

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

PASTOR'S NOTES

CONTACT PERSON

The Central California Conference is asking that each church designate one person to be the contact person in case of a disaster. In the event of a disaster, this person will communicate information from the CCC to the local church, and vice versa. Ideally, they would like the contact person to be a ham radio operator. If you are interested in serving Sunnyside and the CCC in this capacity and have a ham radio or are willing to be trained in ham radio operation, please contact the church office (229-5501 or churchoffice@sunnysidesda.org).

ANGER (BY DAVID WOLPE)

Anger, say the sages, is like a bubbling pot; you cannot tell where it will spill or whom it will scald. Anger knots the stomach, heats the head, and forces cruel words from our mouths. When our anger calms we cannot always believe what we have done in moments of rage.

One of the realities of life that we should learn as we grow older is that our feelings will change. In time anger will cool. Other perspectives will emerge. But the peril of anger is that it has the capacity to drive out all other feelings for the time when we are in its grip. And in those moments it can change things forever. That is why the childhood bromide of counting to ten before speaking is so useful. Even a short delay can help restore some equilibrium.

Gladiators, wrote Seneca, were protected by their skill but left defenseless by their anger. This is the truth of the sages' bubbling pot — not only can anger spill over to hurt others, but it can injure oneself. The Torah teaches that God is slow to anger (Num. 14:18) — a model worth taking to heart.

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WORSHIP CELEBRATION

June 18, 2011
11:00 A.M.

*“There is Sunshine
in My Soul Today”
“Down By the Riverside”*

Welcome
Pastor Dennis Ray

Tribute to Our Dads

Offering

*“Wade in the Water”
“Swing Low,
Sweet Chariot”*

Prayer
Leo and Angela Reijnders

“Peace”
Primary Class

Scripture
Alex Soloniuk

Message
Pastor Cal Redman

Benediction
Mirra Priest

THIS WEEK AT A GLANCE

MONDAY, JUNE 20
The GROUP Leaders Meeting – Youth
Room 7:30 p.m.

TUESDAY, JUNE 21
Early Youth Tornado Relief Party – Soloniuk
home 6:00 p.m.

WEDNESDAY, JUNE 22
Youth Hang Out – Youth Room 4:00 p.m.

FRIDAY, JUNE 24
Youth Jam Session – Sanctuary 5:30 p.m.

SABBATH, JUNE 25
Youth Sabbath in Yosemite
Sabbath School 9:30 a.m.
Worship Service 11:00 a.m.
The GROUP – Sanctuary & Maroa Room
5:30 p.m.

PREACHING SCHEDULE

June 25 — Pastor Ray
July 2 — Pastor Ray
July 9 — Pastor Ray

MONTHLY CONTRIBUTION SUMMARY

June Church Needs	\$28,000.00
Donations Received	13,974.56
Over (Short)	(14,025.44)
Year to Date	\$168,000.00
Donations Received	131,789.87
Over (Short)	(36,210.13)
Youth Pastor Fund	\$21,643.28

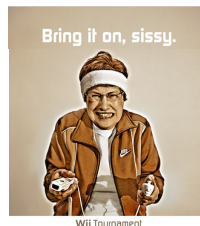
This Week's Offering
Local Church Budget

Sunset

This Friday
8:19p.m.

Next Friday
8:20 p.m.

YOUTH EVENTS



WHAT'S HAPPENIN'

June 10 — Youth Jam Session
June 17 — Vespers at Pastor Cal's
June 18 — Wii Tournament - Youth Room
June 25 — Youth @ Yosemite for Church

Go to the youth website at <http://sunnysideyouth.com>
to check out more info about these and other upcoming events

HEALTHY BYTES

Eat your Broccoli; Ward off Cancer



The traditional view of cancer is that the disease is caused by damage to genes and DNA mutations. But scientists are learning that other forces – diet, stresses, toxins – have the power to change gene activity in healthy, undamaged cells and ultimately alter cancer risk. Turns out your diet has the potential to reverse negative changes to gene expression, changes that could, over time, lead to cancer as well as other diseases. Foods to add to your diet to ward off cancer: Broccoli, green tea, soy foods, red grapes, turmeric, rosemary, garlic. Read more: <http://www.theglobeandmail.com/life/health/new-health/health-nutrition/leslie-beck/eat-your-broccoli-and-ward-off-cancer/article1971507>

For more info on healthy solutions and recipes, contact
Gale Bolinger at 974-2459 or email at gale4health@comcast.net

ANNOUNCEMENTS

YOUTH & THE GROUP ARE HEADED FOR THE MOUNTAINS

The Youth and the Group are planning to spend **next Sabbath, June 25** in Yosemite. It will be a full day that will include worship, hiking and other fun activities.



Meet at the church @ 8:00am for breakfast and we leave @ 8:30am.



Dress comfortably and wear good walking shoes.

