

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

PASTOR'S NOTES

REMODELING

For the past ten years, I've used this section of the newsletter called "Pastor's Notes" to pass along information I hoped would be of interest to you. It has included everything from updates on church members in the hospital to the last inspiring quote I just read. I hope you have found my "Pastor's Notes" informative and occasionally enlightening.

For a while now, I've been sensing that the "season" of writing "Pastor's Notes" has come to an end and I need to give it to someone else who can bring some creativity and life to it. After discussing it with Angela, we've decided that she will take ownership of it and it will be re-named "Church Life". The purpose of "Church Life" is to keep you updated on what is happening in the life of the Sunnyside congregation as a whole as well as the individual lives of our members. Angela will continue to pass along announcements about events and ministries at Sunnyside. She will also keep you updated on members who are in the hospital. In addition, she will dig a little deeper to find what I call "human interest stories" about members of our congregation. Everybody has a story to tell, whether it is a difficult life circumstance they overcame through faith and perseverance, a community service project that is impacting lives, or a unique hobby that brings them joy. We hope to highlight these stories in the "Church Life" section so that you will become better acquainted with your church family and, perhaps, even gain some inspiration.

You can help Angela by telling her your "story" or that of someone in our congregation. Please email her with the details at churchoffice@sunnysidesda.org or give her a call at the church office (229-5501).

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WORSHIP CELEBRATION

**July 9, 2011
11:00 A.M.**

**“Redeemed”
“Mighty to Save”**

**Welcome
Bud Dickerson**

Offering

**Ministry Minute
Printess Schlist & Bob Riley**

**“We Fall Down”
“Sitting at the Feet
of Jesus”**

**Prayer
Patricia Ford**

“Fairest Lord Jesus”

Scripture

**Message
Pastor Dennis Ray**

Benediction

THIS WEEK AT A GLANCE

MONDAY, JULY 11

VBS Crew Leader Training BBQ –
Kristina Garabedian’s home 6p.m.

WEDNESDAY, JULY 13

Youth Hang Out – Youth Room 4p.m.
Deadline for Bulletin info: bulletin-
staff@sunnysidesda.org 6:00 p.m.

SABBATH, JULY 16

Sabbath School 9:30 a.m.
Worship Service 11:00 a.m.
Early Youth at Poverello House 11:30
a.m.
60+ Single Women’s Friendship Circle
The GROUP – Sanctuary & Maroa
Room 5:30 p.m.

PREACHING SCHEDULE

**July 16 — Gilbert Barr
July 23 — Gerhard van Wyk
July 30 — Pastor Ray**

MONTHLY CONTRIBUTION SUMMARY

July Church Needs	\$28,000.00
Donations Received	9,148.69
Over (Short)	(18,851.31)
Year to Date	\$196,000.00
Donations Received	147,560.05
Over (Short)	(48,439.95)
Youth Pastor Fund	\$25,441.17

This Week’s Offering
Women’s Ministries

Sunset

This Friday 8:21 p.m.	Next Friday 8:19 p.m.
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YOUTH EVENTS

Vespers — Friday (July 8) at 6:30p.m. — Pastor Cal’s home

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

HEALTHY BYTES

Got Onions?

What's so great about onions? For starters they contain at least 25 identified active disease combating compounds that, like garlic, have antibacterial, antifungal, and immune-enhancing properties. This may explain their efficacy in warding off colds and relieving upset stomach, and other gastrointestinal imbalances. Onions appear to lower blood pressure and cholesterol, inhibit growth of cancer cells, reduce stroke risk, and aid in the prevention of heart disease.

One medium-sized onion contains only 38 calories and as much vitamin C as two apples, one banana, one tomato, or one orange. Prevention Magazine named them one of the 25 super foods for combating heart disease and cancer. So, an onion a day is a decent way to increase your odds of enjoying a long, healthy, and active life.

Onions top red wine and tea in their quercetin content. Quercetin, an antioxidants neutralizes free radicals in your body, protecting your cell membranes from damage. (Yellow onions top red onions here.)

Raw or cooked? Both have benefits. Cooking softens the bite, sweetens onions, concentrates the volume and nutrients, and allows you to eat more onions in a single sitting. Cooking leaves the antioxidant quercetin intact. One of my favorite ways to prepare onions is to cut them into rings and grill or broil them. A close second is roasting them.

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

ANNOUNCEMENTS

CHURCH OFFICE HOURS

The church office will be closed
Friday, Monday and Tuesday, July 8, 11 & 12.

