

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

CHURCH LIFE

KITCHEN CONSTRUCTION UPDATE



Bill and Ruth have not wasted any time since arriving two weeks ago to supervise the construction of the kitchen. They estimate the kitchen will be finished the first week of April. You might want to take a peek inside and see that the hoods for the stove and dishwasher are hung. The air conditioning is in, as well as the electricity and plumbing are “roughed in” - that’s construction jargon for ready to have fixtures installed. Bill says all inspections will be done by Monday and

they will begin installing sheet rock. We have more money to raise to complete the project but God has blessed us this far and He will see it through.



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SUNNYSIDE COMMUNITY SERVICES SAYS *“Thank You”*

Stick around after worship service this Sabbath for a special refreshment table hosted by the Community Services. We want to say thank you for making it possible to serve our community through your donations.

Since January 2012, we’ve given away 120 boxes of food ♦ 45 sets of dishes ♦ 25 pieces of furniture and appliances ♦ 50 blankets ♦ 15 sheets/comforters ♦ 6 baby equipment items ♦ 40 pairs of shoes ♦ 222 pieces of clothing ♦ 300 pieces of clothing to the Pinedale community ♦ 40 pieces of clothing to Westcare ♦ multiple toys, books and miscellaneous items. Please take a moment to talk with Printess Schlist to see how you can get involved. Thank you for your prayers and support as God continues to lead us in this ministry.

WORSHIP CELEBRATION

March 10, 2012
11:00 A.M.

**“Tis So Sweet to
Trust in Jesus”
“Mighty to Save”**

Welcome
Bud Dickerson

Children’s Story
Kurt Logan

Offering
Ron Fitzgerald

**“Change My Heart,
Oh God”
“He Knows My Name”**

Prayer
Marla Hartman

“You Are”
Yvette Kerbs

Scripture
Becky Crouch

**“Going Deep”
Sermon Series**
Pastor Dennis Ray

Benediction
Stan Wagenleitner

THIS WEEK AT A GLANCE

SUNDAY, MARCH 11
Daylight Saving Time Begins – *Spring forward one hour!*
Early Youth Day at LaserQuest 11:30 a.m.

WEDNESDAY, MARCH 14
Community Services Distribution 10:00 a.m.
Deadline for Bulletin info: bulletin-staff@sunnysidesda.org 6:00 p.m.

THURSDAY, MARCH 15
Church Board Meeting – Junior Class Room 6:30 p.m.

FRIDAY, MARCH 16
Connections Bible Study Group – Maroa Room 6:30 p.m.

SABBATH, MARCH 17
Sabbath School 9:30 a.m.
Worship Service 11:00 a.m.
Women’s Friendship Circle Luncheon 1:00 p.m.
Oasis Group – Youth Room 5:30 p.m.
Youth at Skywalk – 7:00 p.m.

PREACHING SCHEDULE

March 17 — Gilbert Barr
March 24 — Pastor Ray
March 31 — Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

March Church Needs	\$29,000.00
Church Needs Donations	7,067.67
Over (Short)	(21,932.33)
Year to Date	\$87,000.00
Donations Received	45,038.70
Over (Short)	(41,961.30)
Youth Pastor Fund	\$14,258.23

This Week’s Offering
Adventist TV Ministries

Sunset

This Friday
6:01 p.m.

Next Friday
7:07 p.m.

HEALTHY BYTES

ARE YOU FALLING FOR THESE FOOD LABEL LIES? - PART 5

by SHAPE Magazine



5. If the label says "packed with antioxidants..."
Antioxidants, the latest health wunderkind, are amazing little nutrients and enzymes that inhibit the potentially harmful (but inevitable) process of cellular oxidation. You don't have to understand all the science to know they're incredibly good for you, with everything from anti-cancer to anti-aging benefits. The problem is that this label does not have a formal definition. When you see "packed with antioxidants," it usually means that the food was either made with something that once had antioxidants in it-like fruit juice used for coloring cereal-or that the food was fortified with some vitamins. Unfortunately nutrients extracted from food don't have all the health benefits of nutrients eaten in their natural state.

Avoid it: Whole fruits and vegetables are the best sources of antioxidants and are easy to recognize.

For more info on healthy solutions and recipes, contact Gale Bolinger at 974-2459 or email at gale4health@comcast.net

ANNOUNCEMENTS



MOVIE NIGHT! - THIS SATURDAY

Men's Ministry is sponsoring movie night at the church **Saturday evening at 6:30.** Come out for refreshments and see the movie "Courageous," from the producers of "Facing the Giants" and "Fireproof."



