

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

## CHURCH LIFE

### SACRED RHYTHMS

The Sacred Rhythms class that meets on Wednesday nights, from 7 to 8 PM, is not closed. Even if you did not attend one of the first two sessions, you are still welcome to join us for any and all of the remaining four meetings. Here are the dates and topics of the next four sessions:

- October 5 - Lectio Divina: Encountering God in Scripture
- October 12 - Honoring the Body: Flesh-and-Blood Spirituality
- October 19 - The Examen: Bringing My Whole Self to God
- October 26 - A Rule of Life: Cultivating Your Own Sacred Rhythms.

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### COMMUNITY SERVICES "NEEDS" BOARD

Your response to the requests for donations to Community Services has been tremendous and we appreciate your desire to support this ministry. We have put together a "Needs" board with tags detailing current items needed. Please take as many tags as you would like and return your donations the following week or when possible. The board and a container to collect donated items will be placed in the foyer. Please contact Printess Schlist (232-1194), if you have any questions.

### CHURCH OFFICE HOURS

The church office will be closed next Thursday, October 6, due to another scheduled power outage by PG&E to install new underground equipment in the area.

### EMAIL SERVICE INTERRUPTED

Our email service was briefly interrupted on Monday and Tuesday. If you had trouble sending email to or receiving a response from the church office, Pastor Dennis or any email address ending in "sunnysidesda.org", you may want to send the email again.

## WORSHIP CELEBRATION

October 1, 2011  
11:00 A.M.

*“This is the Day”  
“The Wonderful Cross”*

Welcome  
Pastor Dennis Ray

Baby Dedication  
Isabella Dream Soto

Offering

*“I Just Want To Be  
Where You Are”  
“Breathe On Us Again”*

Prayer  
Jim Robison

Vocal Solo  
Yvette Kerbs

Scripture  
James 1:22-25

“Scripture”  
Pastor Dennis Ray

Benediction

### THIS WEEK AT A GLANCE

#### TUESDAY, OCTOBER 4

Women’s Friendship Circle Meeting – Youth Room 2:00 p.m.  
Full Plate class – Fellowship Hall 6:30 p.m.

#### WEDNESDAY, OCTOBER 5

Deadline for Bulletin info: bulletin-staff@sunnysidesda.org 6:00 p.m.  
Finance Committee Meeting 6:30 p.m.  
Women’s Bible Study – Marsh Home 6:30  
Sacred Rhythms Class 7:00 p.m.  
GROUP Leaders Meeting – Maroa Room 7:30 p.m.

#### THURSDAY, OCTOBER 6

Personnel Committee Meeting – Junior Room 6:30 p.m.  
Worship Committee Meeting – Pastor’s Office 7:00 p.m.

#### FRIDAY, OCTOBER 7

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

#### SABBATH, OCTOBER 8

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



### PREACHING SCHEDULE

October 1 — Pastor Ray  
October 8 — Pastor Ray  
October 22 — Youth Sabbath

### MONTHLY CONTRIBUTION SUMMARY

<b>September Church Needs</b>	\$28,000.00
Donations Received	15,605.44
Over (Short)	(12,394.56)
<b>Year to Date</b>	\$252,000.00
Donations Received	192,416.61
Over (Short)	(59,583.39)
Youth Pastor Fund	\$20,316.11

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

#### Sunset

This Friday  
6:46p.m.

Next Friday  
6:36p.m.

**Friday Jam Session** — 5:30p.m. in the sanctuary. We’ll be practicing the music for Youth Sabbath.

**Comin’ Up:** Youth Sabbath October 22

## HEALTHY BYTES

### CHIA SEED BENEFITS



Chia seeds come from the *Salvia Hispanica* plant that grows abundantly in Southern Mexican deserts. It was used by Aztec warriors for endurance. Native Americans also used chia seeds medicinally. A small amount with water provided them with necessary nutrients while helping them stay hydrated. Because they absorb water so much, chia seeds will help you feel full longer with less food. Dieters will appreciate that.

Unlike flax seeds, chia seeds don’t have to be ground for consumption. They are easily chewed as is. And unlike ground flax seeds, chia seeds don’t deteriorate rapidly. They can be mixed in water or juice without any weird taste. Chia seed gel can be formed with chia seeds and water, which is then refrigerated and eaten like a gelatin dessert. Even eating the seeds or drinking them with a beverage will form a gel in the stomach which is up to 90% fiber. This is useful as an overall digestive and elimination aid. And it minimizes blood sugar spikes by slowing carbohydrate conversions to glucose. So it’s okay—even for diabetics.

