

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

CHURCH LIFE

PASSING OF PATRICK COFFEE

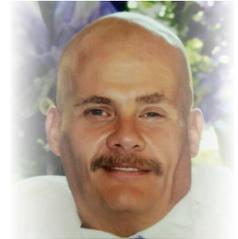
Sherrie shared a special tribute for her husband:

Patrick William Coffee was born June 30, 1965 in Taft, California, and went to sleep in Jesus on February 4 in Fresno. He was a very hard working man as a truck driver until he became disabled in 2012. Patrick was a very loving and kind man. He always put me first. He would always say, "It is all about you, you are my reason to live and love."

Patrick would do anything for anyone to help them. Never a harsh word about anyone. He always wanted someone to pray with him. While on life support when I would walk in the room he would hold his hands out for prayer. Or while we were just sitting there he would motion me over to pray.

When my friends from out of town came to see him, he asked for prayer. We circled around him holding hands. He grabbed onto his respiratory therapist's hand so she could pray with us. After prayer she said thank you for including her. He was a witness to the end. He always told me he couldn't wait to get well enough to get back to his church family.

A memorial Service will be held at Sunnyside on February 20 at 3:00 p.m.



OUR HEARTFELT THANKS

We want to thank the Sunnyside Church for your prayers, cards, food, calls, and visits during Delaine's final illness. Your love and support was greatly appreciated.

— the Morford Family

A BLESSING & AN UPDATE

I am happy to report that the Youth Pastor Fund has received \$13,306 in donations since last Sabbath. According to the church treasurer, these funds have come from more than 30 separate donors. There is enough money in the Youth Pastor Fund to guarantee Pastor's Tom's employment for at least three more months.

Thank you for your generosity and support in continuing this important ministry to the Youth, Early Youth, and Junior age young people at Sunnyside.

Sincerely,
Pastor Dennis

THANKS SO MUCH

I very much appreciate the support of my church family and I especially enjoy serving here with you.

— Pastor Tom

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SABBATH CELEBRATION

February 13, 2016
Sunnyside Light
9:00 – 9:50 A.M.

“Wade in the Water”
“Swing Low, Sweet Chariot”

Prayer
Cathy Montague

Scripture
Mark 13:23-37

“Watching for the Son”
Pastor Dennis Ray

Sunnyside Prime

11:15 A.M.

“Sweet By & By”
“Wade in the Water”

Welcome
Pastor Tom Gearing

Giving Thanks
Diane Bertao

“Swing Low, Sweet Chariot”
“Here I am to Worship”

Prayer
Harold Zapata

Scripture
Mark 13:23-37
Terence Shepherd

“Watching for the Son”
Pastor Dennis Ray

Benediction

THIS WEEK AT A GLANCE

Sunday, February 14

Early Youth serve Senior Breakfast 9:00 a.m. (Creek Park Village)
Early Youth Archery 12:00 p.m. (Impact Archery)

Monday, February 15

Work Bee 9:00 a.m. (VBS Container at Hope Lutheran)
35 Days of Prayer 5:30 p.m. (Sanctuary)
Women's Ministry: "Breaking Free" 6:00 p.m. (Youth Room)

Tuesday, February 16

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

Wednesday, February 17

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.
Men's Ministry Group 6:30 p.m. (Youth Room)
Church Board Meeting 6:30 p.m. (Pastor's Office)

Thursday, February 18

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

Friday, February 19

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

Sabbath, February 20

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. (Somerford Place)

This Friday 5:35 p.m. **SUNSET** Next Friday 5:42 p.m.

PREACHING SCHEDULE

February 20 - Pastor Gearing

February 27 - Ricardo Graham

President, Pacific Union Conference

March 5 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

February Needs	\$30,125.00
Church Donations	11,473.94
Over (Short)	(18,651.06)
Year to Date	\$60,250.00
Donations Received	30,391.60
Over (Short)	(29,858.40)
Youth Pastor Fund	\$14,559.73

TITHE TO CENTRAL CALIF. CONFERENCE

February Tithe	\$4,042.89
Year to Date	\$26,739.46

THIS WEEK'S OFFERING

Adventist TV Ministries

HEALTHY BYTES

The World Health Organization recommends no more than 25g of sugar per day for optimum health. That's six teaspoons! That's easy! you say. "There's no way I reach that amount every day". Well, let's take a look at what six teaspoons of sugar looks like:

A small box of raisins (1 oz) – Dried fruit, while better than candy, is condensed little pellets of sugar without the added water to keep you full.

2/3 of a can of Coke – You already know that Coke is full of sugar, but did you know that one regular sized can has over nine teaspoons of sugar?

1/3 bottle of apple juice – With apple juice we have the opposite problem of dried fruit – the water stays, but the fiber is stripped out. A cup of apple juice can contain three to four apples...now could you eat that many in one go? Just eat the whole fruit.

One single serve tub of low-fat strawberry yogurt - When manufacturers take the fat out of yogurt, they have to replace it with something to make it palatable. That's why low-fat fruit yogurts have up to six teaspoons of sugar per tub. Better to eat the whole fat version, plain, with your own fresh fruit.

Two bars of 85% dark chocolate – You'd find it difficult to eat 2 whole bars of dark chocolate, which is why the low-sugar treat is encouraged when we're reintroducing sweetness to our diets. I admit, I use small bites of dark chocolate to treat myself, a little at a time.

