



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

WEEKLY NEWSLETTER

JULY 9, 2009

PASTOR'S NOTES

RAMIRO CANO

Ramiro Cano, the Executive Secretary for the Central California Conference, will speak at both services on Sabbath. Ramiro is the one who gave me permission to skip campmeeting this year, so please be extra nice to him.

THE WORK BEGINS

Sunnyside's first work bee is on Sunday, from 7 am - 1 pm. If you are able to help, we'd love to see you there. Please see the announcement below for more information.

SHAVER LAKE

Sunnyside's annual Sabbath at Shaver Lake is just a month away, August 15. If you are interested in being baptized in Shaver Lake, please contact Pastor Dennis (647-9485).



In this week's issue...

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WORSHIP CELEBRATION

**July 11, 2009
11:00 A.M.**

**“At the Cross, At the
Cross”**

Welcome
Pastor Dennis Ray

**“Forever”
“Great Is The Lord”
“More Precious Than
Silver”**

Garden of Prayer
Desrie van Putten

Children’s Story
Becky Crouch

Ministry Minute
Vacation Bible School

Offering

Trumpet Solo
Dan Lichti

Scripture:
Romans 13:11
My linda Finney

What Time is It?
Pastor Ramiro Cano

THIS WEEK AT A GLANCE

SUNDAY, JULY 12

Extreme Makeover: Church Edition @
our new church! 7:00 a.m.

WEDNESDAY, JULY 15

Deadline for Bulletin info: bulletin-
staff@sunnysidesda.org 6:00 p.m.

THURSDAY, JULY 16

Camp Meeting begins – Soquel, CA

SABBATH, JULY 18

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

PREACHING SCHEDULE

July 18 — Pastor Ray

July 25 — Pastor Ray

August 1 — Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

July Approved Budget	\$18,300.00
Amount Received	4,826.75
Over (Short)	(13,473.25)
YTD Approved Budget	\$128,100.00
Amount Received	101,589.98
Over (Short)	(13,036.77)
Youth Pastor Fund	\$38,912.15
Church Building Fund	\$478,904.39

This Week’s Offering:

Women’s Ministries

HEALTHY BYTES



The Avocado!

The avocado is such a great source of healthy fats as well as a wide variety of vitamins and minerals. Below is a recipe for chocolate pudding you won’t believe. Ever thought you could eat chocolate pudding guilt free? Here you go....All these are made in a blender with no cooking.

Chocolate Pudding

Very sweet version:

1 large avocado
7-8 pitted dates, soaked to soften
½ c. cocoa
1 t. vanilla
1 ½ T coconut oil, melted
pinch sea salt
½ c. agave nectar
½ c. shredded coconut, toasted
(optional)

Blend all except coconut till smooth.
Sprinkle with shredded coconut, if desired.

Easier version that is just as tasty.

2 avocado
½ c. honey
½ c. cocoa
2 T coconut oil – melted
1 t. vanilla

And for banana lovers.....

1 avocado
2 bananas
¼ c. cocoa

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

Join Gale’s “Healthy Eating” cooking class
every 2nd Monday of the month at 6:30pm.

ANNOUNCEMENTS

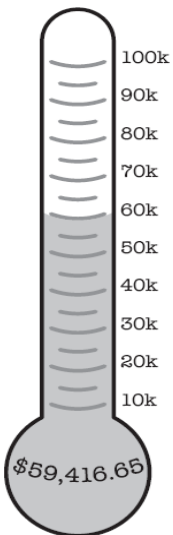


Time to get things started. We've got keys and a lot of "stuff" to move before renovation can begin. Your first opportunity to make a difference will be **this Sunday, July 12, 7am – 1pm**. It's going to be hot, it's going to be dirty, and it's not going to be easy but it's for a good cause! The more people we can get, the quicker the clean-up phase will go. We'll make it as enjoyable as possible by providing a continental breakfast and cold beverages. Anyone willing to pitch in and work hard is "extremely" welcome. Please see Scott Murdock in the courtyard after today's service or call 285-7042 to sign-up. Thank you in advance, and see you there!

REFRESHMENT HOSTS NEEDED

The opportunity is still open to host the refreshment table. If you would like to volunteer, please contact Judi Krogstad at drjudi@sbcglobal.net or 225-3650.

CHURCH RENOVATION FUND

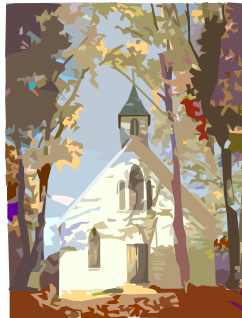


Last week \$2,515.08 was given for our church home, raising our total given to \$59,416.65. Thank you for your generous giving.

Continue your generous giving by writing a check and marking your tithe envelope "Church Renovation Fund". Don't forget to "Leverage Your Giving" 20-to-1 by giving a \$20 bill instead of a \$1 to the children's offering. Let's push the thermometer all the way up to the \$100,000 mark by the time we start our renovation project.

MEMBERSHIP TRANSFER

Second Reading: Joe and Donna Montgomery from Madera.



