

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

## CHURCH LIFE

### ALARM SYSTEM WILL BE ACTIVATED THIS WEEK

Our security alarm system is ready for activation. If you have a church key, **you will need an access code**. The alarm will be activated this week and you must have an access code to get into the church. Please contact the church office to have one assigned to you.



### EARLY YOUTH COOK-UP SOME CHRISTMAS JOY

The Early Youth spent this past Sunday enjoying a fun time of cooking, serving, and singing with the residents of Creek Park Village Apartments. With the help of several amazing adults, we served a lovely breakfast of turkey and beef sausage, bread pudding, scrambled eggs, potatoes, fresh fruit, with juice and coffee. A few elves spent the day before baking "up a storm" so we had 50 plates of sweet treats to hand to the residents. And you should have heard the Christmas caroling. We've never had such great participation. All the residents were singing. It may have been our best breakfast, yet!

And after all the merry-making, the early youth headed over to MB2 raceway to take a turn on the track. The kids absolutely loved trying to navigate the curves. We think some of them even pretended they were Mario Andretti. Oh, wait...that could have just been teacher Diane. We even had our own crash. There was a three-car pile-up on one turn. Joshua Palafox tried to slow down to miss a collision and might have succeeded but Kenny was behind him and couldn't stop in time. It was quite a little accident. Thankfully, only a few bruises were sustained. But, oh what a story they have now!

Early Youth class meets in the Mother's Room during the sabbath school hour. This class is for seventh and eighth graders. If you haven't given us a try, come on out. We have a lot of fun learning about our Lord, playing, and serving our community.



More pictures on page 4

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# SABBATH CELEBRATION

## December 12, 2015

**Sunnyside** Light

9:00 – 9:50 A.M.

“O Holy Night”  
“Do You Hear What I Hear?”

**Prayer**  
Marla Hartman

**Scripture**  
Luke 2:8-16

“My Greatest Project”  
Costin Jordache

## Sunnyside Prime

11:15 A.M.

Cradle Roll Processional

“O Holy Night”  
“Do You Hear What I Hear?”

**Welcome**  
Pastor Dennis Ray

**Giving Thanks**

**Advent Candle**  
Dave & Maxine Smith  
“O Come, O Come, Immanuel”

“God Rest Ye Merry Gentlemen”  
“What Child Is This”

**Prayer**  
Marla Hartman

“Be Born in Me”  
Jennifer Proctor

**Scripture**  
Luke 2:8-16

“My Greatest Project”  
Costin Jordache

**Benediction**

## THIS WEEK AT A GLANCE

### Tuesday, December 22

Staff Meeting 1:00 p.m. (Pastor's Office)  
Bulletin Info Deadline: bulletinstaff@sunnysidesda.org - 6:00 p.m.

### Thursday, December 24

Church Office – CLOSED through January 4

### Friday, December 25

*Merry Christmas*

### Sabbath, December 26

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.

This Friday  
4:45 p.m.

**SUNSET**

Next Friday  
4:48 p.m.

## PREACHING SCHEDULE

December 26 - Pastor Ray

January 2 - Gilbert Barr

January 9 - Pastor Ray

## MONTHLY CONTRIBUTION SUMMARY

<b>December Needs</b>	<b>\$30,125.00</b>
Church Needs Donations	19,610.18
Over (Short)	(10,514.82)
<b>Year to Date</b>	<b>\$361,500.00</b>
Donations Received	277,288.54
Over (Short)	(84,211.46)
<b>Youth Pastor Fund</b>	<b>\$11,503.00</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>December Tithe</b>	<b>\$27,743.94</b>
<b>Year to Date</b>	<b>\$323,781.32</b>

### THIS WEEK'S OFFERING

**Local Church Budget**

## HEALTHY BYTES

### Week #4

Most restaurant food is nothing more than overpriced processed food. The majority of the food on a restaurant's menu, particularly chain restaurants, arrives pre-made and frozen. It only requires the restaurant to bake, fry, or microwave it to get it to your table as quickly as possible.

Because large profit margins are the only thing most restaurants are interested in, they use the cheapest ingredients possible: factory-farmed meat and eggs, non-organic produce, commercially produced dressings and condiments, and cheap, rancid vegetable oils. None of these foods benefit your body in any way.

Another way restaurant food compromises your immune system is through poor food storage and unsanitary preparation methods. You are twice as likely to get a food-borne illness from a restaurant than from food prepared at home.

This doesn't mean you should never eat out. However, eating out should be the exception and not the rule. Find restaurants you like (and know) and enjoy them. If you can find a restaurant committed to using locally sourced and organic ingredients whenever possible you can relax and enjoy it without worry.

