



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

WEEKLY NEWSLETTER

SEPTEMBER 17, 2009

PASTOR'S NOTES

PASTOR DENNIS

We will continue to pray for Pastor Dennis and his family as he takes this time to get better.

RSVP REMINDER FOR OUR CELEBRATION DINNER

If you're planning to make a donation to the New Church Renovation Project anyway, why not support this fundraiser and be our guest for a fun evening! The dinner is this Sunday, and the total pledges for our renovation project will be announced that evening. You still have time to RSVP to 229-5501 or churchoffice@sunnysidesda.org. Remember: *childcare is available.*

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

**September 19, 2009
11:00 A.M.**

“To God be the Glory”

Welcome
Bud Dickerson

“Everlasting God”
“I Give You My Heart”
“Give Thanks”

Garden of Prayer
Desrie van Putten

Children’s Story
Todd Cornwell

**“The Trouble with
Being Good”**
Jere Webb

Offering

THIS WEEK AT A GLANCE

SUNDAY, SEPTEMBER 20

Work Bee – New Church 8:00 a.m.
Church Celebration Dinner – HLC
Community Center 5:00 p.m.

TUESDAY, SEPTEMBER 22

Adventurer Club – Church 6:00 p.m.

WEDNESDAY, SEPTEMBER 23

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

SABBATH, SEPTEMBER 26

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

PREACHING SCHEDULE

September 26 — Ivan Morford

October 3 — TBA

October 10 — Calvin Redman

MONTHLY CONTRIBUTION SUMMARY

September Approved Budget	\$18,300.00
Amount Received	5,679.98
Over (Short)	(12,620.02)

YTD Approved Budget	\$164,700.00
Amount Received	142,783.73
Over (Short)	(21,916.27)

Youth Pastor Fund	\$40,193.73
Church Building Fund	\$500,625.04

This Week’s Offering:

Local Church Budget

HEALTHY BYTES



IT’S FAIR TIME! Eating a few bad foods at the fair once a year is a fun thing. However, making a regular diet of sweet, fatty, low energy, acid-forming foods is quite a different story.

When you exist on foods that, over time, cause your stomach to dump gallons of excess acid just to break it down, you fall prey to two of the most common health challenges facing Americans: acid reflux and obesity. Acid reducers are the #1 selling over-the-counter medicine in America.

You see, when you eat a typical western diet your body needs to secrete acid continually to try and digest what you’ve eaten. The excess acid in your stomach has to go somewhere, and that somewhere is usually up. That’s what causes the burning throat, the 4-alarm fire in your chest and you reach for the Roloids or your daily dose of Nexium or Prilosec.

Plus these poorly digested food packs on the pounds. You see, when your body overproduces acid trying to digest your foods, most or all of the naturally occurring nutrients in the foods are destroyed. Now, your body’s hunger signal gets triggered by a need for nutrients.

If you are a lot heavier than you used to be, this is a major reason why. This is why you can eat and eat and eat but still feel hungry... because no nutrients are getting absorbed...they’re all getting destroyed in the digestive process. That’s why there are so many overweight people with acid reflux. Simple but true.

But the great news is that you CAN get rid of acid reflux (and the drugs that go along with it) and drop those excess pounds. It’s very easy. All you need to do is eat more alkaline forming foods and foods that are digested easily together. Fresh fruits and vegetables are alkaline foods. Yeah, you knew that was coming.

For more information and registration call: Gale @974-2459
or email gale4health@comcast.net

Cooking classes held the 2nd Monday of each month. Mark your calendar!

ANNOUNCEMENTS

Dearest Church family,

I thank you for all your prayers and support. I have my good - n - bad days, but each day brings me closer to healing and my recovery to able to join each of you soon! God is so good—I love Him more each day! I thank you in advance for your continued prayers! See you soon!

Sincerely, Sugar

WORKER BEES, PLEASE

For the **two Sundays** volunteer workers are needed to continue with selective demolition at the Maroa church. The work includes removal of: ceiling grid, light fixtures, plumbing fixtures, floor covering, drywall, and wood framed ramp and platform. Electricians to help with light fixture removal would be welcome as well as any and all other willing workers. Start at 8:00 a.m. and we expect to cease work at 4:00 p.m. Bring your own lunch. We will have bottled drinking water. For questions regarding this work contact the Project Manager/Construction Superintendent, Bill Clark on his cell phone (828) 507-5128.



“LET’S TURN BACK THE CLOCK”

**SUNNYSIDE’S NEW CHURCH
CELEBRATION DINNER**

There is still time to RSVP!!

SUNDAY, SEPTEMBER 20 — 5:00 TO 8:30PM

IN THE HOPE LUTHERAN COMMUNITY CTR.

Everyone is invited to attend with a donation of \$50 per person as we continue to raise funds for our renovation.

To rsvp call 229-5501 or send an email to churchoffice@sunnysidesda.org by Friday. Please put your donation in the offering plate and be sure to mark it **“Celebration Dinner”**.

Childcare & dinner for your children will be provided upon request.

WE’RE DOING IT AGAIN!

With the inspiration and support of the church members, Phill and Janet Rhoads are spearheading the next church rummage sale on

October 18, 8:00am–3:00pm.

(Pre-sale for members October 16, 4:00–6:00.)



Since renovation has already begun, space is limited so drop-offs will only take place

October 8–15 at the new church. Call Janet (229-3799) to make arrangements. We will

again need volunteers to help organize merchandise and work on the day of the sale. We need to borrow folding tables and chairs, hangers of all sizes, and will need paper bags, news-

paper, and breakfast for the volunteers. We kindly ask that all items are cleaned and priced before delivery – except clothing, shoes and books. Thanks to the Fundraising Committee for approving this project. We hope to make this rummage sale equal to the success of the first one!

ATTENTION LADIES

The Department of Planned Giving & Property Management is hosting a Women & Finance Seminar on Sunday, **October 11** in the Fellowship Room of Central California Conference in Clovis. Our presenter is our own Martin McCann, Certified Financial Planner in the Central Valley. To make reservations for seminar & brunch call (800) 424-5777. 10:00 a.m.–3:00 p.m.; \$25 per person includes meal & materials.

**SAVE THE
DATE:**

OCTOBER 24

...is our Annual Harvest Festival at the Estep’s home. Stay tuned for more information in the following weeks.

**ABC FALL OPEN
HOUSE &
SALE**



You are invited to join us **Sunday, September 27, 10:00 a.m.-4:00 p.m.** at the Adventist Book Center, 2820 Willow Ave., Clovis. free lunch will be served 11:00-2:00.

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



Anne Marie Moore

Jordan Williams



THE LAST WORD

Church Address:
364 East Barstow
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...**

Holley Estep (9/19)
Bill Hartman (9/21)
Scott Murdock (9/21)
Kris Green (9/23)
Joseph Hill (9/23)
Greg Vaughn (9/24)
Aidan Blech (9/25)
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)



Ice Cream Prayer

Last week I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, "God is great and God is Good. Let us thank Him for the food, and I would even thank you more if mom gets us ice cream for dessert. And Liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice-cream! Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?" As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table. He winked at my son and said, "I happen to know that God thought that was a great prayer." "Really?" my son asked. "Cross my heart."

Then in theatrical whisper he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment and then did something I will remember the rest of my life. He picked up his sundae and without a word walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes and my soul is good already."