

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

## CHURCH LIFE

### NEXT STEPS UPDATE

Last spring our church family gathered for a Friday evening and Sabbath afternoon dream and inspiration meeting facilitated by Dr. Don Simmons. The question we brought to the table was, "What next step does God have for us now that we are in our own church at this corner in Fresno?" Or more simply, "So now what?" What came from this group process was the beginning of a vision for the next steps for Sunnyside. Three clear and consistent areas of "next steps" emerged from each working group:

- ♦ Community Outreach
- ♦ Small Groups
- ♦ Opportunities for all of our church family – as diverse as we are – to be ministered to, and be connected in a meaningful way

#### Community Outreach

All you have to do is look in the bulletin for announcements, look in the parking lot for the new storage containers, look around the foyer for the "needs" board, or listen for a minute to the buzz – and you'll see that our new Community Services Ministry is off and running!

The opportunity: Check out the "needs board" in the church foyer and next time you're at the store, pick up an extra pair of socks or underwear that Community Services can give to someone in need. There are also volunteer opportunities, so call Printess Schlist at 559-674-9546 and she can get you plugged in!

#### Small Groups

The small groups team is in the process of weaving together a plan for expanding the scope and opportunities available to join a group at Sunnyside. The first step in the process is prayer: praying that God will direct us to the right approach to groups at Sunnyside, and that we will learn how to grow spiritually in community. There are many good books and resources for groups; we're reviewing the books and talking to other churches, but primarily we're seeking God's wisdom for Sunnyside's group plan.

Here's the opportunity: If you have an interest in being part of a group, learning to facilitate a group, or would like to be part of the planning team, call or email any of the three people below. If you're already part of a group, we ask for your prayers and that you share your experience with us!

Becky Crouch (leader) 559-977-3715; bekyjsee@aol.com  
Shelly Clement 209-576-5761; shelly\_clement@sbcglobal.net  
Marla Hartman 559-259-0241; marla.hartman1@gmail.com

Stay tuned for updates on the third step!

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## WORSHIP CELEBRATION

**October 15, 2011  
11:00 A.M.**

**“When We All Get to  
Heaven”  
“Jesus On the Main Line”**

**Welcome**  
Pastor Dennis Ray

**Children’s Story**  
Joseph Zenith

**Offering**  
Marla Hartman

**“Spirit Song”  
“I Surrender All”**

**Prayer**  
Marla Hartman

**“Give Me Jesus”**  
Bob Gilbert

**Scripture**  
Shelly Clement

**Message**  
Pastor Ray

**Benediction**  
Vicky Massee

### THIS WEEK AT A GLANCE

**TUESDAY, OCTOBER 18**  
Full Plate class – Fellowship Hall 6:30 p.m.

**WEDNESDAY, OCTOBER 19**  
Deadline for Bulletin info: bulletin-  
staff@sunnysidesda.org 6:00 p.m.  
Women’s Bible Study – Marsh Home 6:30  
p.m.  
Sacred Rhythms Class 7:00 p.m.

**FRIDAY, OCTOBER 21**  
Youth Jam Session – Sanctuary 5:30 p.m.

**SABBATH, OCTOBER 22**  
Sabbath School 9:30 a.m.  
Worship Service 11:00 a.m.  
The GROUP – Sanctuary & Maroa Rooms  
5:00 p.m.  
Annual Harvest Carnival – Estep Home 6:30  
p.m.

### PREACHING SCHEDULE

**October 22 — Youth Sabbath**  
**October 29 — Pastor Ray**  
**November 5 — Pastor Ray**

### MONTHLY CONTRIBUTION SUMMARY

<b>October Church Needs</b>	\$28,000.00
Donations Received	10,182.27
Over (Short)	(17,817.73)
<b>Year to Date</b>	\$280,000.00
Donations Received	202,598.88
Over (Short)	(77,401.12)
Youth Pastor Fund	\$16,916.11

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

### Sunset

This Friday  
6:26p.m.

Next Friday  
6:16p.m.



**COMIN’ UP...**  
Youth Sabbath - October 22

## HEALTHY BYTES

### CHIA SEED BENEFITS — PART 3



Chia is the richest plant-source of Omega-3 oil. By weight, chia contains more omega-3 than salmon or flaxseed. Omega-3 oil is important in heart and cholesterol health. It’s also recently been targeted as a weight-loss helper. USA Weekend magazine also reports on a study where overweight dieters who included omega-3s in their eating plan lost 2 more pounds monthly than the control group, who did not.

The protein in chia is complete so it raises your energy levels. The combination of complete protein, vitamins, minerals, and blood-sugar balancing gel all work together to make sure you have steady, never jittery energy.

