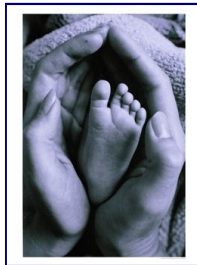




## PASTOR'S NOTES



### A LITTLE WEBB

Congratulations to Lorrie and Lenden Webb on the birth of their son, Mitchell Edward. He entered the world on Monday evening at 7:13, tipping the scales at 6.6 pounds., and measuring 20 inches. Everyone in the Webb family is healthy and happy.

### FAREWELL PAKS

This is the last Sabbath at Sunnyside for John, Susan, and Sara Pak. They have been an integral part of the Youth program for several years and Susan has done a wonderful job maintaining the church website. We wish them the best as they begin their new life in Portland.



### UPDATE ON NEW CHURCH FACILITY

I stopped by the new church this morning and it looks significantly better than one week ago. Thank you to everyone to came out on Sunday for the church work bee. There was such a good turnout and everyone worked so efficiently that the job was completed by 9:30 a.m. On Monday, Stephanie Carpenter sent a crew from her cleaning company to vacuum, sweep, dust, scrub, scour, and polish the place. After several days of work, all donated by Stephanie Carpenter and Lyn Harrelson, it actually looks and feels clean.

Bill Clark, Garry's father, is now on site working on plans for the renovation.

Surfers talk about "good vibes." This project has a good vibration about it. It is due to the fact that God is in charge of it. It is fun to see God continue to open doors and knock down obstacles as we move toward our new church home.

Next Sabbath, July 25, there will be a church business meeting immediately following the worship service. A vote will be taken regarding which remodeling plan to pursue. Those who aren't able to attend the meeting will be able to vote via e-mail. If you haven't done so already, please look at the drawings in the church lobby this Sabbath and next to decide which renovation plan you prefer. And, please pray for God's continued leading in this project. What matters most is that we stay on track with Him and that His will be done.

### YOUTH PASTOR CANDIDATE

The Youth Pastor Search Committee is bringing Calvin Redman here the weekend of August 1 to interview for the Youth Pastor position. In addition to being interviewed, Calvin will preach on Sabbath and spend a lot of time interacting with our Youth.

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

Pastor's Notes 1

Worship  
Celebration 2

Announcements 3

Getting to Know  
Our Family & Friends 4

The Last Word 5

## WORSHIP CELEBRATION

**July 18, 2009  
11:00 A.M.**

*“Joyful, Joyful”*

**Children’s Story**  
Mike Menes

**Welcome**  
Pastor Dennis Ray

*“Shout to the Lord”*  
*“Heart of Worship”*  
*“Wonderful Cross”*

**Garden of Prayer**  
Jim Robison

**“God’s Will  
and My Feelings”**  
Pastor Ray

**Clarinet Solo**  
John Relp

**Offering**

**Announcements**

### THIS WEEK AT A GLANCE

#### WEDNESDAY, JULY 22

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

#### SABBATH, JULY 25

Meditative Service 8:30 a.m.  
Sabbath School 9:30 a.m.  
Worship Service 11:00 a.m.  
Church Business Meeting immedi-  
ately following worship service

### PREACHING SCHEDULE

**July 25** — Pastor Ray  
**August 1** — Calvin Redman  
**August 8** — Pastor Ray

### MONTHLY CONTRIBUTION SUMMARY

<b>July</b> Approved Budget	\$18,300.00
Amount Received	8,028.06
Over (Short)	(10,271.94)
<b>YTD</b> Approved Budget	\$128,100.00
Amount Received	104,791.29
Over (Short)	(23,308.71)
Youth Pastor Fund	\$39,212.15
Church Building Fund	\$480,046.07

#### This Week’s Offering:

Local Church Budget

## HEALTHY BYTES

Who says you need meat to make a good chili? Try this version, you won’t be disappointed.

### VEGETARIAN CHILI

In a Dutch oven or large pan, add 1 tbsp virgin olive oil and sauté :  
¾ cup chopped frozen pepper trilogy (green, red and yellow pepper strips from Trader Joe’s),

1 chopped medium yellow onion

2 minced garlic cloves

½ - 1 chopped jalapeno peppers

Now add seasonings:

1 tbsp chili powder (New Mexico Chili Powder has best flavor)

1 tsp cumin

1 tbsp Herbamare seasoning (found at Whole Foods Market)

1 tsp oregano

Salt and pepper to taste

After vegetables soften, add:

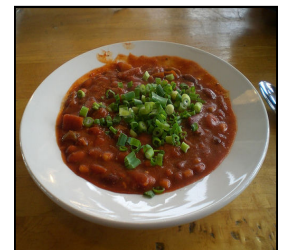
2 – 15 oz cans organic red kidney, black and/or pinto beans drained & rinsed (I add one can of each – love the variety!)

1 can Trader Joe’s organic sweet plum diced tomatoes

½ teaspoon raw sugar

Bring to a boil then lower heat and simmer for up to 20 minutes. Top with freshly chopped cilantro.

Optional Method: Place all ingredients in a crock pot and set on low for 8 - 10 hours. Stir to blend flavors. Put on in the morning, it is ready when you get home!



