

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

## CHURCH LIFE



### BABY NEWS

We have been blessed with another precious little baby. Cambriya Marshall was born on July 9, weighing seven pounds and 19 1/2 inches long. Cambriya shares her birthday with big brother, Christopher who just turned six years old. Christopher also gave two thumbs up on his new sister's name.

Congratulations, David and Tyonna Marshall! We hope you'll get some sleep soon.

## VACATION BIBLE SCHOOL

Ready or not...Power Lab VBS is coming! It has been such a blessing to witness how supportive our church family is of Vacation Bible School. Some of you have agreed to volunteer during VBS, some have contributed via the donation board, and some of you will contribute by donating your time during our VBS Prep Week. All of these aspects are important, and incredibly appreciated.

Sunnyside's VBS is not only a ministry to our church family, but will also minister to kids from some of our sister churches. Additionally, we have been praying that we will have the privilege of sharing Jesus' love with the neighborhood children around our church. In fact, last Sabbath & Sunday the Youth and Early Youth distributed VBS door hanger invitations!

This Sabbath during the worship service our church elders will be offering a special prayer of dedication over the VBS volunteers. Our desire is for the kids to see Jesus in each of us during their week at Power Lab. There are also a few donation opportunities left so check out the VBS board at church this week. Those that have already selected a card from the donation board please bring your items to church this week.

Finally, we are having our VBS Prep Week kick off on Saturday night! We have lots of painting and assembly work that needs to be done. Many hands make light work. Plan to have dinner with us at 6:00 and please bring your whole family. You will have fun helping with set up, and as an added bonus you will get a chance to get to know your church family better. It really is a lot of fun. See you there!

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

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**WORSHIP  
CELEBRATION**  
July 21, 2012  
11:00 A.M.

**"What a Friend We Have in  
Jesus"**  
**"Jesus, Lover of My Soul"**

**Welcome**  
Bud Dickerson

**Offering**

**A Few Thoughts About  
Music**  
Wise & Harmless

**"Jesus Lifted Me"**  
**"Quiet Place"**

**Prayer**  
Judi Krogstad

**Scripture**  
**Ephesians 2:8-10**  
Clark Donaghy

**"The Right View of You"**  
Dr. Don Simmons

**Benediction**  
Angela Reijnders

**THIS WEEK AT A GLANCE**

**Monday, July 23**  
Church Office closed

**Tuesday, July 24**  
Soul Sisters Community Bible Study -  
"Breaking Free" – Maroa Rooms 6:00 p.m.

**Wednesday, July 25**  
Community Services Food Pantry Distribu-  
tion 10:00am - 12:00p.m.  
Deadline for Bulletin info:  
bulletinstaff@sunnysidesda.org 6:00 p.m.

**Sabbath, July 28**  
Sabbath School 9:30 p.m.  
Worship Service 11:00 p.m.

**PREACHING SCHEDULE**

**July 28** - Tim Mitchell  
**August 4** - Ivan Morford  
**August 11** - Taneshia Kerr

**MONTHLY CONTRIBUTION SUMMARY**

July Church Needs	\$29,000.00
Church Needs Donations	18,096.55
Over (Short)	(10,903.45)
Year to Date	\$203,000.00
Donations Received	152,505.18
Over (Short)	(50,494.82)
Youth Pastor Fund	\$23,027.48

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

**SUNSET**

This Friday  
8:16 p.m.

Next Friday  
8:11 p.m.

**HEALTHY BYTES**

**NUTMEG**



Nutmeg has a taste unlike any other spice in the world and it can be used for many different treatments: pain relief, lowering cholesterol, improving memory and sexual desire, relieving anxiety, indigestion, even reducing wrinkles.

For pain relief, massage nutmeg oil on the joints. It will reduce inflammation (the start of all disease), to help ease muscular and joint pain. It is very effective for reducing the painful swelling of joints in arthritis.

