

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

## CHURCH LIFE

### ALARM SYSTEM ACTIVATED

Our security alarm system has been installed and will be activated next week. If you have a church key, you will need an access code. Everyone must have their access code by next week. Please contact the church office to have one assigned to you.

### YOUTH RESPOND TO 'AMAZING WEEKEND'

The Youth really did have an amazing weekend with the Youth Evangelism Team (YET). Here's what some of them had to say about it:

**Alex:** "This last weekend with the YET team was one of the greatest I've had for a while. Fun, fellowship, and the Lord's Spirit abounded as we bonded through endless laughter and outreach. From cereal buffets to ultimate frisbee, we had a weekend of brotherhood and joy in God that will not soon be forgotten."

**Anthony:** "Full in body, full in spirit, and full in stomach."

**Adriana:** "I really liked how comfortable everything was. The YET team really made it feel like we were a part of their group despite only knowing us for a day."

**Aesia:** "The YET were very welcoming and brought so much energy to the group. I had so much fun hanging out, playing games, and getting to know everyone better. I would definitely want to do this again."

**Alexis:** "This weekend spent with the YET team was filled with fun activities, community cleanup, and a few testimonies from people who have been through relatable situations."

**Jordan:** "The YET team did an amazing job and, as always, inspired me in my life. I can hardly wait till they come down here, again — though, I may no longer be a part of the Youth that get to enjoy them."



### BLUE SERVICE NEXT WEEK

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 the holidays painful.

Our Blue Christmas 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 thinking 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 care facility. However else you choose to participate, please commit to keeping this service of hope and healing in your prayers.

Worship

Learn

Connect

Serve

#### In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
Getting to Know Our Family & Friends	4
The Last Word	6

# SABBATH CELEBRATION

## December 12, 2015

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

“There’s a Song in the Air”  
“Away in a Manger”

**Prayer**  
Alex Soloniuk

**Scripture**  
Job 13:15

“Ruthless Faith”  
Pastor Tom Gearing

# Sunnyside Prime

11:15 A.M.

“Angels From the Realms of Glory”  
“O Lord, You’re Beautiful”

**Welcome**  
Pastor Dennis Ray

**Giving Thanks**  
Jameson Frasier & Jayson Cornwell

**Advent Candle**  
Adriana Cruz,  
Elijah Freebird, & Devin Ray  
“O Come, O Come, Immanuel”

“There’s a Song in the Air”  
“Away in a Manger”

**Prayer**  
Alex Soloniuk

“We Three Kings”  
Jordan Reijnders

**Scripture**  
Job 13:15  
Aesia Dobson

“Ruthless Faith”  
Pastor Tom Gearing

**Benediction**

## THIS WEEK AT A GLANCE

### Sunday, December 13

Early Youth Serve Breakfast to Seniors 8:00 a.m. (Creek Park Village)  
Youth Christmas Party & Ice Skating 10:30 a.m.  
Early Youth at MB2 Raceway 11:00 a.m.  
Junior Christmas Bowling Party 1:00 p.m.

### Tuesday, December 15

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

### Wednesday, December 16

Food Pantry Distribution 9:00–11:00 a.m. (Marooa Rooms)  
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org - 6:00 p.m.  
Blue Christmas Service 6:30 p.m. (Sanctuary)

### Thursday, December 17

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

### Friday, December 18

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

### Sabbath, December 19

Sunnyside Light: *Worship Service* 9:00 a.m.  
SunnysideUp Cafe 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. (Golden Living Center/Hy-Lond)  
Angel Tree Party 4:30 p.m. (Marooa Rooms)

This Friday 4:43 p.m. **SUNSET** Next Friday 4:45 p.m.

## PREACHING SCHEDULE

December 19 - Pastor Ray  
December 26 - Pastor Ray  
January 2 - Gilbert Barr

## MONTHLY CONTRIBUTION SUMMARY

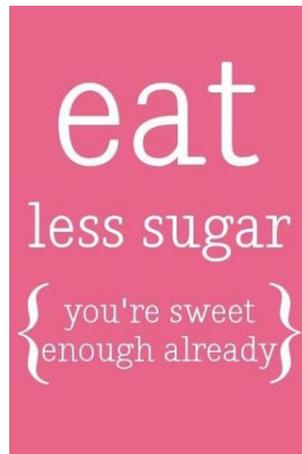
<b>December Needs</b>	<b>\$30,125.00</b>
Church Needs Donations	8,759.42
Over (Short)	(21,365.58)
<b>Year to Date</b>	<b>\$361,500.00</b>
Donations Received	266,437.78
Over (Short)	(95,062.22)
<b>Youth Pastor Fund</b>	<b>\$9,776.00</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>December Tithe</b>	<b>\$18,236.50</b>
<b>Year to Date</b>	<b>\$314,273.88</b>

### THIS WEEK’S OFFERING

**Adventist Community Services**



## HEALTHY BYTES

### Week #3

Sugar literally wreaks havoc on our bodies. It promotes inflammation. Inflammation is seen in the body in many different forms, including weight gain, arthritis, high blood pressure, diabetes, autoimmune disease, acne and eczema, allergies, and more. An inflamed body is a body with a weak immune system. All disease starts with inflammation in the body.

Refined sugar feeds harmful bacteria and yeasts, such as candida albicans, in the gut. It is a well-known fact that at least 70% of the immune system is in the gut. If we are feeding the harmful bacteria and yeasts, we contribute to

their overgrowth, which results in fewer beneficial bacteria and yeasts to populate the gut. These beneficial organisms are what fight off germs and pathogens. It makes sense that, if we don’t have enough of them, our immune systems are compromised and won’t be able to fight off illness when it strikes.

