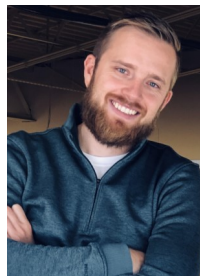


# Sunnyside Adventist Church Communiqué

## News & Announcements

March 4, 2023



### Hello Church Family!

I was recently reading an article about lent in the Catholic tradition and there is something really fascinating that happens during lent. If you are unfamiliar, most people practice lent by giving something up for 40 days. Maybe it is chocolate, alcohol, coffee, or meat.

Whatever it is, the point is to give up something you like in order to sacrifice what you want, as a practice of self-sacrifice and discipleship to Jesus.

Many of you that know me will know that I do like this idea; however, in reading up on lent I found something interesting. There was an old pastor who mentioned that what if instead of giving up the things that make us happy like chocolate, coffee, and sugary beverages, we gave up things like worry, anxiety, self-doubt, self-hate, and the things that actually make us miserable and not in line with what the Kingdom of God has in store for us. Now, this I LOVE!

Chelsea and I have started a new practice every Friday night to start Sabbath. With our girls now being 7 months old we wanted to make sure that we truly start to make the Sabbath something very important and we wanted to start practicing Sabbath in a much more spiritual and meaningful way. So what we have decided to do is every Friday night we light two candles, the remembrance candle, and the observance candle. The remembrance candle is for the Sabbath command in Exodus 20 and the Sabbath command in Deuteronomy 5.

Once the candles are lit we then take a few minutes and we write on a piece of paper our worries, anxieties, things we are sad about, and our to-do list. We write them down, fold them up and we place them in a box, our Sabbath box. When we do that we close the box up, pray over them, and then we cheer our mocktail drinks and say "Shabbat Shalom!"

This is like a miniature lent built into every week! Something that we don't need to look at as having to give up things that make us happy, but a way to celebrate and give to God what makes us miserable like worries, to-do lists, and the things we are sad about.

It is my hope that you try something like this. Try to give away the things that make us miserable and to delight in the Creator. Take some time to truly rest from the things that make us miserable and delight in the things that make us happy. Truly Sabbath!

Shabbat Shalom from our house to yours!

Love you all!

**Pastor Billy Hungate**

### ANNOUNCEMENTS

**Welcome to Sunnyside today.** Thank you for joining us for worship today. We pray for God's special blessing on you as we worship together.



**Immediately after the worship service, we will enjoy our monthly church potluck.** If you didn't bring food with you, join us anyway. We always have plenty! Everyone is invited.

**Sunday, March 5, 11:00 AM, a memorial service for Dorothy Butler,** Rick Butler and Michelle Trautwein's mother, will be conducted here at Sunnyside Church. Light refreshments will follow.

**Please pray for the family of Geni Manos.** She passed away February 12. A memorial service is not being planned.



After rescheduling their concert due to the weather, **Sunnyside Symphony Orchestra will present their concert on Sunday, March 12, at 4:00 PM** with guest conductor Mark Perlman. The concert will include "The Moldau from Mein Vaterland" by Smetana, "Finale Allegretto from Petite Symphonie" by Gounod, "O Magnum Mysterium" arranged for Brass by Lauridsen, "Sibelius" by Festivo, and the "Symphony No. 2" by Brahms. This will be an exceptional concert. Join us at Sunnyside Adventist Church!

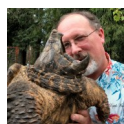
**The Daniel class that meets on Tuesday has changed their meeting time to 3:00 PM,** still on Tuesdays. This class is led by Conrad Gren and will be something you will really enjoy. Take time to come and join in.



**Sunnyside choir is recruiting singers for the Easter Program with the orchestra.** Rehearsals are on Thursdays at 7:00 PM. Please contact [pollyhan@aol.com](mailto:pollyhan@aol.com) if you are interested in singing with us.

