



Sunnyside News

SUNNYSIDE

SEVENTH-DAY ADVENTIST CHURCH

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Hi Sunnyside Family,

I'm back from my trip home to Australia, and I've got to say—there's nothing quite like being back home.

Melbourne, nestled in the southeast corner of mainland Australia, is the country's second-largest city. It's a beautiful diverse place, full of flavor and creativity, and was recently named the World's Best Foodie Destination for 2025 (and honestly, I'm not surprised....)

Up until 2021, Melbourne held the title of the world's most livable city for seven years straight. While it's no longer number one, it's still consistently ranked in the top five. Going back made me realize just how much I love the city and everything it has to offer. It's funny how being away for a while can make you appreciate the little things you once took for granted.

After a few full weeks of family, friends, food, and fun, I was headed back to the United States—this time with a window seat from SFO to PDX. I'm usually an aisle person, but it was a short flight and the skies were clear, so I didn't mind. I knew the flight path, and this seat meant I'd get a view of the snow-capped mountains of Northern California from above—they truly are breathtaking! As we flew over them, I was reminded just how lucky we are to have such incredible landscapes so close to home.

As much as I love the energy of the city, there's a different kind of peace I find in the mountains. Spending time in nature is linked to both cognitive benefits and improvements in mood, mental health, and emotional well-being. Turn out, our brains really do respond to the sight of natural environments. Functional MRI studies have shown that even a glimpse—a flash of a natural landscape for just 1/100th of a second—is enough to activate areas of the brain linked to positivity. It happens so fast, you wouldn't even be aware of it. On the flip side, images of cityscapes tend to light up parts of the brain associated with stress and threat.

The benefits of nature go beyond just feeling good. Studies have linked views of natural environments to improved focus, better work performance, and even higher academic achievement in schools.

We're incredibly blessed here in the Pacific Northwest with stunning summers and some of the most breathtaking scenery in the world. And while not everyone has the time or ability to hike the Wonderland Trail or make the steep climb up Dog Mountain, the beauty of nature is that its benefits don't require grand adventures.

Just a few moments outside—feeling the warmth of the sun on your skin, noticing the vibrant trees in full spring bloom, or listening to the quiet rhythm of birdsong—can be enough to lift your mood. As the days grow longer and summer settles in, make it a point to step outside with intention. Watch the trees sway, hear the birds sing, notice the way cherry blossom petals drift gently to the ground like snow.

There's a quiet reassurance in these simple moments. As Matthew 6:26 says, "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them." Nature lives in constant trust, free from worry, because it is cared for by the Creator—and it reminds us to trust that we, too, are provided for.

Looking forward to joining you all this Sabbath to reflect on the life of Jesus in our special Easter service.

Blessings,

Pastor Rose Andrykanus

The Pastors' Spotlight

From the desk of Pastor Seth

Hello Sunnyside,

He is risen! This weekend we look forward to our annual Easter program with inspirational music reflecting on the themes of Christ's resurrection. I want to thank all of the many volunteers who have worked hard to bring this program to life—with special thanks to Matt Mandrones and Polly Moody.

The pastoral team is thrilled to have Pastor Rose back from Australia and we had a good meeting Tuesday morning continuing to work out the details for our summer outreach. Next week the nominating committee will resume its work. One area we could use some special help/volunteers in is the kitchen/potluck crew. This team does amazing work, but could use a few extra hands. If you want an easy way to help your faith community and connect with people this might be for you!

I enjoyed seeing people in person at elders and board meetings and am always reminded just how hard everyone works to ensure we have quality ministries and everyone is taken care of.

On a personal note, this week has had some beautiful weather and I am working on setting up a vegetable garden bed to see if I can grow something edible. We are also welcoming my mom, stepdad, and stepsister. They arrived Wednesday evening and will be with us through the holiday weekend.

See you Sabbath!

From the desk of Pastor Violeta

Spring Tea Party was a joyful and vibrant way to begin the week. Thanks to the vision and creativity of Kathy Kramer and the many wonderful women in our church—77 of us gathered to celebrate the beauty, elegance, and warmth of sisterhood. Pastor Kara brought depth and spiritual nourishment to our table, enriching the experience for everyone. Heartfelt thanks to all who helped make this gathering a cherished tradition in our community.