While some raw honey can be very beneficial for the body, eating lots of sugary foods, including tons of fruit, is not. It is far better to use whole sweeteners, such as sucanat, coconut palm sugar, and raw honey; however, baked goods and other foods that use these sweeteners should always be reserved for the occasional treat, and not something that’s consumed often.

**Action steps:** Significantly reduce or even eliminate sugar to boost your immune system. Avoid all sugar during times of illness because the sugar feeds the pathogens that cause illness. When you do want a sweet treat, make your own and use whole sweeteners like raw honey, maple syrup, coconut palm sugar, or sucanat.



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



## ANGEL TREE

A Program of Prison Fellowship

### ANGEL TREE

All Angel Tree gifts should be wrapped with the angel attached **by this Sabbath.** 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).

### 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!

### 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

### TOYS FOR COMMUNITY SERVICES

Community Services would appreciate your gently used old toys to help make Christmas a little brighter for children in need. Hey kids, please pull out those toys you don't play with anymore and donate them for another child to experience the fun and excitement they once gave you. **Please bring them to the church by December 21.** Popular requests are: bikes, anything in the Disney "Frozen" theme, and a punching bag.

### BLESSED WITH A LOVING CHURCH FAMILY

Hello Church Family,  
Thank you for all the love and support you have expressed to Michael and me. We feel treasured beyond belief especially now with the new addition to our family, little David. We are lucky to have so many great 'aunts' and 'uncles' at our disposal to help guide and nurture our son. Thank you for your unceasing love and spiritual support!!!

Love,  
*Crisol and Michael van Putten*

### EARL MEYERS IN CONCERT

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

### MUSIC & PRAISE MINISTRY

Come join Sunnyside's Afternoon Music & Praise Ministry **every 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**

Cedarbrook Memory Care — 1425 E. Nees Ave. — Fresno

### JUNIOR CLASS CHRISTMAS PARTY

**this Sunday**

**1:00 p.m.** — Join us for our Christmas Bowling Party! Contact Jerma Palafox (381-5000) for details.

### A SONG IN THE NIGHT

**Fresno Central SDA Church presents**

"A Song In the Night" Winter Cantata, two performances on **December 19:** 11:00 a.m. and 4:00 p.m., 2980 E. Yale (adjacent to the Fresno Art Museum). This program is produced and directed by Norma Montez and presented by the Sanctuary Choir, orchestra, and guests.

### AN OPPORTUNITY TO HELP OTHERS IN NEED

Our local Salvation Army needs 'bellringers'. If you would give two hours of your time **through 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!*



### EARLY YOUTH EVENTS

**this Sunday!**

**8:00 a.m.** — Preparing and serving Senior Breakfast at Creek Park Village  
**11:00 a.m.** — MB2 Raceway. Bring your pass and wear your t-shirt. We will get discounts.

### YOUTH STUFF

**this Sunday:** Christmas Party & Ice Skating at 11:00 a.m.

**Friday, December 18:** Vespers – Pastor Tom's **SkyWalk:** TBA

**Work Bees:** The Youth will be out of school for Christmas break and it might be a good for you to schedule a workbee. If you have any projects around your house, let Pastor Tom know; (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.

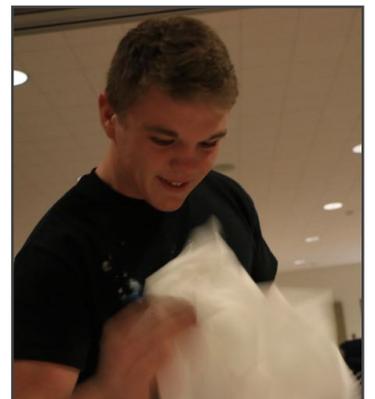
# GETTING TO KNOW OUR FAMILY & FRIENDS

## Youth Amazing Weekend with YET



# GETTING TO KNOW OUR FAMILY & FRIENDS

## Youth Amazing Weekend with YET



**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****HAPPY BIRTHDAY TO...**

Rusty Bolinger (12/13)  
Carl Brockman (12/13)  
Charles Lutz (12/13)  
Todd Bristol (12/14)  
Samantha Espinoza (12/14)  
Laurie Zumwalt (12/14)  
Mirra Priest (12/15)  
Jordyn Pfalzgraff (12/16)  
Ernie Barreto (12/17)  
Josh Daniels (12/17)  
Jody Liu (12/17)  
Xander Zumwalt (12/17)  
Susan Espinosa-Manning (12/18)

**HAPPY ANNIVERSARY  
TO...**

Todd & Shonda Alferd (12/13)  
Dan & Rene Nozaki (12/13)  
Garry & Susan Clark (12/17)

“The way of trust is a movement into obscurity, into the undefined, into ambiguity, not into some predetermined, clearly delineated plan for the future. The next step discloses itself only out of a discernment of God acting in the desert of the present moment. The reality of naked trust is the life of the pilgrim who leaves what is nailed down, obvious, and secure, and walks into the unknown without any rational explanation to justify the decision or guarantee the future. Why? Because God has signaled the movement and offered it his presence and his promise.”

“In explaining the growth of his faith, psychiatrist Gerald May writes, “I know that God is loving and that God’s loving is trustworthy. I know this directly, through the experience of my life. There have been plenty of times of doubt, especially when I used to believe that trusting God’s goodness meant I would not be hurt. But having been hurt quite a bit, I know God’s goodness goes deeper than all pleasure and pain it embraces them both.”

— Brennan Manning, *Ruthless Trust: The Raggamuffins Path to God*