

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

## CHURCH LIFE



### BABY NEWS

The Sunnyside Family has been blessed with another baby! Welcome into the world Juliana Imara Piñon. She was born on Fathers' Day - June 17, 2012 weighing 7 lb, 6 oz and 18 1/2 inches long. Her proud parents are Ryan and Nicole Piñon, and her very happy grandmother is Sandra Barrón.

### ABUNDANT LIFE

This week the Community Services Food pantry provided food for 629 people. On Tuesday, Printess was concerned about whether we'd have enough food to give out and on Wednesday morning we were surprised and blessed with a shipment from the Community Food Bank that included six pallets of fresh produce. These pictures show Jordan Reijnders and Larry Schlist standing next to 600 pounds of fresh plums and stacks of fresh strawberries. In all, we received nine pallets of food to distribute to families in our community. "...my God shall supply all your need..." - *Philippians 4:19*. Thank you to the young people who came out on short notice to help the staff sort and bag the food.



### YOUTH LAKE DAY AT PINE FLAT

Alexa Burkhart, along with Vicky and Rod Turley, took the Youth out to Pine Flat Lake to enjoy the day on the Burkhart family houseboat. The kids swam and ate and "tubed" and ate, again. A few kids went kneeboarding and Holley Estep and Clayton Liu tried wakeboarding. It was said that Clayton was a natural and conquered it quickly, but Holley impressed the group with her persistence in learning. It was an awesome day on the water! A big thanks to Alexa for her work with the Youth. Check out the announcements on page 3 to see more Youth events she has planned for the summer. Also, there are more lake day pictures on page 4.



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

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# WORSHIP CELEBRATION

June 30, 2012  
11:00 A.M.

**“Jesus Saves”**  
**“Great and Mighty”**

**Welcome**  
Bud Dickerson

**Children's Story**  
Sondra Gradillas

**“Blessings”**  
Nicole Carrillo

**Offering**

**“As the Deer”**  
**“He Knows My Name”**

**Prayer**  
Patricia Ford

**“My Life is in Your Hands”**  
Diony Carrillo

**Scripture: John 8:10**

**“No Condemnation”**  
Pierre Steenberg

**Benediction**

## THIS WEEK AT A GLANCE

### Tuesday, July 3

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

### Wednesday, July 4

**Church Office Closed**  
Deadline for Bulletin info:  
bulletinstaff@sunnysidesda.org 6:00 p.m.

### Thursday, July 5

Worship Committee Meeting – Pastor's  
office 7:00 p.m.

### Sabbath, July 7

Sabbath School 9:30 p.m.  
Worship Service 11:00 p.m.  
Oasis Meeting 6:30 p.m.

## PREACHING SCHEDULE

July 7 - Pastor Ray  
July 14 - Zaher Estassi  
July 21 - TBA

## MONTHLY CONTRIBUTION SUMMARY

June Church Needs	\$29,000.00
Church Needs Donations	19,912.90
Over (Short)	(9,087.10)
Year to Date	\$174,000.00
Donations Received	132,532.55
Over (Short)	(41,467.45)
Youth Pastor Fund	\$22,113.48

## THIS WEEK'S OFFERING

**NAD Evangelism**

## SUNSET

This Friday  
8:22 p.m.

Next Friday  
8:21 p.m.

## HEALTHY BYTES

### Healthy Doses of Vitamin D

Be aware that getting some sunlight on your skin can be immensely helpful to your health, mainly because UV-B rays in sunlight converts cholesterol found in your skin into Vitamin D. Twenty to 30 minutes of sun exposure provides about 10,000 units of Vitamin D (the recommended dose). And ensuring adequate Vitamin D status is essential to experiencing optimal health; every organ system in your body requires an adequate Vitamin D level to function properly.

Dr. John McDougall says that taking supplements of Vitamin D will artificially raise the Vitamin D levels without actually improving bone health or any other measurement of health. Today, Vitamin D deficiency is actually one of the most common nutritional deficiencies in developed nations, most likely because the general public has been taught to be afraid of the sun. As a result we slather on sunscreen before we have had any exposure, thus blocking the helpful UV-B rays.

The key to using sunlight to promote optimal Vitamin D status is to be mindful of not getting burned. When your body has enough Vitamin D to fuel its needs, it shuts off the mechanism that allows UV-B rays to convert cholesterol to Vitamin D, so relying on healthy exposure to sunlight is actually the very best way to ensure healthy Vitamin D status. After you have your Vitamin D fix for the day, THEN slather on the sunscreen (but make sure it is a natural one without cancer-promoting chemicals - *oh, a Healthy Byte for another day!*)

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 TRANSFERS**

**Second Reading:** Richard and Graciela Weiss to Azure Hills.

**VBS IS COMING!!**

**July 30 – August 3**

Please prayerfully consider how you would like to help with Vacation Bible School. Email us at [VBS@sunnysidesda.org](mailto:VBS@sunnysidesda.org)

**OASIS MEETING**

Oasis will show the documentary “Jesus and His Times, Part I” this Sabbath evening at 6:30. All are welcome!

