

Sunnyside Adventist Church Communiqué

News & Announcements

Sabbath, January 26, 2019



Greetings church family,

I have recently found a new place to work out close to the church. This place was so popular that I was on a waiting list to get in for almost 6 months. I have been going there for a couple of months now. When I really settle into a place, I like to then make sure I get a place to work out. This started before the New

Year and was just part of my effort to be healthy. It was interesting to note a change that recently occurred.

When I first started attending the gym, I found the early mornings to be a time when there weren't many people. This was good for me because I don't like to share locker rooms and facilities with a lot of people. Once the New Year rolled around there was a big increase in traffic and people all over the place. When I spoke with one of the people who worked there, I was told that the place was somewhat unpredictable. I went through the first part of this month wondering if I was going to have to find another place. In the last ten days, I have noticed that most of the "extra" people who had started coming have actually "disappeared." I wonder, are these people ones who had made New Year's resolutions and have already given up on them?

My last communique blurb at the beginning of January shared the top ten 2019 resolutions according to one website. The top three were eat healthier, exercise more, and lose weight. Maybe this was the reason for an increase of people at the gym. Some sources claim that up to 80% of all resolutions fail by February. So how are you doing in the things you determined to change in this new year? If you are doing well then congratulations to you. You are in the minority of those who are still going strong. If you are not doing well with those changes, I have good news for you. The good news is that there is nothing magical about January 1.

If we have faltered in our resolutions, then we can just try and start again. Take it one day at a time and eventually, you will form a new habit and it will become easier to follow-through. If you haven't read the Bible every day like you wanted to, pick it up and start today. If you haven't worked out like you planned to, go today. If you haven't stopped eating certain things you wanted to, do it today. If you haven't spent more time with family, call someone today and make plans to get together. If you haven't been as friendly as you wanted to be, talk with someone different today.

If God has put something on your heart don't give up because you haven't been successful at it for a short time. I share this promise with you from the Bible. God says, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (Isaiah 41:10). When God puts something on our hearts, He will help us to follow through on those things.

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 our many Deaconesses who helped with the Agape Feast. You worked hard and long. You are very much appreciated! Thank you!

Shout out to our Pathfinders for supporting The Oregon Sinfonietta with such eager smiles and great serving during the reception. You did such a good job. Thank you, kids!

News & Notes

THIS WEEKEND

This Sabbath is our International Day. We will only have one worship service at 11:15 AM. This will be an amazing service celebrating all the nationalities in our congregation.

Tonight at 6:00 PM we will enjoy the International Food Festival. Come for an evening of fun, food, and fellowship, along with a ReNew fundraiser. We have an amazing array of international foods from which you may purchase your favorite, or try something new — at bargain prices and for a great cause! This is a great way to celebrate the new year as a church family.

ANNOUNCEMENTS

Clifford Ortner memorial service: Tomorrow, Sunday, 1:00 PM.

"Our beloved father, 93, died November 15, 2018. A service celebrating his life will be held at Sunnyside Adventist Church January 27 at 1:00 PM. He had a passion for Christian education. In place of flowers, donations in Clifford Ortner's name could be made to the Worthy Student fund."

First Friday, February 1, 7:15 PM, features our own Pastor Mark as guest speaker! First Fridays are a time of music and spiritual fellowship. It is held in the lower level amphitheaters of the Adventist Medical Center. As a supporting church come, join in, and be blessed by this outreach.

Football – February 3, 3:00 PM, come and watch with family and friends the National Football League big game championship on the big screen in the Fellowship Hall. There will be fun, potluck, door prizes, and local musicians performing a mini-concert for our own half-time show. For more information, call/text Ben Dalusong 818-653-1285.

Vacation Bible School will be conducted June 28 and 29. We are now looking for volunteers to help us this year. If you can help in any capacity please see Beverly Merino or call the church office 503-252-8080.

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. **Immediate needs are:** Living room / dining room set, kitchen items, and blankets — any house furnishings will help.

Church Library – The church library has a wide selection of books available for our members to borrow. If one of your New Year's resolutions involves your health, Easy Steps for Better Health is an easy-to-read book that can start you on the path to better health.

ADVENTIST EDUCATION

Portland Adventist Elementary School

<http://www.paes.com>

Portland Adventist Academy

<http://paasda.org>

PAA IS HIRING!

Positions open now • Portland Adventist Academy.
Portland Adventist Academy is looking for a part-time bus driver as well as a part-time afternoon maintenance assistant. For job descriptions and application instructions visit <https://paasda.org/news/new-job-postings-paa/>

AREA EVENTS AND ANNOUNCEMENTS

January 27, 2:00 PM. Memorial service for Ray Jordan.

Ray Jordan, a long-time member in the Portland metro area passed away early Sunday morning. His memorial service will be held at Pleasant Valley Church this Sunday, January 27 at 2:00 PM. Light refreshments to follow. All are invited.

February 3: Big Lake Registration Opening February 3.

Get ready for a great summer by registering for summer camp at Big Lake Youth Camp! This year camp registration will open on Sunday, February 3 at 8:00 am! Camps fill fast, so if there is specific week or camp you want to attend, plan now to register. You can register online at www.BigLake.org or by calling 503-850-3583.

February 9, 5:00 PM: Jamie Jorge Concert

Join us for a free concert of inspirational, uplifting Christian music with violin virtuoso Jaime Jorge. Born in Cuba and raised in a communist country, Jaime has a passion for proclaiming the gospel through his music. His gift of musical interpretation brings new life and excitement to every song. You will be inspired by his music and blessed as he shares his testimony.

Event Location: Orchards Adventist Church.

February 10, 11:30 AM: Life is Like a Box of Chocolates.

Take Heart Ministry's 6th annual Widows & Women Alone Valentine Luncheon. If you are widowed, divorced, alone or hurting or willing to come in support of those who are please join us. Register online at takeheartministry.info or call Tawny at 541-367-4913. Cost is \$25 for catered lunch, keynote speaker, music, prizes, and resources.

Event Location: Gladstone Adventist Church.

May 3-5, Portland Adventist Academy Alumni Weekend.

We're so excited to invite our alumni and friends back to campus for a full weekend of activities designed to reconnect friends, teachers, and community. For details, visit <https://paasda.org/alumni/>

Event Location: Portland Adventist Academy.

June 21-July 4, 2019: 2019 Great Controversy Tour.

Dr. Gerard Damsteegt, a specialist in church history and development of prophetic interpretation, will lead this tour. See the prophecies of Daniel and Revelation come alive. Visit Rome and the Reformation sites in the Waldensian Valleys, Switzerland, France, and Germany. These tours give you a new vision of how to inspire church members for Jesus' coming and future challenges. A most exciting experience! Call 269-815-8624, or [email GCTours@mac.com](mailto:GCTours@mac.com).