



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

WEEKLY NEWSLETTER

JULY 22, 2010

## PASTOR'S NOTES

Karen Brown was diagnosed with lung cancer last week after tests revealed a spot on her lung. An MRI performed on Tuesday of this week showed that the cancer has metastasized to her spine. As a result, she is classified as having stage 4 cancer. Karen's doctor wants to begin chemotherapy immediately, possibly this week. In spite of the bad news, Karen is very clear that God is still in control and that He will hold her up no matter what the future holds. Her doctor says that her young age and overall good health give her a good shot at beating this. Karen appreciates the love and prayers her church family have given her this week and I assured her that we will continue to provide that spiritual and emotional support in the coming weeks and months.



Karen with her children, Brittne & Bill III

### 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 24, 2010  
11:00 A.M.**

**““He Lives”  
“Come, Now is  
the Time to Worship”**

**Welcome**  
Bud Dickerson

**Children’s Story**  
Mike Menes

**“Breathe on Me”  
“We Have Come into  
This Place”**

**Prayer**  
Desrie van Putten

**Scripture**  
Romans 7:14-25

**“Walking by the Spirit”**  
James Robison

**Offering**

**Benediction**

### THIS WEEK AT A GLANCE

#### SUNDAY, JULY 25

Sunnyside Yard Sale – FAA Gym 8:00 a.m.  
Final Prep for VBS – Community Center 8:00  
a.m.–4:00 p.m. (*breakfast & lunch provided*)  
VBS Crew Leader Training 1:00 p.m.  
(*lunch provided*)

#### MONDAY, JULY 26–FRIDAY, JULY 30

Vacation Bible School – Community Center  
8:30 a.m. – 11:45 a.m.

#### WEDNESDAY, JULY 28

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

#### SABBATH, JULY 31

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

#### Sunset

<i>This Friday</i>	<i>Next Friday</i>
<i>8:13 p.m.</i>	<i>8:08 p.m.</i>

### PREACHING SCHEDULE

**July 31 — Pastor Ray**  
**August 7 — Pastor Ray**  
**August 14 — Pastor Cal**

### MONTHLY CONTRIBUTION SUMMARY

<b>July</b> Approved Budget	\$21,400.00
Amount Received	4,407.00
Over ( <i>Short</i> )	(16,993.00)
<b>YTD</b> Approved Budget	\$149,800.00
Amount Received	89,338.34
Over ( <i>Short</i> )	(60,461.66)
Youth Pastor Fund	\$14,490.00
Church Building Balance	\$56,885.00
Children’s Story Offering	\$4,773.19

This Week’s Offering  
**Conference Faith Advance**

## YOUTH EVENTS

Go to the youth website at <http://sunnysideyouth.com>  
and take a look at other things the youth are up to...

## HEALTHY BYTES

Lower Blood Pressure with 3 key nutrients:

1. Vitamin C (at least 500 mg. a day): peppers, guava, papaya, strawberries, oranges, and kiwi.
2. CoQ10 (100 to 200 mg. a day, taken with a meal)
3. L-arginine (10 grams a day): seafood, lean meat, poultry, amaranth grain, nuts, pumpkin seeds, lentils, peas, tofu, wild rice, and soybeans.



If you were to compare the mechanisms of how prescription drugs and omega-3s work to control blood pressure, you would be amazed by how similar they are, and omega’s don’t have any unpleasant side effects.

Read more from William Sears, MD, in Prime-Time Health, (pg. 314).

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

## ANNOUNCEMENTS

### MEMBERSHIP TRANSFERS

**First Reading:** Irma Carpenter from Oakhurst.  
Amanda Gonzales is joining Sunnyside by  
Profession of Faith.

**OUR NEW CHURCH ADDRESS IS**  
**5375 N. MAROA AVENUE**  
**FRESNO, CA 93704**

Please send all mail to this address.

