

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

## PASTOR'S NOTES

### TWO VERY DIFFERENT WEEKS

I've been out of the office for the past two weeks. The first week I was in Moab, Utah for a mini-family reunion. Five of us from California met up with six family members from Nebraska. Moab was a good meeting point since it is exactly half-way between Fresno and Lincoln. Moab is also the location of Daystar Adventist Academy, where we stayed in their very nice guestrooms for a very low price. Moab was great. We hiked, biked and toured. It was my first time to see the incredible canyons and sandstone monuments of southern Utah. I highly recommend going there on vacation. It was a lot of fun.

My second week away couldn't have been more different. I was in Laguna Beach, a very beautiful location. However, I was not there to see the beauty of nature, but to do some soul work. I attended a conference called Ultimate Leadership, but it really wasn't about becoming a better leader. It was about becoming a better person. It was essentially five days of intense therapy. We spent a lot of time dealing with our hurts of the past and understanding how those hurts are interfering with the life we're trying to live right now. It was good, but it wasn't easy or fun. It was one of those things where it is good that I didn't really know what I was getting into, otherwise I wouldn't have gone. But now that I went and did the hard work, I'm really glad I did.

### SEASONS OF LIFE SERIES

Three weeks ago I started a sermon series about the different seasons of life. It is a 4-parter which looks at the seasons of the soul through the lens of the seasons of nature. The first week I talked about the winter season and what the winters of life are like. This week, I will turn to spring. I'll talk about what the springtime of the soul feels like and the appropriate disciplines for properly nurturing the soul during spring. Feel free to read Isaiah 35 as that is the text I will use.

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

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## WORSHIP CELEBRATION

**May 21, 2011  
11:00 A.M.**

**“All Hail the Power of  
Jesus’ Name”  
“Change My Heart,  
O God”**

**Welcome**  
Pastor Dennis Ray

**Ministry Minute**  
Community Food Bank

**Offering**  
Todd Bristol

**Baby Dedication**  
Zoey Victoria Zenith

**“Shout to the Lord”  
“Here I Am to Worship”**

**Prayer**  
Judi Krogstad

**Trumpet Solo**  
Dan Lichti

**Scripture: Isaiah 35**  
Dianne Dickerson

**“Spring”**  
Pastor Ray

**Benediction**  
Janelle Menes

### THIS WEEK AT A GLANCE

**MONDAY, MAY 23**

Full Plate Diet – Maroa Room 6:30 p.m.  
The GROUP Leaders Meeting 7:30 p.m.

**TUESDAY, MAY 24**

Junior Baptismal Class – Fellowship Hall  
6:30 p.m.

**WEDNESDAY, MAY 25**

Youth Hang Out – Youth Room 4:00 p.m.  
Women’s Bible Study – Marsh home 6:30  
p.m.

**FRIDAY, MAY 27**

Youth Jam Session – Sanctuary 5:30 p.m.

**SABBATH, MAY 28**

Sabbath School 9:30 a.m.  
Worship Service 11:00 a.m.  
The GROUP – Sanctuary & Maroa Room  
5:30 p.m.

### PREACHING SCHEDULE

**May 21** — Pastor Ray

**May 28** — Pastor Cal

**June 4** — Pastor Ray

### MONTHLY CONTRIBUTION SUMMARY

<b>May Church Needs</b>	\$28,000.00
Donations Received	5,798.00
Over (Short)	(22,202.00)
<b>Year to Date</b>	\$140,000.00
Donations Received	105,329.07
Over (Short)	(34,670.93)
Youth Pastor Fund	\$21,546.03

This Week’s Offering  
**Local Church Budget**

#### Sunset

*This Friday*  
8:03p.m.

*Next Friday*  
8:07 p.m.