CHURCH IN SHAVER

Our annual "Church in Shaver" will be **Sabbath, August 20**. Plan to spend a relaxed day enjoying God's nature as we worship, fellowship at the potluck BBQ and rejoice lake side with those who get baptized. The email address for those wanting to reserve camping space is camped@sce.com and the Web site for Camp Edison is www.sce.com/campedison. There may still be spaces available.

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 **July 16, 23 or August 6**. If you would like to volunteer, please contact Judi Krogstad at drjudi@sbcglobal.net or 225-3650.

REQUESTS FOR REIMBURSEMENT

The treasurer has asked that requests for checks and reimbursements be made on a request form available in the church office. Instructions are printed on the form. Thanks for your help.

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.



VBS IS AUGUST 1 – 5

8:30AM — NOON

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!*

VOLUNTEER FOR VBS

Go to our website at
www.sunnysidesda.org
and click on the lifeguard to
register as a volunteer!



**You can be a crew leader,
a teacher, helper or
sing with the praise team!**
Call 229-5501 with questions

VBS CONSTRUCTION BEGINS

JULY 17!

As you know, each year we plan for 200+ kids and we need your help with set construction. We will work **all day on Sunday July, 17 — breakfast, lunch & dinner served that day — and every week night 5-9pm thru July 31, with dinner served each day.**

If you'd like to help out, contact Leo (994-5588) or Angela (994-5502) or talk with them at church.

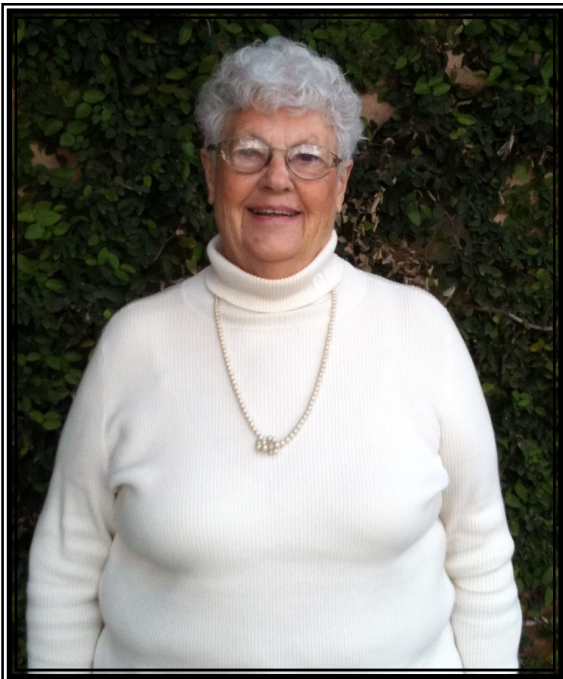
CRAFT & SNACK ITEMS NEEDED FOR VBS

Please take cards off the VBS bulletin board posted in the foyer and donate the items requested for our program this year. We *can't do it without you!*

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



**Joseph, Haydee,
Zoey & Zander
Zenith**



Betty Warkentin



**James & Sharon
Browning**

THE LAST WORD

"Your brain has more than 100 billion cells, each connected to at least 20,000 other cells. The possible combinations are greater than the number of molecules in the known universe." -- **Brian Tracy**

"There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better, for worse, as his portion; that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given to him to till." -- **Ralph Waldo Emerson**

"You have a calling which exists only for you and which only you can fulfill." -- **Dr. Naomi Stephan**

"The greatest good you can do for another is not just share your riches, but reveal to them their own." -- **Benjamin Disraeli**

HAPPY BIRTHDAY TO...

Alex Walker (7/9)
Mike Frazer (7/10)
Teresa Tolmosoff (7/10)
Lana Patterson (7/11)
Julie Goodwin (7/12)
Robert Montgomery
(7/12)
Irma Carpenter (7/13)
Taylor Vaughn (7/13)
Carol Wagenleitner (7/13)
Mitchell Webb (7/13)
Victoria Wiest (7/13)
Ian Batty (7/14)
Adrian Messing (7/14)
Pamala Williams (7/14)
Jean Campomanes (7/15)

HAPPY ANNIVERSARY TO...

Robert & LaRae Kellos (7/9)
Neal & Isela Reza-Rogers (7/9)
Anthony & Feliciano Wong
(7/11)
Art & Nancy Fernandez (7/13)
Robert & Diana Mora (7/13)