### ADULT SABBATH SCHOOL BOOK

On **July 24** the adult Bible study discussion Sabbath School class will begin "The Synoptic Gospels" by Keith Nickle. Everyone is welcome to join. We have 30 used copies of the book we bought for \$2-5.

### FUNDRAISING THRU EBAY



Find us on ebay as "sunnysidesda" and check out what we have for sale. We need your help to make this fundraising a success for our new church by donating small items that will sell quickly, package easily, and raise at least \$25 or more. A donation form is available on the church web site that, when completed and returned with your donation, will greatly increase our chances for success and speedy sale. Contact Rod Turley, Pat Lutz, or Maxine Smith for more details.

### SHAVER WEEKEND

Plan now to spend August 21 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! Maps with directions are available in the foyer, or ask one of the greeters.



### FINAL PREP FOR VBS

**This Sunday, 8:00 a.m.–4:00 p.m.** Come out and help us decorate and put the final touches on everything for VBS. Homemade waffles will be served for breakfast and a big lunch in the afternoon. Talk with Leo (994-5588) or Angela (994-5502), if you have questions or would like to help.

### YARD SALE IS THIS SUNDAY!

#### HELPERS ARE NEEDED

The long-awaited 2nd Sunnyside yard sale is **Sunday, July 25, 8:00 a.m.–3:00 p.m.** at Fresno Adventist Academy in the gym. The presale for church members is **tomorrow, July 23, 3:00–6:00 p.m.** You can still drop off clean, usable items at the school **today — Thursday, until 5:00p.m.**

Volunteers are needed to help with the sale on Sunday. Please contact Larry and Printess Schlist, at [schlist@msn.com](mailto:schlist@msn.com) or 232-1194, if you can help or if you have questions.



### YOUTH NEEDS CHAPERONES

The youth are leaving Sunday, August 1, for their inner-city mission trip to Bakersfield. Their plans are to assist a church in need of repairs and minor renovation. However, they need two more chaperones: an adult male & female. They will leave that Sunday evening and return Friday morning, August 6. If you would like to help, please contact Pastor Cal, as soon as possible, at 367-7026 or [calvinredman@gmail.com](mailto:calvinredman@gmail.com).

### VBS BEGINS MONDAY!

There is still time to register for Vacation Bible School. You can register online at <http://www.vacationbibleschool.com/SunnyHope> or you can register at 8:00 a.m. Monday morning at the church. We have a spectacular program planned for kids ages 4 yrs. thru 6th grade. The fun begins at 8:30 a.m. We hope to see you there!!

### VBS CREW LEADER TRAINING

If you have volunteered to be a crew leader, you need to come to the training session **this Sunday at 1:00 p.m.** at the church. This is a mandatory meeting, even if you've been a crew leader before. *Lunch will be served.*



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



**Sondra, Rush, &  
Rebekah Gradillas**



**Sandy & Gary Shimmin with Lindsey, Olivia & Carson**

## THE LAST WORD

**Church Address:**

364 East Barstow  
Fresno, CA 93710

**Office & Mailing Address:**

5375 North Maroa Avenue  
Fresno, CA 93704

Phone: 559.229.5501

Fax: 559.229.5502

Email: [churchoffice@sunnysidesda.org](mailto:churchoffice@sunnysidesda.org)

Website: [www.sunnysidesda.org](http://www.sunnysidesda.org)

### HAPPY BIRTHDAY

TO...

Ron Brady (7/24)  
Shawna Carapinha (7/24)  
Carson Haldeman (7/24)  
Bonnie Moseley (7/25)  
Mark Messing (7/26)  
Trent Jaeckel (7/28)  
Jason Birmingham (7/29))

### HAPPY ANNIVERSARY

TO...

Elden & Jenny Ramirez  
(7/27)  
Ben & Jody Liu (7/28)  
Bud & Harriet Shimmin  
(7/29)

“From what we get, we can make a living; what we give, however, makes a life.”

– Arthur Ashe