus Christ. The circle of the wreath reminds us of God Himself, His eternity and endless mercy, which has no beginning or end. The green of the wreath speaks of the hope that we have in God, the hope of newness, of renewal, of eternal life. The candles symbolize the light of God coming into the world through the birth of His son. The four outer candles represent the period of waiting during the four Sabbaths of Advent, which themselves symbolize the four centuries of waiting between the prophet Malachi and the birth of Christ. The purple candles represent hope, love and peace. The pink candle represents joy. The white candle in the middle, called the Christ Candle, is lit on Christmas Day.

Each Sabbath during Advent, there will be a short devotional reading followed by the lighting of the Advent Candle, a prayer, and congregational singing of “O Come, O Come Emmanuel.”

CHURCH ADDRESS

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Office Hours

Tuesday – Friday
10:00 a.m. – 3:30 p.m.

THE LAST WORD

A child needs both to be hugged and unhugged. The hug lets her know she is valuable. The unhug lets her know that she is viable. If you're always shoving your child away, they will cling to you for love. If you're always holding them closer, they will cling to you for fear.

— Polly Berrien Berends

HAPPY BIRTHDAY TO...

Terri Mosley (12/6)
David Daggs III (12/7)
Donovan Daggs (12/7)
Kim Scott (12/7)
Todd Alferd (12/8)
Sabrina Rogers (12/8)
Jeff Smith (12/8)
Aidan Fitzgerald (12/9)
Nathan Moore (12/10)
Tripp Pafford (12/10)
Janelle Kidwell (12/11)

**HAPPY ANNIVERSARY
TO...**

Steve & Jennifer Cosner (12/7)
Jack & Teresa Tolmosoff (12/7)
Gilbert & Lorraine Barr (12/10)