## YOUTH EVENTS



**May 20** — Youth Vespers — 6:30pm — Vaughns’ home

**May 21** — Youth Picnic & Mega Birthday Party — 1:00pm

## HEALTHY BYTES

### HOW DO YOU GET TEENAGERS TO EAT HEALTHY?

Here is what works:

- ◆ Everyday eat at least one meal together as a family.
- ◆ Have lots of healthy foods around for them to choose from.
- ◆ Junk food should be limited but not forbidden. For most teen-agers (and adults) forbidden food is the most desirable.
- ◆ Have children help in the kitchen.
- ◆ Model the choices you want them to make.
- ◆ This last point is by far the most important one. Teenagers pick up on what you do a lot faster than what you say, especially when what you say and do don’t match!

What doesn’t work:

- ◆ Nagging. Accept the fact that teenagers (like the rest of us) will be less than perfect in the choices they make.

For more suggestions here are a couple of sites that should be helpful:

<http://life.familyeducation.com/teen/nutrition/36552.html#ixzzlKeVYqHG7>

<http://www.concerningkids.com/getting-teens-to-eat-healthy.php>

## ANNOUNCEMENTS



### REISIG MEMORIAL SCHOLARSHIP

A \$1,000 scholarship will be presented this year to one member of our congregation who fulfills the eligibility requirements of the scholarship. For further information about the scholarship & to apply, please contact Bud Dickerson at **250-7569** or [bdickers@fresno.edu](mailto:bdickers@fresno.edu).

**Application deadline is Tuesday, May 24.**



### 60+ SINGLE WOMEN'S FRIENDSHIP CIRCLE

Our next gathering will be at the home of Vickie Masee on **this Sabbath** immediately following worship service. Vickie will provide lunch for all who attend. Please call Vickie (438-1597) for directions or call Lola Arteaga (323-6682) or Lena White (434-0772), if you have any questions.

### COLLECTING LAUNDRY SUPPLIES

Women's Ministry is currently collecting laundry supplies for the Family Center at the Rescue Mission. If you'd like to donate detergent, fabric softener, bleach, & stain-removing agents, there will be blue storage container in the church foyer for collection. If you'd like to make a cash donation, please put it in the offer-ing plate and mark it Women's Ministry Laundry. Contact Sherry Marsh (224-9005), if you have questions.

### FREE E-WASTE COLLECTION

Fresno Adventist Academy has partnered with CEAR, a CA State approved Collector & Recycler of Electronic waste, to recycle all of the collected e-waste. For your security, all hard drives are completely shredded at the CEAR facility Fresno Adventist Academy Drop off today thru Sunday May 22, 2011 9am-1pm in the Fresno Adventist Academy parking lot — 5397 East Olive Avenue Fresno, CA. 93727 (Peach & Olive). Contact Tami Pafford 530-263-6772 or 559-251-5548 • [tpafford@faa.org](mailto:tpafford@faa.org) with your questions. This is an FAA fundraiser.



### IT'S TIME TO HONOR OUR GRADUATES

Sunnyside will honor its 2011 graduates of eighth grade, high school, college, & advanced degrees on **Sabbath, May 28**.

Please contact the church office (229-5501 or [churchoffice@sunnysidesda.org](mailto:churchoffice@sunnysidesda.org)) with the name of the student, parents' names, grade or degree, and any special awards or recognition for the graduate.

**We also need a current photo and a baby/toddler picture for a slideshow presentation by May 24.**

### WE NEED YOUR HELP

We could use your help in completing simple maintenance and repair projects around the church. Volunteers keep our budget in line as we continue to improve our church facility. Please note the project board hung in the hallway outside Angela's office. If there are areas where you or your friends can help, pick up a project card, follow the simple instructions, and have fun! Thanks for the hand. Talk to Rod Turley if you have questions, 647-7784.



### THE GROUP

**Every Sabbath 6pm - doors open at 5:30**

Come, hang out and worship together! Dress casual, and be prepared to do something social afterwards. Checkout [wearethegroup.com](http://wearethegroup.com) for more info.

