

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

CHURCH LIFE

URGENT

Our Youth Pastor fund is down to a balance of \$3,861.73. We need \$5,644.00 per month to maintain employment. Our Youth Pastor is entirely funded by our local congregation. Mark "Youth Pastor" on your tithe envelope to donate. Thank you.

OUR HEARTFELT THANKS

What an amazing church family to be part of! We want to thank you all so much for your prayers, cards, and visits during Cheryl's recent health concern. Your love and support is a real treasure.

Thank you so much,

David, Cheryl and Becky

In this week's issue...

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

SABBATH CELEBRATION

February 6, 2016

Sunnyside *Light*

9:00 – 9:50 A.M.

“Order My Steps”
“I Want Jesus to Walk With Me”

Prayer

Adriana & Alexis Cruz

Scripture

Mark 11:11-18

“The Final Temple”
Pastor Dennis Ray

Sunnyside Prime

11:15 A.M.

“Blessed Assurance/
Soon and Very Soon”
“Footprints of Jesus”

Welcome

Pastor Tom Gearing

Giving Thanks

Alex Soloniuk

“Order My Steps”
“I Want Jesus to Walk With Me”

“El Shaddai”

Julie Goodwin

Prayer

Adriana & Alexis Cruz

Scripture

Mark 11:11-18

“The Final Temple”
Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Monday, February 8

35 Days of Prayer 5:30 p.m. (Sanctuary)
Women's Ministry: "Breaking Free" 6:00 p.m. (Youth Room)

Tuesday, February 9

35 Days of Prayer 5:30 p.m. (Sanctuary)

Wednesday, February 10

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)
Women's Ministry Tea Meeting 6:30 p.m. (Junior Room)

Thursday, February 11

35 Days of Prayer 5:30 p.m. (Sanctuary)

Friday, February 12

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

Sabbath, February 13

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.
Valentine's Dinner & Lip Sync Contest 6:30 p.m. (Maroo Rooms)

This Friday 5:27 p.m. **SUNSET** Next Friday 5:35 p.m.

PREACHING SCHEDULE

February 13 - Pastor Ray

February 20 - Pastor Gearing

February 27- Ricardo Graham

President, Pacific Union Conference

MONTHLY CONTRIBUTION SUMMARY

January Needs	\$30,125.00
Church Donations	18,917.66
Over (Short)	(11,208.34)
Year to Date	\$30,125.00
Donations Received	18,917.66
Over (Short)	(11,208.34)
Youth Pastor Fund	\$3,861.73

TITHE TO CENTRAL CALIF. CONFERENCE

January Tithe	\$22,696.57
Year to Date	\$22,696.57

THIS WEEK'S OFFERING

Local Church Budget

HEALTHY BYTES

Winter Foods that are Slimming - Part 2

Pomelos, otherwise known as Chinese grapefruit or Shaddock, are the ancestor of grapefruit and originated in China. They're pale green or yellow with a unique sweet and spicy flavor, not bitter like grapefruit. They contain a rare fat burning enzyme that also appears to help protect against the insulin resistance that leads to weight gain.



Pomegranate seeds are low in calories ($\frac{3}{4}$ cup is only 83 calories), high in fiber ($\frac{3}{4}$ cup has 4 grams of fiber) and high in nutrition. Several of the powerful compounds in pomegranate seeds help decrease insulin resistance, which, in turn, makes it easier for the weight to come off.

Persimmons are a great weight loss food because they're low-calorie and high-fiber. A typical persimmon is only 118 calories and has 6 grams of fiber and less than a gram of fat. But there's another reason persimmons are especially good for weight loss: they contain an orange pigment that research has shown actually helps prevent and reverse insulin resistance, which, overtime, can help you lower your blood sugar and burn fat instead of storing it.



Like most vegetables, **brussels sprouts** are a great weight-loss food, because they're low-calorie, contain almost no fat, are fiber-rich and very filling. They also provide a nice amount of protein to help you feel satisfied after eating. One cup of cooked brussels sprouts has only 56 calories, plus 4 grams of fiber, 4 grams of protein, and almost no fat. An additional bonus, they contain 56 mg of calcium. This means you can eat 2 cups for only 112 calories and a whopping 8 grams of fiber and protein.

