

# Sunnyside Adventist Church Communiqué

## News & Announcements

Sabbath, March 14, 2020



### Greetings church family,

Elementary school students are not old enough to drive, work or vote. But that doesn't stop them from managing businesses, operating banks, opening bank accounts and writing checks at JA BizTown! This past week I had the opportunity to go to JA BizTown with several of the local Adventist elementary

schools. It is meant to blend in-class learning with a one-day economic simulation within an 8,500 square foot replica of an American city. The facility is set up to allow the students to have a 4.5-hour "workday" experience.

It was interesting to see how exhilarated the students were when they first arrived at the facility. As soon as the workday got started, the excitement began to change to anxiety for some of them. Every single one of them had manuals that gave them step-by-step instructions on what to do. As they began to go through their individual manuals, it became clear that some of them were getting overwhelmed. It was the same look and emotions that I have experienced at times when attempting to follow the IRS tax instructions for some forms. It was the same look some recent college graduates get when they have to start "adulting." As I attempted to aid them through the process, I was struck with gratitude.

An overwhelming sense of gratitude welled up in my heart for the clarity and simplicity of the gospel. There are no manuals or complicated booklets of instructions. Some make the gospel more complex because they are used to life in our society and culture. We sometimes fall into the trap of thinking that the gospel has to be more complicated because everything around us is that way. I do not believe that Jesus wants to complicate our lives or cause us anxiety. It is quite the opposite. He called us and said, "come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30, New International Version).

What feelings have "adulting" been stirring in your heart and life? Have you found yourself feeling overwhelmed and anxious at times? Has it made you think that the gospel must be complicated? Maybe it's time to accept the invitation given by the Savior himself. Maybe it's time to accept the call and invitation of Jesus. Accept his call, un-complicate your life and accept the rest that He wants to give you.

Blessings to you and yours,

**Pastor Juan Fresse**



### Shout-Out

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.

*Shout out to our dedicated Pathfinder leaders. You put on an awesome program last Sabbath. Thank you for mentoring this great group of kids! Your commitment to meeting on a weekly basis (and more) is admirable. Thank you, again!!*

## News & Notes

### THIS WEEKEND

**Friday, 6:30 PM, Dr. David DeRose** will continue his 3-part series on learning how to live sharper, leaner, longer, and better.

**This Sabbath our worship services are 8:45 and 11:15 AM. Dr. David DeRose** will present our Bible message titled "Healing Through the Beatitudes."

**Tonight, 6:30 PM, Dr. David DeRose** will present the last of his series on how to live sharper, leaner, longer, and better, and present his latest book, "The Methuselah Factor."

**Family Skate Night** **Tonight at 7:30 PM, Sunnyside Family Skate Night is happening** at Mt. Scott Skating Rink.



There is no cost to join us so get ready for fun! Everyone is welcome. If skating isn't for you, then join us and just spend time getting to know fellow Sunnyside family members.

**Sunday, March 15, 3:00 PM: The Oregon Sinfonietta** will be here in concert. They will present works from Berlioz, Tchaikovsky, Saint-Saëns, and Dvořák featuring Hailey Kang.



## ANNOUNCEMENTS



**VOLUNTEERS NEEDED**  
Friday, March 27 & Sunday, March 29, 2020 | 6:00 a.m. - 5:00 p.m.

• **POSTPONED! Impact your Health Portland 2020** is a FREE medical, dental, and vision clinic coming to Portland. It was originally scheduled for March 27 and 29. However, due to the Corona Virus attack it has been suspended until later in the year for the safety of our patients, volunteers, and staff. We may also be able to reach more people having it during a warmer time of year. If you would like to volunteer, please contact [www.impactyourhealthpdx.com/volunteer](http://www.impactyourhealthpdx.com/volunteer). (We will let you know the date when it is decided.) Needed volunteers include dentists, dental hygienists, optometrists, ophthalmologists, opticians, and in the foot-washing ministry area. Breakfast, lunch, and childcare are provided for volunteers. Background checks are required for all volunteers.



**We still have many dates available for you to choose from to share a floral arrangement with your church family during our worship services.** The calendar is in the hall. Find an open date, and place your name on it and as the time gets closer, we will contact you to see what you would like us to place in the bulletin.

**The Family Resource Network** thanks you for your donations. The current need is a dining room table. Please contact Marie Pierre at 503-998-3754 if you can help.

## **ADVENTIST EDUCATION**

### **Portland Adventist Elementary School**

<http://www.paes.com>

<https://www.facebook.com/PAESPanthers/>

**Portland Adventist Academy** / <https://paasda.org/>

#### PAA Alumni Choir

Singers are needed for the newly formed Portland Adventist Academy Alumni Choir. The choir is being led by Linda Neel, a former 32-year PAA music director, and will perform a few songs at an Alumni Concert, May 2, 4:00 PM. Rehearsals will happen once a week through March and April beginning March 12, 7:00 PM. Join the open facebook group to find out more: PAA Alumni Choir. Or email [svigil@paasda.org](mailto:svigil@paasda.org).

