

Sunnyside Adventist Church Communiqué

News & Announcements

Sabbath, June 23, 2018



Greetings church family,

Recently I was reading about something called the negativity bias or negativity effect. This is the definition of this effect or bias, "the notion that, even when of equal intensity, things of a more negative nature (e.g. unpleasant thoughts, emotions, or social interactions; harmful/traumatic events) have a greater effect on one's psychological state and processes than neutral or positive things." We allow the negative things to have a greater influence on us than the positive thing. There is a serious problem with this.

The Bible has some things to say about negativity. I believe that one of the most powerful verses about negativity can be found in the wisdom literature. Proverbs 17:22 tells us that, "A joyful heart is good medicine, but a broken spirit dries up the bones." Recent studies are only proving what one of the wisest men on earth long ago told us. The idea presented in this verse is that our state of being or thought can have an impact on our bodies. The term "broken spirit" can just as easily be translated to be a stricken mind. Science is proving that this negativity, broken spirit or stricken mind has a horrible impact on us. The verse tells us on the other hand that a joyful heart is good medicine. So how can we have that joyful heart?

One Bible verse tells us this about God, "Honor and majesty surround Him, strength and joy fill his dwelling" (1 Chronicles 16:27). If we abide in the presence of God the "joy" that fills His dwelling will overflow into our lives. One of the things that I like to do is bask in the glory and presence of His creation. Psalm 19:1 says, "The heavens are telling of the glory of God and their expanse is declaring the work of His hands." When I contemplate these glories, I am once again drawn to my Creator, Redeemer and Savior. Don't let the negativity bias or effect be the guiding principle of your life. Draw near to God so that with the psalmist you too can say, "The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy" (Psalm 28:7).

So as we continue to enjoy the nicer weather, I challenge you to abide in the presence of the Almighty. I will seek His presence in the wonderful creation He has made all around me and I hope that you will too.

Blessings to you and yours,

Pastor Juan Fresse



Shout-Out

Send your "shout-outs" to info@SunnysideAdventist.org so we can include them in next week's Communiqué. This is a place you can recognize someone for doing well or going beyond expectations.

Shout out to all of our Worship Coordinators for doing such a good job in supporting and organizing our church worship services. Thank you to each of you for your diligent planning!

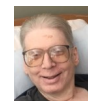
News & Notes

THIS WEEKEND

Today's worship services are at 8:45 and 11:15 AM.

Pastor Kara Johnsson will present our Bible message titled "The Life of Joe: You Will Dream Dreams."

This afternoon, 3:30 PM, there will be a memorial service for Patric Harkins.



ANNOUNCEMENTS

Friday, June 29, 7:00 PM, the 21st Century Artist Initiative presents "An Evening of Chamber Music" featuring Jonathan Butler, Jocelyn Zu, Laura Ha, Benjamin Dickson, Charles Noble, and Daniel Dickson. They will be performing works by Beethoven and Brahms.



Sunday, July 1, 7:00 PM, they will be in concert again presenting works by Dvorak and Mendelssohn. Both of these presentations are here at Sunnyside Church.



SunnyCity will be July 1, on the PAA campus. This kid-oriented, family-friendly event is our gift to our neighbors and our only kid-based outreach this year. The free admission

Kids' Fair starts at 1:00 PM, and the event is topped off with a mesmerizing 4:00 PM concert by Aaron Meyer. See our information and volunteer sign-up booth in the narthex.

SunnyCity is holding a drive to collect school supplies to be handed out at the July 1 event. We need **Crayola crayons, broad-line felt tip markers, and glue sticks** to share with our SunnyCity guests. Please bring your donations to the bin located in the church narthex.

July 6, 7:15 PM, First Friday will meet in the lower level amphitheaters of Adventist Medical Center. This is a time of music and spiritual fellowship. The July First Friday will feature praise and worship by the Oasis praise band and an inspirational thought from Daniela Larson. Soup and salad dinner will be served at 5:30 PM. You must register for dinner and it is served on a first-come, first-served basis. Register at <https://www.adventisthealth.org/Portland/event/soup-and-salad-dinner>.

