

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

CHURCH LIFE

PRAYERFUL UPDATES

We thank our church family for the prayers, visits, and acts of love they've shown those in our congregation who are ill or grieving.

Delaine Morford's family is staying close by her side during her final hours. She is now unresponsive and her breathing has become more labored. Her family expects that she will pass soon.

Patrick Coffee is on life support at Kaiser Hospital. He is unable to breathe on his own due to lung disease. His wife, Sherrie, is by his side around the clock. Patrick is only 50 years old. Pastor Dennis visited and anointed him today.

Felix Ferrer is home and recuperating after multiple difficulties relating to his gallbladder surgery. He is extremely grateful for our prayers.

Eric Mendibles is in good spirits after the head-on collision that left him with multiple fractures in his left leg, pelvis and lower spine. He will be transferred to Pacific Gardens tomorrow to begin physical therapy and rehabilitation if all goes well.

Karen Swanson's mother passed away last week from complications due to a massive stroke. The funeral was held on Monday in Chowchilla.

Vicki Kemp shared that Peter's family is enjoying the time they have left with his sister, Diane, who is suffering from kidney failure. They are grateful for these days and they are enjoying them doing loving activities with her.

In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
The Last Word	4

SABBATH CELEBRATION

January 23, 2016

Sunnyside *Light*

9:00 – 9:50 A.M.

“Wonderful Words of Life” Medley

Prayer

Clif and Desrie van Putten

Scripture

Homily

Pastor Tom Gearing

Communion

Sunnyside Prime

11:15 A.M.

“Wonderful Words of Life” Medley

Welcome

Pastor Dennis Ray

“Ten Thousand Reasons”

“The Battle Belongs to the Lord”

Giving Thanks

“Breathe On Us Again”

Prayer

Clif and Desrie van Putten

Scripture

Homily

Pastor Tom Gearing

Communion

Benediction

THIS WEEK AT A GLANCE

Monday, January 25

Women's Ministry: "Breaking Free" 6:00 p.m. (Sanctuary)

Tuesday, January 26

Food Pantry Distribution Setup 10:00 a.m. (Maroa Rooms)

Wednesday, January 27

Food Pantry Distribution 9:00 – 11:00 a.m. (Maroa Rooms)

Midweek Reflections 5:45 p.m. (Sanctuary)

Bulletin Info Deadline: bulletinstaff@sunnysidesda.org - 6:00 p.m.

Early Youth Bible Study 6:30 p.m. (Pastor Tom's Office)

Men's Ministry Group 6:30 p.m. (Youth Room)

Friday, January 29

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

Sabbath, January 30

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. (Pacific Gardens)

This Friday 5:12 p.m. **SUNSET** Next Friday 5:20 p.m.

PREACHING SCHEDULE

January 30 - Pastor Ray

February 6 - Pastor Ray

February 13 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

January Needs	\$30,125.00
Church Donations	12,212.52
Over (Short)	(17,912.48)
Year to Date	\$30,125.00
Donations Received	12,212.52
Over (Short)	(17,912.48)
Youth Pastor Fund	\$6,931.00

TITHE TO CENTRAL CALIF. CONFERENCE

January Tithe	\$13,951.94
Year to Date	\$13,951.94

THIS WEEK'S OFFERING

Religious Liberty

HEALTHY BYTES

You thought that when you spiced up your foods you were doing it for flavor. It goes way beyond that! The herbs and spices we use to flavor our foods are on the top of the list of high ORAC (Oxygen Radical Absorbance Capacity) — a good thing! Let me highlight a few for you:



Garlic: ORAC score of 5,346. Garlic is incredibly beneficial to your immune system because it offers a triple-whammy: it's antibacterial, antiviral and antifungal. You should be eating garlic every day. One of the best things about garlic is that bacteria, viruses, and yeast build up no resistance to it, unlike with synthetic antibiotics. For optimal benefits, garlic should be fresh since the active ingredient is destroyed within one hour of smashing the garlic cloves. In other words, garlic capsules are basically useless. Garlic contains allicin, a chemical that is anticarcinogenic. It also has been shown to lower LDL, lower total cholesterol, lower blood pressure, reduce your risk of blood clots and stroke, lower homocysteine, and even prevent insect bites — including mosquitoes and ticks.