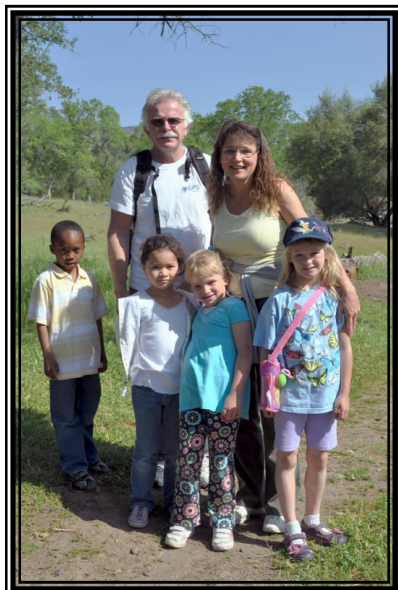
### HOST REFRESHMENT TABLE

Hosting the refreshment table provides a great opportunity to serve and fellowship at the same time. The opportunity is still open to host the refreshment table after church on **May 28, June 11**. If you would like to volunteer, please contact Judi Krogstad at [drjudi@sbcglobal.net](mailto:drjudi@sbcglobal.net) or 225-3650.

# GETTING TO KNOW OUR FRIENDS & FAMILY

*Building Lives Through Relationships...*

## Cradle Roll Spring Hike & Picnic



## THE LAST WORD

### Managing the Monkeys in Your Life

by Kay Kuzma, Fit Forever, 2005, RHPA — taken from <http://www.nadadventist.org/>  
(submitted by Leo Reijnders)

*Sow for yourselves righteousness; reap in mercy; break up your fallow ground, for it is time to seek the Lord, till He comes and rains righteousness on you. Hosea 10:12, NKJV.*

Things that need to be done are like monkeys. Feed them and they'll never go home. They cling to you. They chatter incessantly. They vie for your attention. They multiply until they've taken control of your life. They cause stress! If your life has become a zoo, follow these monkey-managing rules:

**Rule 1: You're not the only zoo keeper in the world—or in your family.** You don't have to do everything. To show your family that you love them, you don't have to cook from scratch or always be the one who does the laundry.

If you think you are indispensable to your family, you'll always have too many monkeys. You must believe that your family *can* get along without your "working" for them. Encourage others to do what they are capable of doing, even if it's not done exactly the way you'd do it.

**Rule 2: Don't feed other people's monkeys.** Make sure each person keeps his own monkeys. Don't allow others to dump their monkeys on you. Learn to put responsibility back on others. Learn to feel OK about disappointing others by saying, "That's not my monkey!"

**Rule 3: Keep your monkey population under control.** It may sound cruel, but you need to kill the excess ones. Let them starve to death. I've found that things to do tend to expand to fit the amount of time you'll give them. That's why you must prioritize (determine what's really important) and schedule. Allow only a certain amount of time for a project and let the rest "starve"; for example, washing windows every time it rains! Learn to just say *no*.

**Rule 4: Monkeys come in the mail, over the telephone, and via the Internet.** Control your mail by reading and processing it immediately. Control the telephone by using an answering machine. Don't be quick to answer yes when someone asks, "Do you have a minute?" Set a time when you are available for calls. Budget your time on the Internet.

**Rule 5: Don't start the weekend with a cage full of monkeys.** Instead, plan fun and family into your weekend. Take the Fourth Commandment seriously. Instead of spending your week putting things off until weekend, plan your week so that you'll have time to enjoy the weekend.

*How can you reduce the monkeys in your life so you have time for the Lord – and your family?*

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#### HAPPY BIRTHDAY TO...

Alec Turley (5/21)  
Ernesto Espinosa (5/22)  
Russell Fulkes (5/22)  
Julie Jaeckel (5/22)  
Ruth Ann Stringer (5/22)  
Irma McGuinn (5/24)  
Felipa Altamirano (5/26)

#### HAPPY ANNIVERSARY TO...

Alex & Jessica Walker (5/23)  
Bill & Karen White-Brown  
(5/25)  
Joseph & Haydee Zenith (5/25)  
Rod & Vicky Turley (5/27)