

Portland Adventist Elementary School is in **NEED OF COACHES** for the following sports:

- 7/8 Co-ed Soccer Asst Coaches
- 5/6 Girls Volleyball Head and Asst Coach

If you have any interest, no matter your experience level, please contact Kevin McCray, Athletic Director via email kevin.mccray@paes.com or call 971.212.1239.

To My Sharon Church Members,

Thank you for all the prayers, cards and the beautiful green plant that you sent after the loss of my son, Erin. May God continue to bless you all.

With Grateful Thanks,
Shirley Cowan

IGNITE

Youth Sabbath School Leadership Training
for Adults and Youth who lead (or are soon to lead) Youth Sabbath School

October 12 - 13, 2018
Friday 7pm & Sabbath 9:30am

Columbia Adventist Academy
11100 NE 189th St., Battle Ground, WA 98604

<https://ignitesstraining2018.eventbrite.com>
NAD & NPUC Youth Departments

OC
2018 Women's RETREAT

Eagle Crest Resort
1522 Cline Falls Road
Redmond, OR 97756

OCTOBER 12 . 13 . 14

Adults: \$155 Teens: \$55
Registration Extended thru Sept. 27th
www.orgwomen.netadvent.org

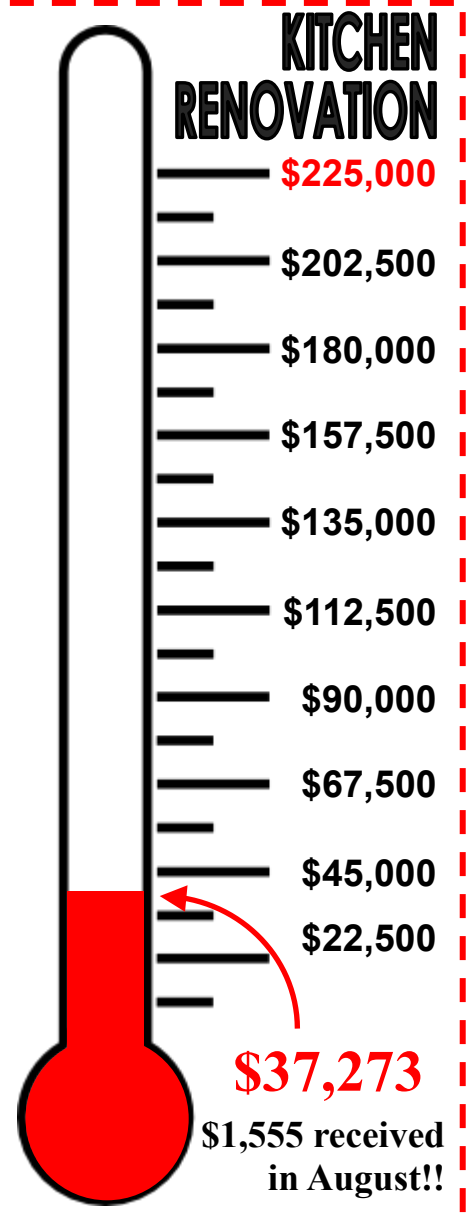
EMERGENCY PREPAREDNESS When I was little, my parents wrote all of our emergency contact numbers in the front of our kitchen phone book, these days we rely on cell phones and tablets and rarely memorize a phone number. Here are the phone numbers that should be in your phone:

- Animal Control
- Animal Poison Control
- Area Hospital ERs
- Insurance Agent Car/Home
- Local EMS
- Local Fire Dept
- Local Police Dept (non-emergency number)
- Locksmith
- Minister/Church Leaders
- Next Door Neighbors
- Poison Control
- Power Company
- Tow Truck
- Trusted Friends
- Veterinarian
- Water Company
- You/Spouse Co-Workers
- You/Spouse /Boss
- Your Child's School
- Your Family Doctors (include purpose, Dr. Jay—Heart)

If you're in an accident, In Case of Emergency (ICE) responders urge you to list YOUR emergency contacts in your phone labeled "ICE" Simply store your important contact numbers as ICE-husband, ICE-son, ICE-mom, etc.

URGENT PRAYER

- **Melanie Dottin**, grand-aunt passed away
- **Marina Joshua**, health concern / surgery
- **Elder Loiseau**, at home recovering from surgery
- **Linda and Derrick Foxworth**, traveling mercies
- **Amy Boyd**, kidney transplant
- **Cindy Cobbs**, Fort Vancouver Acute Care
- **Robert Darby**, strength to stay at work
- **Sophia Schafer** (Loiseau/Foxworth 12-yr old friend), Wilms cancer
- **Shirley Cowan & Family**, death of beloved son, Erin



CONTACT THE SHARON COMMUNICATION TEAM at office@sharonchurch.com or 503.287.7649

LET'S CHAT!

with Pastor D

This week we conclude on this sensitive topic of suicide.

These are some of the other signs to look for, to possibly save the life of a loved one who may be suffering in silence.

SUDDEN CALMNESS: If your family member or friend suddenly becomes calm after a time of depression. This can be a sign that the person has made a decision to end their life. The best remedy is to inquire if they have a plan and seek help. The help required, may be to have them visit a local hospital or to set an appointment with a therapist or counselor.

WITHDRAWAL: If you notice the constant withdrawal of a friend or family member, or they choose to be alone and avoid social activities. This includes the loss of interest or pleasure in social gatherings. This can be a possible symptom of depression. Recognize that depression is a leading cause of suicide.

ISOLATION AND AGITATION. Lastly, many suicide victims isolate themselves from family and friends. Some become quickly agitated and angry over past hurts and losses. Others suffer from humiliation and shame. These can be severe and sometimes silent warning signs. Some individuals may even visit or call to say goodbye and give away cherished items.

If you recognize any of these signs being exhibited by a family member or friend, then please seek help immediately. The **National Suicide Prevention Lifeline** number is:

800.273.8255



SHARON SEVENTH-DAY ADVENTIST CHURCH

September 22, 2018

MARK YOUR CALENDAR

SEPTEMBER

OCTOBER

- 23 Nominating Committee Meeting 11am
- 24 Bible Study 12pm
- 26 Mid-week Study 7pm
- 29 Sabbath School/Divine Worship 9:45am
- 29 Community Svc Food Pantry 2pm
- 1 Bible Study 12pm
- 3 Mid-week Study 7pm
- 5 **Adv Medical First Friday 7pm**
- 6 Sabbath School/Divine Worship 9:45am
- 8 Bible Study 12pm
- 8 **COLUMBUS DAY HOLIDAY**
- 10 Mid-week Study 7pm
- 12 **OC Women's Retreat—Eagle Crest Resort**
- 13 **OC Women's Retreat—Eagle Crest Resort**
- 13 Sabbath School/Divine Worship—**Children's Day** 9:45am
- 14 **OC Women's Retreat—Eagle Crest Resort**
- 14 Elders Meeting 10:30am
- 15 Bible Study 12pm
- 17 Mid-week Study 7pm
- 20 Sabbath School/Divine Worship—**Wear Pink** 9:45am
- 20 Community Svc Food Pantry 2pm
- 20 Church Member Business Meeting 6:15pm
- 21 Church Board Meeting 10:30am
- 22 Bible Study 12pm
- 24 Mid-week Study 7pm
- 27 Sabbath School/Divine Worship—**Friends/Family Sabbath Homecoming** 9:45am
- 27 Community Svc Food Pantry 2pm

* These are holiday or partner activities held at other locations, see Sharon bulletin board for details.