**The Selection Committee has finished choosing the new Nominating Committee members.** They will serve for two years, through 2025, and they are Margie Allen, Amy Cafferky, Paul Dragulin, Tim Hill, Kathy Kramer (secretary), Beverly Merino, Isaac Nziacharo, Brenda Siaw, Donna Stephan, Liesl Vistaunet, One-year term: Marcia Dunham. Alternates are Lorrie Wescott and Marie Pierre. They join existing members serving for an additional year, through 2024: Lilly Baraka, Marion Betz, Carl Buchanan, Ruby Hohensee, Shawn Mandrones, Cris Marin, Shawna Rentschler, Megan Snyder, and Rosemayne Thompson. The first meeting of the new **Nominating Committee will be Thursday, Wednesday, April 5, at 7:00 PM, via Zoom.**

**The Nominating Committee is about to convene.** This is the group that is responsible for selecting people to volunteer in the church. Sunnyside is so successful because of you and how much you care for your church. Each one of you are asked to consider and pray about where you would like to serve in Sunnyside's community. We are family and we need each other. Please take this seriously and let us know in what group you would like to serve. Please volunteer and when you are contacted consider it a privilege. Send your area of interest to [info@SunnysideAdventist.org](mailto:info@SunnysideAdventist.org).



**Saturday night, March 18, at 5:00 PM,** everyone is invited and encouraged to bring their friends to a Sunnyside Community Night for a free vege big frank supper followed by a show presented by the Oregon Reptile Man. There will be an opportunity after the show to handle some of the safe animals. All ages are welcome!

**Our new flower calendar is now posted** in the hallway and on our website. 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 message you would like to put in the bulletin about the flowers.



**Tuesday evenings are known as "Bread Nights"** when we feed the WWU nursing students a meal once a week. We need more helpers — please consider joining us.

Contact David Duffield, 901-481-7875.

**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.



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

**Handbells!** Have you ever wanted to try ringing a handbell or a chime, or wondered what handbell music looks like? Every Thursday at 7:00 PM, you are invited to the choir room for an opportunity to look at music, try out the bells, meet our current members, and get more information about our Sunnyside Handbell Choir. For more information, please contact Karl Helton at [sunnysidebellchoir@gmail.com](mailto:sunnysidebellchoir@gmail.com).



**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)



# Happy Birthday



**Today:** Kirk Junk; **Sunday:** Jessica Curtis, Dorothy LeMert; **Monday:** Cindy Fessler, Lou Wildman; Lara Giles; **Tuesday:** Stuart Vick; **Wednesday:** Tim Hill, Lloyd Wescott; Ravi Busi

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

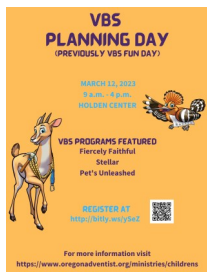
- ◇ March 5, 11:00 AM, Dorothy Butler's memorial
- ◇ March 11, 11:15 AM, Pathfinder Sabbath
- ◇ March 12, 4:00 PM, Sunnyside Symphony Orchestra
- ◇ March 18, 4:00 PM, Sunnyside Community Night
- ◇ March 19, 3:00 PM, The Oregon Sinfonietta Concert



## AREA EVENTS AND ANNOUNCEMENTS

**The Adventist Book Center's Spring Case Food & Book Sale** is February 26 – March 12, 2023. Sale prices are also good for all delivery locations. You can also go to [www.abcflyer.com](http://www.abcflyer.com) and click the sale flyer link.

**Come and enjoy a winter weekend at Big Lake Youth Camp, March 10-12 with Adventist Singles Ministries.** Bring snowmobiles, skis, snowshoes, sleds, snowboards, and clothes for playing in the snow. Don't forget to bring your Bible, sleeping bag, pillow, and personal items. Cost is \$100.00 per person until February 26 and then the price increases \$10. Your fee includes a 5:30 PM snowcat ride in from Ray Benson Snow Park (Oregon Sno-Park permits required for the weekend), five meals and two nights' lodging. Your check is your reservation. Make checks payable to Jerry Walter, marked for Big Lake. Mail to Big Lake Weekend, c/o Jerry Walter, 92395 Territorial Hwy., Junction City, OR 97448. For more information, call Jerry at 503-789-8911 (mobile).



**You are invited to Oregon Family & Children's Ministries VBS Planning Day (formerly VBS Fun Day).** It will be on March 12, 2023 from 9:00 AM-4:00 PM at the Holden Center. We will be featuring NAD's Fiercely Faithful and Group's Stellar & Pet's Unleashed (weekend VBS program). Please register at <http://bitly.ws/ySeZ> by February 20th. Hope to see you there!



