

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

## CHURCH LIFE

### SPECIAL PRAYER REQUESTS

Sugar Knizevski's brother, David Alvarez, had a stroke several weeks ago. The right side of his body is paralyzed and his speech is significantly impaired. Sugar has asked us to pray for him and his road to recovery during rehabilitation. She also shared that he is in the same neurological unit at UCSF Hospital that her sister, Ruth Coronado, was in before she passed away from a brain tumor. It has been especially hard for Sugar to be in that unit and to relive some heart-breaking memories of her sister's illness. We lift them up in prayer and we ask for God's peace and healing power to encompass David, Sugar, and her family.

Jack Tolmosoff's mother, Anne Marie Moore, had surgery at St. Agnes this afternoon. She is requesting prayer, but no visitors. She expects to be in the hospital for several days.

### SHAVER LAKE - AUGUST 18

Our Church in the Mountain's Sabbath in just is about a week away. There will be more details of the day's activities in next week's eNewsletter. But we wanted to get the map and directions out to you a little bit sooner.

*Directions to Shaver Lake Community Center Chapel:* Take Highway 168 East from Fresno to Shaver Lake. As you come into town you will notice the Sawmill Restaurant on your right. As you pass the restaurant immediately look LEFT and you will see a quaint white church. Turn Left and park between the church and the community center. If you pass Dinkey Creek Road in your attempt to find the church, TURN AROUND and look for the only white church in town. Travel time from Fresno about an hour.

*Directions to Camp Edison "Towhee":* Take Highway 168 1.6 miles past the Community Center Chapel, turn right at the Camp Edison (PG&E) Campground turnout. Go to the Toll booth. Entrance fee is \$10/vehicle. Follow signs to picnic area. Sunnyside Church signs will also be posted. Take right turnout at Towhee Campsite.



### In this week's issue...

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Worship

Learn

Connect

Serve

**WORSHIP  
CELEBRATION**  
August 18, 2012  
11:00 A.M.

**“Give Me Oil In My Lamp”  
“Mansion Over the Hilltop”**

**Welcome**  
Bud Dickerson

**“Side By Side”**

**Offering**

**“We Are One In the Spirit”**

**Prayer**

**Scripture**

**“Take My Hand and Walk”**  
Bob Gilbert

**Message**

**Benediction**

**THIS WEEK AT A GLANCE**

**Friday, August 17**

Youth Shaver Lake Camping Trip (thru Sunday)

**Tuesday, August 21**

Soul Sisters Community Bible Study - "Breaking Free" – Maroa Rooms 6:00 p.m.

**Wednesday, August 22**

Deadline for Bulletin info:  
bulletinstaff@sunnysidesda.org 6:00 p.m.  
Men's Ministry 6:30 p.m.

**Sabbath, August 25**

Sabbath School 9:30 a.m.  
Worship Service 11:00 a.m.

**PREACHING SCHEDULE**

**August 25 - Ramiro Cano**  
**September 1 - Eric Johnson**  
**September 8 - TBA**

**MONTHLY CONTRIBUTION SUMMARY**

August Church Needs	\$29,000.00
Church Needs Donations	13,263.92
Over (Short)	(15,736.08)
Year to Date	\$232,000.00
Donations Received	171,232.79
Over (Short)	(60,767.21)
Youth Pastor Fund	\$23,275.23

**THIS WEEK'S OFFERING**  
**Local Church Budget**

This Friday  
7:49 p.m.

**SUNSET**

Next Friday  
7:39 p.m.

**HEALTHY BYTES**

**But I'm Not Overweight!**

by Kyle Young (Full Plate Diet Blog)

...I'm writing to shed light on some sloppy thinking that plagues people like me. I'm a young guy with a high metabolism. And because I'm not overweight, I tend to think I can eat whatever I want without consequences, but I'm learning this just isn't true. Unhealthy eating still harms your body, even if you don't gain weight. And the bad habits you form can lead to rapid weight gain after your metabolism slows down. So if your spouse or friends are hesitant to join you on the Full Plate Diet because they aren't overweight, help them understand that healthy eating is always important. Weight loss is just one benefit. Here are some others.



- Improves memory and concentration
- Improves sexual performance
- Provides better blood sugar management
- Decreases the risk of hemorrhoids
- Lowers "bad" (LDL) cholesterol
- Raises "good" (HDL) cholesterol
- Reduces triglycerides (fat in your blood)
- Lowers the risk of type 2 diabetes
- Reduces the risk of heart disease & stroke
- Reduces the risk of gallstones and gallbladder disease
- Increases energy
- Lowers blood pressure
- Improves sleep
- Lowers risk of cancer
- Reduces risk of constipation
- Decreases the risk of acid reflux
- Lowers the risk of stomach ulcers
- Reduces the risk of osteoarthritis

By the way, if your children are hesitant to join you, let them know that healthy eating can also improve educational outcomes, as promoted by Jamie Oliver's "Feed Me Better" campaign.

For more information on healthy solutions and recipes, contact Gale Bolinger at 974-2459 or at [gale4health@comcast.net](mailto:gale4health@comcast.net)  
I would like to remind you that these "Healthy Bytes" are my own suggestions and not medical advice.