#### PAA Alumni Weekend

Calling all Portland Adventist Academy and Portland Union Academy alumni! Alumni Weekend is May 1-3, 2020. Special events happen all week long, including Sabbath worship with special speaker John McVay, Walla Walla University president. For information about a class reunion or to RSVP for a complimentary haystack lunch, contact Sam Vigil at [svigil@paasda.org](mailto:svigil@paasda.org) or 503.255.8372. For a full list of events visit <https://paasda.org/>.

## **ANNOUNCEMENTS AND AREA EVENTS**

**ABC Sale:** The Adventist Book Center's Case Food Sale is March 1-15. Deliveries are available. For all the details, download the sale flyer at [www.abcflyer.com](http://www.abcflyer.com).

### **March 14, 6:00 PM: Tiffany and Grant Steinweg in Concert.**

Come enjoy an evening of sacred, instrumental and vocal music, a compilation of original compositions, arrangements, and classical selections! Tiffany and Grant are a brother and sister duo who specialize in violin, piano, and cello. They are both studying music at Andrews University in Berrien Springs, Michigan, and have recently released their first CD, A NEW SONG!! *"He has put a new song in my mouth—Praise to our God; Many will see it and fear, And will trust in the Lord."* Psalm 40:3. Through their music, they desire to connect with people and share Jesus' message of hope and healing.

\*\*Light refreshments in the lobby following concert.

For more information, please email [sunrisehands@comcast.net](mailto:sunrisehands@comcast.net).

Event Location: Vancouver Community SDA Church.

### **March 20, 7:00 PM, March 21, 11:00 AM, 4:00 PM, and 7:00 PM.**

**Transformed Brain** is a seminar by Chad and Fadia Kreuzer of Anchor Point Films. They will present the cutting-edge science on how our habits can impact our brains. Don't miss this transformative seminar. For more information and to RSVP, call 503-512-9055. Event Location: Hood View Church.

**March 22-29: Healing Foods Gardening Workshop** by Lynn Hoag (SunCountryGardens.com) Learn first-hand how you can grow foods with 100% of the nutrients and minerals your body needs. Learn how to test your soil, balance it and grow the most nutritious and healing foods you have ever tasted! Plus much much more! It's FREE, and kids will love it too! "Hands-On" learning for new and/or experienced gardeners. For the details email [Marilyn.Puccinelli@gmail.com](mailto:Marilyn.Puccinelli@gmail.com) or call 360-609-1461. You can also visit [SunCountryGardens.com](http://SunCountryGardens.com). Register by March 15.

Event Location: Adventist Community Church of Vancouver.

### **May 29-31: Men's Summit.**

This year's Men's Summit will be held at beautiful Dorena Lake. The summit will happen May, the 29th through 31st at the Grove Christian Camp. A team of guys from all over the Oregon Conference are hard at work to make this the best Men's Summit ever, with activities and events in the works to include: Excavating into the Bible, 3 on 3 Basketball Tournament, learning No-Spin Knife-Throwing, Survival Skills (both spiritually and worldly), Birding, Photography, Archery, Active Shooter Drills, Music, Campfires. Unled activities available: Mountain Biking, Gold Mines, Hiking, Kayaking/Canoeing, Hiking, Quads/Motorcycles! Register early to get the early-bird discount! Gary and Zack Parks will be this year's speakers. We hope to see all men from teens to seasoned citizens at Grove Christian Camp near Cottage Grove! Learn more and/or register at <http://bit.ly/2020menssummit!>

Event Location: Grove Christian Camp, Dorena Lake.

### **April 2, 4:00 PM-9:00 PM:**

#### **Fundraiser for PACS at Old Spaghetti Factory Clackamas.**

Join the PACS Team on Thursday, April 2 from 4:00 PM - 9:00 PM to have some fun with family and friends while supporting and strengthening PACS programs. The OSF will donate 15% of your dinner's proceeds when you present the Let's Eat Out Flyer. You can find flyers on PACS Facebook & Instagram pages, website ([pacsonline.org](http://pacsonline.org)), and on your church information table. We hope to see you there! You can come meet our new executive, Laura Pascoe, that night as well. Thank you for supporting us!

Event Location: Old Spaghetti Factory Clackamas.

### **August 21-23: Motorcycle Camp Meeting 2020.**

Mark your calendars with the dates for this year's Motorcycle Camp Meeting, August 21-23, at Gladstone Park Conference Center in Gladstone, Oregon! This year's speaker will be Tim Journey, pastor of the Boulder City, Nevada Adventist church. Camping/RV parking will be available on the property. Watch for more details!

### **PACS NEWS – Portland Adventist Community Service:**

**NOW IS THE TIME TO VOLUNTEER AT PACS** - Join our community of service and volunteer at PACS even once a week for 4 hours! If you or someone you know would like to give the gift of service as a thrift store cashier, driver/rider, help in our food pantry or any other volunteer positions, please visit the volunteering section of our website, [pacsonline.org](http://pacsonline.org), or call Kellie Stephens at, 503-252-8500 ext 1120 or [kellie.stephens@pacsonline.org](mailto:kellie.stephens@pacsonline.org). Thank You!

**Welder needed** — for a light one-time project. If you can help or know of someone that can, please call the church office at 503-252-8080.