

# Sunnyside Adventist Church Communiqué

## News & Announcements

October 1, 2022



### Greetings church family!

It's easy to fall into routines. This is no less true in spiritual matters than in the mundane. Most of us have fallen into a pattern of spiritual disciplines of prayer and Bible study. These two disciplines are foundational and enriching, but they are not all the Bible teaches about how we can connect better to God.

I believe that if we're willing to explore a little deeper into the Bible's teachings on spiritual practices, we will find ourselves in much closer communion with our God. As a result, I've started using this space to share a few disciplines that I've found in the words of God. Before, we talked about the spiritual disciplines of breath, stillness, listening, and fasting.

This week, I want to expand on the subject of fasting a little more.

Usually, we think of fasting as being limited to choosing not to eat. But the discipline of fasting has far more applications than just diet!

Some examples:

Daniel fasted from certain kinds of food, but also from anointing himself with oils and lotions (Daniel 10).

People in the Bible sometimes abstained from sexual intercourse as well (Ex. 19:5, 1 Cor. 7:5).

There are actually a number of times in the Bible that people abstain from something good for a time. See if you can find other examples!

But my favorite passage on fasting is Isaiah 58:3-8. In it, God indicates that He isn't particularly pleased with "ordinary" fasting. Instead, He calls for a type of fasting that results in chains of injustice being loosed, the oppressed being set free, the hungry being fed, poor wanderers being sheltered, and the naked being clothed.

What sorts of fasting does that outcome imply? Perhaps fasting from buying new clothes so that you may buy clothes for someone else? Perhaps giving up the privacy of your own home for a time to share it with another? Or perhaps even more abstract, the giving up of power or prestige? This passage is a rich source of inspiration when it comes to the concept of fasting.

My favorite definition for fasting is that it is the choice to give up something good in exchange for something better.

Buying new clothes or skis or guitars is fun, and it's a blessing to be able to enjoy good things in life. But what could you gain if you abstained from that for a while?

The internet is a good tool that gives us many opportunities. But what could you gain by choosing not to use it for a day? (Or in a similar vein, choosing not to use your cell phone for a day?)

Anything that looms large in your life can be a good candidate for a fast.

We often hold onto what we have, onto what is comfortable, so tightly that we close ourselves off to other opportunities. Like a little kid with her fist wrapped tightly around a shiny marble she's afraid to lose, we can't receive the giant ice cream cone our Father wants to give us unless we let go and make room in our open hands to accept something new.

This week, I encourage you to examine your own life. What's something that takes up space in your life?

What would happen if you gave it up, just for a day?

**Pastor Jonathan Stephan**

## News & Notes

### ANNOUNCEMENTS

**Welcome to Sunnyside today!** We're glad you're here to join us for worship. We extend a special welcome to Gary Irland as he plays one of his horns for our ministry of music today. Gary has played since he was in the fourth grade and became friends with the Richard McCoy family while at Gem State Academy. Richard has arranged numerous hymns over the years. Today, Gary will be sharing one of their favorites *Holy Thine*.

**The floral tribute is presented by Jan Clayton**, in gratefulness for God's many blessings.



**Our annual church picnic/corn roast will be tomorrow, Sunday, October 2 at 3:00 PM**, here at the church. It's been a very long time since the last one! We are excited to gather together with fun times, a classic car show, a bouncy house, and great food. Bring your favorite summer salad, and/or dessert. Corn, watermelon, and punch will be provided.

**Wednesday mornings at 10:00, FaithLift**, a group for ladies, meets here at the church to study the Bible, share their stories, and pray together over many needs as well as for those



that need extra prayers. If this sounds like something you would enjoy attending, please come and join us. If you cannot be here in person, there is a Zoom link available to be able to join remotely.

**Please pray for the following families:**

**Marcella Hamlin** who passed away Thursday, September 29, 2022.

**Marcella Gearhart** who also passed away Thursday, September 29, 2022.

Memorial details will follow as they are developed.



