



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

WEEKLY NEWSLETTER

MARCH 5, 2009

PASTOR'S NOTES

STEVE AND KIMBERLY HORTON

Steve Horton, Vice President of Ministries in the Central California Conference, will preach at both the Meditative and 11:00 worship services on Sabbath. His wife, Kimberly, will sing at the 11:00 service.

POTLUCK

Join us for potluck in the Community Center immediately following the 11:00 worship service

FAA ALUMNI GOLF TOURNAMENT

The annual FAA Alumni Golf Tournament is coming up on Friday, April 24th. All proceeds from the tournament go to the Student Sponsorship Program. The goal is to raise \$70,000 before June 30. FAA is in need of sponsors for the tournament. The sponsorship levels are:

Tee Sponsorship- \$150

Silver Sponsorship-\$300

Gold Sponsorship-\$600

Platinum Sponsorship-\$1000

Over & Beyond Sponsorship- \$_____ (an amount above \$1000)

If you are able to sponsor at one of the above levels, please contact Richelle Rickard at 251-5548, ext. 145.

THE KINGDOM OF GOD

The Gospel Jesus preached is that the Kingdom of God is present, at hand, in our midst. It is a reality that we can be part of right now. So, what does a life that is connected to the Kingdom of God look like? According to Thomas Kelly, "Life from the Center is a life of unhurried peace and power. It is simple. It is serene. It is amazing. It is triumphant. It is radiant. It takes no time, but it occupies all our time."

In this week's issue...

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WORSHIP CELEBRATION

**March 7, 2009
11:00 A.M.**

**"He Reigns"
"Your Are My King"
"We Fall Down"**

Welcome
Pastor Dennis Ray

"Beautiful"
Kimberly Horton

Garden of Prayer
Bud & Dianne Dickerson

Children's Story

Offering

**"Isn't That Just Like
God?"**

"He's Been Faithful"
Kimberly Horton

"Remember the Mission"
Pastor Steve Horton

THIS WEEK AT A GLANCE

SUNDAY, MARCH 8

Daylight Saving Time begins
"spring forward" one hour!

TUESDAY, MARCH 10

Adventurer & Pathfinder Clubs – Church
6:00 p.m.
"Prayer: Finding the Heart's True Home"
Class 6:30 p.m.

WEDNESDAY, MARCH 11

Deadline for Bulletin info: bulletin-
staff@sunnysidesda.org 6:00 p.m.
Women's Bible Study – Marsh home 6:30
p.m.

THURSDAY, MARCH 12

Church Board Meeting 6:30 p.m.

FRIDAY, MARCH 13

Bible Study – Estassi home 6:30 p.m.

SABBATH, MARCH 14

Meditative Service 8:30 a.m.
Sabbath School 9:30 a.m.
Worship Service 11:00 a.m.

PREACHING SCHEDULE

March 14 — Pastor Ray

March 21 — Pastor Ray

March 28 — J. Murdock

MONTHLY CONTRIBUTION SUMMARY

February Approved Budget	\$18,300.00
Amount Received	14,013.90
Over (Short)	(4,286.10)
YTD Approved Budget	\$36,600.00
Amount Received	30,265.48
Over (Short)	(6,334.52)
Youth Pastor Fund:	\$31,947.15
Children's Offering YTD:	\$1,175.68

This Week's Offering:

Local Church Budget

Tonight	Sunset	Next Friday
5:58 p.m.		7:04 p.m.

YOUTH EVENTS

MARCH 14 — Vespers at the Fritz home (274 Heritage Ave — Clovis) call 299-9958 for more info.

HEALTHY BYTES



YELLOW/ORANGE COLORED FOODS are high in bioflavonoid, which work in combination with vitamin C to help reduce the risk of cancer and heart attack. They also contain powerful antioxidants and help maintain healthy skin, strong bones, and good vision. The foods in this group include oranges, tangerines, pears, lemons, nectarines, grapefruit, peaches, apricots, pineapple, yellow raisins, and yellow peppers.