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

### CROCKPOT POTLUCK THIS SABBATH

Our next potluck will be a crockpot and salad lunch. Those with last names beginning **A-L** bring **salads**; names beginning **N-Z** bring **crockpots filled with your favorite dish**. Dessert will be provided by the potluck committee.



### SAVE THE DATE

Our Annual Harvest Carnival will be **Saturday, October 22 6:30—9:00pm** on the Estep property. Please bring an appetizer, finger food, or dessert to share. Hot dogs and drinks will be provided. Wear your costumes and come out for live music from Sunnyside Grace, bounce houses, game booths, paintball, face painting and lots of fun for all ages. This is our largest social event; so, make plans to attend!



### THANKS FOR YOUR HELP!

Don't forget to check out our project board hanging next to Angela's office. Some of the tasks can be handled by an individual. Others can be done with a group of volunteers who have a couple of extra hours and a little muscle to spare. So please give us a hand when you can. It really eases our budget!! Talk to Rod Turley if you have questions, 647-7784.



#### Currently Needed

*Clear pine needles out of drain gutter & along roof by Cradle Roll Room and spread them in grassy area beyond overflow parking lot.*



*Finish installing and painting baseboards in Pastor's restroom.*

### EARLY YOUTH AT LOST LAKE THIS SABBATH

The early youth will have Sabbath School and Worship at Lost Lake this Sabbath. We will meet in the church parking lot at 10:00am and will travel together in the Soloniuks' motor home. Parents are welcome to join us for lunch; please bring a dessert to share.

If you are in 7<sup>th</sup> or 8<sup>th</sup> grade and would like to go with us, we will have permission slips available for parents to sign Sabbath morning. If you have any questions and to RSVP, contact Lianne at 259-5302 or [earlyyouth@sunnysidesda.org](mailto:earlyyouth@sunnysidesda.org).

### HOST THE REFRESHMENT TABLE

Thank you to those who have volunteered and hosted the refreshment table. We are always delighted with the treats and your creativity.

These are the dates currently available: **October 15; November 12, 19, 26**. Please sign up in the fellowship hall. Make it simple or go with a theme. *Reimbursement is available.*

### RELIGIOUS LIBERTY

Are you interested in religious liberty? An organizational meeting to establish a local NARLA chapter will be held at the Fresno Central Church on Sabbath afternoon, October 22, at 4:00 p.m. For further information, please call Jeanne Wheaton at 972-5400.

### COLLEGE STUDENT NEEDS A ROOM

Julov' Andy Pierre, recent graduate from PUC, is in need of a room on Sunday & Monday nights only. He is a nursing student at Fresno City College and has been staying in a hotel, but it has become too expensive as he commutes from Novato each week. If you have space available for him, please contact him at (707) 774-3639 or [ploveandy@gmail.com](mailto:ploveandy@gmail.com).

### SPIRIT OF PROPHECY MONTH

October is Spirit of Prophecy Month at your Adventist Book Center. 25% off all books authored by E.G. White. Visit the ABC or order by calling 1-800-843-8585 or [www.adventistbookcenter.com](http://www.adventistbookcenter.com). *Build your library today!*

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



**Carlyn Murdock**

**Ken & Karen  
Swanson**



**Jean & Ildefonso  
Campomanes**



## THE LAST WORD

"May today there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received, and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us."

*(submitted by Diane Ray)*

### HAPPY BIRTHDAY TO...

Brandon Evans (10/1)  
Blaine Gilbert (10/1)  
Bronte Turley (10/2)  
Michael Wong (10/2)  
Michael Czajkowski (10/3)  
Erlinda Lagunas (10/4)  
Eddie Cole (10/5)  
Cheryl Crouch (10/5)  
Noah Macias (10/5)  
Leslie Batty (10/7)  
Jayson Cornwell (10/7)  
Alyssa Daggs (10/7)

### HAPPY ANNIVERSARY TO...

James & Sharon Browning  
(10/2)  
Dennis & Diane Ray (10/4)  
Ronnie & Julie Goodwin  
(10/5)  
Russell & Jill Fulkes (10/7)