**October 9, 3:00 PM, there will be a baby shower for (Zuzu) Diana Ingabire**, many of you know her as one of our interpreters. She has a baby girl due in November. Her husband is still in Africa, but we're hoping he will be here for the baby shower. Refreshments will be served. She is registered at [babylist.com/baby-zuzu-ingabire](http://babylist.com/baby-zuzu-ingabire).

**October 15, 4:00 PM, Evensong** will feature Deavon Howard at the organ and Virlys Moller with the spoken word. This will be a time to pull away from the busyness of life and enjoy the meditative moments of specially prepared words and musical selections.



**Volunteers are urgently needed!** Call the church office if you can help, 503-252-8080 — please reconsider if you have decided not to help before. We are eager to have your assistance in the following areas:

- |                             |                                   |
|-----------------------------|-----------------------------------|
| <b>Decorating Committee</b> | <b>Audio</b>                      |
| <b>Adventurers</b>          | <b>Video</b>                      |
| <b>Greeters</b>             | <b>Children's Sabbath Schools</b> |

**Pastor Wendy is starting a children's choir** in mid-September. If you have a child that would be interested in singing in the choir, please contact Pastor Wendy at [wendy.witas@sunnysideadventist.org](mailto:wendy.witas@sunnysideadventist.org).

**Pastors Mark and Wendy Witas** invite you to join them for the "2023 New Testament Alive" tour visiting Revelation's seven churches (Turkey, Patmos, and Greece) on March 22 through April 2, 2023. For more information contact Pastor Mark at [Mark.Witas@SunnysideAdventist.org](mailto:Mark.Witas@SunnysideAdventist.org).



**Our flower calendar is** posted in the hallway and [online](http://www.SunnysideAdventist.org). (Website: [www.SunnysideAdventist.org](http://www.SunnysideAdventist.org), click on "Our Ministries.") Please choose a date to share flowers with your Sunnyside family for worship services and place your name on it. As the date gets closer, we will contact you to see what you would like in the bulletin about the flowers.

**The Church Library is open!** The library will be open on the 1st and 3rd Sabbaths of the month. Hours are 10:45-11:15 AM, and 12:30-1:00 PM. The church library has a wide selection of books available for our members to borrow, so please stop by.

**We would like to publicly recognize special milestones** in your life. Please take a moment to share with us special birthdays,

anniversaries, or any other celebrations. We are family and we would like to share with each other. Also, please let us know when you are sick or need other prayers. We want to be a part of your life and pray together with you. Send an email to [info@SunnysideAdventist.org](mailto:info@SunnysideAdventist.org) or call the office at 503-252-8080, and let us know the latest with your family!



**Directory photos — just a reminder.** We have a photo directory, but we are missing many photos or several need to be updated. Please help us know who you are by picture. Send a snapshot or professional picture and we will upload it for you to the directory. Thank you.

**If you are in need** of financial help for rent, utilities, or other needs, the Family Resource Network stands by to help. Or if you know of a fellow church member that may need help and is hesitant to ask, let us know. Call the church office at 503-252-8080 or send an email to [info@SunnysideAdventist.org](mailto:info@SunnysideAdventist.org)



**Mark your calendar** for the upcoming events here at Sunnyside Church:

- ◇ October 23, 4:00 PM, Sunnyside Symphony Orchestra Concert
- ◇ November 12, 3:30 PM, Walla Walla University Nursing Students' Dedication
- ◇ November 17, 7:00 PM, Portland Adventist Academy Senior Recognition
- ◇ November 26, 4:00 PM, Brass Vespers
- ◇ December 3, 7:00 PM, Steve Green Concert
- ◇ December 9, 7:00 PM, Portland Adventist Academy Christmas Concert
- ◇ December 10, 4:00 PM, Evensong
- ◇ December 11, 4:00 PM, Sunnyside Symphony Orchestra Concert
- ◇ December 17, 11:15 AM & 7:00 PM; Sunnyside Church Christmas Program
- ◇ December 23, 7:00 PM Sunnyside Church Family Christmas Musical



