

# *Sunnyside Adventist Church Communiqué*

## *News & Announcements*

*Sabbath, January 5, 2019*



### **Greetings church family,**

Another year has come to an end, and another has just begun. There are things that we would like to forget from the past year and things we wish we could change. Because of this some have a tradition of making New Year's resolutions. I do believe that there is some value in wanting to improve oneself or one's situation. Researchers claim that about 60% of us admit that we make New Year's resolutions. According to a recent poll these were the top ten resolutions for 2019:

1. Diet or eat healthier (71%)
2. Exercise more (65%)
3. Lose weight (54%)
4. Save more and spend less (32%)
5. Learn a new skill or hobby (26%)
6. Quit smoking (21%)
7. Read more (17%)
8. Find another job (16%)
9. Drink less alcohol (15%)
10. Spend more time with family/ friends (13%)

Not sure if any of these made your list of things you want to change in the new year. There was one on there that caught my attention. I have always placed a high value on family. Having recently gone through the experience of losing my father has further solidified my desire to spend time with family and friends while I can. When we experience a loss like that it makes us remember that we shouldn't put things off.

The reality is that when God impresses on our hearts to do something, we should follow through on it. Whether that has to do with lifestyle, social, economic, or spiritual issues, I would strongly recommend that we follow His prompting without delay. The Bible encourages us in the same way when it says, "don't put it off; do it now! Don't rest until you do" (Proverbs 6:4, NLT). What has God put on your heart to do? Just do it! Don't put it off, don't delay! Follow His will for you today.

Blessings to you and yours,

**Pastor Juan Fresse**



Send your "shout-outs" to [info@SunnysideAdventist.org](mailto: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.

*Thank you all who helped clean up after the holiday events.*

### **News & Notes**

#### **THIS WEEKEND**

**First Friday happens at 7:15 PM, Friday, January 4!** Please support this group with your attendance since Sunnyside is one of their supporting churches. This is a time of music and spiritual fellowship. The January First Friday program will feature praise and worship by the Ohana praise band and an inspirational thought from Time Magazine Hero of the Year Chaplain Brad Brown. This is a free event.

**Today we have only one worship service. It will be at 11:15 AM** featuring our new lead pastor, Mark Witas, presenting his testimony.

#### **ANNOUNCEMENTS**

**Next Sabbath, January 12,** we will return to two worship services. First service at 8:45 AM, and the second service at 11:15 AM.

**If you haven't taken the opportunity to "Pound the Pastor,"** we will still have a table in the foyer for you to bring a pound of nonperishable goods to church with you Sabbath to greet our new pastor and his wife, Wendy.

**Selection Committee for 2019.** Today you will be given a ballot during the announcement period before worship service. On that ballot, **if you are a Sunnyside member,** you may nominate one member of Sunnyside Church to serve on the Committee to Select the Nominating Committee (Selection Committee) this year. Your ballot will be collected with the offering. The Selection Committee will then be announced on January 19, 2019.

**Friday evening, January 11, 7:00 PM, we will celebrate the Agape Feast.** Come and enjoy this special communion blessing with us.

**Sunnyside Church Business meeting will be Wednesday, January 16, 7:00 PM.** Our agenda consists of 1) Financial Review, 2) Membership Review, 3) ReNew Project, 4) Church Family Planning. Please take time to attend, your input is vital to our church operations.

**January 26, 11:15 AM: A special International program is being planned** for Sabbath, January 26. We will have only one worship service featuring all the nationalities represented in our Sunnyside Church. In the evening at 6:00 PM come for an evening of fun, food, fellowship, and a ReNew fundraiser. Mark your calendar! This is a great way to celebrate the new year as a church family.

**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.

## LIFE AT SUNNYSIDE



Pastor Dave



Ann Westermeyer



Handbell Choir



Brass playing with Handbells



Claire Doggett Dedication



Marlan Glovatsly



Story Teller



Rick Westermeyer



Kathy Rosenquist, Chris Doggett



Bonnie and Chris Doggett

## ADVENTIST EDUCATION

### Portland Adventist Elementary School

<http://www.paes.com>

### Portland Adventist Academy

<http://paasda.org>

## AREA EVENTS AND ANNOUNCEMENTS

### January 6, 5:00 PM. Diabetes Undone.

Discover the little-known secrets to reversing pre-diabetes and Type 2 diabetes, backed by scientific evidence. This 8-week program (Sundays at 5:00 pm, January 6-March 3 at the Sandy Adventist Church) developed by diabetes expert Dr. Wes Youngberg has helped many people increase their energy, focus, overall health, and eliminate dependence on medications. To enroll contact Dick Hanson at 503-698-4622 or come to the first class. Cost \$99. Event Location: Sandy Adventist Church.

### January 9, 7:00 pm: Heart Help – “The Passenger” Women’s Group.

There will be an Informational Session on Heart Health. Class begins January 16. This is a 10-week group experience that, focuses on your beginnings and how you develop your unique attachment style. You learn what the 4 styles of attachment are and how science has shown these factors dramatically impact your life today. You will discover your style of attachment and how that relates to those around you and ultimately how to have a secure attachment. You will read your chapter and answer the questions in your notebook at home prior to class each week. Class consists of a 30 min video with Drs. Ron & Nancy Rockey enriching the weekly chapter reading and self-study homework by adding their insightful and personal perspective to each lessons’ topic. After the video, we will share our answers to the questions with the group. Class is 100% confidential and limited to no more than 8 women. Cost: \$49/workbook (these can be ordered together to save shipping if you contact Audrey by Jan. 2. For more info, contact Audrey: 503-957-0809. Event Location: Healing Hope SDA Fellowship.

### January 15-19. Adventist Agriculture Association Conference.

The Adventist Agricultural Association’s (AdAgrA’s) 5th annual conference is coming to the Pacific Northwest! Through short courses, seminars, plenaries, and networking, the conference offers information and inspiration for how and why Adventists need to be in the garden.

### 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).