

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

CHURCH LIFE



YOUTH CAMPING TRIP

The last weekend of Christmas break the Youth and I set out to the mountains to accept the adventure that awaited us. We were accompanied by Chris Enis of the Youth Evangelism Team, and Rose Weeks of the Loma Linda Geology program. Luckily for us, we brought them as they led us in real gourmet cooking over the fire (including orange muffins and scalloped potatoes) and in the creation of an awesome snow fort.

We really did have an awesome time. What, with the snow and the sledding and the soothing bed time stories, who wouldn't! It was wonderful to see creativity in action. You would be surprised at the entertainment and ingenuity that can be

derived when you turn nine people loose in snow-covered woods. Not to mention the beauty of star-filled skies as beheld on a crisp winter night in the middle of a meadow with a frozen brook wandering through. Thomas Kinkadee couldn't have imagined a more perfect scene. All this God has put within our reach as we live near the foothills of the Sierras. He is good, and we thank Him for His blessings.

— Pastor Tom

SPECIAL PRAYER REQUEST

Peter and Vicki Kemp flew to Northern Michigan early Wednesday morning to be with his sister, Diane. She is 85 years old and her kidneys have failed. Peter wanted to be with her for what could be her final days as she has decided against dialysis. Vicki said Diane loves God and is at peace with her decision. Peter and Vicki would appreciate our prayers while they spend time with Diane, saying 'goodbye' — for now.

In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
Getting to Know Our Family & Friends	4
The Last Word	5

SABBATH CELEBRATION

January 16, 2016

Sunnyside Light

9:00 – 9:50 A.M.

**“Power in the Blood”
“Glory, Glory”**

Prayer

Dave and Elga Boccardo

Scripture

Matthew 28:18-20

“What Business Are We In?”

Pastor Dennis Ray

Sunnyside Prime

11:15 A.M.

**“Power in the Blood”
“Glory, Glory”**

Welcome

Pastor Tom Gearing

Giving Thanks

**“Because He Lives”
“Amazing Grace,
My Chains Are Gone”**

Prayer

Leo and Angela Reijnders

Scripture

Matthew 28:18-20

Merle Vaughn

“What Business Are We In?”

Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Tuesday, January 19

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

Wednesday, January 20

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

Friday, January 22

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

Sabbath, January 23

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.
Early Youth Game Night 6:00 p.m. (Maroo Rooms)

This Friday

5:05 p.m.

SUNSET

Next Friday

5:12 p.m.

PREACHING SCHEDULE

January 23 - Pastor Gearing (Communion)

January 30 - Pastor Ray

February 6 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

January Needs	\$30,125.00
Church Donations	9,271.59
Over (Short)	(20,853.41)
Year to Date	\$30,125.00
Donations Received	9,271.59
Over (Short)	(20,853.41)
Youth Pastor Fund	\$9,457.00

TITHE TO CENTRAL CALIF. CONFERENCE

January Tithe	\$11,619.44
Year to Date	\$11,619.44

THIS WEEK'S OFFERING

Local Church Budget

HEALTHY BYTES

Don't you love it when science validates common sense? There were several great health studies published in 2015, which is very gratifying for us health nuts. They definitely affect our decisions for nourishment and lifestyle in small and large ways. Here are 10 health discoveries in 2015:

1. **Highly Processed Foods Linked To Addictive Eating** (University of Michigan)
2. **Sleep Is Important For Weight Loss and Optimal Health** (American Academy of Sleep Medicine & Sleep Research Society)
3. **Mental Health Prescription: Nature** (Proceedings of the National Academy of Sciences of the United States of America)
4. **Carbonated Drinks Associated With A High Risk of Out-Of-Hospital Cardiac Arrest** (European Society of Cardiology)
5. **Our Biological Age Is More Important Than Our Chronological Age** (The Dunedin Study)
6. **Bacon, Hot Dogs And Other Processed Meats Cause Cancer** (World Health Organization) - Notice they didn't say MAY cause cancer, but they DO cause cancer. They concluded that one 50 gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18 percent.
7. **E-Cigarette Flavors May Cause 'Popcorn Lung'** (Environmental Health Perspectives)
8. **Artificially Sweetened Soft Drinks and Secondhand Smoke Linked to Risk Of Early Menstruation** (American Journal of Clinical Nutrition)
9. **Practicing Yoga, Meditation Can Result In Fewer Doctor Visits** (Benson-Henry Institute for Mind Body Medicine)
10. **Obesity More Dangerous Than Lack of Fitness** (Science Daily) What the study found is that high fitness in obese people reduces early death.

