

Sunnyside Adventist Church Communiqué

News & Announcements

July 23, 2022



Greetings church family!

It's easy to fall into routines. This is no less true in spiritual matters than 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. Last time, I talked about the spiritual discipline of stillness.

This week, breath.

In Hebrew life and language, the concepts of breath, life, and spirit are all muddled up together. If you're the sort who enjoys a good word study, I encourage you to pull out a good Hebrew language concordance and take a look for yourself. But to give you a taste, take a look at Genesis 2:7.

"And the Lord God formed a man of dust from the ground, and breathed into his nostrils the breath of life; and the man became a living person" (NASB).

Notice how tied up those concepts are? Try Job 27:3-4a out:

"For as long as life is in me, and the breath of God is in my nostrils, my lips certainly will not speak unjustly, nor will my tongue mutter deceit" (NASB).

In Hebrew, repetition happens in each half of that sentence which is a common way to emphasize something; the writer says something, then uses different words to say it again. So in the latter half, 'speak unjustly' is the same as 'mutter deceit.' In the former half, 'life is in me' means the same thing as 'the breath of God is in my nostrils.'

One more:

"His spirit departs, he returns to the earth; on that very day his plans perish" (Ps. 146:4, NASB).

Some of you good Adventists may already be on top of this one: the word that's translated here as 'spirit' also means 'breath' and 'life.' So that first bit just as accurately reads, "His life departs" or "His breath departs."

In Hebrew thought, breath and life and spirit are all the same thing. That life that you breathe in and out and in and out, thoughtlessly, every moment of every day, is the very breath of God that He gave first to Adam; it is life and spirit moving in and out of you. It is a testament and support not only to your physical existence (life) but to your emotional and spiritual experience of living, as well (spirit).

This week's spiritual discipline is learning to breathe well and with purpose.

Ellen White wrote, *"But the teacher should impress upon students the importance of deep breathing.... This not only refreshes the body, but soothes and tranquilizes the mind. Let exercises in deep breathing be given, and see that the habit becomes established"* (True Education 119.2).

So I'm going to do just that.

We'll start off simply. First, find a comfortable, erect posture, either standing or sitting.

Second, notice your breath. If you're like most people, you'll notice your shoulders rise and fall as you breathe in and out. This is actually a sign that you are not breathing properly. In order to give your lungs room to fully expand and fill completely with air, your stomach needs to expand when you breathe in, and press back in when you breathe out. So for step three...

Third, rest your hand on your stomach. When you breathe in, breathe from your stomach so that it pushes your hand up and out. When you breathe out, push your stomach in as part of exhalation, so that your hand comes back towards you. This is going to feel awkward and uncomfortable at first. It will feel strange breathing from your stomach, because you've spent your entire life trying to be proper. But take a moment and watch how a newborn baby or a small child breathes; their stomachs are constantly pooching and retracting. It's not until we get older and learn that we want to have perfectly flat bellies that we start to worry about not sticking them out when we breathe.

Keep at it for 5-10 breaths. Then give yourself a break, and go on with your day. Each day (or if you're ambitious, maybe 2 or 3 times a day), breathe properly for 5-10 breaths. Let me know in a week how it goes! I suspect you might notice that as you do it, your body relaxes, your mind perks up, and your stress seems just a little more manageable.

May your Sabbath be full of life and living!

Pastor Jonathan Stephan

News & Notes

ANNOUNCEMENTS

Welcome to Camp Meeting Sabbath at Sunnyside! We're glad you're here to join us for worship today.

The Santiam Room Sabbath School Class will meet today Sabbath, July 23, 10:00 AM in the Sanctuary. Here's an open invitation to join the discussion in person or on Zoom (Meeting ID: 765 907 7852. Passcode: 1234).

Urgent volunteer needs! Video, audio, and projection departments urgently need some helpers. The **Greeters** need more volunteers. If you can help in any of these areas please contact the church office, 503-252-8080 or email info@SunnysideAdventist.org.



Beginning on the last Thursday of the month at noon, Seniors 60+ (others are welcome) will gather on our patio to enjoy lunch and fellowship together. Bring your own sack lunch and the church will provide dessert. This is weather-permitting — our umbrellas will be ready and up for shade! If the weather is messy, we'll meet in the fellowship hall! **(This month it will be this coming Thursday, July 28.)**

July 30 at 6:00 PM, Wintley Phipps, an internationally known baritone singer, will present a free, live concert here at Sunnyside Church. You will not want to miss this world-renowned singer with a booming, baritone-bass voice as he shares the gospel in song with us. He has been Grammy-nominated, recorded many successful albums, and has sung before many of our presidents and other dignitaries. Tickets are not required.



