

Sunnyside Adventist Church Communiqué

News & Announcements

Sabbath, March 23, 2019



Greetings church family,

Recently I was not feeling the very best that I could. I did not feel like going to work out as I was tired and exhausted. I decided that I needed to go to the gym anyway. It was a joy to see some Sunnysiders there trying to stay fit as well. I worked through the tiredness for most of the time but when I got in the pool to

swim my laps it really hit me. It was just a lot harder than normal. As I struggled more than normal I noticed something.

I noticed that when I kept my eyes on the end of the pool it seemed like I got there quicker. Each stroke seemed more productive and beneficial in getting to that end line. Having that goal in mind and keeping my eyes and thoughts on it helped me not to focus on the drudgery and struggle. Instead, it helped me to feel more positive that with each passing stroke I was getting that much closer to reaching the goal. In that very moment in that pool, the words of a Bible verse bounced around my mind.

"I press toward the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:14, King James Bible). Even though I did not feel well, was exhausted and was having a hard time-keeping my eyes on the mark kept me going. Paul tells us that there is a spiritual application to certain aspects of athletic events. I want to encourage you that regardless of how you feel, whether you are exhausted or having a hard time- keep your eyes on the Prize. Keep your eyes on Jesus. Keeping your eyes on Him will help you to keep going and will take your mind off the drudgery and struggles of this world.

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.

Special shout out to the Women's Ministries team in putting together such an amazing staycation for our ladies. Thank you to each of you for all of your work.

News & Notes

THIS WEEKEND

This Sabbath we are celebrating Communion Service. We will have only one service beginning at 11:15 AM, where our entire family can celebrate together. Pastor Mark Witas will be presenting the Bible message for our worship services titled "All About Jesus / What We Are."

Today we are celebrating Communion. All are invited to share in this sacred service. If you are in need of gluten-free bread, stop by the table in the lobby to pick up your bread upon reentering the sanctuary.

If you or you know of someone that would like Communion brought to them in their home, please contact one of our pastors or one of Elders. We will arrange to take Communion to you/them personally.

Guest Potluck – If you are new to Sunnyside or visiting from out of town, we would like to invite you to get to know our church better over lunch. The Rippey Sabbath School Class will be hosting today's lunch in the Willamette room following our second service.

ANNOUNCEMENTS

New Believers' Class – Beginning March 30, Pastor Mark will begin a "New Believers' Class." They will meet in his office at 10:00 AM, on Sabbath mornings.



Sabbath, March 30, 4:30 PM, we will be blessed with Evensong with Robert Schmidt at the Organ and Jim Robertson with the spoken word.

April 5, 7:15 PM, First Friday features Dr. Terry Johnsson, Vice President of Mission Integration Adventist Health NW. Music will be provided by Adventist Health Praise Band. Free soup and salad will be served beginning at 5:15 PM. Registration for the free soup and salad dinner is open now. Be sure to reserve your spot! Remember that registration is on a first-come, first-served basis and each dinner guest must register separately. Dinner will be served from 5:30 PM - 6:30 PM on Friday, April 5. Registration link: <https://bit.ly/2TcSjad>

Sabbath, April 13, 3:30 PM and 7:00 PM, the Oregon Adventist Men's Chorus will present their inspiring annual Spring concert. Free tickets are now available at www.oamchorus.org or call 503-970-1693. Get your tickets now; seating is limited.



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.

A special thank you to all who have provided flowers for our services. Our flower calendar is posted in the hallway. **There are still a lot of blank dates available.** Please choose a date to share flowers with our Sunnyside family for our worship services and place your name on it. As the date gets closer, we will contact you to see what you would like to place in the bulletin about the flowers.



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



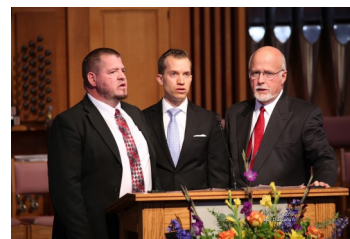
Donna Mitchell



Patrick Shima



Scott LeMert



Troy Scholtz, Marlan Glover,
Dave Schmidt



Terrill & Ivonne Allen



Advent Trombone Quartet



Carter Noland, Jerry Davis,
Dennis Springer, Jim Newell



Pastor Kara

ADVENTIST EDUCATION

Portland Adventist Elementary School

<http://www.paes.com>: Check out our new website!

And our Facebook page at:

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

or use the QR code



Portland Adventist Academy

<http://paasda.org>

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.

ANNOUNCEMENTS AND AREA EVENTS

March 25, 6:00 PM: Andrews University Alumni.

Are you an Andrews University alum? Or are you a student considering attending Andrews University? Join us for a complimentary dinner at our Portland regional event on at the Old Spaghetti Factory, 12725 SE 93rd Ave, Clackamas, Oregon. Network with Andrews alums, enjoy a delicious meal, and hear the latest news from Andrews University. Reserve your spot (it's free!) at alumni.andrews.edu/rsvp or by contacting us at (269) 471-3591, alumni@andrews.edu. We hope to see you there!
Event Location: Spaghetti Factory, Clackamas.

March 29-31: Twin Rocks Friends Camp.

Explore the privilege of praying as God's friend with "Communion with the Creator" at the 10th annual Oregon Prayer Conference. Speaker Dr. Paul Dybdahl will join us as we explore how friendship with God impacts our overall perspective on life, which then has a profound impact on our prayers lives. Find more information and register now at <http://bit.ly/ORPrayerConference2019>. Or call Tawny at 541-367-4913.
Event Location: Rockaway Beach.

April 12-14: NW Prison Ministries Convention.

Holden Convention The Northwest Prison Ministries Convention, which takes place every two years, has become a much-anticipated event for prison ministries volunteers. [Learn more and register here...](#) Or type in your browser: <https://www.eventbrite.com/e/northwest-prison-ministry-retreat-tickets-53704536715>.
Event Location: Holden Center, Gladstone.

April 14: Your Organic Powerhouse Garden Workshop

by Lynn Hoag of SunCountryGardens.com. Grow delicious, fully-mineralized and biologically better than organic, healthy-healing fruits and veggies, with an abundant harvest freshly picked from your garden this summer! See what else you'll learn! Go to Information and Registration at GardeningVancouver.eventbrite.com.

May 31-June 2, Men's Summit – Men save the Date! The Oregon Conference Men's Summit is featuring Dave Schwinghammer, Oregon Conference VP for Administration. Pre-registration (Early Bird Discount) is \$125 through March. Registration in April is \$135.00, and the At-The-Door rate is \$140.00. Have any questions? Please call me, Bret McKay at 503-577-4686 or send me an email at bret_mckay@fulfillmentcorp.com.
Event Location: Grove Christian Camp.

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).

September 22-26: Deaf Christian Women's Retreat.

In 2002, a group of deaf women decided to start a Women's Retreat for deaf women in the Pacific Northwest.

Event Location: Camp Tilikum, 15321 NE North Valley Rd, Newberg.