**LIFE AT SUNNYSIDE**



**Sunday:** Carina Allen , Brian Gosney; **Tuesday:** Danilo Reyes; **Wednesday:** Kassy Eichele; **Thursday:** Guy Dove, Beau Snyder, Melissa Vickroy; **Friday:** Anatolie Marusceac, Rachel Stanton

**AREA EVENTS AND ANNOUNCEMENTS**

**Jaime Jorge in Concert at Crosspoint (Hillsboro) October 12, 7:00 PM.** This concert is part of Jaime's Healing Music concert tour. Come and join us for this world-renowned violinist's concert.

**Help Tell the Nativity Story This Year!** Follow the Star Live Walkthrough Nativity is back this year! For almost 20 years on the Gladstone Park Conference Center grounds, Follow the Star has led thousands of people each Christmas season to the manger, and the hope of Jesus! Dates this year are December 2-4, and 9-11. We are looking for actors, organizers, greeters, and all willing to serve! If you are interested in helping, please contact the steering committee at [followthestarinfo@gmail.com](mailto:followthestarinfo@gmail.com), or call 503-891-6040.

**Arise Intensive Coming to Gladstone!** A weekend designed to help young adults and all attendees understand Scripture, live on mission, and make disciples. Join us for November 4-6 in Gladstone, Oregon for a weekend that aims to reintroduce you to the God of the most beautiful story ever told—a story all about redemption, relationship, restoration, and re-creation. Over the three days, we'll be breaking down the big picture of Scripture, reframing who God is in light of the Bible as a story, and giving you some practical tools for your Christian experience and witness. Our hope is that as we dig into scripture, you'll fall in love with God all over again and become part of an active community of storytellers who want to build His Kingdom. Instructors include David Asscherick, Ty Gibson, and Benjamin Lundquist, with worship led by Markis Zarate. Friday: 4:30pm to 9:00pm, Saturday: 7:30am to 8:00pm, Sunday: 7:30am to 5:00pm. Includes Friday refreshments, Saturday breakfast, lunch and dinner, and Sunday breakfast and lunch. Exclusive young adult pricing, ages 18-35: Early bird pricing until Sept 28, 2022 = \$99, Sept 29 Oct 19 = \$129, Oct 20-Nov 2 = \$149. Seating is limited. The Holden Convention Center is located at 19800 Oatfield Rd in Gladstone, Oregon. Get your tickets now at <http://ariseintensive.com/portland>

**His Praise Men's Chorus** is looking to continue praising the Lord through music and fellowship. We invite all men in the Portland/Vancouver area to come and join us! We practice weekly, and sing for churches in the region once a month or so. For more information, contact Charlie Drury at [cd88sings@gmail.com](mailto:cd88sings@gmail.com), or 503-935-7995, or Jerry Irvine at [jerrygirvine@gmail.com](mailto:jerrygirvine@gmail.com), or 206-261-6452.

## ADVENTIST EDUCATION



**Portland Adventist Elementary School**  
<http://www.paes.com>

**PAES Treasurer Position Available:**  
**Portland Adventist Elementary School is seeking candidates for a full time treasurer position.** We are blessed to serve a diverse population in our PK-8 school with an enrollment of 365 students. It is a fast-paced work environment that requires flexibility and self-management. We are seeking candidates that have strong communication skills, a background in bookkeeping and accounting, and knowledge of Quickbooks. We are willing to train the right person. Qualified applicants can send their resume and cover letter to [karin.green@paes.com](mailto:karin.green@paes.com).



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

**If you're an Amazon shopper,** you can add Portland Adventist Academy as your [AmazonSmile](#) charitable organization. Amazon will donate a percentage of your purchases to PAA. You can feel good knowing that you're helping our students receive a Christ-centered and character-driven education! Create your account at [www.smile.amazon.com](http://www.smile.amazon.com). Search charitable organizations for *Portland Adventist Academy*. Link: <https://paasda.org/news/amazon-smiles-at-portland-adventist-academy/>.