CHURCH IN SHAVER

Mark your calendar now, and spend **August 15** with your church family at Shaver Lake. Each year our Sunnyside Church family spends one Sabbath away from Fresno and meets instead in Shaver Lake. A full day of worship, hot dog potluck, baptism, and fun is planned. Don't miss out!

REGISTER NOW FOR VACATION BIBLE SCHOOL AUGUST 3-7 8:30 — 11:45AM

For ages 4 yrs. thru 6th grade.

Volunteers are needed!
**We need teachers, teen helpers
& construction crew.**



We need help with set construction and decorations. And, if you'd like to have a fun-filled, adventurous week with 200+ kids, we'd love to have your help, too! Contact Angela (994-5502) or Leo(994-5588) or talk with them at church.

Register at the refreshment table this Sabbath!
We'll be serving homemade root beer floats.



OFFICE HOURS

The church office will be open **8:00am to Noon** throughout the month of July.

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

**Clara & Ben
Ovando**



**Fran & Bill
Moseley**

THE LAST WORD

A DOG, A HAM AND TWO BABIES

by Margaret P. Cunningham

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HAPPY BIRTHDAY TO...

Lana Patterson (7/11)
Julie Goodwin (7/12)
Robert Montgomery
(7/12)
Irma Carpenter (7/13)
Taylor Vaughn (7/13)
Carol Wagenleitner
(7/13)
Ian Batty (7/14)
Adrian Messing (7/14)
Jennifer Reindl (7/14)
Jean Campomanes (7/15)
Robert Fritz (7/16)
Michelle Hudler (7/16)
Shayla Burkhart (7/17)
David Crouch (7/17)

HAPPY ANNIVERSARY TO...

Anthony & Feliciano Wong
(7/11)
Art & Nancy Colaso-
Fernandez (7/13)
Doug & Delfina Wisener
(7/17)

When my daughter gave birth to my wonderful identical twin granddaughters, Elizabeth and Virginia, her other daughters were five and not quite two years old. Even with lots of help in those first weeks, how could anyone manage such a brood — the mountains of diapers, oceans of formula, and that horror of new parenthood, sleep deprivation? Just keeping everyone fed and dry was a storm of non-stop activity! The babies looked just alike, so there was the added job of identity to keep up with. This was accomplished by painting one tiny toenail. But was Elizabeth the one with the hot-pink pedicure or was it Virginia? Between you and me, I wonder to this day if Elizabeth might be Virginia and vice versa. But back to my story.

My daughter has a lot of stellar qualities, of course, but one that stands out — and is definitely genetic, if I may say so — is her resourcefulness. A boatload of personal experience in this department and a hopeful spirit told me that this trait would be her salvation. Still, as she fretted over the tiny newborns, I worried about her — my first baby — and I prayed every day that my intuition was not misguided. As it turned out, the resourcefulness gene (which has seen me and no doubt countless numbers of my ancestors through all manner of domestic crises) was tested soon after my sweet daughter and her husband left my house to spend their first night alone in the baby outback.

As I slept fitfully next to my phone and car keys in case I got a hysterical call from either my daughter or her husband during the night, the aforementioned parents were being pushed to their very limits. Their neighbor, it turned out, had skipped town or suffered some terrible physical trauma, leaving his dog barking non-stop in his back yard. The incessant baying eventually woke my sleep-deprived older granddaughters. And then the babies. The one- or two-hour reprieve between feedings and diaper changes (and, in some cases, crib sheet and pajama changes) evaporated into the night. As you know, so tired and brain-dead are new mothers, that a pack of howling hyenas cannot stir them once they actually close their eyes, but the first whimper of the newborn has them flying into action. So the poor, spent parents fed and changed and rocked and patted as the bark-a-thon next door thwarted their every effort.

By some miracle, the following morning found them all bleary-eyed and ill-humored, but alive. An all-but-comatose husband staggered to his car, the promise of the relative nirvana of delinquent deadlines and ringing phones in his baby-less office giving him the strength to get to work. Mom was spelled by family and managed a nap. Someone fed the family from the bounty of casserole charity in the freezer, and they all passed out.

And then it started. The horrible hound, madder than ever at being neglected, began to bark. The babies, thrown off their precious schedule, began to cry. The older girls woke up. Consciousness — much less a solution to the problem — was a cruel joke as far as my son-in-law was concerned. He was dead to the squalling world around him. The poor mother was on her own and at her wits' end. Luckily, this is when the resourcefulness gene went into high gear. Remembering the lovely spiral-cut, honey-baked ham I had donated to her freezer, my darling daughter wrestled the fifteen-pound delicacy from the fridge, lugged it out into the night, pulled a lawn chair up to the fence and hurled it over. The barking stopped. And it never started again. By the time the hound had chewed through the wrapping, eaten the ham, slept off the unexpected feast, and started in on the bone, his master returned. Thanks to a heart-to-heart talk between my son-in-law and the negligent neighbor, the dog has never been left to bark away the night again.

You might be wondering if I questioned my daughter as to why she couldn't have thrown a pack of hot dogs or even a pound of bacon to the offending mutt instead of my lovingly chosen and very expensive ham. Tempting though it was, I thought better of it. She did what she had to do. The ham served its primary, though not original, purpose. It helped her get through a difficult time. Besides, I really didn't want to know whether she had thrown that frozen missile to the dog or at the dog.