

FRESNO  
SUNNYSIDE  
SEVENTH-DAY  
ADVENTIST  
CHURCH

# SunnysideNews

WEEKLY NEWSLETTER

September 13, 2012

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

## CHURCH LIFE

### THANK YOU

I just wanted to take a moment to give my church family a great big THANK YOU for your prayers, calls, cards, text messages, food, and for attending Mom's service. Everyone's expression of concern and sympathy was heart felt and will forever be remembered. There is nothing like a mother's love and though we'll miss her terribly, we will see her again where there won't be any more separation or sorrow. God is so AWESOME! – *Elga A. Boccardo*

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

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Worship

Learn

Connect

Serve

**WORSHIP  
CELEBRATION**  
September 15, 2012  
11:00 A.M.

**“Power in the Blood”  
“Do Lord”**

**Welcome**  
Pastor Dennis Ray

**Offering**  
Jason Castillo

**“Therefore the Redeemed”  
“Amazing Grace”**

**Prayer**  
Zaher and Dina Estassi

**Special Music**

**Scripture: 3 John 2**  
Brett Bertao

**“What a Friend”**

**“How is it  
With Your Soul?” Part II**  
Pastor Ray

**“I Want Jesus to Walk  
With Me”**

**Benediction**  
Diane Bertao

**THIS WEEK AT A GLANCE**

**Wednesday, September 19**

Community Services - Clothing & Household  
9:00 – 11:00 a.m.  
Men's Journey Group Study 6:30 p.m.  
Women's Journey Group Study 6:30 p.m.  
Deadline for Bulletin info: bulletinstaff@sunnysidesda.org 6:00 p.m.

**Friday, September 21**

Friday Evening Journey Group Study 6:30 p.m

**Sabbath, September 22**

Sabbath School 9:30 a.m.  
Worship Service 11:00 a.m.  
Sack Lunch Journey Group Study following worship service  
Sunnyside Grace Concert 7:00 p.m.

**PREACHING SCHEDULE**

**September 22 - Pastor Ray**  
**September 29 - Pastor Ray**  
**October 6 - Pastor Ray**

**MONTHLY CONTRIBUTION SUMMARY**

September Church Needs	\$29,000.00
Church Needs Donations	13,151.71
Over (Short)	(15,848.29)
Year to Date	\$261,000.00
Donations Received	192,806.02
Over (Short)	(68,193.98)
Youth Pastor Fund	\$22,701.23

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

This Friday  
7:08 p.m.

**SUNSET**

Next Friday  
6:58 p.m.

**HEALTHY BYTES**



When we sleep our bodies are repairing all the damage done during the day. Everything we do causes oxidative stress in the body - even breathing. But God has put into place a repair system - sleep. As we sleep a growth hormone comes out and does

repair. It can only come out if we are in a deep sleep. The best hours for this are between 9 pm and 2 am, and the best hours of that time are before midnight. (Grandma and Grandpa had it right when they went to bed and got up with the sun!)

If insulin is present in the body, this growth hormone will not be able to work. Insulin is produced whenever we eat in order to digest our food. It is best to eat early enough for your body to digest the food before you lie down to sleep. IF INSULIN IS THERE, GROWTH HORMONES CANNOT REPAIR. So when you have that late night snack, you are sabotaging yourself and robbing your body of needed repair. Have you ever gotten up in the morning exhausted? Maybe your body worked all night digesting food and not doing the needed repair that it was designed to do.

OK guys: Growth Hormone is your body mechanic that is on call every night. He will repair the damage you did all day - eating, exercising, breathing. When you wake up he has detailed your “car” so perfectly it will run well all day! For the ladies: Growth Hormone is like going to bed with a dirty house and the cleaning lady comes and cleans and you wake to a spotless house every morning!

This one habit of NOT eating before bedtime and getting to bed at an earlier hour may make the difference between getting diabetes or not. God gives us the tools, we just have to use them.

For more information on healthy solutions and recipes, contact Gale Bolinger at gale4health@yahoo.com (**please note new email address**) 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.

**CHURCH RUMMAGE SALE**

Friday, September 14, 8am - 2pm

The sale will take place at the church.

Pre-sale 4 – 6pm Thursday (this evening).

**WOMEN'S FRIENDSHIP CIRCLE**

We'd love to have you join us **this Sabbath** for our monthly fellowship lunch. Call Lola Arteaga (323-6682) for more details or if you have any questions.

**September 15 – Movie Night & Pool Party**

Join us at **6:30p.m. this Saturday night** in the Soloniuk's backyard for swimming and a movie projected on a big screen! We're having hotdogs and rootbeer floats. Call Loanne (259-5302) for directions.

