



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

WEEKLY NEWSLETTER

JANUARY 27, 2011

## PASTOR'S NOTES

### YOUTH SABBATH

This Sabbath is "Youth Sabbath", which happens four times per year. Pastor Cal and the Youth department will lead the entire worship service.

### CONNECT

Last Sabbath, in my sermon about "Connect", I referred to a video by Dr. Brene Brown called "The Power of Vulnerability." If you would like to view it, please go to [http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html](http://www.ted.com/talks/brene_brown_on_vulnerability.html)

### RELIGION'S SECRET TO HAPPINESS: IT'S FRIENDS NOT FAITH

On the subject of relationships...TIME magazine reports that according to a study led by Chaeyoon Lim, a sociology professor at University of Wisconsin-Madison, the reason religion makes us happy may have more to do with friends than with faith. See what you think... <http://healthland.time.com/2010/12/12/religions-secret-to-happiness-its-friends-not-faith/>

### MASON LIU

Last week, Channel 47 did a feature on a new "Hopes and Dreams" film being made which stars Mason Liu. The film that takes children in crisis or who have life threatening illnesses and gives them a chance to act. To view the feature and/or read the transcript, go to <http://www.cbs47.tv/news/local/story/Art-Mimicks-Life/Y7cHC2FuwkOjb6IijFtlDw.csp>

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## WORSHIP CELEBRATION

**January 29, 2011  
11:00 A.M.**

**Welcome**  
Taylor Johnson

**“Blessed be Your Name”  
“My Redeemer Lives”  
“I Am Free”**

**Offering**  
Katie Wilson

**Ministry Minute**  
Kristi Burkhart

**Children’s Story**  
Jessica Redman

**“Ancient of Days”  
“Heart of Worship”**

**Prayer**  
Michael Wong

**“Life’s Tough; Get  
a Helmet!”**  
Pastor Cal, James Francka,  
Gabriel Wiest, Taylor  
Vaughn, Taylor Johnson,  
Katie Wilson

**Benediction**

### THIS WEEK AT A GLANCE

**MONDAY, JANUARY 31**

The GROUP Leaders Meeting 7:30 p.m.

**WEDNESDAY, FEBRUARY 2**

Finance Committee Meeting Noon

Youth Hang Out – Youth Room 4:00 p.m.

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

Women’s Bible Study – Marsh home 6:30 p.m.

Worship Committee Meeting – Pastor’s office 7:00 p.m.

**FRIDAY, FEBRUARY 4**

Youth Vespers 6:30 p.m.

**SABBATH, FEBRUARY 5**

Sabbath School 9:30 a.m.

Worship Service 11:00 a.m.

#### Sunset

*This Friday*  
5:19 p.m.

*Next Friday*  
5:27p.m.

### PREACHING SCHEDULE

**February 5** — Pastor Ray

**February 12** — Ed Fergusson

**February 19** — Pastor Ray

### MONTHLY CONTRIBUTION SUMMARY

<b>January Church Needs</b>	\$28,000.00
Donations Received	13,315.20
Over ( <i>Short</i> )	(14,684.80)
<b>Year to Date</b>	\$28,000.00
Donations Received	13,315.20
Over ( <i>Short</i> )	(14,684.80)
Youth Pastor Fund	\$10,921.97

This Week’s Offering  
**Soquel Conference Center**

### YOUTH EVENTS

**January 28** — Youth Jam Session — sanctuary 5:30p.m.

**February 4** — Vespers — Vaughns’ home 6:30p.m.



**ANNUAL SKI TRIP IS COMING UP!! - FEB 17-21**  
Be sure to sign-up soon...spaces are filling up

### HEALTHY BYTES

#### WATER! (PART II)

Restricting your water can promote fat deposits. Your body uses water as the major component of blood to transport nutrients and wastes. A lack of water in the system can cause fats and other toxins, that are normally disposed of, to remain in your body - including that dimpled fat commonly referred to as cellulite.

Your kidneys have a difficult time processing contaminated water so your liver has to detoxify it. This means your liver can't do its main task, which is to process your blood and help break down fat. Thus, as you store water, the fat you eat can be stored in fat cells instead of being broken down in the liver. You become bloated, waterlogged and obese.

The good news is that it is easy to solve this problem. An 8 oz. glass of water isn't very large. Keep it on your desk and keep refilling it. Don't go by the water cooler without taking a sip, thirsty or not. Keep a glass on your night stand and drink when you first get up.



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

#### *Second Reading*

Rod Kerbs to Sonora.

