

**WELCOME TO SUNNYDALE CHURCH**  
**ALUMNI WEEKEND**  
**SUNDOWN: 6:46 PM**

**SABBATH SCHOOL:** DIVINE WORSHIP SERVICE FOR SABBATH, OCTOBER 7, 2023. WILL BE IN THE ACADEMY GYM. SABBATH SCHOOL WILL BE AT THE CHURCH AT THE REGULAR TIME.

**ALUMNI WEEKEND:**

HONOR YEARS:

1948 1953 1968 1973 1983 1993 1998 2003 2013 2023

12:30PM-LUNCH (GYM)

2:00PM-CAMPUS TOUR/HONOR CLASS VISITATIONS

6:15PM - VESPER / PIZZA SUPPER IN THE CAFETERIA

7:30PM - ALUMNI VS. MENS SOCCER (FIELD)

8:00PM - ALUMNI VS. WOMENS VOLLEYBALL

9:00PM - ALUMNI VS. MENS BASKETBALL

**WEEKLY HEALTH NUGGET:**

STUDIES SHOW EATING 15 ALMONDS IS EQUIVALENT TO 1 ASPIRIN FOR HEADACHES. SALICIN AND MAGNESIUM PRESENT IN ALMONDS ARE ANTI-INFLAMMATORY AND RELAX BLOOD VESSELS THAT TAKE AWAY MOST MINOR HEADACHES.

**CONVERGE:**

IT'S BACK CONVERGE, IS STARTING THIS WEDNESDAY OCT 11. SUPPER MEAL STARTS AT 6PM AND SMALL GROUP AT 6: 30. COME AND ENJOY A GOOD MEAL AND GREAT FELLOWSHIP. STAY TUNED FOR MORE INFORMATION.



**SUNNYDALE CHURCH**

**STADIUM CLEANUP:** Sunday, October 8. Our friend Matt, the person in charge of cleanup, is now short one crew. He is requesting that we do the cleanup of all the parking lots, as we did on September 17, for the rest of this season. That cleanup went very well thanks to the great group we have. He has added more barrels which makes the cleanup easier. We are looking forward to a great crew again tomorrow. What a great blessing this is for our Elementary School finances!!!

Cleanups left Oct. 8 & 22 and Nov. 12 & 19.

**CONVERGE COMMITTEE:** Addition on the Converge committee, 1st Reading Rebekah Everhart

**SOCIAL COMMITTEE ACTIVITIES:** Church Campout October 13th- 15th Indian Creek Group Campground at Mark Twain Lake

2nd Annual Food Fun and Craft Festival October 28th at 7pm in multipurpose room, call Tina for booth info. 573-881-6888

**CONCERT:** David Phelps concert Nov. 4 @ 7:00pm. Bethalto, IL. Contact Tracy Ridgeway for tickets 573-356-7615

**MID-AMERICA RADIO:** Join us on Sunday, October 8th, at the Sunnydale SDA Church for the Mid-America Radio Conference. The conference will take place from 10 AM to 4 PM and is open to all, whether they have broadcast experience or not. You can learn about starting a new or running an existing Adventist radio station from leading Adventist radio professionals. Registration is free, and a free lunch will be provided for attendees. To register, go to [www.adventistbroadcasting.org](http://www.adventistbroadcasting.org)