Even the "good" sweets should be eaten with caution. Read the labels in order to keep your sugar content down...or better yet, stay away from packaged foods and eat the whole food instead.

Bonus: recipe for a healthy dark chocolate:

Basic Raw Chocolate

Makes about 1 1/2 cups

- 1 cup coconut oil, softened
- 1/3 cup raw cacao powder
- 1 Tablespoon rice malt syrup
- 2 pinches of salt

Blend all the ingredients in a blender until smooth (or mix by hand). Pour into small silicone molds or ice-cube trays and keep in the freezer for up to 3 months.

Rice malt syrup is relatively slow-releasing so it does not dump on the liver as much as pure glucose. I think you fellow chocoholics will find this chocolate very satisfying. Enjoy!

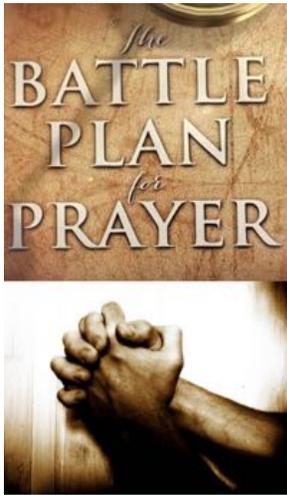
For more information on healthy solutions and recipes,

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.**

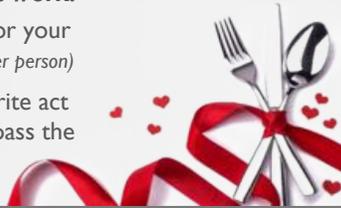
The book we will be reading together is "The Battle Plan for Prayer."

SUNNYSIDE'S VALENTINES DINNER & LIP SYNC CONTEST this Saturday – 6:30 p.m.

There is still time to RSVP! Call the church office or look for the sign-up sheet in the church foyer. 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, come for the dinner and enjoy an evening of laugh-out-loud fun with your church family and friends.

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

Second Reading
Eric Groschel
to Carmichael SDA
Sacramento, CA

PRAYER REQUESTS

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

- Merrick, Michael, & Brandi Akins
- Susan Barrick
- Jim Bush
- Sherrie Coffee
- Ben Liu
- Eric Mendibles
- Bernadette Randall
- Willie & Joyce Reimer

CYCLING FOR COMMUNITY SERVICES

We are organizing our 2nd annual cycling fundraiser. This year we are raising funds for the Community Service Building. If you would like to sponsor this event, please contact the church office, 229-5501.

WORK BEE – MONDAY

The workbee to empty the VBS storage container at Hope Lutheran Church is scheduled for **President's Day, 9:00 a.m. Monday.** Many hands make light work! For more information contact Leo at 994-5588.

FAA'S GOT TALENT

Fresno Adventist Academy's Got Talent Show is **February 27 at 6:30 p.m.** Tickets can be purchased at the door that evening. The Senior class will be selling food. All proceeds from the night will go to help the Senior class mission trip to Cambodia.



YOUTH STUFF

Vespers - tomorrow (Friday)
at 6:00 p.m. – Judi Krogstad's home

Work Bee & Fun - Monday
at 9:00 a.m. – Hope Lutheran Church

EARLY YOUTH EVENTS



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

KIDSVILLE: WHERE JESUS LOVES OTHERS THRU YOU

Vacation Bible School & Children's Ministry Track 2 Workshop is **February 27, 2:30–7:00 p.m.** at the Chowchilla SDA Church, 22310 Road 13, Chowchilla. This event is free. Rocio Rojas from the North American Division will present. All who work with children are encouraged to attend! Register online at cccchildren.adventistfaith.org before February 15, email rgillham@cccsda.org, or call 347-3181.

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 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

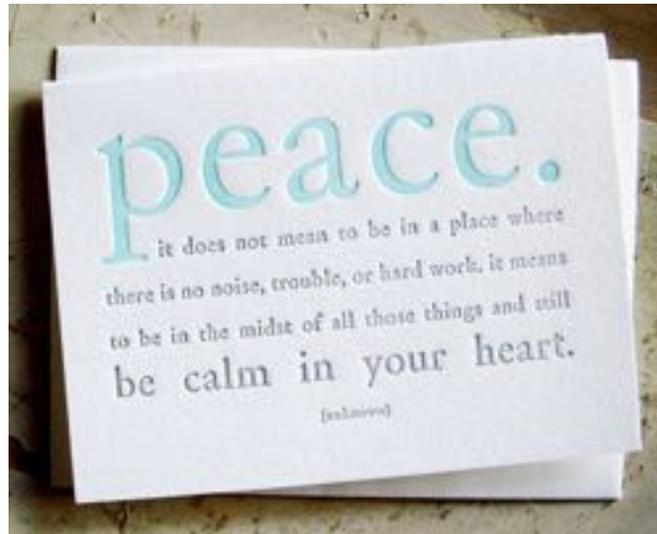
Office Hours

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

THE LAST WORD

HAPPY BIRTHDAY TO...

- Toby Cripe (2/13)
- Taylor Johnson (2/14)
- Kirsten Bolinger-Barton (2/15)
- Kimani Bruno (2/15)
- Gina Beckman (2/16)
- Nancy Colaso-Fernandez (2/16)
- Nancy Hurtado (2/17)
- Joseph Moore (2/18)
- Robert Mora (2/18)
- Kendra Pfalzgraff (2/19)



**HAPPY ANNIVERSARY
TO...**