**Walla Walla University — [wallawalla.edu](http://wallawalla.edu)**  
**Walla Walla University's School of Nursing is Hiring!**  
Would you or someone you know like to join the WWU nursing team in Portland, Oregon? We are hiring for several positions including Advanced Acute clinical instructors, Community Health clinic instructors, and a full-time Faculty in Family Nursing. You can review these and other openings at [jobs.wallawalla.edu](http://jobs.wallawalla.edu).



## PACS UPDATE

### SAVE THE DATE! PACS FALL FUNDRAISER

Sunday, October 23 • Rossi Farms, 3839 NE 122nd Ave, Portland, OR 97230

Join us for food, fun, and fellowship for the whole family from 3:30 pm to 6:30 pm. This year's event at Rossi Farms will include food trucks, farm animals to pet, fresh apple cider, live music, Pip's doughnuts, fresh kettle corn, games, and more! PACS is honoring Jonathan Russell and Dr. Harry Chambers. Get all the details and register at: <https://www.pacsonline.org/fallfundraiser>

**PACS Food Pantry Drive-thru OPEN** Mon-Fri from 9:00–11:00 AM, with an after-work option once a month from 5:00–7:00 PM, every third Thursday of the month. We are still operating with social distancing and social responsibility. If you or someone you know needs food, please tell them about us. If you cannot make it to PACS please send a note with someone and they can get you food. Any questions please call PACS at 503-252-8500 or email [pacsfood2020@gmail.com](mailto:pacsfood2020@gmail.com). Located at 11020 NE Halsey St, Portland OR 97220.

**PACS Thrift Store is OPEN** Sun 11 AM-4 PM, Mon-Wed 9:00 AM-5:00 PM, Thurs 9:00 AM-7:00 PM, & Friday 9:00 AM-2:30 PM. Our donation drop-off center is open and needs your donations! Mon-Thurs 9:00-1:00 PM, and Sun 11:00 AM-2:00 PM. If you have any questions about what items we accept, please give us a call at 503-252-8500.

Depending on volunteer availability, we offer pick-up service for a small fee. If you have furniture or larger items and no way to get rid of them, give us a call and we'll do our best to help you out! Located at 11020 NE Halsey St, Portland OR 97220.

### **Gateway Grace Dental Clinic at PACS is OPEN**

Gateway Grace Clinic at PACS is open and accepting uninsured patients for low-cost preventative dental care. If you or someone you know needs to schedule an appointment with us, please call 503-907-6768 or email [dental@pacsonline.org](mailto:dental@pacsonline.org).

### **Volunteers Needed at PACS**

PACS' thrift store, food pantry, and dental clinic all need volunteers. We have lots of fun and exciting jobs ranging from customer-facing cashiers and greeters to pricers and truck drivers behind the scenes. No experience or age requirements to volunteer, we're happy to train you and welcome the entire family! If you're interested, please contact our volunteer manager Gerelisa at [gerelisa.eisele@pacsonline.org](mailto:gerelisa.eisele@pacsonline.org) or call 503-252-8500 x1130. Thanks!

### **Empty Egg Cartons? PACS Needs Them!**

If you have any 12-count empty egg cartons we would love to take them off your hands to use in our food pantry! Please drop them off at our Office or Donation Receiving. Thank you in advance!

### **PACS Thrift Store - At Home Shopping:**

[www.facebook.com/groups/pacsthiftstore](https://www.facebook.com/groups/pacsthiftstore).

### **PACS Job Openings!**

**Portland Adventist Community Services is hiring!** We have two crucial part-time positions available and are looking to interview immediately. If you or someone you know are interested in either of these part-time jobs, please email [laura.pascoe@pacsonline.org](mailto:laura.pascoe@pacsonline.org). You can also visit [www.pacsonline.org/jobs](http://www.pacsonline.org/jobs) to learn more about the positions.