For more info on healthy solutions contact Gale at 974-2459 or email at gale4health@comcast.net

ANNOUNCEMENTS



ATTENTION SINGERS!

Please meet at **10:15 a.m.** this **Sabbath** to rehearse and prepare with the choristers for the morning's service.

NO PARENTS' POW-WOW

We have cancelled our parents' meeting this month.

LUNCH PROVIDED BY THE POTLUCK COMMITTEE — THIS SABBATH

Our next potluck will feature homemade pizzas and lasagna provided by the Potluck Committee. There will be donation basket for your contribution to the lunch.

A-M bring a salad
N-Z bring a dessert.

HOSTESSES NEEDED

Sunnyside Women's Ministry Annual Tea and Thee is looking for 12 women to volunteer to hostess tables for the tea on **April 26** in the community center. Tables will be set using the caterer's dishes and silverware, with your choice of pastel tablecloths and matching napkins provided by Women's Ministry. Each hostess is responsible only for decorating her table and providing a small gift for the seven ladies at her table. The gift could be as small as a decorated cookie or a chocolate. Please call Angela (229-5501) or Sherry (224-9005).

CONDO FOR RENT

2bd/2bth w/large family room, remodeled stainless steel kitchen, enclosed garage & patio — 1400sq ft of living space. Price is negotiable. Would like to rent to a member or Christian family. Call Richard Bramham (305-6789).

FAA SPRING FLING

Sunday, March 15, 11:00–3:00



Support Fresno Adventist Academy's 2nd Annual Spring Fling Hawaiian Luau. Enjoy delicious international food options provided by our Fresno/Clovis Churches. Fun games hosted by K-12th grades, live auction and silent dessert auction!

VOLUNTEER FOR THE SPRING FLING

If you would like to help sell drinks in the Sunny-side booth, please contact the church office, 229-5501.

FAA BLOOD DRIVE AT SPRING FLING

For more information call Vicky Turley (790-2333) or Sue Schramm (392-3817). Free T-shirts will be given to all donors. Sign-up to give blood and receive free game & food tickets for the Spring Fling.



REFRESHMENT TABLE HOSTS

The opportunity is still open to host the refreshment table after church on **March 28** or **April 18**. If you would like to volunteer, please contact Judi Krogstad at drjudi@sbcglobal.net or 225-3650.

SCRAPBOOKING

Ladies, please join us **next Saturday**, from 6:00 p.m. to midnight. We have lots of fun getting to know each other, enjoying a light supper, and scrap-booking our photos. Don't know how to scrapbook? We'll be very happy to get you started! If you can, bring a dessert to share. If you have questions or need directions to Karen Eckhart's home, call her at 251-3101.

ANNUAL GOLF TOURNAMENT



Fresno Adventist Academy's Annual Golf Tournament to raise money for the Student Sponsorship Program, will be held on **Friday, April 24** at the scenic Sherwood Forest Golf Club in Sanger. Shotgun start at 1:00 p.m. Join alumni and friends in fun fellowship and supporting your local church school! Call Richelle Rickard 251-5548 ext. 145, to get your team of four registered. Individual players welcomed also!

GETTING TO KNOW OUR FRIENDS & FAMILY
Building Lives Through Relationships...

**Barbara
Bohlman**



**Frank and Connie
Carpenter
& Agnes Constable**

THE LAST WORD

10 Health Habits That Will Help You Live to 100

You don't need to eat yogurt and live
on a mountaintop, but you do need to floss

by Deborah Kotz

This excerpt of the article that was posted on the U.S. News website
on February 20, 2009 for the full article go to this link:

<http://health.usnews.com/articles/health/baby-boomer-health/2009/02/20/10-health-habits-that-will-help-you-live-to-100.html>

The biggest factor that determines how well you age is not your genes but how well you live. Not convinced? A new study published in the British Medical Journal of 20,000 British folks shows that you can cut your risk of having a stroke in half by doing the following four things: being active for 30 minutes a day, eating five daily servings of fruit and vegetables, and avoiding cigarettes and excess alcohol.

