

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

CHURCH LIFE

JOURNEY GROUPS

We want to invite you to be part of Journey Groups: a small group experience. We will have three launches this year: fall, winter, and spring.

Our purpose is to connect with each other, grow in our spiritual lives, and serve together as a group.

Connect

We aim to develop healthy relationships, both with others and with God, by:

- Sharing experiences and values
- Accepting differences and where each person is on their journey
- Being fully present and engaged in the group
- Intentionally developing relationships with others
- Seeking God together

Grow

In community we are free to explore, gain insight, awareness and discover we are free to develop who we are in Christ, in His body, and in the community.

Serve

As our identity in Christ is revealed, we respond to God's calling on our life and understand our place in the Body.

We will covenant together to be prepared, fully engaged, and support one another.

We are starting with four groups: a men's group facilitated by Dave Crouch, a women's group facilitated by Cheryl Crouch, a mixed group facilitated by Shelly Clement and an after church brown bag lunch mixed group facilitated by Desrie van Putten. In addition, on Sabbath morning, 9:30 – 10:45, there will be a class facilitated by Gilbert Barr entitled "Re-frame Your Life with Forgiveness."

If you would like to join a journey group please contact Shelly (shelly_clement@sbcglobal.net) or Becky (beckyotgirl@gmail.com).

In this week's issue...

| | |
|--------------------------------------|---|
| Church Life | 1 |
| Worship Celebration | 2 |
| Announcements | 3 |
| Getting to Know Our Friends & Family | 4 |
| The Last Word | 5 |

WORSHIP CELEBRATION

September 22, 2012
11:00 A.M.

**"To God Be The Glory"
"Come, Now Is The Time
to Worship"**

Welcome
Pastor Dennis Ray

Offering

**"Lord, I Lift Your Name
on High"
"We Have Come into
This Place"**

Prayer
Marla Hartman

"Didn't My Lord"
Jordan Reijnders

Scripture: 1 Peter 2:11
Joel Garbutt-Quistiano

**"How is it
With Your Soul?"
Part III**
Pastor Ray

Benediction

THIS WEEK AT A GLANCE

Sunday, September 23
ABC Open House & Food Sale 10:00 a.m.

Tuesday, September 25
Facilities Committee Meeting – Youth Room
6:30 p.m.

Wednesday, September 26
Community Services - Food Pantry Distribution
9:00 – 11:00 a.m.
Deadline for Bulletin info: bulletinstaff@sunny-
sidesda.org 6:00 p.m.
Men's Journey Group Study 6:30 p.m.
Women's Journey Group Study 6:30 p.m.

Friday, September 28
Friday Evening Journey Group Study 6:30 p.m.

Sabbath, September 29
Sabbath School 9:30 a.m.
Worship Service 11:00 a.m.
Sack Lunch Journey Group Study *following worship
service*

PREACHING SCHEDULE

September 29 - Pastor Ray
October 6 - Lisabeth Dolwig
October 13 - Steven Mosley

MONTHLY CONTRIBUTION SUMMARY

| | |
|------------------------|-------------|
| September Church Needs | \$29,000.00 |
| Church Needs Donations | 14,535.95 |
| Over (Short) | (14,464.05) |

| | |
|--------------------|--------------|
| Year to Date | \$261,000.00 |
| Donations Received | 194,190.26 |
| Over (Short) | (66,809.74) |

| | |
|-------------------|-------------|
| Youth Pastor Fund | \$22,701.23 |
|-------------------|-------------|

THIS WEEK'S OFFERING
Conference Faith Advance

This Friday
7:58 p.m.

SUNSET

Next Friday
6:48 p.m.

HEALTHY BYTES



The Truth About Carbs

"Eating carbs will make you gain weight." I hear this all the time. You have to eat carbohydrates to survive. Period. Your body needs them to perform all kinds of functions. The secret to our madness is eating the right carbs that contain great stuff like fiber, vitamins, minerals, phytochemicals, and antioxidants. These also keep you full longer because they take longer to digest. The big kicker...they're perfect for weight loss because they're naturally lower in calories.

Foods like pineapple, pecans, black beans, apples, and carrots are included in this list. Do those sound like bad foods to eat? Of course not! These complex carbohydrates are in the categories of whole grains, beans, fruits, vegetables, nuts and seeds. They are supercarbs that your body loves!

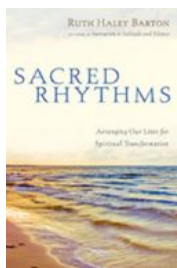
But be wary of the not-so-great-for-you carbs. You know them. They're the highly processed, mainly white flour products that have been ripped of all the natural goodness that they once had in them. These foods contain little nutritional value compared to the supercarbs mentioned above.

It's simple. Keep it simple. Fill your plate mainly with those great complex supercarbs to fuel your body, and guess what? You will lose weight!

