

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

CHURCH LIFE



RICARDO GRAHAM SPEAKING AT SUNNYSIDE

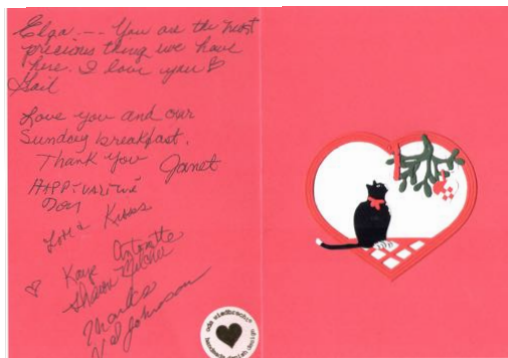
Our guest speaker this Sabbath is Elder Ricardo Graham, who will speak about religious liberty at both worship services. Graham is president of the Pacific Union Conference, whose territory covers the states of Arizona, California, Hawaii, Nevada, and Utah.

Ricardo Graham was elected president of the Pacific Union on November 15, 2007. Prior to that, Graham served as Executive Secretary of the Pacific Union Conference, after serving as president of the Northern California Conference since February 2001, and as executive secretary of that conference since 1995. Before assuming administrative responsibilities, Graham was senior pastor of the Capitol City Church in Sacramento and the Market and E Street Church in Stockton, California. Before going to the Northern California Conference, Graham pastored several churches in the Lake Region Conference.

A native of Detroit, Michigan, Graham received a Bachelor of Arts degree from Oakwood College, a Master of Divinity degree from Andrews University and a Doctor of Ministry degree from San Francisco Theological Seminary.

Graham enjoys photography, reading, collecting musical recordings, racquetball and writing. He has been published in Ministry Magazine, Message Magazine, Signs of the Times (Australia) and the Adventist Review.

L-O-V-E AT SENIOR BREAKFAST



Each month we go to Creek Park Village and prepare breakfast for some of the residents. Our Early Youth and Youth serve them coffee or juice, sing songs, and pretty much get them whatever they need to help make their meal enjoyable. We also have a few faithful adults like Elga Boccardo, Shelly Gilpin and Carol Dement who come and share breakfast and conversation with the residents. It is one Sunday each month that is meaningful to many.

On Valentine's morning the residents surprised us with a card signed by all of them. The card expressed, in part, how much they love and appreciate the loving care and kindness we serve to them. One resident stated that of all the events they have in their clubhouse, this is, by far, everyone's favorite.

It is a wonderful gift to give and receive love.

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SABBATH CELEBRATION

February 27, 2016

Sunnyside *Light*

9:00 – 9:50 A.M.

“My Hope is Built on Nothing Less”
“Spirit Song”

Prayer

Jerma & Erbe Palafox

Scripture

2 Corinthians 3:17

“Free to Worship”

Pastor Ricardo Graham

Sunnyside Prime

11:15 A.M.

“My Hope is Built on Nothing Less”
“Jesus, Lover of My Soul”

Welcome

Pastor Dennis Ray

Giving Thanks

Ron Fitzgerald

“Spirit Song”
“10,000 Reasons”

Prayer

Kevin & Shelly Gilpin

Scripture

2 Corinthians 3:17

“Free to Worship”

Pastor Ricardo Graham

Benediction

THIS WEEK AT A GLANCE

Monday, February 29

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

Tuesday, March 1

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

Wednesday, March 2

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

Thursday, March 3

35 Days of Prayer 5:30 p.m. (Sanctuary)
 Women's Tea Committee Meeting 5:30 p.m. (Piazza del Pane)

Friday, March 4

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

Sabbath, March 5

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)

This Friday
 5:49 p.m.

SUNSET

Next Friday
 5:56 p.m.

PREACHING SCHEDULE

March 5 - Pastor Ray

March 12 - Pastor Ray

March 19 - Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

February Needs	\$30,125.00
Church Donations	20,376.06
Over (Short)	(9,748.94)
Year to Date	\$60,250.00
Donations Received	39,293.72
Over (Short)	(20,956.28)
Youth Pastor Fund	\$13,848.22

TITHE TO CENTRAL CALIF. CONFERENCE

February Tithe	\$10,184.46
Year to Date	\$32,881.03

THIS WEEK'S OFFERING

Conference Faith Advance

HEALTHY BYTES

Sugar Subs

OK, just one more about sugar, then I'll get off this kick (for a while), I promise. I have been learning so much about the types of sugar we use and trying to live what I've learned. I am a sugar addict. I have now been off sugar (fructose) for two months and can really feel the difference. I feel more in control of my eating. I'm not saying I will never eat fructose again...I do like to have my cake and eat it too...but not as a daily habit like before. I must state here that I am not talking about any of the sugar (including fructose) in fruits and vegetables. Fruits and vegetables in the whole form should not be limited.

