

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

CHURCH LIFE

35 DAYS OF PRAYER

“Those who will put on the whole armour of God and devote some time every day to meditation and prayer and to study of Scriptures will have a saving, transforming influence upon those around them. Great thoughts, noble aspirations, clear perceptions of truth and duty to God, will be theirs. They will be yearning for purity, for light, for love, for all the graces of heavenly birth. Their earnest prayers will enter into that within the veil. This class will have a sanctified boldness to come into the presence of the infinite One. They will feel that heaven's light and glories are for them, and they will become refined, elevated, ennobled by this intimate acquaintance with God. Such is the privilege of true Christians.” — Testimonies for the Church - Vol. 5:112, 113.

Sunnyside is planning to have a church-wide prayer emphasis in 2016 that is similar, but not identical, to the “40 Days of Prayer” we did last year. It begins this Monday, February 1st. Below are some details about it:

- It will be called “35 Days of Prayer”
- It will run for seven weeks, beginning on Monday, February 1 and concluding on Friday, March 18.
- Meetings will be held five times per week, Monday through Friday. No meetings on Saturday or Sunday.
- Meetings will be held in the church sanctuary, from 5:30 – 6:30 pm.
- We will use a book titled “The Battle Plan for Prayer”. (FYI, the book is inspired by the movie, “War Room”. However, the material in the book does not reference or promote the movie.) You do not have to have a copy of the book in order to participate in the prayer sessions.

If you have any questions about the 35 Days of Prayer, please contact Pastor Dennis at 647-9485 or dennis@sunnysidesda.org.

PASSING OF JULIE BOWEN'S FATHER

Julie's father, Don Bowen, passed away on January 23 after suffering from a brain bleed last week. Julie and her family are thankful for our thoughts and prayers. A celebration of life service will be held February 27 at 4:00 p.m. at the Visalia SDA Church (1310 S. Woodland). In lieu of flowers, donations can be made to Camp Sunshine Dreams Foundation – a camp for kids with cancer supported by the Bowen family. Cards may be sent to Julie Bowen, 6054 N McCaffrey Ave — Fresno, CA 93722.

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SABBATH CELEBRATION

January 30, 2016
Sunnyside Light
 9:00 – 9:50 A.M.

“Blessed Be Your Name”
 “Change Your Heart”

Prayer
 Aesia Dobson

Scripture
 Daniel 3:1-6

“The Furnace Club”
 Pastor Dennis Ray

Sunnyside Prime

11:15 A.M.

“Blessed Be Your Name”
 “Change Your Heart”

Welcome
 Pastor Tom Gearing

Giving Thanks
 Bill Hartman

“Jesus, You’re the Center
 of My Joy”
 “Surely the Presence”

Prayer
 Marla Hartman

Scripture
 Daniel 3:1-6

“The Furnace Club”
 Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Monday, February 1
 35 Days of Prayer 5:30 p.m. (Sanctuary)
 Women’s Ministry: “Breaking Free” 6:00 p.m. (Youth Room)

Tuesday, February 2
 Staff Meeting 1:00 p.m. (Pastor’s Office)
 Single Women’s Friendship Circle 1:00 p.m. (Youth Room)
 35 Days of Prayer 5:30 p.m. (Sanctuary)

Wednesday, February 3
 Community Services at McLane High School - Noon
 35 Days of Prayer 5:30 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)

Thursday, February 4
 35 Days of Prayer 5:30 p.m. (Sanctuary)

Friday, February 5
 35 Days of Prayer 5:30 p.m. (Sanctuary)
 Worship Band/Chorister Rehearsal 6:30 p.m. (Sanctuary)

Sabbath, February 6
 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.
 Potluck immediately following 2nd Service (Maroa Rooms)
 Music & Praise Ministry 2:30 p.m. (GLC/Hylond)

This Friday **SUNSET** Next Friday
 5:20 p.m. 5:27 p.m.

PREACHING SCHEDULE

February 6 - Pastor Ray
 February 13 - Pastor Ray
 February 20 - Pastor Gearing

MONTHLY CONTRIBUTION SUMMARY

January Needs	\$30,125.00
Church Donations	15,251.93
Over (Short)	(14,873.07)
Year to Date	\$30,125.00
Donations Received	15,251.93
Over (Short)	(14,873.07)
Youth Pastor Fund	\$5,925.73

TITHE TO CENTRAL CALIF. CONFERENCE

January Tithe	\$17,072.94
Year to Date	\$17,072.94

THIS WEEK’S OFFERING

Camp Wawona

HEALTHY BYTES

Winter Foods that are Slimming

Pumpkin – Since the most popular pumpkin dish is pie, you may have written off pumpkin as a weight-loss food. However, pumpkin is actually great for slimming down. One cup of pure canned pumpkin has only 83 calories, hardly any fat, and a whopping 7 grams of fiber! The orange flesh of pumpkin is also a great source of phytochemicals, which help keep blood sugar and insulin lower. Lower insulin levels help you burn fat instead of storing it. Try making a pumpkin soup.