While those are some of the obvious steps you can take to age well, researchers have discovered that centenarians tend to share certain traits in how they eat, move about, and deal with stress—the sorts of things we can emulate to improve our own aging process. Of course, getting to age 100 is enormously more likely if your parents did. Still, Thomas Perls, who studies the century-plus set at Boston University School of Medicine, believes that assuming you've sidestepped genes for truly fatal diseases like Huntington's, "there's nothing stopping you from living independently well into your 90s." Heck, if your parents and grandparents were heavy smokers, they might have died prematurely without ever reaching their true potential lifespan, so go ahead and shoot for those triple digits. Follow these 10 habits, and check out Perls' [lifetime risk calculator](#) to see how long you can expect to live.

- 1. DON'T RETIRE.** "Evidence shows that in societies where people stop working abruptly, the incidence of obesity and chronic disease skyrockets after retirement," says Luigi Ferrucci, director of the Baltimore Longitudinal Study of Aging...
- 2. FLOSS EVERY DAY.** That may help keep your arteries healthy...
- 3. MOVE AROUND.** "Exercise is the only real fountain of youth that exists," says Jay Olshansky, a professor of medicine and aging researcher at the University of Illinois at Chicago. "It's like the oil and lube job for your car..."
- 4. EAT A FIBER-RICH CEREAL FOR BREAKFAST.** Getting a serving of whole-grains, especially in the morning, appears to help older folks maintain stable blood sugar levels throughout the day, according to a recent study conducted by Ferrucci and his colleagues. "Those who do this have a lower incidence of diabetes, a known accelerator of aging," he says.
- 5. GET AT LEAST SIX HOURS OF SHUT-EYE.** Instead of skimping on sleep to add more hours to your day, get more to add years to your life...
- 6. CONSUME WHOLE FOODS, NOT SUPPLEMENTS.** Strong evidence suggests that people who have high blood levels of certain nutrients—selenium, beta-carotene, vitamins C and E—age much better and have a slower rate of cognitive decline. Unfortunately, there's no evidence that taking pills with these nutrients provides those anti-aging benefits. ...
- 7. BE LESS NEUROTIC.** ... "We have a new study coming out that shows that centenarians tend not to internalize things or dwell on their troubles," says Perls. "They are great at rolling with the punches."
- 8. LIVE LIKE A SEVENTH DAY ADVENTIST.** Americans who define themselves as Seventh Day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it's important to cherish the body that's on loan from God...
- 9. BE A CREATURE OF HABIT.** Centenarians tend to live by strict routines, says Olshansky, eating the same kind of diet and doing the same kinds of activities their whole lives...
- 10. STAY CONNECTED.** Having regular social contacts with friends and loved ones is key to avoiding depression, which can lead to premature death, something that's particularly prevalent in elderly widows and widowers. Some psychologists even think that one of the biggest benefits elderly folks get from exercise is the strong social interactions that come from walking with a buddy or taking a group exercise class...

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HAPPY BIRTHDAY TO...

Dean Linde (3/7)
Mason Liu (3/7)
Natalie Cabuto (3/8)
Dominic Crew (3/9)
Dawn Haldeman (3/9)
David Jacobson (3/9)
Printess Schlist (3/9)
Katherine Messing (3/10)
Linda Scitutto (3/10)
Lauri Vaughn (3/12)
Cheri White (3/12)
John Banks Jr. (3/13)
Vonda Kittle (3/13)
Jonathan Linde (3/13)
Jennifer Sahly (3/13) (3/6)
Branden Wheeler (3/6)

HAPPY ANNIVERSARY TO...

Bill & Marla Hartman (3/10)