When you quit sugar, there are a host of sugar substitutes that are used in recipes and food products to replace the sweetness. Many of these I have recommended in the past thinking they were the answer. Unfortunately, most of them are still packed full of fructose (the bit we're trying to avoid), and in some instances contain more fructose than regular table sugar. Beware!

Sucrose is also known as white table sugar, brown sugar, raw sugar and rapadura sugar. It contains 50% fructose and 50% glucose.

Agave is a sugar substitute made from the same Mexican succulent that tequila is made from. It contains roughly 90% fructose – higher than sucrose! Look out for it in “health” bars and chocolate.

Coconut sugar/nectar/syrup: you'll often find one of these variations of coconut sugar in many health food products. Unfortunately, it contains anywhere between 38% to 48.5% fructose, which is almost the same amount found in sucrose. (There are some positives: It is the most nutritious of the possible sugars. It's the single most sustainable sweetener in the world. Coconut sugar has an extremely low glycemic index of 35. However, it still has significant amounts of fructose.)

Honey: whether it's raw or organic doesn't matter when it comes to fructose content. Honey contains 40% fructose, which is only 10% less than sucrose. There are many health benefits of honey, so you will have to listen to your body on this one.

Maple syrup is often used as a healthier sugar alternative. Unlike other sugar substitutes it does have some health benefits but still contains up to 40% fructose.

Dates are often used to sweeten “sugar-free” recipes, but they contain roughly 30% fructose. Plus they often need to be used in large quantities to get the same sweetness.

Rice malt syrup is made from fermented cooked rice. It's a blend of complex carbohydrates, maltose and glucose. It's 100% fructose-free. It is my fructose-free sweetener of choice.

Stevia is a plant-based sweetener. It's completely fructose free and 300 times sweeter than sugar. It's great in recipes where you want to add a little sweetness, but avoid using it in large quantities as it can have a bitter aftertaste. A drop or two of liquid stevia in a hot cup of tea is perfect!

*If you'd like to know more about this subject you can find my sugar-free inspiration at www.iquitsugar.com. My daughter recently gave me the book, *Simplicious*, and I have gleaned so much from it, including some great recipes. As always, if you have any questions please feel free to contact me.*

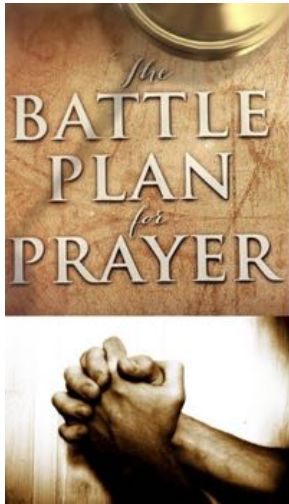
For more information on healthy solutions and recipes,

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.

Continues 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 are reading together is "The Battle Plan for Prayer."

UPCOMING EVENTS

Save These Dates!

The "Last Supper" Experience
March 25

Sonrise Service
March 27


Cycling for Community Services
April 17

Women's Ministry Tea
May 1

YOUTH STUFF

Meals on Wheels Ministry at Poverello House – this Sabbath

We'll leave from the church at 12:45 p.m. and finish with a picnic at Woodward Park after we serve.



MEMBERSHIP TRANSFER
Second Reading
Todd Alferd and Shona Alferd to Visalia SDA

PRAYER REQUESTS

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

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

POTLUCK – MARCH 5

Join us next Sabbath for our church family potluck.

A-K: please bring crockpots and dessert;
L-Z: please bring crockpots and salad.

Potluck is a great time to fellowship with old friends and to make new ones. So fill your crockpot with your favorite soup or entrée and we'll see you next week.

It is extremely helpful to the potluck committee if your name is on your dish or container.


CYCLING FOR COMMUNITY SERVICES
APRIL 17

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

ACADEMY NEWS

FAA's Got Talent Show

This Saturday 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.



Last Chance to Order Your Bricks

February 1 was the official ground-break on our new Student Commons. Construction has begun and is scheduled to be completed by the end of February. If you have not yet purchased a brick, they can be purchased throughout construction. Please visit www.bricksrus.com/order/faabrickcampaign to place your brick order. If you have any additional questions, please contact Nancie Dempsey at 251-5548, ext. 118.