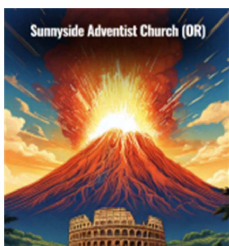
This month's elders and church board meetings were held in person. It's always uplifting to witness the spark of energy and camaraderie that these face-to-face gatherings inspire.

Rehearsals with the orchestra and choir for the Easter program have been an absolute joy. Beautiful music, a powerful message, and a loving community—what more could we ask for? I'm looking forward to worshipping with you this Sabbath!

ANNOUNCEMENTS



Welcome to Sunnyside! We are happy you are here to worship with us. Let us know who you are by filling out one of the Connect Cards and handing it to the deacons or place it in the box in the foyer before you leave. **We extend a special welcome to our Sunnyside Choir and Orchestra members and their families. A special thank you to Matt Mandrones and Pollyana Moody, Co-Music Directors,** and the following players, singers and participants.



April 26, 2025, 7:30 pm, *The Creation Case*, will be presented by Rich Agular. This will be an epic adventure! Join Rich on this live, exciting, edge-of-your seat adventure of discovery as we explore and discover amazing evidence about God, our Creator. This is a live, exciting, Bible-based, multimedia stage show for the whole family. For tickets go to <https://thecreationcase.com/sunnyside>.



May 4, at 4:00 pm, Sunnyside Symphony Orchestra will be in concert presenting "The Planets" here at Sunnyside Church. The pre-concert talk with the director, Jonathan DeBruyn, will begin at 3:00 pm. Included in their repertoire is Mendelssohn's *Athalia Overture*, Barber – *Violin Concerto* with Anthea Kreston as the violin soloist, Holst – *The Planets*. Don't miss this amazing concert!

MAY 10
MORNING SERVICE

JOIN REHEARSALS

APRIL 12 & 10:00 AM
APRIL 19 & 1:15 PM
MAY 10 & 9:30 AM

A graphic showing a group of diverse children jumping and celebrating with their arms raised. The text "CHILDREN IN WORSHIP" is written below them in a bold, sans-serif font. At the bottom, it says "RSVP 541 315 0532".

Our first children's choir performance during the Sabbath service will be May 10. You can find the song What A Beautiful Name they'll be performing at the following link: https://youtu.be/eMEKuEPcCUc?si=MqhH-FbptA_SfXaG. We encourage you to begin listening to the song with your children to help them become familiar with the melody and lyrics. Our rehearsal schedule is as follows:

- ☒ Saturday, April 12 – 10:00 AM to 10:30 AM
- ☒ Saturday, April 19 – After church and before the Adventurer Club meeting. You are welcome to join the Adventurer Families' Potluck that afternoon.

☒ Possibly Friday, May 9 – Time TBD

☒ Definitely Sabbath, May 10 – Final rehearsal before the performance

If your child is interested in performing a solo part, kindly let the director, Nadiya, know.



Oregon Adventist Men's Chorus Annual Concert on May 17

You're invited to the OAMC annual spring concert on Sabbath, May 17, at 3:30 or 7 pm, at Sunnyside Adventist Church. The two identical concerts are free and open to the public. The "Praise the Name of the Lord" theme count more than 50 names for God in the 13-song repertoire. It's a great opportunity to invite friends and neighbors to join you to be inspired and encouraged through uplifting music. More info: OAMCministry.org or facebook.com/oamchorus. Sunnyside Adventist Church is located at 10501 SE Market St., Portland.



Our history class meet on Tuesdays, at 7:00 pm, in the Youth Room.

This week we will be studying "The Mongols, Genghis Kahn, and Battle of Beijing."



Wednesday mornings at 10:00, FaithLift, a group for ladies, meet 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.



Wednesday mornings at 10:00 our Men's Bible Study group meet to study the Bible together in the Columbia Room. Men, you are all invited to join us for this weekly study.



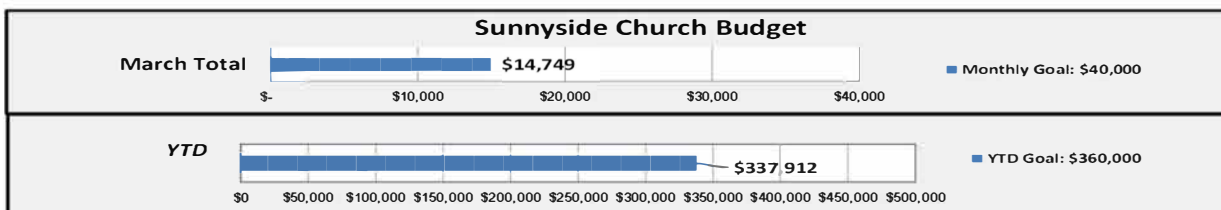
There is a **flower calendar** posted in the hallway and [online](http://www.SunnysideAdventist.org). (Go to our website, www.SunnysideAdventist.org, click on "Our Ministries.") Please choose a date to share flowers with your Sunnyside family for worship services and place your name on it. As the date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