### Attention Columbia Adventist Academy alumni:

Columbia Adventist Academy Alumni Reunion Weekend is happening March 31 – April 2, 2023!

*This year's honor classes include the following years: '43, '48, '53, '63, '73, '83, '93, '98, '03, '13, and '23*



### Portland Adventist Elementary School

<http://www.paes.com>

**Portland Adventist Elementary School (PAES) is seeking candidates for a 1st Grade long-term substitute teaching position** for the remainder of this school year. Our school serves a diverse population and welcomes all students who desire an opportunity to learn more about Jesus. We are committed to being a light in our community and unlocking the potential of every child.



### Portland Adventist Academy

<https://paasda.org/>

### SAVE THE DATE - Alumni Weekend May 5-7, 2023

In-person, on the PAA Campus.

**Honor Classes:** '43, '48 (75-year), '53, '63, '73 (50-year), '83, '93, '98 (25-year), '03, '13, '18 (5-year)

[More info on the Alumni web page.](#)

**PAA & AmazonSmile.** You may have heard that Amazon.com is discontinuing the AmazonSmile charitable giving program. We thank you for choosing PAA for this program. PAA has received about \$900 through the Amazon program since 2018. Thank you!

### 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>



**Walla Walla University —** [wallawalla.edu](http://wallawalla.edu)

**We need prayer** because prayer connects us with Christ and the transforming power of the Holy Spirit. Prayer is the only way we can accomplish what God has called us to do. It is through prayer that we will cooperate with angels and finish the last work. Join us at the Oregon Prayer Conference at Rockaway Beach on March 24-26<sup>th</sup> with guest speaker Pastor Rob Clouzet. His messages will be very eye-opening and inspiring. This will be a special time of prayer and learning about prayer. To learn more, or to register, visit: <https://www.oregonadventist.org/ministries/prayer-ministries>.



**Gladstone Open —** Singles and Double Disc Golf Tournament fundraiser May 7th at the Oregon campgrounds in Gladstone benefiting Livingstone

Adventist Academy after-school programs.

<http://tinyurl.com/gladstoneopen>

### VOLUNTEERS NEEDED!

### HOMELESS FAMILY SERVICE OPPORTUNITY

**Family Promise of Metro East** is a new local community-based organization working to serve families experiencing homelessness in NE and SE Portland. Family Promise works in partnership with faith communities, volunteers, and community-based organizations to provide overnight shelter, hospitality, meals and support to 3-5 families at a time (up to 14 people) as they work to return to stable housing. During the day, families are served at the Family Day Center where they have access to showers, laundry, computers, case management and more. Family Promise of Metro East is looking for volunteers! They have a range of meaningful volunteer opportunities and invite you to be part of the solution to homelessness. There are three easy ways to learn more about volunteer opportunities: 1. Visit our [website](#) and fill out the short [volunteer interest form here](#). 2. Attend a volunteer training. We require all volunteers to attend a training - in person or online. Even if you are not sure you are going to volunteer, it is a great way to learn more about Family Promise. The next training is scheduled for Tuesday, March 14th - 6-8:30pm at Trinity Episcopal Cathedral (147 NW 19th Ave, Portland, OR 97209). Please RSVP to Beckie Lee - [beckie@familypromisemetroeast.org](mailto:beckie@familypromisemetroeast.org). 3. Call Family Promise Director Michele Veenker at (503) 349-7627 to learn more.

### ADVENTIST EDUCATION





## 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](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.

### 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 **PACS 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!

Check PACS website at [www.pacsonline.org/jobs](http://www.pacsonline.org/jobs)

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.

**Walla Walla University is hiring!** If you or someone you know is looking to advance your career, please check out opportunities in Portland and College Place and apply at [jobs.wallawalla.edu](http://jobs.wallawalla.edu).

### HOUSING

**Room for rent.** We have a family that has a room available for rent. If you know of someone that needs a room call 503-252-8080 or send an email to [info@SunnysideAdventist.org](mailto:info@SunnysideAdventist.org)