CENTRAL CALIFORNIA CONFERENCE

JOB POSTING

Graphic Artist: Required qualifications include knowledge of Adobe InDesign, Photoshop, and Illustrator; a degree in graphic arts or graphic design, Bachelor's degree preferred. Must have strong computer and customer service skills. Desired qualifications include knowledge of web design and photography. Must be a Seventh-day Adventist with regular church attendance. To apply, please send cover letter, application, resume and portfolio to Human Resources. <https://ccchr.adventistfaith.org/hr-resources-forms> By email: lbarron@cccsda.org or mail PO Box 770, Clovis, CA 93613. **Please respond by 5:00 p.m., March 8.**

THE YOUTH WANT TO DO YOUR CHORES

Spring cleaning is upon us (even though it is February). Got weeds? We'll cut 'em! Need some gardening help? We are on it! The youth are eager to help out with any work projects you could throw at them. If you have anything at all, please call or text Pastor Tom to make arrangements (209)559-3690. Funds earned will be put toward the Youth trip to a Spring Break Survival Camp & Work Project at Camp Wawona.

14 DELEGATES NEEDED

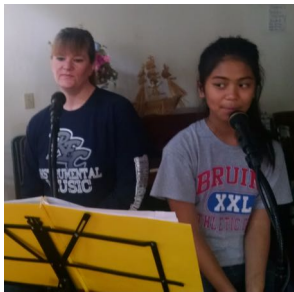
The Fresno Adventist Academy Constituency Session will be held on Sunday, April 10, at 10:00 a.m. in the Ricchiuti Auditorium on campus located at 5397 East Olive Avenue. Sunnyside Church is in need of delegates to represent our congregation at the constituency session. If you would like to serve, please contact the church office at 559-229-5501 or churchoffice@sunnysidesda.org.

CLOVIS NEEDS YOUTH LEADER

The Clovis SDA Church is seeking an energetic, ministry-minded, full-time Youth Leader/Evangelism Coordinator. Must be an SDA. To apply, please send resume by **February 26** to clovisdachurch@comcast.net

GETTING TO KNOW OUR FAMILY & FRIENDS

The Early Youth served breakfast on Valentine's Day at Creek Park Village. Later, they headed for ice cream and TacOps.



Jamie Blewett
 Just love you to pieces?
 Thanks so very much for
 your love and service to us.
 Julie Grass
 Carl Dement
 Lynn Mitchell 2-14-16
 Kida Uemura
 Thank you for
 this meal
 How kind of you
 all to be here.
 Love Lisa
 Donna Oh
 Laura
 Madelon D.
 Linda
 Marie
 Peggy
 Thank you
 Go Home
 Betty A.

Dear One Thank you
 for your love
 and service
 We all want to
 thank you for our kind
 words
 We appreciate the beautiful
 music, wonderful breakfast
 and your wonderful friend
 ship
 Barbara Vidale & Clair
 You deserve every
 wish your heart desires
 and more love
 Thank you
 Betty, Lynn
 Thank you for all you do!
 Sherry, Lynn



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

The theological virtue of hope is the patient and trustful willingness to live without closure, without resolution, and still be content and even happy because our Satisfaction is now at another level, and our Source is beyond ourselves.

— Richard Rohr

HAPPY BIRTHDAY TO...

Wil Barcoma (2/27)
Elga Boccardo (2/27)
Adriana Cruz (2/27)
Ryan Tetz (2/27)
Riley Manning (2/28)
Shannan Phillips (2/28)
Naomi Loadholt (3/1)
Jean Robison (3/1)
Carolyn Nichols (3/2)
Tyler Pafford (3/2)
Vicky Turley (3/2)
Shirley Wiser (3/2)
Carolyn Ball (3/3)
William Barreto Jr. (3/3)
Kaitlyn Estep (3/4)
Sean Patterson (3/4)

If love is the soul of Christian existence, it must be at the heart of every other Christian virtue. Thus, for example, justice without love is legalism; faith without love is ideology; hope without love is self-centeredness; forgiveness without love is self-abasement; fortitude without love is recklessness; generosity without love is extravagance; care without love is mere duty; fidelity without love is servitude. Every virtue is an expression of love. No virtue is really a virtue unless it is permeated, or informed, by love.

— Richard Rohr

**HAPPY ANNIVERSARY
TO...**

Charles & Pat Lutz (2/27)
Peter & Vicki Kemp (2/28)