We are blessed with some very strong prayer warriors. If you have a special request, please contact the church office at 503-252-8080 or info@sunnysideadventist.org to submit your request. There is power in prayer and it truly makes a difference.



Dollars for Missions! Labels keep trickling in and we are quickly reaching another goal. Last week was a great week for the label count. We have already received a second check in response to our turning in labels! What a lovely way to give to missions! Continue to save your Loma Linda Labels and turn them in here at the church. There is a box in the Narthex for them. In the "old" days, we received 1¢ per label. Now they give us 25¢ per label. It's well worth saving and receiving "free" dollars for missions! Continue to save and turn in your labels.



There are some of our family that need help with transportation in order to attend church. If any of you would be willing to help with this need, please contact the office for specific information, 503-252-8080 or via email at Info@SunnysideAdventist.org.



If you live at CherryWood Retirement, our bus stops there to pick up anyone who would like to attend church. Please be ready, we stop by at 10:45 am for our church service at 11:15 am.



Currently, we are seeking volunteers to help us with video, audio, and children's division. Please call 503-252-8080 if you would like to get involved.



Would you like to hear the service more clearly? Sunnyside Church provides assistive hearing devices you may borrow. They are located in the Deacons' office. Just let a deacon know of your need and they will be happy to help you.



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 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 to the directory for you. Thank you.



During this difficult time, if you are in need of financial help let us know. Call the church office at 503-252-8080 or send an email to info@SunnysideAdventist.org.



Our Family Resource Network has been privileged to assist many of our members when things have been challenging for them or they have experienced unexpected expenses. We have helped with rent, utilities, food, gas, car repairs, and more. We would like for you to be aware of what we do and give you an opportunity to contribute to the fund being used to assist our family. Mark your tithe envelope or check for Family Resource Network and you will know that you have had the privilege of helping one of our members who doesn't even want to ask for help! We are here to help each other. Thank you for helping us build the fund used for these expenses.



Today: Duane Mitchell, Shonie Scheller, Stephanie Taylor; **Sunday:** Alex Geschke, Ana Siminel; **Monday:** Rosemayne Alison; **Tuesday:** Ingrid Schmidt; **Wednesday:** Deborah Boskind, Gabriela Hutuleac, Kathy Schaffer; **Thursday:** Susan Chin, Peggy Collin, Bethel Eyasu; **Friday:** Donald Frood, Allenson Gepford, Carlton Gepford, Genevieve Gepford, Andre Gramada

ADVENTIST EDUCATION



Portland Adventist Elementary School

<http://www.paes.com>

Substitute Teachers Needed at PAES

Portland Adventist Elementary School is in need of substitute teachers! We are looking for dedicated and compassionate individuals who enjoy being around children and in the school environment. If you are interested, please reach out to admin@paes.com to apply or call 503-665-4102.



Portland Adventist Academy

<https://paasda.org>

Portland Adventist Academy's annual Alumni Reunion is taking place at PAA May 2-3, 2025!

All current and former PAA students, staff and friends are enthusiastically invited to come together. This year's home classes are: '45, '50 (75-year), '55, '65, '75 (50-year), '85, '95, '00 (25-year), '05, '15, '20 (5-year). The weekend's activities include:

- **Friday, May 2, 6 pm** – Golden Agers & Friends Dinner, Library – Welcoming alumni from the '50s, '60s and '70s – For details, contact: Bob Winter '53 at (503) 784-2614
- **Sabbath, May 3, 10 am, Registration Opens; 10:30 am**, Worship Service, including Roll Call, PAA Gym – **Speaker: Dr. Terry Johnsson '85**
- **Sabbath Lunch** – Following the worship service in the Cafe/Gym for PAA Alumni & Friends (Lunch is free; donations appreciated)
- **Sabbath, May 3, 2 pm** – Class Reunion Meetings – classrooms and as planned

Reunion planning assistance: We can help! Contact Communications and Development Director U'Lee Brown class of '89 at 971-351-9028 or ubrown@paasda.org for more information.

