

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

## CHURCH LIFE



### FAREWELL TO THE BOLINGERS

This week we say good-bye to Gale and Rusty Bolinger. Rusty's recent retirement has given them the opportunity to travel and the first stop they plan to make will be in Australia to visit their girls, Candace, Kirsten and Whitney. They are looking forward to this long-awaited trip. They will spend three months on a ranch in Beaudesert (near Brisbane). Rusty will get to do all the things his loves while on the ranch. There will be sheep, cattle, and a vineyard. There is also a carpentry shop and he may even get to throw a little pottery.

Gale says they know that this is God's will as so many things have fallen into place so quickly for them to begin this exciting adventure. Rusty's pension paperwork and first payment should've taken up to four months to be approved and paid. The paperwork was finalized in four days and they received his first payment four days later. Additionally, Rusty thought his benefits would begin September 1; however, he qualified for benefits as of August 1. This was truly a blessing, because that took care of the cost of their plane tickets. So, they've decided to follow as God leads - which, in part, means they are not sure where they will end up but will enjoy each day as it comes.

Gale will continue to supply us with her weekly portion of "Healthy Bytes" in our newsletter and she will be available for advice and questions at [gale4health@yahoo.com](mailto:gale4health@yahoo.com).

Rusty and Gale, you will be missed by so many. Thank you for being part of our family for 12 years and for the love and commitment shown in your service. We love you and wish you all the best. We pray that God will keep you safe during your travels.

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

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**WORSHIP  
CELEBRATION**  
September 1, 2012  
11:00 A.M.

**“His Banner Over Me  
is Love”  
“Ancient of Days”**

**Welcome**  
Bud Dickerson

**“Friend of God”**

**Offering**

**“He Reigns”  
“He Knows My Name”**

**Prayer**  
Clif and Desrie van Putten

**Scripture: I Kings 18:37-39**  
Gina Beckmann

**"In the Garden"**  
Sandra Barron

**“A Time for Fire”**  
Eric Johnson

**Benediction**  
Camille van Putten

**THIS WEEK AT A GLANCE**

**Monday, September 3**  
Church Office – CLOSED

**Tuesday, September 4**  
Single Women's Friendship Circle – Youth  
Room 1:00 p.m.

**Wednesday, September 5**  
Finance Committee Meeting 6:30 a.m.  
Community Services Clothing Distribution  
8:00 a.m.  
Deadline for Bulletin info:  
bulletinstaff@sunnysidesda.org 6:00 p.m.  
Men's Ministry Meeting – Youth Room 6:00  
p.m.

**Sabbath, September 8**  
Sabbath School 9:30 a.m.  
Worship Service 11:00 a.m.  
Oasis 6:30 p.m.

**PREACHING SCHEDULE**

**September 8 - Pastor Ray**  
**September 15 - Pastor Ray**  
**September 22 - Pastor Ray**

**MONTHLY CONTRIBUTION SUMMARY**

August Church Needs	\$29,000.00
Church Needs Donations	21,981.24
Over (Short)	(7,018.76)
Year to Date	\$232,000.00
Donations Received	179,950.11
Over (Short)	(52,049.89)
Youth Pastor Fund	\$22,838.23

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

This Friday  
7:39 p.m.

**SUNSET**

Next Friday  
7:30 p.m.

**HEALTHY BYTES**

**AVOCADO**

Avocados contain lutein, an anti-cancer carotenoid. Lutein lowers the risk of prostate cancer in men and protects eyes against fatal diseases like macular degeneration and cataracts. Another cancer-fighting component of avocado is glutathione that can significantly cut the incidence of oral and pharyngeal cancer. Avocados are also rich in potassium, vitamins, and heart-healthy fats. Avocados are very high in fiber with about 14 grams each. I am forever hearing people say they can't eat avocados because of the fat content. So, I'll say it again: **FAT IN THE WHOLE FOOD FORM IS GOOD FOR YOU!!!** Eat your avocados guilt free and enjoy the health benefits.



**My favorite treat:** Chocolate Avocado Pudding

- 2 avocados
  - 1/3 cup honey
  - 1/2 cup cacao powder (raw chocolate - antioxidants good for you!)
  - 1 teaspoon vanilla
  - 2 Tablespoon coconut oil
- Blend all ingredients in blender until smooth. Chill or can be frozen for an ice cream like treat.

For more information on healthy solutions and recipes,  
contact Gale Bolinger at [gale4health@yahoo.com](mailto:gale4health@yahoo.com) (**please note new email address**)  
*I would like to remind you that these “Healthy Bytes” are my own suggestions and not medical advice.*

**MEMBERSHIP TRANSFER**

**First Reading:** Kurt Logan from Fresno Westside.

**YARD SALE**

Community Services Yard Sale  
**Friday, September 14.**

Please bring items you'd like to donate to the church beginning September 9, after 2:00p.m.

**NEW WOMEN'S BIBLE STUDY**

Soul Sisters Community Bible Study Fellowship will present another Beth Moore Series - "James: Mercy Triumphs". Join us on this incredible journey with Beth's newest 9-week Bible study beginning **Monday, October 1 at 6:00p.m.** in the sanctuary. This Bible study is free of charge; however, you will be required to purchase a "James: Mercy Triumphs" workbook available at Christian bookstores. For more information and registration log on to:



[www.jamesmercytriumphs.eventbrite.com](http://www.jamesmercytriumphs.eventbrite.com)

**September 15 – Movie Night & Pool Party**  
**September 22 – Poverello House Street Lunch Ministry**  
**September 29 – John's Incredible Pizza**  
**October 6 – Parent Meeting**

**YOUTH EVENTS****SINGLE WOMEN'S FRIENDSHIP CIRCLE**

Monthly Meeting - **Tuesday at 1:00p.m.** in the youth room.