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) from March 22 through April 2, 2023. For more information contact Pastor Mark at Mark.Witas@SunnysideAdventist.org.



Our flower calendar is posted in the hallway and [online](https://www.SunnysideAdventist.org). (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.

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 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



LIFE AT SUNNYSIDE

Sunday: Jenelle Clinton, Bruce Dixon; **Monday:** Karista Bradley, Wallace Do, James Johnson; **Tuesday:** Collin Delaney, Megan Duong, Patrick Francisco; **Wednesday:** Andrea Gough, Bill Hohensee, Constance Smith; **Thursday:** Terrill Allen, Sue Williams, **Friday:** Lola Pogue, Chelsea Scholz-Jackson

AREA EVENTS AND ANNOUNCEMENTS



2022 Gladstone Camp Meeting is happening next week, July 19-23. Come and join this year's camp meeting. 503-850-3350 or cm.reservations@oc.npuc.org. Thank you for your willingness to help make Camp Meeting happen!
Adult keynote speakers: Richie Halversen & Roscoe Shields, Jr.
Other speakers include: Kevin Wilfley, Randy Maxwell, David Meinz, Linda Biswas, Andreas and Cassandre Beccai, and many more! [Download the Gladstone Camp Meeting guidebook](#)

The Adventist Book Center is having its Camp Meeting sale. Click here [ABCflyer.com](https://www.abcflyer.com) to view their flyer.

Mt. Tabor SDA Church is hosting a FREE Community Fun Day on July 31, 2:00-5:00 PM. Come enjoy fair games, live music, food trucks, raffles, and more! Celebrate summer and community together at Mt. Tabor Church! Join us at 1001 SE 60th Ave. Portland, OR 97215.

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, or 503-935-7995, or Jerry Irvine at jerrygirvine@gmail.com, or 206-261-6452.

ADVENTIST EDUCATION



Portland Adventist Elementary School

<http://www.paes.com>

School starts August 29, 2022!



Portland Adventist Academy

<https://paasda.org>

School starts August 24, 2022!

VISIT PAA'S BOOTH IN THE EDUCATION TENT AT OREGON CAMP MEETING

Please plan to stop by Portland Adventist Academy's table under the education tent during camp meeting. Come visit and learn about or catch up with PAA. Don't forget to pick up the daily PAA give away! Enter daily drawings for PAA swag, enter to win a month's tuition at Thursday's 6:30 PM drawing, and come enjoy ice cream on Friday at 6:00 PM.

If you're an Amazon shopper, you can add Portland Adventist Academy as your [AmazonSmile](https://www.amazon.com/charitable-organizations) 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. Search charitable organizations for Portland Adventist Academy. Link: <https://paasda.org/news/amazon-smiles-at-portland-adventist-academy/>.



Walla Walla University

School starts September 25!

Freshman Orientation: September 18!

WWU Alumni Rosario Weekend

Walla Walla University's annual Alumni Sabbath at Rosario Beach Marine Laboratory will be held **August 26-28, 2022**. Come for Sabbath or the full weekend; meals and accommodations require registration. This year's guest speaker is WWU alumnus, Ralph Perrin '77. For details and registration, visit www.wallawalla.edu/Rosario-Sabbath or call (509) 527-2631.

Bright Future Scholarship is available! If you are graduating from a non-Adventist high school or transferring from a non-Adventist college/university for either this year or the next academic year, and

reside in Washington, Oregon, Idaho, Montana, or Alaska contact the WWU Student Financial Services at 509-527-2815 to see if you are eligible. Scholarships range up to \$6,000 and are based on need and will be renewable up to four years of the student's attendance.



PACS UPDATE

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. 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.

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 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/pacsthirstore.



Car Needed!



We have a member who is need a of a car. If you have one available or know of someone that does, please let us know. Call 503-252-8080.

Housing Needed!



We have former members moving back into the Portland area. They are looking for a suitable place for rent for a family of three. Please contact 503-252-8080 if you have anything available or know of someone that does.



Caregiver Needed!

Disabled patient with MS needs a caregiver for one 29-hour shift per week, 1:00 PM Thursday to 6:00 PM, Friday. State pays \$350 per shift. If interested, contact the office at 503-252-8080.

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 is interested in either of these part-time jobs, please email laura.pascoe@pacsonline.org. You can also visit www.pacsonline.org/jobs to learn more about the positions.