

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

CHURCH LIFE

TIM MITCHELL SPEAKING THIS SABBATH



Tim Mitchell grew up in Fresno and graduated from Fresno Adventist Academy in 1972. He served 36 years in pastoral ministry that ended June 30, at which time he accepted a position at Mountain View Academy – returning to Silicon Valley where his sons, daughters-in-law and 1.5 grandchildren live. Tim is the son of Maria Mitchell-Smith.

The bulk of Tim's ministry was in Sunnyvale (15 years), where Pastor Dennis and Diane were also serving, and most recently at Pacific Union College Church (9 years). He served as Lead Pastor of the church, chaired the Board of Howell Mountain Broadcasting Company (Radio 89.9 FM) and taught classes in the Department of Religion.

IMPORTANT NOTICE FOR VBS VOLUNTEERS

Those who are volunteering next week for VBS must attend a mandatory VBS Staff Training this Sunday afternoon at 4:30. The training will be for our volunteers who are 19 and over. A separate mandatory training for our volunteers who are 18 and under will start after dinner on Sunday. Dinner is served at 6:00. Everyone is encouraged to come at 2:00 to help get their classrooms ready, and to work on the program with the program leaders.

Please go to this website www.shieldthevulnerable.org to complete your background check & complete the required course, "Recognize & Report Child Abuse". It is imperative that you have completed this when you come to our VBS Staff Training on Sunday.

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**WORSHIP
CELEBRATION**
July 28, 2012
11:00 A.M.

**"Great Is Thy Faithfulness"
"Come, Now is the Time
To Worship"**

Welcome
Bud Dickerson

Children's Story
Shelly Clement

Offering
Peter Kemp

**"It is Well With My Soul"
"I Surrender All"**

Prayer
Leo and Angela Reijnders

Scripture
Matthew 18:21-35

"Fuggedaboutit"
Pastor Tim Mitchell

Benediction

THIS WEEK AT A GLANCE

Monday, July 30
Church Office closed
Vacation Bible School 8:30 a.m.

Tuesday, July 31
Vacation Bible School 8:30 a.m.
Soul Sisters Community Bible Study -
"Breaking Free" – Maroa Rooms 6:00 p.m.

Wednesday, August 1
Finance Committee Meeting 6:30 a.m.
Vacation Bible School 8:30 a.m.
Deadline for Bulletin info:
bulletinstaff@sunnysidesda.org 6:00 p.m.

Thursday, August 2
Vacation Bible School 8:30 a.m.

Friday, August 3
Vacation Bible School 8:30 a.m.

Sabbath, August 4
Sabbath School 9:30 a.m.
Worship Service 11:00 a.m.

PREACHING SCHEDULE

August 4 - Ivan Morford
August 11 - Taneshia Kerr
August 18 - Shaver Lake

MONTHLY CONTRIBUTION SUMMARY

July Church Needs	\$29,000.00
Church Needs Donations	20,279.70
Over (Short)	(8,720.30)
Year to Date	\$203,000.00
Donations Received	154,688.33
Over (Short)	(48,311.67)
Youth Pastor Fund	\$22,491.48

THIS WEEK'S OFFERING
Conference Faith Advance

SUNSET

This Friday	Next Friday
8:11 p.m.	8:04 p.m.

HEALTHY BYTES

Liver Health

Our livers work extremely hard everyday to protect us from adverse affects from toxins and often it is easy for our livers to become overworked compromising our health significantly. Here are 7 common foods you can include daily to help cleanse your liver naturally.

1. Garlic - helps flush out toxin from the body.
2. Grapefruit - vitamin C and antioxidants are liver cleansers. Grapefruit and garlic contain compounds that boost production of liver detoxification enzymes. Also cause the liver to burn fat rather than store it.
3. Green Tea - loaded with catechins, a plant antioxidant that eliminates liver fat accumulation and promotes proper liver function.
4. Green Vegetables - cleansing compounds that neutralize heavy metals. Leafy greens also eliminate pesticides from the body.
5. Avocado - promote liver health by protecting it against toxic overload, and boosting it's cleansing power.
6. Walnuts - help detoxify the liver of disease-causing ammonia.
7. Tumeric - protects against toxic damage, and will even regenerate damaged liver cells.

As you can see, it is never just one thing we need to have healthy bodies...we need a variety of many foods to be healthy. Also notice that most of these are high fiber foods! For more information: http://www.naturalnews.com/035946_liver_cleanser_foods.html#ixzz1vhXqLIDZ

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.

VBS NEWS

You Still Have Time to Register!

July 30 – August 3 - 8:30a.m. - Noon

Ages: 4yrs - 6th grade

You can print a registration form at our website: www.sunnysidesda.org or pick up a form in the church lobby. You can also register at 8:00 a.m. Monday morning.

VBS Set-up and Decorating



We're putting the final touches on our Vacation Bible School set-up. We still need your help to hang decorations and blow up balloons. Dinner will be served at 6:00 by Cheryl Colombini every evening until VBS starts. Bring the whole family for dinner, even if they can't stay to decorate.

VBS Volunteers

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

Scholarship Donations Appreciated

We don't want any child to miss out who has a desire to attend VBS. If you'd like to provide a scholarship for a child, please mark your envelope "VBS Scholarship" and put it in the offering plate.

CHURCH OFFICE HOURS

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

Additionally, office hours will be limited during VBS week. We thank you in advance for your patience.

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 at 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.

WORSHIP COMMITTEE MEETING

Our next Worship Committee Meeting has been moved to Monday, August 6.

WOMEN'S FRIENDSHIP CIRCLE

The Women's Friendship Circle will meet **Tuesday, August 7 at 1:00 p.m.** in the Youth Room.

NO COMMUNITY SERVICES NEXT WEEK

Due to VBS, there will be no community services assistance and clothing distribution next Wednesday.

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 12, 2012)

Amanda Lopez
Robert Lara
Cody Kittleson

(listed July 26, 2012)

Kim Brake
Justin Farless
David Jacobson
Jon Jones

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

VBS Set-up & Prep Week



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

Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the Lord.

Psalm 32:10 (ESV)

HAPPY BIRTHDAY TO...

Susan Barrick (7/28)

Trent Jaeckel (7/28)

Tayliana Marshall (7/29)

Jason Birmingham (7/29)

Cheryl Colombini (7/31)

Joseph Zenith (7/31)

Lisa Montgomery (8/1)

Sondra Gradillas (8/1)

Julie Bowen (8/3)

**HAPPY ANNIVERSARY
TO...**

Ben & Jody Liu (7/28)

Mike & Kayce Frazer (7/31)