**Upcoming Events...**

**September 22 – Poverello House Street Lunch Ministry**

**September 29 – John's Incredible Pizza**

**October 6 – Parent Meeting**

**NEW WOMEN'S BIBLE STUDY**

Soul Sisters Community Bible Study Fellowship will present another Beth Moore Series - "James: Mercy Triumphs." Join us on this incredible journey with Beth's newest 9-week Bible study beginning **Monday, October 1 at 6:00p.m.** in the sanctuary. This Bible study is free of charge; however, you will be required to purchase a "James: Mercy Triumphs" workbook available at Christian bookstores. For more information and registration log on to: [www.jamesmercytriumphs.eventbrite.com](http://www.jamesmercytriumphs.eventbrite.com).

**SUNNYSIDE GRACE IN CONCERT**

Make plans to come out and enjoy the music of Sunnyside Grace - **September 22 at 7:00p.m.** Refreshments will follow in the Maroa Rooms.

**JOURNEY GROUPS**

**The Journey Groups begin next week.**

**Men's Journey Group**

(September 19) Wednesday at 6:30p.m.

**Women's Journey Group**

(September 19) Wednesday at 6:30p.m.

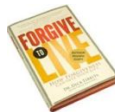
**Friday Evening Journey Group (a mixed group)**

(September 21) Friday at 6:30p.m.

**Sack Lunch Journey Group (a mixed group)**

(September 22) Sabbath following worship service.

Each group will be using Pastor Ray's sermons as our discussion guides. There is still time to signup; contact Becky Crouch (beckytogirl@gmail.com) or Shelly Clement (shelly\_clement@sbcglobal.net) or call the church office (229-5501). We are looking forward to seeing what God has in store for each of us!

**REFRAME YOUR LIFE WITH FORGIVENESS**

Anger kills...everyday... through a host of ailments such as depression, stress, broken relationships and heart disease. Yet, its victims never know what hit them. Join us as we learn the life changing principles of forgiveness that have already started to change lives around the world. Don't miss out on your chance to put these principles to work to in your life - they just might save it. Discover how to forgive to live! This class will take place during the Sabbath School hour and is limited to 25 students. Contact Shelly Clement ([shelly\\_clement@sbcglobal.net](mailto:shelly_clement@sbcglobal.net)) or the church office ([churchoffice@sunnysidesda.org](mailto:churchoffice@sunnysidesda.org) or 229-5501) to sign-up. We will begin September 22.

**ABC FALL OPEN HOUSE**

You are invited to the Adventist Book Center, 2820 Willow Ave., Clovis, **Sunday, September 23, 10:00-4:00** for the Fall Open House & Food Sale. Look what's in store for you: "\$10 @ 10 a.m.!" First 100 customers receive \$10 in ABC Cash (valid for purchases on that day only); Truckload Food Sale — Buy 3; Get 1 Free: Buy three cases of Loma Linda or Worthington canned food and get one FREE; Free Lunch (11:00-2:00); Enter-&-Win Drawings for \$25, \$50, and \$75 gift certificates! Bring the whole family!

**POSITION OPEN AT CAMP WAWONA**

Camp Wawona is seeking a full-time Guest Services Assistant. Responsibilities include managing the Camp Wawona office of registration as well as the housekeeping department, helping in foodservice, A/R, A/P, and guest services. Applicant must be efficient in data entry, computer spreadsheets, Word, and have good customer service skills. Applications available online at <http://ccchr.adventistfaith.org>. For more information, contact Human Resources (559) 347-3042. **Please respond by September 26, 2012.**

# GETTING TO KNOW OUR FRIENDS AND FAMILY

WORSHIP

LEARN

CONNECT

SERVE

**Naomi Loadholt**



**Laurie & Dusten  
Zumwalt**

**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

**THE LAST WORD**

<sup>16</sup> The Lord is making roads through the sea. He is making a path for his people, even through rough waters. The Lord says, <sup>17</sup>“Those who fight against me with their chariots, horses, and armies will be defeated. They will never rise again. They will be destroyed. They will be put out like the flame in a lamp. <sup>18</sup> So don't remember what happened in earlier times. Don't think about what happened a long time ago, <sup>19</sup> because I am doing something new! Now you will grow like a new plant. Surely you know this is true. I will even make a road in the desert, and rivers will flow through that dry land.

*Isaiah 43:16 –19*

**HAPPY BIRTHDAY TO...**

Vicki Anderson (9/15)  
Larry Barber (9/15)  
John Sheffield (9/15)  
Marlin Czajkowski (9/16)  
Anthony Lelaind (9/16)  
Caitlyn Menes (9/16)  
Wes Murdock (9/16)  
Dan Nozaki (9/16)  
Barbara Bohlman-Brown  
(9/18)  
Lyn Harrelson (9/18)  
Shayla Phillips (9/18)  
Holley Estep (9/19)  
Jose Franco (9/19)  
Katie Wilson (9/20)  
Bill Hartman (9/21)  
Scott Murdock (9/21)  
Emily Zumwalt (9/21)

**HAPPY ANNIVERSARY  
TO...**