

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

CHURCH LIFE

SPECIAL PRAYER REQUEST

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.

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.



Worship

Learn

Connect

Serve

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

"Great Is Thy Faithfulness"
"Great and Mighty"

Welcome
Bud Dickerson

Children's Story

Offering

"Great Is the Lord"
"How Great Thou Art"

Prayer
Marla Hartman

Special Music

Scripture
2 Peter 1:3-11

"I Trust You, Lord"
Taneshia Kerr

Benediction
Shona Phillips

THIS WEEK AT A GLANCE

Tuesday, August 14

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

Wednesday, August 15

Community Services Distribution 8:00 a.m.
Deadline for Bulletin info:
bulletinstaff@sunnysidesda.org 6:00 p.m.

Friday, August 17

Youth Shaver Lake Camping Trip (*thru
Sunday*)

Sabbath, August 18 - Shaver Lake

Sabbath School 10:00 a.m.
Worship Service 11:00 a.m.
Picnic Potluck at Towhee 12:30 p.m.
Baptism 2:00 p.m.

PREACHING SCHEDULE

August 18 - Shaver Lake
August 25 - Ramiro Cano
September 1 - Eric Johnson

MONTHLY CONTRIBUTION SUMMARY

August Church Needs	\$29,000.00
Church Needs Donations	1,852.23
Over (<i>Short</i>)	(27,147.77)
Year to Date	\$232,000.00
Donations Received	159,821.10
Over (<i>Short</i>)	(72,178.90)
Youth Pastor Fund	\$23,225.23

THIS WEEK'S OFFERING
Universities Combined

This Friday
7:57 p.m.

SUNSET

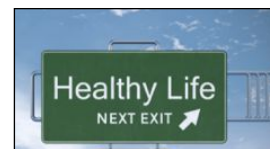
Next Friday
7:49 p.m.

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

I would like to remind you that these "Healthy Bytes" are my own suggestions and not medical advice.

MEMBERSHIP TRANSFER

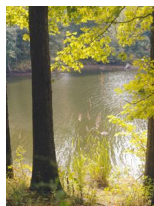
First Reading: Charles Loadholt from Fresno Westside.

**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.

CHURCH OFFICE HOURS

The Church Office will be **closed on Tuesday, August 14**.

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. 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).

FRESNO ACADEMY NEWS

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

Sunday, August 12, 10:00–3:00:

Registration Day and Meet & Greet Principal Eric Johnson and staff.

Wednesday, August 15, 7:00 p.m.:

Mandatory parent meeting for all new and returning K–12 students (yes, bring your student). Principal Johnson will be introducing changes to the handbook, policies on campus, and much more.

Monday, August 20, 8:00 a.m.:

The 2012–2013 school year begins!

YOUTH SUMMER EVENTS**Parent Meeting – this Sabbath** *(following worship service)*

We will briefly discuss the transition of the youth into the beginning of a new school year, upcoming youth events, and how we can better work together as a team to support the spiritual growth of our youth. **Lunch will be provided.** Please RSVP with Alexa (765-50840) so we'll know how much food to plan for.

August 17-19 – Shaver Lake Camping Trip

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

COMMUNITY SERVICES NEXT WEEK

Community Services will give out clothing and household goods **(8:00 - 10:00 a.m.) Wednesday, August 15**. If you know of anyone in need of this type of assistance, please tell them.

Please submit your bulletin and eNews announcements of 50 words or fewer (in paragraph form) to: 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



**Jessica & Michael
Maynez**

**Verna, Will & Jasmine
Barcoma**



CHURCH ADDRESS

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Fresno, CA 93704

Phone: 559.229.5501

Fax: 559.229.5502

email: churchoffice@sunnysidesda.org
website: www.sunnysidesda.org

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 BIRTHDAY TO...

Patricia Ford (8/11)
Gilbert Barr (8/12)
Jan Biloff (8/12)
Tyonna Marshall (8/12)
E.J. Ignacio (8/12)
Ryan Knizevski (8/13)
David Delgado (8/14)
Jim Frazier (8/16)
Lorrie McCann (8/16)
Alexa Burkhart (8/16)
Juel Eason (8/17)
Lorraine Barr (8/17)
Chris Haldeman (8/17)
Danielle Ricchiuti (8/17)

**HAPPY ANNIVERSARY
TO...**

Ken & Karen Swanson (8/12)
Clif & Desrie vanPutten (8/12)
Jim & Dollie Ragsdale (8/16)