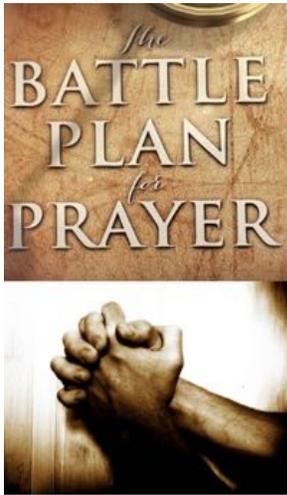
Eat well and watch the pounds dissolve away!

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.

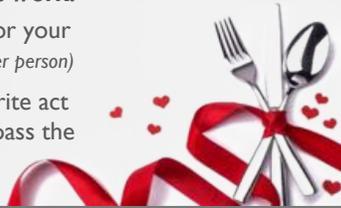
The book we will be reading together is "The Battle Plan for Prayer."

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.



MEMBERSHIP TRANSFER

First Reading
Eric Groschel
to Carmichael SDA
Sacramento, CA

POTLUCK - THIS SABBATH

Join us...
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.**

PRAYER REQUESTS

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

- Merrick, Michael, & Brandi Akins
- Susan Barrick
- Julie Bowen
- Sherrie Coffee
- Richard Funes
- Ben Liu
- Eric Mendibles
- Bernadette Randall
- Willie & 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

GLC/HyLond
3408 E. Shields Ave. — Fresno



YOUTH STUFF

Leadership Meeting - Friday
(tomorrow) at 6:30p.m. – Youth Room

Vespers - February 12
at 6:30p.m. – Judi Krogstad's home

Work Bee & Fun - February 15
at 9:00 a.m. – HLC and Bowling

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!

WORK BEE

The workbee we had scheduled last Sunday to empty the VBS storage container at Hope Lutheran Church was canceled due to rain. Another workbee to get this task accomplished is scheduled for **President's Day, February 15 at 9:00 a.m.** Many hands make light work; please come out. For more info, contact Leo at 994-5588.

CENTRAL CALIFORNIA CONFERENCE
JOB POSTING

The Accounting Department is seeking a full-time Accounts Payable Specialist. To apply, please send cover letter, application, and resume to Human Resources: <http://ccchr.adventistfaith.org/hr-resources-forms>; by email: lbarron@cccsda.org; fax 559-347-3062; or mail: PO Box 770, Clovis, CA 93613. **Please respond by 5:00 p.m., February 17.**



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.

THE LAST WORD

*“Before I formed you in the belly, I knew you.
Before you came forth out of the womb, I sanctified you.
I have appointed you a prophet to the nations.”
Jeremiah 1:5 (WEB)*

Promise #34:

**I knew you before you were born
and I designed you for My purposes.**

— from 365promises.com

In today's promise, God is speaking to the prophet Jeremiah and reassuring him that before he was even conceived in his mother's womb, God knew him and designed him for His purposes. I don't know if you have wondered about this Bible verse before, but I have.

How could God have known Jeremiah before he was even conceived? The best way that I can try to comprehend it would be if I compared our creation with how an architect designs a building. (I realize this analogy could never adequately describe the creation process, but it helps me to grasp this promise.) Before a building is built, it has to be designed by an architect.

In the design process, the architect spends much time thinking about the plans and purposes for the building He is going to create. No detail will be too small for the architect to overlook. Even though the building is not yet created, He has already created it in his mind and then he commits the design to paper.

When I think about how God says that He knew us before we were conceived, I think that He carried our design in His heart before the creation of the world and knew us intimately before the wonderful day of our conception.

If you have ever felt misunderstood by anyone, if you have ever felt alone in this life, may the promise that God knew you before the foundation of the world bring great comfort to your heart today. You are His workmanship, created in Christ to accomplish His special purpose!

HAPPY BIRTHDAY TO...

Eric Eckhart (2/6)
Michael Mosley (2/7)
Cynthia Moore (2/8)
Angelique Ingabire (2/9)
Stanley Barr (2/10)
Veronica Djabrayan (2/10)
Jason Franco (2/10)

**HAPPY ANNIVERSARY
TO...**

Justin & Tonya Priest (2/7)
Michael & Crisol van Putten (2/10)