YOUTH EVENTS

March 17 – Skywalk

April 12-15 – San Diego Trip

The youth are planning an exciting trip to Mission Beach in San Diego. Cost is \$200 per person or \$250 for non-members. We will have two beachfront condos – one for the guys and one for the girls. The weekend will include kayaking, go-cart racing, bike rentals, beach volleyball, and surfing. On Sabbath we'll do a "morning walk on the beach with God" and an interactive discussion Sabbath School. For more info, contact Alexa Burkhart (765-5084), or alexa.burkhart@yahoo.com.

EARLY YOUTH AT LASER QUEST

This Sunday at 11:30 a.m. sharp! Hey class, remember to RSVP to Loanne (259-5302) for the Bible challenge trip to Laser Quest. If you didn't quite complete the challenge, bring \$5 with you to help pay for your games. Pizza will be provided. RSVP is important—we have to give a headcount for the party.

BE A REFRESHMENT TABLE HOST

We are in need of hosts for **March 24;** and **April 14, 21.** Please sign up in the fellowship hall. Make it simple or go with a theme. Reimbursement is available.

NO "OASIS" THIS WEEK

Oasis will not meet this week so that we can all enjoy the movie "Courageous" together. We will meet at our regularly scheduled time next week.



FAA SPRING FLING HAS GONE WESTERN

Plan to attend the 5th Annual Spring Fling fundraiser at Fresno Adventist Academy on **March 18, 11am — 3pm.**

Time to bring out your hats and boots for some good ol' western fun! There'll be:

- ☆ Game Booths
- ☆ Variety of International Food for sale provided by the local churches
- ☆ Live auction items crafted and baked — *auction begins at noon*
- ☆ Blood Drive — *make an appointment or just stop by*
- ☆ Canned Food Drive — *for every 10 canned or nonperishable food items donated you'll receive one ticket for the drawing for a chance to win a tuition voucher worth \$2,000 or \$1,000. Must be present for 2:30pm drawing — three winning tickets will be drawn.*
- ☆ Free e-Waste Drop-off — *begins at 9am*
- ☆ Pre-Registration for 2012-2013 school year
- ☆ Admission is free: *you just pay for the food, games, and auction items*

Contact Richelle Rickard at 251-5548 or rrickard@faa.org for more information.

GOT EGGSTRA EGGS AND CANDY?



Plans are underway for Sunnyside's Annual Easter Sunrise Service on April 8. There will be a box in the foyer for any donations you would like to make. We can use individually wrapped Easter candy, plastic Easter eggs, tiny Easter trinkets and Easter stickers. Your generosity is very much appreciated and helps us to cut down on our expenses. *Thank you so much.*

WORSHIP

LEARN

CONNECT

SERVE

The Spirit of Sunnyside

Jason, David & Adrianna Castillo



Janette, Jim & Jameson Frazier

THE LAST WORD

Like a Child

by Deborah L. Kaufman

The start of a new school year always brings a return to routine at my house. It's the same routine practiced all across the country: roust the children out of bed, make sure everyone has eaten, check to see that the five-year-old has her shoes on, see that hair and teeth are brushed, distribute lunches or lunch money, grab the book bags, and race for the door. Little thought is required for routine. As a mom, I just get in the zone and get it all done. The mental clock is usually ticking the whole time.

One recent morning proved an exception. "The trees are dancing!" exclaimed the five-year-old as we pulled out of the driveway. Her conversation about dancing trees and their choreography went on for about two minutes before I finally came out of my "accomplish the routine" mindset and noticed the amount of wind that day. Oh! The trees were dancing! I was so busy with my routine that I failed to notice the world around me. Once I started paying attention to the movement of the leaves and the beauty of the trees "dancing," it changed my whole mindset.

Experiencing life through the eyes of a five-year-old brought beauty and appreciation back to my morning. I often find it easy to lose the sense of wonder for God's creation that I had as a child. The same is true of my relationship with God. The longer I've been in "the routine," the more likely I am to lose some of the wonder, the awe, and the freshness. It took a young child to remind me that I need to stop and enjoy the wonder of my relationship with God and His creation.

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HAPPY BIRTHDAY TO...

Katherine Messing (3/10)
Linda Slusher (3/10)
Meghan Mendibles (3/11)
Lauri Vaughn (3/12)
Cheri White (3/12)
John Banks Jr. (3/13)
Vonda Kittle (3/13)
Tim McCall (3/14)
Delaine Morford (3/14)
Lindsey Shimmin (3/15)
Feliciana Wong (3/15)

HAPPY ANNIVERSARY TO...

Bill & Marla Hartman (3/10)