Check for updates: Alumni Reunion information on the **PAA Alumni webpage** at <https://paasda.org/alumni>

Our Special guest for the worship service is, Dr Terry Johnsson. An alumni from the class of 1985. Upon leaving PAA, Terry joined the Air Force and served as White House honor guard under 3 presidents. Terry now serves (and for the past 11 years) as the VP for Mission Integration at Adventist Health (Pacific Northwest Region) .

Scholarship Funding

At Portland Adventist Academy, our purpose is to provide a Christ-centered, character-driven education to all students. However, many families face financial challenges that can make it difficult for their children to attend. We are reaching out to ask for your support in funding scholarships that will help make this life-changing education accessible to more students. Your generous donation can directly impact a student's ability to attend and thrive at Portland Adventist Academy. To make either a recurring or one-time contribution, please visit www.paasda.org, or contact me at ubrown@paasda.org at 971-351-9028 for more details. As [students share in this video](#), thank you for your support in shaping the future of our students and helping them grow in faith and character.

PAA & Fred Meyer. You may support PAA through the Fred Meyer Community Rewards Program. Just connect a Fred Meyer digital account and connect it to your Shopper's Card, and designate Portland Adventist Academy as the organization you wish to support. You can get it all done on the Fred Meyer website here:

<https://www.fredmeyer.com/i/community/community-rewards>



Rivergate Adventist Elementary School

<https://www.rgsda.org/>



Hood View Adventist School

<https://www.hvja.org/>



Upper Columbia Adventist Academy

ucaa.org

Upper Columbia Academy alumni and friends are invited to enjoy a complimentary brunch, be blessed by music performances from UCA students, reminisce with UCA friends, and hear what is currently happening at your alma mater. Join us at 10:00 AM on Sunday, May 18 at the Monarch Hotel and Conference Center in Clackamas. RSVP by May 9 to reserve your place at a table by emailing cheri.atwood@ucaa.org or call 509-939-1716. Monarch Hotel and Conference Center is located at 12566 SE 93rd Ave, Clackamas, OR 97015.



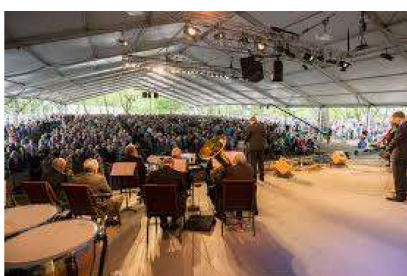
Walla Walla University

<https://wallawalla.edu>

Visit: jobs.wallawalla.edu.

AREA EVENTS AND ANNOUNCEMENTS

Oregon Conference Camp Meeting 2025



We are excited to finally announce that the Oregon Conference will be hosting camp meeting this summer from July 22-26 featuring Ty Gibson, the King's Heralds, and more! While fundraising is still ongoing and we have a way to go to meet our financial goals for the event, we are close enough to the goal to move forward in faith together. We will be sharing more details about current fundraising numbers, updates on how the event will go this year, and more in the coming weeks. Thank you for all of your support in helping bring camp meeting back in 2025!



Steve Darmody and Jenifer LaMountain will present a free concert, Saturday, **April 26 at 7:00 PM**, at the Gladstone Park Adventist Church at 8378 Cason Road in Gladstone. All are invited. Questions may be directed to 503-655-2614.



Join us for the Bloom in Marriage Cruise! A Christian marriage retreat at sea for couples of all ages, sailing roundtrip from Boston, **October 17-24, 2025**, on the Norwegian Gem. Hosted by Adventist marriage ministry leaders Rick and Cindy Mercer, this relationship-enriching cruise will take you to 6 ports of call throughout New England during the best month for fall colors. For more information and to register, visit www.bloominmarriage.com, or contact Heather Tourville at 503-329-6523.



Church Organist Needed: The Stone Tower Adventist Church Music Department is seeking a volunteer church organist to play the organ during our worship service for up to two Sabbaths a month. Please contact Jeanine Goodwin at (503) 381-5577 or womensministry@stonetowersda.org for more details and if you or an organist you know would be in



Pentecost 2025 is a massive mobilization of Seventh-day Adventist churches in North America:

1. To pray for the Holy Spirit's outpouring and power
2. To proclaim the Gospel with the Holy Spirit's power

We have been looking for revival in our church for a long time. This is our opportunity to seek it together and make happen. As Ellen White wrote so eloquently, "revival need be expected only in answer to prayer."