For more info on healthy solutions contact Gale at 974-2459  
or email at [gale4health@comcast.net](mailto:gale4health@comcast.net)

Join Gale’s next “Healthy Eating” cooking class in August.

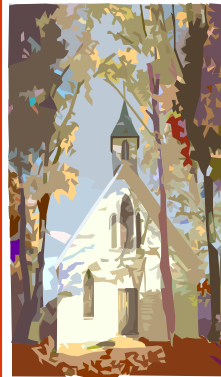
# ANNOUNCEMENTS

## FUNDRAISER YARD SALE SUNDAY, AUGUST 23

We are planning a yard sale to raise funds for our Extreme Church Make-over.

### We need your help!

If you are interested in helping or have great items to donate, please contact Printess Schlist at 674-9546 or 232-1194.



## 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!



## VACATION BIBLE SCHOOL AUGUST 3-7

8:30 — 11:45AM

For ages 4 yrs. thru 6th grade

Don't forget to...

1. take cards off the VBS bulletin board and donate the items requested
2. donate dinner for the construction crew
3. volunteer as a helper or crew leader
4. register your kids soon!!

We're planning for 200+ kids and we need your help with set construction and decorations. We will paint, cut, blow-up balloons and assemble **every evening from 5-9pm beginning July 20.**

Also, if you'd like to help feed the workers, talk to Leo Reijnders or Scott Murdock.

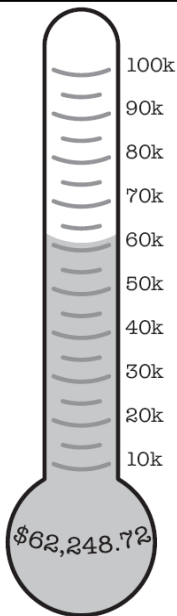
Contact Angela (994-5502) or Leo(994-5588) or talk with them at church.



## CHURCH RENOVATION FUND

The total given has risen to **\$62,248.72**. 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.



## OFFICE HOURS

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

**CALLING ALL WOMEN** who are interested in seeing this Sunnyside Women's Ministry expand, grow and develop. We are looking for women who would like to join committee's that would help run your women's ministry more effectively and also be of greater service to both the community at large and to the women of Sunnyside.

We need women who would volunteer to be available for:

Social Events Planners ❖ church, city & worldwide Service Outreach ❖ Spiritual Events planners.

If you are not interested, but you know a friend who would like to be involved, please talk with her or pass along this email. The more of us who are working together, increases the ability we have of reaching out and touching women's lives who need to be reached.

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

**Joe & Donna  
Montgomery  
with their  
daughter Lisa  
& their great  
grandchildren,  
Samantha & Asa**



**Joel & Tiffany  
Chandler**

## THE LAST WORD

### 45 LIFE LESSONS & FIVE TO GROW ON...

written by Regina Brett, columnist for The Plain Dealer in Cleveland, Ohio  
(submitted by Twila Bauer)

Originally published in The Plain Dealer on Sunday, May 28, 2006. (Regina addresses the internet circulated error about her age in an article entitled "The Thing About Being 90 is You Savor Every Day") To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolls over to 50 this week, so here's an update that was published in 2007:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don't take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others'. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Life is too short for long pity parties. Get busy living, or get busy dying.
17. You can get through anything if you stay put in today.
18. A writer writes. If you want to be a writer, write.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: "In five years, will this matter?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Whatever doesn't kill you really does make you stronger.
36. Growing old beats the alternative - dying young.
37. Your children get only one childhood. Make it memorable.
38. Read the Psalms. They cover every human emotion.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Don't audit life. Show up and make the most of it now.
42. Get rid of anything that isn't useful, beautiful or joyful.
43. All that truly matters in the end is that you loved.
44. Envy is a waste of time. You already have all you need.
45. The best is yet to come.
46. No matter how you feel, get up, dress up and show up.
47. Take a deep breath. It calms the mind.
48. If you don't ask, you don't get.
49. Yield.
50. Life isn't tied with a bow, but it's still a gift.

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Fresno, CA 93710

**Office & Mailing Address:**  
5305 North Fresno Street  
Suite 102A  
Fresno, CA 93710

Phone: 559.229.5501  
Fax: 559.229.5502

Email: churchoffice@sunnysidesda.org  
Website: www.sunnysidesda.org

**HAPPY BIRTHDAY  
TO...**

Whitney Bolinger (7/18)  
Robert (Robin) Ford  
(7/19)  
James Reed (7/19)  
Bradley Roberts (7/19)  
Joseph Hawkins (7/20)  
Rain Reed (7/20)  
River Reed (7/20)  
Matthew Carrisosa  
(7/21)  
JoAnna Willey (7/21)  
Marla Hartman (7/22)  
Nathan Lee (7/22)  
Sara Morford (7/22)  
Judy Hawkins (7/23)  
Ron Brady (7/24)  
Shawna Carapinha (7/24)  
Shawna Cisneros (7/24)  
Carson Haldeman (7/24)

**HAPPY ANNIVERSARY  
TO...**

Rollie & Barbara Mitchell  
(7/18)  
Phillip & Shawna Cisneros  
(7/20)