Most chain restaurants are not the healthiest choice, however Chipotle has a storewide non-GMO policy, uses local and organic produce whenever possible, sources grass-fed meats, cheese, and sour cream, and doesn't use soybean or canola oil in their cooking.



I believe that more and more restaurants are seeing the rise in folks demanding healthier menu choices and are starting to respond. This is very promising! In the meantime, avoid restaurant foods, especially chain restaurants and fast food joints. Your immune system — and your wallet — will thank you. If you know of a restaurant that is a healthy choice, please share it and get the word out.

**Action step:** When you do eat out, do your research first. A quick Google search will tell you pretty quickly if there is a worthwhile restaurant near you. Use search terms like “farm to table”, “organic”, “local”, and “sustainable”.

*Healthy Dining*

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 PARTY THIS SABBATH**

The Angel Tree party is **this Sabbath**. Please remember to bring your Angel Tree gift(s) to the church Sabbath morning - wrapped with the angel attached. And, if you have made or bought cookies for the party in the afternoon, they can be brought and placed in the kitchen. We will begin wrapping cookie trays at 2:00 p.m. in the Maroa room. A huge 'thank you' to everyone, once again, for your generous support of this ministry. Your loving gifts of toys, clothing, and cookies are greatly appreciated by these families.

**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 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.

**THANK YOU, SECRET SANTA**



Dear Secret Santa, Your faithfulness to our family, your generous heart, and your amazing thoughtfulness are not lost on the Ray Family.

Year and after year you renew my hope in the true meaning of Christmas. From the bottom of our hearts, thank you...thank you...thank you.

- The "D" Rays

**CHURCH OFFICE HOLIDAY SCHEDULE**

The church office will be **closed from December 23 through January 4**. If you are in need of pastoral care during the holidays, you may contact Pastor Dennis (647-9485; [dennis@sunnysidesda.org](mailto:dennis@sunnysidesda.org)) or Pastor Tom (209-559-3690; [tgearing@sunnysidesda.org](mailto:tgearing@sunnysidesda.org)).

**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**

Golden LivingCenters/Hy-Lond — 3408 E. Shields Ave. — Fresno



**SAVE THE DATE**

Join us for our Church Family Potluck on January 2.

**YOUTH STUFF**

**Friday, December 18:** Vespers – Pastor Tom's SkyWalk — December 28

**Work Bees:** The Youth will be out of school for Christmas break and it might be a good time 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.

**TEEN BIBLE ACADEMY**

Teen Bible Academy is a three-week summer program where teens ages 13-17 experience a new relationship with God through solitude, study, and service. Applications for Teen Bible Academy are now open! Cost is \$475, but if you apply before December 31, you'll get \$125 off! For more information, and to apply, visit [www.cccsdayouth.org](http://www.cccsdayouth.org).

**A SONG IN THE NIGHT**

Fresno Central SDA Church presents

"A Song In the Night" Winter Cantata, two performances **this Sabbath** 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.

**CENTRAL CALIFORNIA CONFERENCE JOB POSTING**

The CCC has an immediate opening for a full-time Gift Planning Consultant. The Gift Planning Consultant meets with constituents of Central California Conference to assist with their estate planning, who have expressed a desire to leave a gift to the CCC. The Consultant markets our gift planning services and stewardship to pastors and constituents via seminars and other special promotions. In addition, the Consultant serves our existing clients with estate planning. NAD certified and prior experience preferred. Must be a Seventh-day Adventist. To apply, send application and resume to Human Resources. <http://ccchr.adventistfaith.org/assets/106093>; by email, [lbarron@cccda.org](mailto:lbarron@cccda.org), or mail, PO Box 770, Clovis, CA 93613.



**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

## Early Youth serve at Senior Breakfast and speed off to MB2 Raceway.



**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 exercise of force is contrary to the principles of God’s government; He desires only the service of love; and love cannot be commanded; it cannot be won by force or authority. Only by love is love awakened. To know God is to love Him...”

—Ellen G. White, *Reflecting Christ*

**HAPPY BIRTHDAY TO...**

Linda Barron (12/19)  
David Castillo (12/19)  
Eric Colombini (12/20)  
Ron Miller (12/20)  
Dennis Ray (12/21)  
Isa Ribadu (12/21)  
Reed Johnson (12/21)  
Brittany McCann (12/22)  
Eric Mendibles (12/22)  
Elisa Torres-Messing (12/22)  
Amy Fox (12/23)  
Felix Ferrer (12/24)  
Joshua Donaghy (12/25)  
Luke Donaghy (12/25)  
Caleb Haldeman (12/25)

**HAPPY ANNIVERSARY  
TO...**

Jim & Jean Robison (12/19)  
Bill & Sharon Barreto (12/20)