Just as a reminder, the Oregon Conference prayer ministries continue to hold ZOOM prayer meetings every third Tuesday at 7:30 pm. Everyone in the Oregon conference is invited to be part of this! We will be continuing this during the month of October. We are praying for the outpouring of the Holy Spirit. <https://orad.us/OCPrayerMeeting>



Big Lake Youth Camp registration is now open for kid camps and family camps for our 2025 summer! Youth camps are for ages 7-17 with lots of fun activities kids do with their cabin groups. Family camps are for all ages with a lot of the same fun activities for families to do together – great for family reunions! Visit www.biglake.org for more information or to register.



How do we serve?

Portland Adventist Community Services – PACS is a vibrant faith-based Community of Service with staff, volunteers, donors, and community partners who provide food, low-cost dental care, and low-cost clothing/household items to individuals and families.

Hours: Thrift Store, Sun | 11:00 am – 4:00 pm

Mon – Thurs | 9:00 am – 5:00 pm

Fri | 9:00 am – 2:30 pm / Sat | Closed

Donation Drop Sun | 11:00 am – 2:00 pm

Mon – Thurs | 9:00 am – 1:00 pm / Fri – Sat | Closed

Dental Clinic:

Contact the Gateway Grace Dental Clinic to schedule an appointment 503-907-6768

Volunteers:

To volunteer at PACS contact Jaclyn Russell, at (503) 252-8500 ext. 1130

Donations:

From large to small, we take them all.

Money, clothing, even big and tall,

humble egg boxes, and home goods for all

If you are looking for an opportunity to serve in a missional environment focused on giving hope to those in need through Portland Adventist Community Services then please go to: <https://www.pacsonline.org/job>

There are three postings available.

* Director of Quality Management

* Assistant Thrift Store Manager

* Home Thrift Store – Part-time Pricer

PACS Thrift store has many shoppers. We need Steps to Christ, Bibles, and Guides to share with them. If you have some to share please let us know or bring them to PACS and hand them in to the office.



PACS is Hiring!

Pricer in the PACS Home Goods Store – part-time

Admin-Director of Quality Management – full time

If interested or for more details go to jobs@pacsonline.org.

Come join our non-profit organization in the Portland area that serves the community with a Thrift Store, Food Pantry and Dental Clinic.

PACS needs truck drivers. Why?

This year, so far, our truck drivers have brought 365,670 lbs.(Jan-Mar) in donated food to feed our diverse community. That represents a huge number of people being fed. What a difference PACS drivers make! If you have a heart for people and like to drive a truck, no CDL license is needed, don't hesitate to contact Jaclyn.

Hours: 7:30-11:00-ish

Telephone: Jaclyn Russell at (503)-252-4589

Email: Jaclyn.russell@pacsonline.org

Sign-up: <https://www.pacsonline.org/volunteer>

Better Life Television (BLBN) is a network of more than 15 stations and translators serving over 60,000 square miles throughout southern Oregon, with satellite stations in northern California and Reno, Nevada. Better Life is currently seeking a broadcast engineer. The broadcast engineer position is responsible for assisting the executive director in maintaining, operating, and developing the technical systems that enable BLBN to fulfill its mission. This position is full-time, regular-status position. Learn more about this position and how to apply at <https://bit.ly/BLTVjob>.



Are you interested in becoming a hospital spiritual care volunteer? Adventist Health Portland Spiritual Care department invites individuals of all ages to apply. Volunteers will have the opportunity to offer pre-surgery support for patients and their families, ensure patients have access to spiritual resources and more. If you feel called to be part of our team, take the first step by filling out our application form: <https://www.volgistics.com/appform/769001903>

Adventist Health Hospice is looking for compassionate volunteers to provide companionship to patients, provide a much-needed brief break for a tired caregiver, make phone calls on Thursdays to check on patient supplies or assist with light housekeeping, errands, or pet support. Thorough training and support are provided by Adventist Health Hospice team members. If interested in learning more, contact Karen Hartmann, Bereavement/Volunteer Coordinator at 503-251-6192 or email Hartmakl@ah.org. You can make a loving difference in someone's life at a challenging time.

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 Jaclyn at Jaclyn.russell@pacsonline.org or call 503-252-8500 x1130.

Last Week's Service in Photos





Scenes from Ladies' Spring Tea