Family Resource Network – Thank you for your continued support that has helped so many people in their time of need. Place your funds in an envelope marked Family Resource Network, account number 488. Current need: Sofa and living room set (tables, etc.)

Update on Alex Buchanan

It has now been 5 years since Alex took that fateful bicycle ride just after graduation at Southern University. The crash that day changed his life from a buoyant young man planning to go on for his masters in social work to a man dependent on others for providing every necessity of life, adding to his identity quadriplegia.

Though his physical status has been changed, his mental attitude is one of hope, not of some pie-in-the-sky or chasing some weird treatment that offers fantastic benefit, but cannot produce. He is looking forward to the day when proven medical treatment or surgery such as stem cell transplant may help him walk again.

To maintain vigor and optimum strength of his muscles, bones, and joints he is undergoing therapy at a gym where especially skilled trainers work with him every week followed by vigorous exercises performed by his caregiver at home. He understands this therapy does not offer any miracles, but keeps him in optimum condition for stem cell surgery when it becomes available.

You have already been involved in Alex's therapy through giving to the Family Resource Network, but he wants to become fully independent. He has been very successful in selling items donated to him or given to him on consignment through E-bay and Craig's list, but is limited by the number of items he has received. He is able to sell a wide variety of goods, such as camera equipment, jewelry, hobby items such as stamps, and electronic equipment, but he can also sell more bulky items such as bicycles or furniture.

If you have a saleable item that you would like to give away or sell on consignment, please call or text at 503-572-9387, or email Alex at Alexander.buchanan@live.com.

Thank you,
Richard Gingrich

ADVENTIST EDUCATION

Portland Adventist Elementary School

<http://www.paes.com>

Portland Adventist Academy

<http://paasda.org>

We have three staff departing later this month. But Monte Torkelsen, who has been a valuable part of PAA for five years with a total of 25 years working for OC youth, is leaving us all too soon. He's taken a job at Kettering University Church. You can share that news here: <http://paasda.org/news/thanks-pastor-monte/>. We'll share more about staff changes in next month's update.

AREA EVENTS AND ANNOUNCEMENTS

Bring the culture of China to your home for one month this summer. Summit Academy, a private education LLC, is sponsoring students who come to visit America from July 15-August 13. You will receive \$1,000 per child (up to two children per home) to share your culture with a child from China this summer. For more information, contact Kathy Larson at 503-522-0355. Visit www.summitacademy.education to fill out an online application.

PACS needs empty egg cartons – Portland Adventist Community Services (PACS) is in need of more clean/empty egg cartons (sizes: dozen or 18-count). If you have any please bring to PACS' Food Department or if you know someone who comes to PACS you can ask if they can bring them. We appreciate your help in providing empty egg cartons to help serve our Food Pantry shoppers!

The Healthy Heart Ministry is looking for retired or practicing medical professionals to take blood pressures at the Gateway Fred Meyer. The BP screening happens on the second Sunday of every month. Please contact Marjorie Schnibbe at 503-875.8311.

July 3-7: Light Bearers Annual Convocation.

The Minor Prophets—Major Salvation Promises in the Minor Prophets. They are called the Minor Prophets because of their size not their spiritual depth. Hidden in these little books are found sublime pictures of God's unrelenting love. That's why we plan to plumb their depths to mine rich nuggets of God's golden love that promises to keep our love alive in the coming crisis. We warmly invite you to join Light Bearers and our speakers, Ty Gibson, James Rafferty, David Asscherick, Jeffrey Rosario, Fred Bischoff, Nathan Renner, and Risë Rafferty for a Spirit-led journey that promises to build hope, faith, and love at our annual convocation. For more information, go to www.lightbearers.org, or call 541-988-3333.

Event Location: Jasper, Oregon.

July 12-14 and July 17-21: Gladstone Camp Meeting.