**CHURCH OFFICE HOURS**

The church office will be closed July 4 in observance of Independence Day.

From July 9 to August 6 the office will be closed on Mondays.

**HOST THE REFRESHMENT TABLE**

Hosts are always needed for the refreshment table. Think about doing it with a group of friends, your family, Sabbath School class, committee or small group.

Available dates: **July 14, 21, & 28**. Please sign up in the fellowship hall or call the church office at 229-5501.

You can make it simple or go with a theme. Reimbursement is available.

**WOMEN'S FRIENDSHIP CIRCLE ON BREAK**

The Women's Friendship Circle will not have its Tuesday meeting or monthly potluck during the month of July.

**YOUTH SUMMER EVENTS**

**July 13** – Pool Party & Vespers at the Burkhardt home

**July 14** – Canned Food Drive

**July 23** – Shooting Range

**August 13** – John's Incredible Pizza

**August 17-19** – Shaver Lake Camping Trip

For more details contact Alexa Burkhardt at 765-5084 or [alexa.burkhardt@yahoo.com](mailto:alexa.burkhardt@yahoo.com).

**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 very 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 June 21, 2012)*

*(listed June 28, 2012)*

Colin Lesser

Rachel Lesser

Rick Lofgren

Tara Lofgren

Michelle McConville

Keith McDonald

Andrew Rocha

Joshua Skinner

Sally Tigh

Amanda Wayne

George Webber

Kathy Anderson Vizzolini

Barbara Vann

Richard Queen

Brett Watts

Tami Watts

Kaelyn Vorce

Darren Matsubara

**N**ews

Current Central California SDA News  
[www.cccsdanews.com](http://www.cccsdanews.com)  
Sharing Information and News between Local Adherents

Current Central California SDA News is an independent volunteer effort of local Adventists wanting to share information on the internet in a thoughtful and appropriate way: [www.cccsdanews.com](http://www.cccsdanews.com). CCCSDA News is not affiliated with the Central California Conference.

**FRESNO ADVENTIST ACADEMY NEEDS YOU!**

You are needed: Please prayerfully consider joining the Faith Valor Growth Club. This campaign for the academy is a commitment of \$400/year for five years – \$1.10/ day helps to create an amazing educational program for children for years to come! Donate online: [www.faa.org/donate](http://www.faa.org/donate) or to: FAA, 5397 E. Olive Ave., Fresno, CA 93727. Perhaps the Widow's Might Campaign is more within your means at \$5–\$25/month. Please contact Richelle Rickard at 273-4976; [rrickard@faa.org](mailto:rrickard@faa.org). Your dedicated support will help FAA kick off their school year in flying colors!

**FAA CONSTITUENCY MEETING POSTPONED**

After much consideration and timing evaluations, it was voted by the Fresno Adventist Academy Board of Trustees to postpone the Annual Constituency meeting that was scheduled for Sunday, July 8. This meeting will be rescheduled for a date in October or November.

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.



# GETTING TO KNOW OUR FRIENDS AND FAMILY

WORSHIP

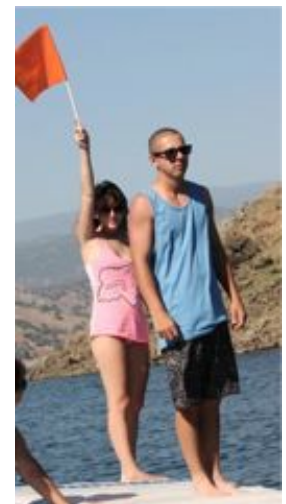
LEARN

CONNECT

SERVE



## YOUTH DAY at the Lake



## Wild tubing on Pine Flat Lake!



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**THE LAST WORD**

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." - *Frederick Koenig*

**HAPPY BIRTHDAY TO...**

Bill Barreto (6/30)  
Aaron Gradillas (6/30)  
Phill Rhoads (6/30)  
Kate Em-Franco (6/31)  
Bill Moseley (7/1)  
Jerma Palafox (7/1)  
Kristi Burkhardt (7/2)  
Dairien Finney (7/2)  
Krystal Haldeman (7/2)  
Clark Donaghy (7/3)  
Sheri Hawkins (7/3)  
Samha Chaye Ribadu (7/3)  
Verna Barcoma (7/4)  
Janette Frazier (7/4)  
Esther Robinson (7/4)  
Nikole Ignacio (7/5)  
Harriet Shimmin (7/5)  
Michael Ford (7/6)

**HAPPY ANNIVERSARY  
TO...**

Bertram & Pamela Simpson  
(7/2)  
O Joung & Maria Kwon (7/4)