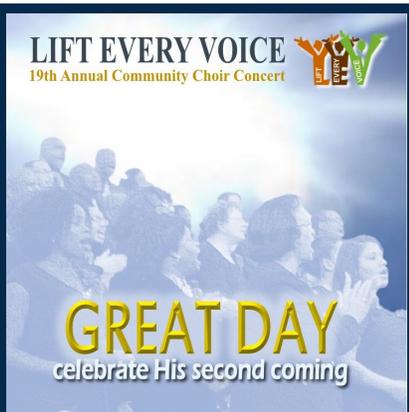


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URGENT PRAYER

- Kay Kellam, health
- Zelma Johnson, health
- Lola Matthews, health
- Elwood and Chantay Reid, death of Elwood's dad in Virginia
- Don Cobbs, recovery
- Ben and Adaire Brown and Family, daughter passed away
- Zedekiah Emanuel and Family, grandmother Dolores Emanuel passed away
- Dominique Harrison, father very ill in ICU
- Yvette Brewer (daughter-in-law/sister-in-law of Sis Brewer and Dywanna), in hospital
- David Streeter, Emanuel Hospital
- Cindy Cobbs, recovery
- Sister Oris Wesby, recovery
- Doris Adams, recovery
- Carl Parker and Family, Brother passed away in California

Send condolences for Deloris Emanuel to:

Michael Bodie (her son)
4423 NE 26th Avenue
Portland, OR 97211

THINGS HAPPY PEOPLE SAY EVERY DAY

By Bill Murphy Jr. Inc.

Are you as happy as you wish you were today? If not, try saying a few of these simple, inspiring things to other people. They won't just improve your mood; they'll trigger positive reactions that will legitimately make you feel happier, too. Try making an effort to say a few of these every day for a week. You'll be amazed at how the positivity you create improves your happiness.

I'm happy to see you. This is the most basic and attractive sentiment you can express to another human being — that simply being in the person's presence creates a positive feeling.

Remember when you . . . Surprise someone by bringing up a positive thing that he/she did in the past, and you're almost guaranteed to induce a positive response.

You might not realize this, but . . . This is an even more potent version of the previous suggestions, provided you finish the sentence with a description of how the person's actions led to a positive outcome.

I believe in you. People have self-doubts. You do, I do, we all do. When others simply say they believe in you, it becomes easier to believe in yourself.

Look how far you've come! It's so important to celebrate achievements; acknowledging that someone's efforts have achieved results can be extremely gratifying for the person.

I know you're capable of more. Everyone needs to be pushed at times, especially when we fall shorts. Even the most steadfast and confident among us sometimes need a friend to guide them to a better way of acting.

I'd like to hear your thoughts about . . . This kind of invitation to share what someone thinks can't help making the person feel more self-worth, which in turn creates both happiness and positive feelings toward you.

I'm sorry. Say this when you mean it — when you've done something worth expressing regret for or the other person deserves sympathy.

Thank you. This is truly one of the most powerful, underrated phrases in the English language.

No. Sometimes people who make other people's happiness their priority can wind up doing so at the cost of their own happiness. We all know some people who take advantage, or who simply aren't going to be happy no matter what your efforts amount to. These two little letters demonstrate that you care for yourself, which is a prerequisite to caring truly for other people.



LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

April 6, 2019



I left the meeting in anger because the cries of a family I knew personally regarding injustice to the leadership went unheard. My stomach hurt, my head was pounding and I felt like my body was radiating steam. I replayed the events of the meeting trying to rationalize the committees decision to disregard their experiences.

It was late by the time I arrived home and I quietly sat in the living room. That's when I decided to plot my retaliation. However, as I wrote my strategy, God started to speak to me through the word. God has a way of speaking to us when we are upset. Romans 12:19, Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord. "

That night God presented principles that should help any believer to survive a terrible work experience. I will share some of those points with you.

1. Exemplary work ethic. The ability to work is a blessing, even when you are hurt. Prepare your mind and health and remain focused. Take time for yourself and work hard. The Bible admonishes us,

"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God." 1 Corinthians 10:31

MARK YOUR CALENDAR

APRIL

- 8 Bible Study 12pm
- 10 Mid-Week Prayer Meeting 7pm
- 13 Sabbath School/Divine Worship 9:45am
- 13 Bible Study 2:15pm
- 13 Sharon Church Social TBD
- 15 Bible Study 12pm
- 16 **OC Town Hall Meadow Glade SDA 7:30pm**
- 17 Mid-Week Prayer Meeting 7pm
- 17 **OC Town Hall Beaverton SDA 7:30pm**
- 19 **Good Friday**
- 20 Sabbath School/Divine Worship Easter 9:45am
- 20 Community Service 2pm

Items that appear in red are at partner locations, additional information on Sharon church bulletin board.

TOWN HALL MEETING

Oregon Conference Connect (town hall) meetings. Join us at 7:30pm Tuesday, April 16th at Meadow Glade Adventist Church or Wednesday, April 17th at Beaverton Adventist Church.

We want to hear what God puts on your heart for the health and growth of God's kingdom in the Oregon Conference! We highly value your input.