Make plans to spend the whole day enjoying God's great outdoors. **NO Sabbath School or the Group Service at the church that day.**

VBS IS AUGUST 1 – 5 REGISTER NOW!

Go to our website at
www.sunnysidesda.org
and click on this logo to register



*Join us this summer for a week of
praise, discovery and creative fun!*

SINGLE WOMEN'S FRIENDSHIP CIRCLE



Join us for our next gathering **this Sabbath, at 4:00pm** at the home of Lena White. We will have salad and finger foods as we spend time together. For directions or for more information, please call Lena at 434-0772.

CARE KITS FOR TORNADO VICTIMS

Don't forget to bring toiletry items this Sabbath for the Tornado victims in the Southern states. Items to donate:

- ♦ One towel & wash cloth
- ♦ Small bar of soap
- ♦ Shampoo (& Conditioner)
- ♦ Deodorant (neutral scent)
- ♦ Hand Sanitizer
- ♦ Toothbrush & Toothpaste
- ♦ Lip Balm
- ♦ Sunscreen
- ♦ Hand Lotion
- ♦ Hair Comb
- ♦ Travel tissues
- ♦ Lip Balm
- ♦ Sunscreen

The Early Youth will supply ziplock bags, sort and package and mail. If you have questions, call 229-5501.

JOB OPENING @ PREGNANCY CARE CENTER

PCC is currently accepting resumes for a Director of Support Ministries. Applicant qualifications include: faithful Christian, respect for the sanctity of human life, experience in management/leadership, computer & web savvy, communication skills in writing and speaking. Please email resumes to: pccfresno@sbcglobal.net Attn: Kristi by June 24th.

JOB OPENING

Central California Conference Auditing Department has an immediate opening for a part-time Assistant Auditor. Responsibilities include: All aspects of accounting and bookkeeping. Requires a working knowledge in Microsoft Excel, Word, PowerPoint and QuickBooks, etc. Prefer a bachelors or associates degree in accounting. Must be able to communicate comfortably and interact well with people. To apply, please fill out employment application at <http://ccchr.adventistfaith.org/hr-resources-forms>, and e-mail or fax to Human Resources, lbarron@cccsda.org; fax (559) 314-6002. Application deadline is June 28.

LOOKING FOR A RENTAL HOME

We need an inexpensive place to live. Willing to do restoration labor in lieu of or for lesser rent. For details, call Phill @ 288-3039.

LOOKING FOR CLERICAL WORK

Out of work secretary is looking for clerical position. Individual is highly motivated and has a great deal of experience. Please call 307-3680.

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



**James & Sharon
Browning**



**Domingo &
Marianne Cruz**

THE LAST WORD

I'VE LEARNED... (submitted by Bob Fritz)

I've Learned... that the best classroom in the world is at the feet of an elderly person.
...that when you're in love, it shows.
...that just one person saying to me, "You've made my day!" makes my day.
...that having a child fall asleep in your arms is one of the most peaceful feelings in the world.
...that being kind is more important than being right.
...that you should never say no to a gift from a child.
...that I can always pray for someone when I don't have the strength to help him in some other way.
...that no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
...that sometimes all a person needs is a hand to hold and a heart to understand.
...that simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned... that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
...that we should be glad God doesn't give us everything we ask for.
...that money doesn't buy class.
...that it's those small daily happenings that make life so spectacular.
...that under everyone's hard shell is someone who wants to be appreciated and loved.
...that the Lord didn't do it all in one day. What makes me think I can?
...that to ignore the facts does not change the facts.
...that when you plan to get even with someone, you are only letting that person continue to hurt you.
...that love, not time, heals all wounds.
...that the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned... that everyone you meet deserves to be greeted with a smile.
...that there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.
...that no one is perfect until you fall in love with them.
...that life is tough, but I'm tougher.
...that opportunities are never lost; someone will take the ones you miss.
...that when you harbor bitterness, happiness will dock elsewhere.
...that I wish I could have told my Mom that I love her one more time before she passed away.
...that one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned... that a smile is an inexpensive way to improve your looks.
...that I can't choose how I feel, but I can choose what I do about it.
...that when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.
...that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
...that it is best to give advice in only two circumstances; when it is requested and when it is a life threatening situation.
...that the less time I have to work with, the more things I get done.

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HAPPY BIRTHDAY TO...

Barbara Mitchell (6/21)
Emilie van Wyk (6/21)
Lenden Webb (6/22)
Tina Cornwell (6/23)
Ben Fox (6/23)
Yvette Kerbs (6/23)
Michael Menes (6/24)

HAPPY ANNIVERSARY TO...

Gary & Sandy Shimmin (6/18)
Keith & Deb Tetz (6/20)
David & Holly Flores (6/21)
Todd & Tina Cornwell (6/23)
Richard & Susan Voth (6/24)