Turmeric: ORAC score of 159,277; general immune system booster due to its high antioxidant capacity, and an anticancer agent as well; turmeric is five to eight times stronger than vitamins C and E, and even strong enough to scavenge the hydroxyl radical, which is considered by some to be the most reactive of all oxidants.

Oregano: ORAC 13,970; active agent is rosmarinic acid, a strong antioxidant; one tablespoon of oregano has the antioxidant capacity of one medium apple.

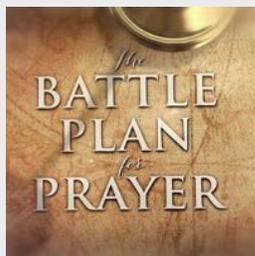
Cinnamon: ORAC 267,536; powerful antimicrobial agent — found to kill E. coli and many other bacteria; also has anti-inflammatory compounds.

Cloves: THE BIG ORAC GRAND PRIZE WINNER AT 314,446, highest of all foods tested! Contains eugenol; its mild anesthetic benefits are useful for toothaches and sore throats; good anti-inflammatory.

By incorporating some of these fantastic foods, you'll not only evade the circulating viruses but improve your overall health and longevity at the same time. So be generous with those herbs and spices and improve your health! My favorite way to incorporate cinnamon and cloves is with chai tea (email me for a great recipe you can make at home). Garlic and oregano are a no-brainer for most cooks; the turmeric, however, I find more challenging to get into my diet. I'd appreciate any recipes you might have.

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



35 DAYS OF PRAYER

Join us for 35 Days of Prayer, **February 1–March 18**. The purpose is to grow our individual and congregational faith through prayer. Meetings will be held in the sanctuary from **5:30–6:30 p.m., Monday through Friday; no weekend meetings**. The book we will be reading together is “The Battle Plan for Prayer.”

PRAYER REQUESTS

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

- Merrick, Michael, & Brandi Akins
- Susan Barrick
- Patrick Coffee
- 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.

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.

Look for the sign-up sheet in the church foyer.



SOUL SISTERS WOMEN’S BIBLE STUDY

Soul Sisters will begin “Breaking Free: The Journey, The Stories” by Beth Moore on **Monday at 6:00 p.m.** For those who missed it two years ago, or did not have an opportunity to complete it, there is still time to register. 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.

It’s not too late to register log on to

<http://breakingfree2016.eventbrite.com>

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



WORKER BEES NEEDED

We are planning a work bee **Sunday – January 31, 1 - 6 pm** to empty the old VBS storage container at Hope Lutheran Church. Please come and help; the more hands, the faster we’ll be done. Please contact Leo Reijnders at 994-5588 to let us know if you are able to help.

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.

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.

LIVING WELL SEMINAR

Central SDA Church (2980 E. Yale) will host a food demo and dinner, **February 4, 6:00 – 8:00 p.m.**

Health Lecturer will be Dr. Milton Teske
“Eat Breakfast Like a King”

The menu will feature scrambled tofu, unsausage, oat cakes with fruit topping. For more information and to reserve a seat, call 972-5400.



EARLY YOUTH EVENTS

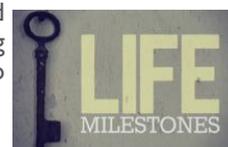


Game Night – this Saturday: Game night at the church – 6:00 p.m. Details to follow.

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.



CHURCH ADDRESS

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Office Hours

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

THE LAST WORD

“It is not God’s intention that we should be in ourselves adequate to our tasks, rather He wants that we should be inadequate. If we only accepted tasks that we think that are adapted to our powers, we are not responding to the call of God. This church is always in a crisis and always will be. Difficulties, problems, lack of people and money, a menacing outlook, endless misunderstandings and misrepresentations. We are not just suppose to go forward despite these things, they are precisely the conditions requisite for the doing of them.” —Tim Keller

HAPPY BIRTHDAY TO...

Janet Cotton-Rhoads (1/23)
Becky Crouch (1/23)
Mark Johnson (1/25)
Vickie Masee (1/26)
Frank Carpenter (1/27)
Justin Merriam (1/27)
Derek Ray (1/27)
Maxine Smith (1/27)
Sandy Shimmin (1/28)
Shawn Alferd (1/29)
Shawn Frede (1/29)

**HAPPY ANNIVERSARY
TO...**