Tamara Tirado to Middletown.

Patrick and Sherrie Coffee from Clovis.

Soila Evans joining Sunnyside by Profession of Faith.

### THANK YOU SO MUCH!

*I would like to thank women's ministries  
for their generosity and support for  
my mission trip to Ethiopia this past December.*

*Thank you so much. God bless!*

*- Venita Espinosa*



### FEBRUARY POTLUCK

Stay for potluck **next Sabbath** and bring the "sweeties" in your life! If your last name begins with **A-L**, please bring **crockpots** filled with your favorite casserole, stew, or soup; **N-Z** bring **salad and dessert**.

### PRAYING 328 GROUP

Students, parents, grandparents, teachers, pastors, friends: Come experience the power of group prayer or drop your request in our "God can" bucket (located in the front office). We meet **every Thursday**, 8:15-9:00 a.m. in the Alumni Room at FAA. ...for unity, for power...

### FUA/FAA

#### Alumni Reunion

Fresno Union Academy/  
Fresno Adventist Academy  
Homecoming begins **April 22-23** with the annual Alumni Golf Tournament & Sabbath Services. For more information, contact Richelle in the FAA Development Office 273-4976 email: rrickard@faa.org.

### OUR WISH LIST

Sunnyside has put together a wish list of items that we need to complete our new facility. If you'd like more information, please contact Rod Turley (647-7784).

**Sanctuary Speakers** \$ 3 0 , 0 0 0

*The permanent speakers will be mounted to the ceiling, distribute the sound better and will make for more room on the stage.*

**Video for Sanctuary** \$ 3 2 , 0 0 0

*Includes two projectors for both sides of the stage, computer, DVD player.*

**Kitchen** \$ 8 0 , 0 0 0

**Received to date: \$1,085**

*Permits, completion of construction, kitchen equipment, class one hood system.*

**Sound System** \$ 3 5 , 0 0 0

**Received to date: \$5,478**

*Digital mix system, microphones, wiring.*

**Sanctuary Art** \$ 4 , 0 0 0

*Illuminated glass panels on North and East walls*

**Benches and Trash Containers** \$3,000

*Cement benches and trash containers for entrance area.*

**Two Monument Signs** \$8,000

*(one illuminated) North side and East side of church.*

### VOLUNTEERS NEEDED

On January 29 & 30, the Hopes & Dreams Project will film a movie featuring local children. Our own Mason Liu will be in the movie! They will need breakfast & lunch for both days for about 50 people. If you can donate food or your time, please contact Janet Cotton at 439-5035.

### 2010 DONATION RECEIPTS

The treasurer has sent out the calendar year 2010 donation receipts. If you don't receive yours in the following week, please send an email to fitz4381@hotmail.com or phone 292-6727. He will make sure you receive one for your records and taxes. Please include your current address and phone number in your communication. Thanks for supporting Sunnyside.

### SHAVER WEEKEND

Our annual "Church in Shaver" will be Sabbath, August 20. The email address for those wanting to reserve a campground is camped@sce.com and the Web site for Camp Edison is www.sce.com/campedison. Sign up early; spaces fill up quickly! Contact May Bristol for more information (mkbristol@hotmail.com).



### CCC WOMEN'S RETREAT

If you missed the first one, plan to attend the second CCC Women's Retreat **February 4-6** at Soquel Conference Campground. The featured speakers will be Mariellen Reiber, Liz Chacon and Yolanda Leamon. These women have great testimonies that they want to share. Contact Pat Curtis at 642-2396 for more information.



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



**Julie Bowen**



**Clif & Desrie  
van Putten**

## THE LAST WORD

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile." - Mother Teresa

"Really big people are, above everything else, courteous, considerate and generous - not just to some people in some circumstances - but to everyone all the time." - Thomas J. Watson

"If you have not often felt the joy of doing a kind act, you have neglected much, and most of all yourself." - A. Neilen

"You have not lived a perfect day, unless you have done something for someone who will never be able to repay you." - Ruth Smeltzer

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### HAPPY BIRTHDAY TO...

Jerry Koch (1/30)  
Kayla Cole (1/31)  
Devin Daggs (1/31)  
Xiomara Iraheta (1/31)  
Michelle Novielli (2/1)  
Diane Ward (2/1)  
Bob Isaacs (2/2)  
Branden Menes (2/2)  
Jennifer Cole (2/4)  
Larry Schlist (2/4)

### HAPPY ANNIVERSARY TO...

Tim & Angela McCall (2/2)