For more information on healthy solutions and recipes,
contact Gale Bolinger at 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.

SUNNYSIDE GRACE IN CONCERT

You are invited to come out and enjoy the music of Sunnyside Grace - **this Saturday evening at 7:00**. Refreshments will follow in the Maroa Rooms.

**SACRED RHYTHMS**

Pastor Dennis will teach "Sacred Rhythms" beginning the first week of October. It is based on the "Sacred Rhythms" book and curriculum authored by Ruth Haley Barton. The class will be offered in two sections and each section will run for six weeks. The first section will meet on **Wednesday evenings**, in the Maroa Room, from **7:00 – 8:00**, and will begin on **October 3**. The second section will meet on **Sabbath mornings**, in the pastor's office, from **9:30 – 10:30**, and will begin on **October 6**. To sign up for the class or get more information about it, please contact Pastor Dennis at dennis@sunnysidesda.org. When you sign up, please indicate if you will be attending the Wednesday evening or Sabbath morning class.

JOURNEY GROUPS

All groups meet at the church.

Men's Journey Group

Wednesdays – 6:30p.m.

Women's Journey Group

Wednesdays – 6:30p.m.

Friday Evening Journey Group

(a mixed group)

Fridays – 6:30p.m.

Re-Frame You Life With Forgiveness

(a Sabbath School Class)

Sabbaths – 9:30a.m.

Sack Lunch Journey Group

(a mixed group)

Sabbaths – following worship service.



*A path of connection,
spiritual growth and service.*

FAA NEWS

The Century Club will meet in the FAA Alumni Room on **Tuesday, October 23 at 6:00 p.m.** You are invited to come hear the teacher's individual classroom needs to enhance education. Only \$100 a year to help supports the classrooms. Come see what it's all about, even if you are not a member. It's always a great time with refreshments, door prizes and fun fellowship! For more information call Richelle Rickard: 251-5548, ext. 145.

YOUTH EVENTS**This Sabbath – Poverello House Street Lunch Ministry**

Hey everybody – we're going out to serve! Come in your jeans and comfortable shoes. Brings a box of individually wrapped snacks like chips, crackers or cookies. We'll gather in the church parking lot to leave at 11:30 a.m.

Upcoming Events...

September 29 – John's Incredible Pizza

October 6 – Parent Meeting

ABC FALL OPEN HOUSE - SUNDAY

The Adventist Book Center, 2820 Willow Ave., Clovis, **Sunday 10:00–4:00** First 100 customers receive \$10 in ABC Cash. Buy 3; Get 1 Free: Buy three cases of Loma Linda or Worthington canned food and get one FREE; Free Lunch (11–2); Drawings for \$25, \$50, \$75 gift certificates!

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 ministries@cccsda.org to register. \$75 per person.

HEADED TO LODI?

Harriet Shimmin's sister-in-law is in need of medical equipment that was once Bud's and it is too costly to ship. Harriet is hoping that someone will be driving through Lodi in the next few days and can deliver it. Please call Jodi at 325-8688.

DO YOU SING?

I am looking for female voices to start a quartet or trio. Let's preach the gospel through music. If you are interested please contact Marcia Bravo (650) 669-4146 or marciabravo@gmail.com. Pianists are welcome, too.

POSITION OPEN AT CAMP WAWONA

Camp Wawona is seeking a full-time Guest Services Assistant. Applicant must be efficient in data entry, computer spreadsheets, Word, and have good customer service skills. Applications available online at <http://ccchr.adventistfaith.org>. For more information, contact Human Resources (559) 347-3042. **Please respond by September 26, 2012.**

GETTING TO KNOW OUR FRIENDS AND FAMILY

WORSHIP

LEARN

CONNECT

SERVE



Sandra Yoshioka



Domingo & Maryann Cruz

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**HAPPY BIRTHDAY TO...**

Ed Contreras (9/22)
Kris Green (9/23)
Savannah Rita Knizevski
(9/24)
Shawn Riley (9/24)
Greg Vaughn (9/24)
Jason Castillo (9/25)
Bruce Eckhart (9/25)
Megan Goodwin (9/25)

**HAPPY ANNIVERSARY
TO...**

Wil & Verna Barcoma (9/23)
James & Erica Reed (9/23)

This is a time in your life when you must learn to let go: of loved ones, of possessions, of control. In order to let go of something that is precious to you, you need to rest in My Presence, where you are complete. Take time to bask in the Light of my Love. As you relax more and more, your grasping hand gradually opens up, releasing your prized possession into My care.

You can feel secure, even in the midst of cataclysmic changes, through awareness of My continual Presence. The One who never leaves you is the same One who never changes: I am the same yesterday, today, and forever. *(Hebrews 13:8)*

As you release more and more things into My care, remember that I never let go of your hand. Herein lies your security, which no one and no circumstance can take from you.

taken from "Jesus Calling" by Sarah Young