Used in small doses, nutmeg can help indigestion by reducing flatulence, aid digestion, improve the appetite and treat diarrhea, vomiting and nausea. Nutmeg has been found to reduce total and LDL ("bad") cholesterol. Nutmeg is a relaxant, therefore it helps relieve anxiety and depression. So be generous with your applications of nutmeg: use it in baking, sprinkle it in your hot drinks, rub the oil into the skin.

Adding small benefits to the diet daily will improve the overall health of the body. Nutmeg is just one of these beneficial ingredients.

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.  
I get my references from many practical sources. Please read them with this in mind.*

**MEMBERSHIP TRANSFER**

**Second Reading:** Tami Pafford from Penn Valley SDA Church.

**VBS NEWS**

**VBS is just 10 days away...Register Now!**

**July 30 – August 3 - 8:30a.m. - Noon**  
**Ages: 4yrs - 6th grade**

It's almost time for Vacation Bible School and you can register now online at [www.sunnysidesda.org](http://www.sunnysidesda.org) or pick up a registration form in the lobby. If you attended last year, look for your registration card in the mail.

**VBS Set-up and Decorating**

There's lots of painting and assembling to be done for Vacation Bible School. Dinner will be served by Cheryl Colombini every evening during VBS set-up and decorating from this Saturday, July 21 thru Sunday, July 29 for all volunteering. Bring the whole family for dinner.

**VBS Volunteers**

All volunteers over 18 must complete the background check at [www.shieldthevulnerable.org](http://www.shieldthevulnerable.org). There are still opportunities to get involved; please contact Deanna Donaghy @ 325-4606 or [vbs@sunnysidesda.org](mailto:vbs@sunnysidesda.org).

**CHURCH OFFICE HOURS**

The Church Office will be closed on **Mondays only - thru August 6.**

**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.

**FRESNO ACADEMY NEWS**

**Work Bee:** Join us for campus cleanup Sunday, July 29, 7:00–3:00. We have many painting projects to complete. Sign up with Sue, 392-3817. Call Danny if you have questions, 519-1711.

**K-12 Registration** is in full swing! Stop by to register your student during office hours Monday–Thursday, 9:00–3:00.

**YOUTH SUMMER EVENTS**

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

**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).

**HOST THE REFRESHMENT TABLE**

Hosts are always needed for the refreshment table. Consider hosting with a group of friends, your family, Sabbath School class, committee or small group.

Available dates: **July 28, August 11 & 25.** 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.*

**OASIS MEETING THIS SABBATH**

Oasis will meet Sabbath at 6:30 p.m. in the Mothers' room. We will continue with the exciting documentary "Jesus and His Times" that we started three weeks ago. Everyone is welcome!

**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 June 28, 2012)*

Amanda Wayne  
George Webber  
Kathy Anderson Vizzolini  
Barbara Vann  
Richard Queen  
Brett Watts  
Tami Watts  
Kaelyn Vorce  
Darren Matsubara

*(listed July 12, 2012)*

Amanda Lopez  
Robert Lara  
Cody Kittleson

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



**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**

## *The Power of Kindness* (taken from InspiredFaith.com)

Charles Plumb was a U.S. Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent six years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience!

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said, 'Good morning, how are you?' or anything because you see, I was a fighter pilot and he was just a sailor." Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, "Who's packing your parachute?" Everyone has someone who provides what they need to make it through the day kinds of parachutes when his plane was shot down over enemy territory - he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason. As you go through this week, this month, this year, don't forget to recognize the people who pack your parachutes.

More than anything else, kindness is the one way you can be assured of making a difference with your life. Practicing small acts of kindness changes your own life while also changing the lives of others.

Leo Buscaglia said it best: *"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

**HAPPY BIRTHDAY TO...**

JoAnna Willey (7/21)  
Marla Hartman (7/22)  
Nathan Lee (7/22)  
Heather Robison-Daniels  
(7/22)  
Judy Hawkins (7/23)  
Ron Brady (7/24)  
Shawna Carapinha (7/24)  
Carson Haldeman (7/24)  
Bonnie Moseley (7/25)  
Mark Messing (7/26)

**HAPPY ANNIVERSARY  
TO...**