The anti-oxidants in the chia seed is what makes it stay fresh without preservatives. At room temperature, they’ll stay fresh and ready to eat for over two whole years!

You can always add calcium to your food by sprinkling on the chia. By weight, chia has more calcium than whole milk. It also has magnesium and boron, essential trace minerals used in the absorption of calcium and other vitamins. By balancing your vitamins and minerals with chia, you can curb cravings that might tempt you.

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

### ANNUAL HARVEST CARNIVAL



Our Annual Harvest Carnival will be **Saturday, October 22, 6:30-9:00 p.m.** on the Estep property.

This year we're asking for your cooperation in bringing food to share:

**A-F: vegetable trays;**

**G-L: fruit trays;**

**M-Q: sweet bread (like pumpkin, zucchini, or banana bread) or crackers & cheese, or chips & dip;**

**R-Z: desserts: cookies, cupcakes, pies, cakes.**

Veggie and beef hot dogs and condiments will be provided. We'll have hot popcorn and the famous McCann Wagon will be on sight



to provide us with all types of hot and cold beverages. Bring a chair, wear your costume 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; you won't want to miss it!

**Please bring a lawn or camping chair!**



### OPEN HOUSE & REFRESHMENTS

This Sabbath we're having an extra special refreshment table and open house for Community Services. Join us in the parking lot immediately following worship service for a walk-through of the container to see how it is set up and ready to serve the community.

### WOMEN'S FRIENDSHIP CIRCLE

Our next lunch will be **this Sabbath—October 15**. We'd love to have you join us! We also meet every first Tuesday of the month at the church. Call Lola Arteaga (323-6682) or Lena White (434-0772) for more details about our upcoming lunch or if you have any questions.



### 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 are in the foyer. Please contact Printess Schlist (232-1194), if you have any questions.

### HOST REFRESHMENT TABLE

Dates available: **November 19, 26; December 10, 17**. Please sign up in the fellowship hall. Make it simple or go with a theme. *Reimbursement is available..*

### 17TH ANNUAL CHORALE FESTIVAL

Come and enjoy good singing and fellowship at the 17th Annual Fresno Westside Male Chorale Festival which will be held at the Fresno Westside Seventh-day Adventist Church, **this Saturday, October 15, at 4:30pm**. The church is located at 2650 Martin Luther King Jr. Blvd in Fresno.

### HOLIDAY COOKING CLASS

Learn to make your meals healthier and still delicious for the holidays! Hosted by Gale Bolinger, Educator and Local "Mom on a Mission" for family health and wellness. Foods will be prepared and eaten in the class. Most recipes will be gluten-free. If you have certain food issues, let Gale know and she will adjust the recipes to your needs.

**Thursday, October 20 @ 6:30pm**

1638 N. Brawley Ave. - Fresno

Cost: \$15

For more info and registration call: Gale at 974-2459 or email [gale4health@comcast.net](mailto:gale4health@comcast.net).

**Registration is required as space is limited.**

Mark your calendar for this Juice Plus+ Educational Experience!

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



**Joaquin & Venita  
Espinosa**

**Christina & Joe Soto  
with Isabella and  
Josiah**



## THE LAST WORD

“Change your thoughts, and you change your world.” Norman Vincent Peale

“Only one thing has to change for us to know happiness in our lives: where we focus our attention.” Greg Anderson

“Life is overflowing with the new. But it is necessary to empty out the old to make room for the new to enter.” Eileen Caddy

“Very often a change of self is needed more than a change of scene.” Arthur Christopher Benson

**Church Address:**  
5375 North Maroa Avenue  
Fresno, CA 93704

Phone: 559.229.5501  
Fax: 559.229.5502

Email: [churchoffice@sunnysidesda.org](mailto:churchoffice@sunnysidesda.org)  
Website: [www.sunnysidesda.org](http://www.sunnysidesda.org)

### HAPPY BIRTHDAY TO...

Nikilas Cornwell (10/15)  
Lauren McEowan (10/15)  
Cherokee Espinoza (10/15)  
David Dunbar (10/17)  
Jacob Wong (10/17)  
Orin Hirschhorn (10/18)  
Alan Mitchell (10/18)  
Clif van Putten (10/18)  
Agnes Constable (10/19)  
Karen Blackwell (10/20)  
Pamela Pillor (10/20)  
Neal Rogers (10/20)  
Maria Smith (10/20)  
Melissa Fulkes (10/21)  
Sarah Goodwin (10/21)  
Ruth Kwon (10/21)  
Rod Turley (10/21)

### HAPPY ANNIVERSARY TO...

Kristopher & Kathryn  
Keener (10/16)