Come be part of the team! Do you want to have a great time helping others and being part of a team that feels like family? If so, consider volunteering during camp meeting this year! We're looking for hardworking individuals who want to serve God through service to others... and who want to have fun doing it! We need volunteers for Hispanic Camp Meeting (July 12-14) and Gladstone Camp Meeting (July 17-21) in a variety of areas including hospitality, shuttle service, safety, and security. We will also need licensed RNs and EMTs/paramedics. Whether you can work one day or all week, we'd love to have you on our team! To volunteer, visit <http://volunteers.oregonconference.org> or contact Lisa Rodriguez at lisa.rodriguez@oc.npuc.org or at 503-850-3350.

July 19-20: American Red Cross Blood Drive.

You can sign up now for the Gladstone Camp Meeting blood drive, July 19-20! Our online registration is currently open. It's quick and easy, just go to www.RedCrossBlood.org enter sponsor code: SDAConference and follow the instructions. For help with online scheduling or for other questions, please call 1-800-RED CROSS, or email Jeanie.Greisser@redcross.org. Eligibility questions? Call

1-866-236-3276. A Red Cross sign-up table will also be available on Tuesday and Wednesday at camp meeting, July 17-18th from 9:00 AM - 8:00 PM, in the Plaza Pavilion.

Save the date! Volunteers Needed!

Portland Impact Your Health PDX is coming back to Portland in August! Adventist Medical Evangelism Network (AMEN), along with local volunteers, will provide a free medical, dental and vision clinic in Portland connecting people to the resources and services they need and deserve. The clinics will be held at Portland Adventist Academy, 1500 SE 96th Ave., Portland, on Friday, August 10 and Sunday, August 12, from 8 AM to 4 PM.

Volunteers needed: Dentists, dental assistants, dental hygienists, registered dental assistants, physicians, NP's, PA's, optometrists, ophthalmologists, opticians, lifestyle counselors, food service, nurses, EMT's, PT's, RN foot care specialists/podiatrists, chiropractors, beauticians/barbers, massage therapists, child care attendants, students, general volunteers.

To Volunteer, go to: volunteer.ImpactYourHealthPDX.com

For more information, go to: ImpactYourHealthPDX.com or contact Clinic Coordinator Brenda Duerksen at brendad@me.com; ImpactHealthPDX@gmail.com; 916-223-3896 or 971-202-9042.

JOB OPPORTUNITIES

Sunnyside Adventist Church has an opening for a Treasurer.

Please forward your résumé to info@SunnysideAdventist.org, or if you have questions prior to applying, contact Phyllis at 503-563-5122. This is a paid part-time position.

Portland Adventist Elementary School is looking for a

Part-time Art Teacher, and a

Part-time Technology Coordinator

for the 2018/2019 school year.

If interested, please contact Brandon O'Neal at 503-665-4102.

Currently PACS has an opening on our team.

Goods Processing Coordinator: This is a part-time position reporting to the Associate Director and will support the operations of the PACS Thrift Store. This position starts as soon as possible and is responsible for receiving, sorting, pricing and coordinating inventory of clothing and household items. The position supports volunteers with training and direction. Complete job description is on our website <http://www.pacsonline.org/job-openings>.

Our neighbor, the Gethsemane Lutheran Church, is looking for someone for nursery care for infants, and small children during Sunday worship, Vacation Bible School, possible additional hours as needed for other meetings or special events. This is a paid position. Contact jasmine@glcportland.org or call 503-256-1835.

Childcare provider needed: Part-time. Prefer someone who speaks French. Contact the church office for more information: 503-252-8080.

VOLUNTEER OPPORTUNITIES

Help someone by volunteering: PACS (Portland Adventist Community Services) has volunteer opportunities in the Food Pantry and Thrift Stores. We are currently in need of morning drivers/riders, cashiers, and goods processing. Apply online at pacsonline.org or call 503-252-8500 and ask for Kellie for more information.

HOUSING

House Share available: 2 small bedrooms, large living room, bath, half garage available to rent in a 3 bedroom house in Gresham. Seeking compatible single person or a couple. Available now. For more information please call 503-329-4801.