

Sunnyside Adventist Church Communiqué

News & Announcements

September 17, 2022



Greetings church family!

It's easy to fall into routines. This is no less true in spiritual matters than in 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, and listening.

This week, something new.

So far the three disciplines we've talked about form a neat little package. Separately, they function as worthy disciplines of their own, but they can also be easily combined together to create one comprehensive practice.

This week, I want to talk about something that sits adjacent to those three — not a member of the nuclear family, but a close cousin of sorts. This week, we're going to talk about fasting.

Fasting is a discipline that few of us relish. It can seem unnecessary and harsh, something perhaps best left to Old Testament times.

But fasting is a beautiful chance to purposefully put aside a mundane concern for a time and focus on something higher.

Fasting also has a large number of benefits to your physical health, including better regulation of blood sugar, reducing inflammation, improving heart and brain health, and much, much more!

The Bible describes fasting as being beneficial in a wide variety of circumstances:

To prepare for a special ministry (Matthew 4:1-17)

To commit a person or course of action to God (Acts 14:23)

To experience grief more acutely (Nehemiah 1:1-4)

To repent (Jonah 3:10)

To connect with God in worship (Luke 2:37)

And many more. (I encourage you to crack open your Bibles and find some examples of fasting for yourselves!)

This week, I want to encourage you to give fasting a try. It doesn't have to be for a big, long period of time.

The first step is to decide why you're fasting. Is it to spend time connecting with God? To let the hunger pangs remind you to intercede in prayer for a loved one? To practice self-discipline? Whatever your purpose, dedicate it to the Lord.

The second step is to decide beforehand how long you want to fast. If you're completely new to the practice, maybe just try skipping a single meal. If you're really ambitious, you could try going for a whole day.

Two important safety notes, however. First, make sure you drink lots of water during your fast. This will keep you healthy and has the added side effect of taking the edge off your hunger. Second, don't try to fast without talking to your doctor about any serious medical conditions you have. Do your research, because even things like young age can make fasting unhealthy since growing kids need all the nutrients they can get!

If you decide to try it, however, spend the time you would be eating focusing on your purpose. Pray, read scripture, or take a long walk in nature. When you get hungry, use it as an opportunity to reconnect with your heavenly father or your brothers and sisters around you on earth. Then, when it's time to eat again, eat something simple and nutritious, and enjoy it to the fullest!

Pastor Jonathan Stephan

News & Notes

ANNOUNCEMENTS

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

Oregon Conference Delegates, please note that the 59th regular session of the Oregon Conference of Seventh-day Adventists will be held **Sunday, September 18, 2022**, at the Portland Adventist Academy auditorium, located at 96th Avenue and SE Market Street in Portland, Oregon. The session will start at **9:00 AM** on Sunday. This regular session is called for the purpose of electing officers and members of appropriate committees for the ensuing term, and for transacting other business that may properly come before the Conference. Sunnyside delegates are as follows: Ivonne Allen, Raymond Baker, Jr., Paul Dragulin, Jackee Duvall, Cecily Geschke, Marlan Glovatsky, Vasile Gramada, Norman Henry, Tim Hill, Scott LeMert, Beverly Merino, Isaac Nziacharo, Larry Ramey, Rick Westermeyer, Ann Westermeyer, and Phyllis Woods. Thank you for representing Sunnyside Church.

Lois Smith, who was a former secretary here at Sunnyside Church several years ago when Charles White was a pastor here, passed away July 18. A memorial service for her will be conducted at Lents Church on **Sunday, September 18 at 4:00 PM.**

A Celebration of Life for Byron Liske is scheduled for September 24, 2022, at 5:00 PM, in the Sunnyside SDA Church Fellowship Room. Byron passed away August 26, 2022.

Tuesday evening September 27, 2022 at 7:00 PM, we will be hosting the University of Stuttgart Academic Orchestra, which is currently touring the world. We are privileged to be one of their chosen stops. The orchestra is composed of highly gifted and motivated students and directed by Vita Mihaly Zeke. They will be playing Johannes Brahms and Robert Schumann with a viola concerto from Chilean violist Paulina Riquelme.

Tuesday evenings are known as "Bread Nights" during the school year since we, at Sunnyside, provide the Walla Walla University nursing students a much-appreciated home-cooked meal once a week. We have had a few of our regular helpers retire and we are in need of more people to help out with this once-a-week service. You will find it a lot of fun and highly rewarding. Please consider joining us. Contact David Duffield, 901-481-7875. **The first meal this year will be on September 27 at 5:30 PM.**

Tuesday evenings at 7:00, History class meets every week. We are beginning a new series: *"Modern Russia."* Everyone is welcome.



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.

On the last Thursday of the month at noon, seniors 60+ (others are welcome) will gather to enjoy lunch and fellowship together. Bring your own sack lunch and the church will provide dessert. This month it will be on **Thursday, September 29!** Our sharing topic will be "humor." It's your turn to bring us a smile!

Our Youth Retreat is scheduled from September 30-October 2.

This year we have obtained a beach house in Lincoln City. All high school and college-age youth are invited to relax, recharge, and reconnect with God and each other. Place your reservation with Pastors Jonathan or Violeta.



Our annual church picnic/corn roast will be on 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.



October 9, 3:00 PM, there will be a baby shower for Zuzu 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.

As many of you know, Sunnyside Adventist Church has been known for its *Evensong* programs and for bringing in special guests for these events. *Evensong* is planned every other month on a Sabbath afternoon. Our next one is scheduled for **October 15 at 4:00 PM**, with Dr. Devon Howard, the Director of Keyboard and Theory Studies at Southwestern Adventist University. This will be another wonderful time of meditation and good music. You won't want to miss it. If you would like to help defray the expenses for bringing in these amazing musicians, we now have a designation for *Evensong* on our tithe envelope, a subcategory of the Music Fund. Please indicate that your contribution is for "Evensong" on your tithe envelope.

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.

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.

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.



Our flower calendar is posted in the hallway and **online**. (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



Today: Rosie Bowman; **Sunday:** Jeffrey Dickerson, Collier Johnson; **Monday:** Rhonda Bolton, Nancene Graham, Dennis Gramada, Joelle Lian, Wendell White; **Tuesday:** Gale Crosby, Kathy Crull, Nicholas Gosney, James Newell, Jerilyn Schosnig; **Wednesday:** Charlene Hendrickson; **Thursday:** Stephen Tait, Julie Wilson; **Friday:** Robert Russell, Richard Gingrich

AREA EVENTS AND ANNOUNCEMENTS

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.

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, 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>



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. Search charitable organizations for *Portland Adventist Academy*. Link: <https://paasda.org/news/amazon-smiles-at-portland-adventist-academy/>.



Walla Walla University — 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.



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/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. You can also visit www.pacsonline.org/jobs to learn more about the positions.

Last Week's Worship Service in Photos



Walla Walla University Students being served a meal.