**MEN'S MINISTRY MEETING**

Join us on **Wednesday at 6:30 p.m.** in the youth room.

**HOST THE REFRESHMENT TABLE**

Dates: **September 1, 8, 15, 22.** Please call 229-5501 to sign-up.

**COMMUNITY SERVICES**

Our next clothing and household goods giveaway will be **Wednesday, September 5 - 8:00a.m. until 10:00a.m.**

**SAVE THE DATE...**

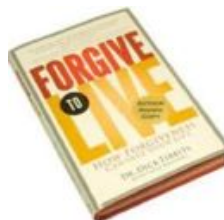
for a Sunnyside Grace Concert,  
**September 22 at 7:00p.m.**

Refreshments will follow in the Maroa Rooms.

**JOURNEY GROUPS**

Are you ready to go on a journey, Sunnyside? Are you ready to go deeper and dig into God's Word? Sunnyside is launching Journey Groups -- a small group experience. Join us as we take a

closer look at what God is doing in our lives. We will come together in small groups to connect with others on our journey. During the 8 sessions we will use Pastor Ray's sermons as our guide. The Groups will meet the week of **September 16 through November 10.** If you are interested in finding out more or would like to join a group, please contact Becky Crouch ([beckyotgirl@gmail.com](mailto:beckyotgirl@gmail.com)) or Shelly Clement ([shelly\\_clement@sbcglobal.net](mailto:shelly_clement@sbcglobal.net)). We are excited to see what God has in store for us along the way. Look for more detailed information to come.

**REFRAME YOUR LIFE FOR FORGIVENESS**

Anger kills...everyday... through a host of ailments such as depression, stress, broken relationships and heart disease. Yet, its victims never know what hit them. Join us as we

learn the life changing principles of forgiveness that have already started to change lives around the world. Don't miss out on your chance to put these principles to work to in your life - they just might save it. Discover how to forgive to live! This class will take place during the Sabbath School hour and is limited to 25 students. We are scheduled to begin September 22.

**CCC SINGLES' RETREAT**

Join us **September 28-30** at Camp Wawona. Featured speaker will be Dr. Erylene Piper-Mandy. Praise & Worship will be led by Rico Balugo; special guest vocalist will be Ben Vega. Contact Marlyn or Susan at 347-3142 or email [ministries@cccsda.org](mailto:ministries@cccsda.org) to register.

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

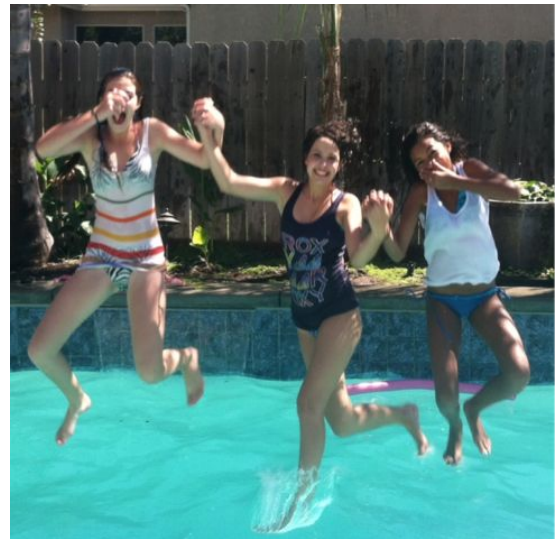
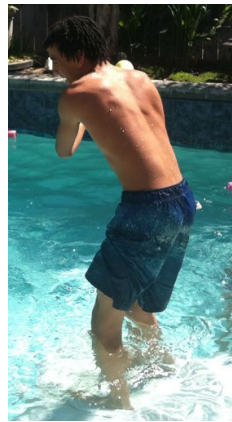
LEARN

CONNECT

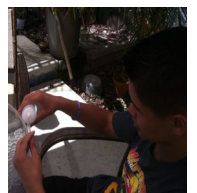
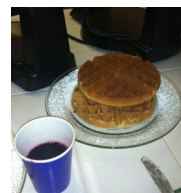
SERVE



## WAPIs, Waffles, & Water!



**The Youth assembled and tested over 175 WAPIs (water pasteurization indicators). These indicators will be used in places around the world where contaminated water can be purified for drinking.**



**CHURCH ADDRESS**

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

**THE LAST WORD**

When you judge another, you do not define them, you define yourself.

-Wayne Dyer

**HAPPY BIRTHDAY TO...**

Grant Mitchell (9/2)  
Sandrella Estassi (9/3)  
Britney Gilbert (9/3)  
Bernadette Randall (9/4)  
Bertram Simpson (9/5)  
Mark Ward (9/5)  
Brandon Yoshida (9/5)  
Art Fernandez (9/6)  
Bob Gilbert (9/6)  
Janeen Palafox (9/6)  
Wilson (Willie) Barreto  
(9/6)  
Dustin Batty (9/6)  
Troy Goertz (9/6)  
Ryan Ford (9/6)  
Kipp Swanson (9/7)  
Kris Keener (9/7)  
Kathryn Keener (9/7)  
Aaron Johnson (9/7)

**HAPPY ANNIVERSARY  
TO...**

Arland & Mylinda Finney (9/1)  
Larry & Printess Schlist (9/2)  
Wendell & Beverly Edwardsen  
(9/2)  
Ryan & Nicole Piñon (9/3)  
Michael & Terri Mosley (9/4)  
Dick & Skye Botimer (9/4)  
Mike & Patricia Ford (9/5)  
Kerry & Stephanie Carpenter  
(9/7)