Butternut squash is another great weight-loss food. One cup of cooked cubes has only 82 calories, hardly any fat, and an amazing 7 grams of fiber! Butternut squash will keep your blood sugars lower. That makes it a better carb-craving fix than white potatoes. (email me for a fantastic corn chowder made with butternut squash)

Sweet potatoes are a great weight-loss food because they’re low-fat, relatively low-calorie and fiber-rich. One cup of cooked sweet potato has about 7 grams of fiber. (A medium sweet potato is 103 calories with 4 grams of fiber.) It’s unfortunate that so many people trying to lose weight avoid sweet potatoes because they are starchy. Though that is true, sweet potatoes are whole, fiber-rich starch, which helps you feel full and satisfied while losing weight.

Apples – Even though they’re sweet, apples are loaded with water and fiber (four grams for a medium apple) and only 95 calories. Research shows that eating an apple before a meal will help you eat 100-150 calories less during the meal itself. And overweight women who added three apples a day to their usual diet for 10 weeks, ate fewer calories and lost more weight than those women who didn’t. And here’s a lesser-known benefit of eating apples — they help increase the amount of good gut bacteria. And research shows that weight loss becomes easier as good gut bacteria numbers increase.

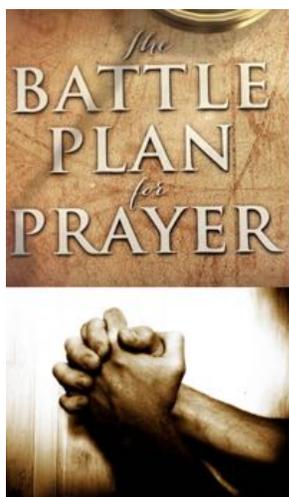
Cranberries – Fresh and frozen cranberries are a low-calorie, natural fiber food — just 23 calories in ½ cup of fresh cranberries, with two grams of fiber.



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...

The purpose is to grow our individual and congregational faith through prayer.

February 1 thru March 18
5:30 – 6:30 p.m.

Meetings will be held in the sanctuary **Monday through Friday; no weekend meetings.**

The book we will be reading together is "The Battle Plan for Prayer."

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.**

How does the fundraising part work?

- ♥ You give by making a donation for your dinner. (for example: \$25 or more – per person)
- ♥ You give by voting for your favorite act with your cash/check. We will 'pass the hat' after each performance.



PRAYER REQUESTS

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

- Merrick, Michael, & Brandi Akins
- Susan Barrick
- Julie Bowen
- Patrick Coffee
- Cheryl Crouch
- Richard Funes
- Ben Liu
- Eric Mendibles
- Bernadette Randall
- Willie & Joyce Reimer

POTLUCK - FEBRUARY 6

Join us **next Sabbath**. Families with last names:

- A – L bring an entrée and salad;**
- M – Z bring an entrée and dessert.**

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.**

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

Sunrise Senior Living

7444 N. Cedar Ave. — Fresno

WORKER BEES NEEDED

We are planning a work bee **this Sunday, 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.



YOUTH STUFF

Let's get together for Vespers **Friday (tomorrow) at 6:30p.m.**

Look for a text from Pastor Tom or give him a call (209) 559-3690 to get the details.

EARLY YOUTH EVENTS



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!

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.**

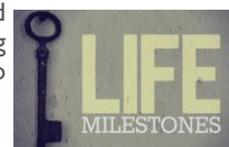
Health Lecturer will be Dr. Milton Teske
"Eat Breakfast Like a King"

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



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

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.

HAPPY BIRTHDAY TO...

Antonio Bell (1/30)
Jerry Koch (1/30)
Devin Daggs (1/31)
Jameson Frazier (1/31)
Palischer Ratliff (1/31)
Diane Bertao (2/1)
Branden Menes (2/2)
Lacey Branson (2/3)
Larry Schlist (2/4)
Gilbert Barr Jr. (2/5)

**HAPPY ANNIVERSARY
TO...**

Tim & Angela McCall (2/2)
Chris & Kristi Burkhardt (2/5)

THE LAST WORD

Blessed are those who find wisdom,
those who gain understanding,

for she is more profitable than silver
and yields better returns than gold.

She is more precious than rubies;
nothing you desire can compare with her.

Long life is in her right hand;
in her left hand are riches and honor.

Her ways are pleasant ways,
and all her paths are peace.

She is a tree of life to those who take hold of her;
those who hold her fast will be blessed.

By wisdom the Lord laid the earth's foundations,
by understanding he set the heavens in place;

by his knowledge the watery depths were divided,
and the clouds let drop the dew.

My son, do not let wisdom and understanding out of your sight,
preserve sound judgment and discretion;

they will be life for you,
an ornament to grace your neck.

Then you will go on your way in safety,
and your foot will not stumble.

When you lie down, you will not be afraid;
when you lie down, your sleep will be sweet.

Have no fear of sudden disaster
or of the ruin that overtakes the wicked,

for the Lord will be at your side
and will keep your foot from being snared.

— **Proverbs 3:13–26** (NIV)