**MEMBERSHIP TRANSFER**

**First Reading:** Vonda and Whitney Kittle to eChurch 7, Mt. Vernon, OH. Karen Powell to Fresno Central.

**Second Reading:** Charles Loadholt from Fresno Westside.

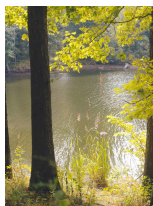
**SAVE THE DATE**

Community Services Yard Sale **Friday, September 14**. Start sorting and setting aside items you'd like to donate. We'll let you know when to bring them to the church.

**CHURCH IN THE MOUNTAINS**

Make plans to join us **August 18** for our annual Shaver Lake Day - Church in the Mountains.

The day will be filled with Sabbath School, hiking, Worship Service, boat rides, baptisms in the lake and a huge picnic potluck.

**FROM THE CHURCH CLERK...**

To keep our records up to date, we are asking for your help. If you have current residence or phone numbers for members we have been unable to contact for a long time, please email Donna at [donna559@sbcglobal.net](mailto:donna559@sbcglobal.net). Should we be unable to locate them, we will need to remove their names from membership records. We will list each group of names for three weeks. Thank you for your assistance.

(listed July 26, 2012)

Kim Brake  
Justin Farless  
David Jacobson  
Jon Jones

**GOING TO SHAVER?  
HAVE ROOM FOR A PASSENGER?**

There are a few ladies in the Women's Friendship Circle who would like to go to Shaver but cannot drive up the mountain. If you have room for one or two, please contact

Darla Kogler (264-4821) or Bernadette Randall (434-2105).

**YOUTH SUMMER EVENTS****August 17-19 – Shaver Lake Camping Trip**

For more details contact Alexa Burkhart at 765-5084 or [alexa.burkhart@yahoo.com](mailto:alexa.burkhart@yahoo.com). Don't forget to sign-up. The cost is \$20 per person. **Invite your friends!**

**September 8 – Movie Night****FRESNO ACADEMY NEWS****A Message from the Principal**

I wanted to take a minute and extend a special invitation to each of you. Our school starts on **Monday** and we will be doing something different this year to start the year off. I am inviting parents, pastors, teachers and students to join us on our campus each morning from 7:00–7:30 in the gym for one purpose: praying for

**FOOD PANTRY DISTRIBUTION**

Community Services Food Pantry will be open **Wednesday, 10:00 a.m. until Noon** for their monthly food distribution.

Please submit your bulletin and eNews announcements of 50 words or fewer (in paragraph form) to: [bulletinstaff@sunnysidesda.org](mailto:bulletinstaff@sunnysidesda.org). All info is due by 6:00 p.m. Wednesday. Bulletin staff reserves the right to edit text.



## CHURCH ADDRESS

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# Sunnyside

Seventh-day Adventist Church  
5375 N Maroa Fresno, CA 93704

RETURN SERVICE REQUESTED

## HAPPY BIRTHDAY TO...

Garrison Goertz (8/18)  
Anthony Wong (8/18)  
Krissy Brockman (8/19)  
Justin Priest (8/19)  
Gwen Saenz (8/19)  
Lisa Sciutto (8/19)  
Gene Carpenter (8/20)  
Alice Armstrong (8/21)  
Donna Montgomery (8/21)  
Daylan Turley (8/21)  
Maria Kwon (8/22)  
Rebekah Gradillas (8/23)  
Anne Marie Moore (8/23)  
Melissa Cornwell (8/24)  
Tyler Hirschhorn (8/24)

## THE LAST WORD

Understanding will never bring you peace. That's why I have instructed you to trust in Me, not in your understanding. Human beings have a voracious appetite for trying to figure things out in order to gain a sense of mastery over their lives. But the world presents you with an endless series of problems. As soon as you master one set, another pops up to challenge you. The relief you had anticipated is short-lived. Soon your mind is gearing up again: searching for understanding (mastery), instead of seeking Me (your Master).

The wisest of all men, Solomon, could never think his way through to Peace. His vast understanding resulted in feelings of futility, rather than in fulfillment. Finally, he lost his way and succumbed to the will of his wives by worshiping idols.

My Peace is not an elusive goal, hidden at the center of some complicated maze. Actually, you are always enveloped in Peace, which is inherent in My Presence. As you look to Me, you gain awareness of this precious Peace.

*Trust in the Lord with all your heart and lean not on your own understanding;  
in all your ways acknowledge him and he will make your paths straight.*

**Proverbs 3:5-6**

*Therefore, since we have been justified through faith,  
we have peace with God through our Lord Jesus Christ.*

**Romans 5:1**

*Now may the Lord of peace himself give you peace at all times  
and in every way. The Lord be with all of you.*

**2 Thessalonians 3:16**

~ from **August 7, 2012 Devotional App "Jesus Calling"** by Sarah Young

## HAPPY ANNIVERSARY TO...

Vern & Jan Biloff (8/18)  
Bill & Judy Hawkins (8/18)  
Ron & Donna Fitzgerald (8/18)  
Leo & Angela Reijnders (8/18)  
Grant & Marilyn Mitchell  
(8/20)  
Greg & Julie Keener (8/24)  
Ferdinand & Dalia  
Fauni-Ignacio (8/24)