What did YOU discover in 2015 that made a difference to you?

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
- Bernadette Randall
- Joyce Reimer

MUSIC & PRAISE MINISTRY

Come join Sunnyside's Afternoon Music & Praise Ministry on **selected Sabbaths 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
Cal-Vets Veterans Home
2811 W. California Ave – Fresno

SAVE THE DATE Sunnyside's Valentines Dinner & Lip Sync Contest February 13 – 6:30 p.m.

Back by popular demand...this fundraiser dinner promises to be an evening you won't soon forget! Additionally, your generous gift will assist Community Services as they continue to raise money for a much-needed building.

So, choose a song and plan to take part in the contest or come for the dinner and enjoy an evening of laugh-out-loud fun with your church family and friends.

*A sign-up sheet
will be in the
church foyer
next Sabbath.*



SOUL SISTERS WOMEN'S BIBLE STUDY

Soul Sisters will begin "Breaking Free: The Journey, The Stories" by Beth Moore on **Monday, January 25 at 6:00 p.m.** For those who missed it two years ago, or did not have an opportunity to complete it, now is the time. This 11-week Bible study will lead participants through a study of the Scriptures to discover the transforming power of freedom in Jesus Christ. Themes for this study come from Isaiah, a book about the captivity of God's children, the faithfulness of God, and the road to freedom. Using Scripture to help identify spiritual strongholds in your life, no matter how big or small. Join us and experience a Bible journey unlike any other. God intends for you to know and believe Him, glorify Him, experience His peace, and enjoy His presence.

For more information, or to register, log on to <http://breakingfree2016.eventbrite.com>

Promo Video <http://bcove.me/j0cwt8ze>



BLANKETS FOR RESCUE MISSION



Volunteers are needed to help make no-sew blankets to be given to the Rescue Mission for women and children housed at their facility at Clinton and 99. If you are unable to help with making the blankets, maybe you would like to donate fleece material. Two 2½-yard pieces will make a complete blanket. Call Sherry Marsh at 224-9005 if you are interested in helping with this project or if you would like more information.

IS YOUR INFORMATION CORRECT?

If your info was not in the last church directory or you have had any address, email, or phone number changes, please let us know before we print. This is the final week to make changes.

Call Vicki Kemp
(289-6262 or 298-0264)
or email changes to
churchoffice@sunnysidesda.org



CENTRAL CALIFORNIA CONFERENCE JOB POSTINGS

The CCC has an immediate opening for a full-time **Administrative Assistant**. The Education Department is seeking a full-time administrative assistant. Must have strong skills in computers, organization, customer service, supervisory, human resources, payroll and understanding of budgeting and financial statements. Must have thorough understanding of the Adventist education system and desire to be of service. College degree preferred or equivalent in work experience. Must be a Seventh-day Adventist with regular church attendance. To apply, please send cover letter, application and resume to Human Resources. <http://cchr.adventistfaith.org/hr-resources-forms>; by email, lbarron@cccsda.org, fax 347-3062, or mail, PO Box 770, Clovis, CA 93613. **Please respond by 5:00 p.m., January 19.**

CENTRAL CALIFORNIA CONFERENCE MARRIAGE RETREAT 2016

You will be blessed to enjoy a place where couples connect with their spouse and God. "An Evening in the Orient" February 19-21 at the Cliffs Resort in Shell Beach, CA. \$485/couple includes 2 nights at the resort, 4 meals and all the seminar materials. To register contact CCC, Church Ministries: ministries@cccsda.org; (559) 347-3142.

EARLY YOUTH EVENTS



Game Night – January 23: Game night at the church – 6:00 p.m. Details to follow.

Creek Park Village – February 14: We'll serve breakfast to our senior friends on Valentine's Day morning then we'll head off to lessons in archery!

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
CAmPiNg
TriP**
Awesome!!



Snowball fight!



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



LIFE'S MOST PERSISTENT
AND URGENT QUESTION:

**WHAT ARE YOU
DOING FOR OTHERS?**

**Martin Luther King, Jr. Day
'a day of service'**

HAPPY BIRTHDAY TO...

Zachary Marsh (1/16)

Rollie Mitchell (1/16)

John Self (1/16)

Gary Barron (1/18)

Alex Soloniuk (1/18)

Julie Keener (1/19)

Claudia America Arias (1/20)

Clarissa Hurtado (1/21)

Phyllis Birmingham (1/22)

Tammy Faridi (1/22)

Emeron Montgomery (1/22)

**HAPPY ANNIVERSARY
TO...**

Jason & Adriana Castillo (1/16)

Al & Maria Smith (1/21)