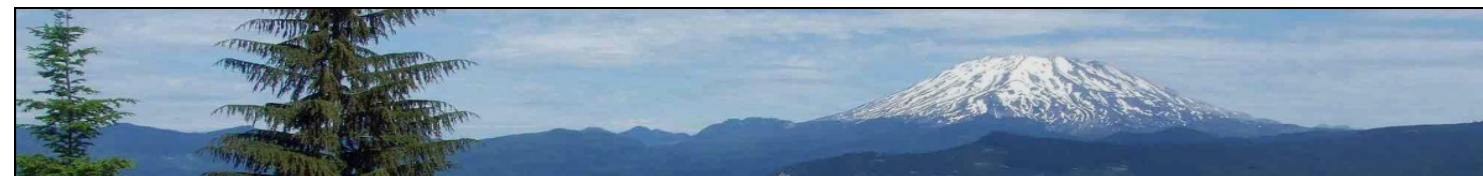




9503 NE 86th Street
Vancouver, WA 98662
(360) 892-6613
office@caspres.org
www.caspres.org

PLEASE
PLACE
STAMP
HERE

RETURN SERVICE
REQUESTED



FEBRUARY

DEACON OF THE MONTH

Lynda Wittren



SOLVE THE RIDDLES

I bring people
together, I can be
given in pairs,
I warm hearts and
banish cares.

What is a frog's
favorite month?

Stumped?
See page 5 for the
answers.

As you enjoy reading
the Newsletter try to
find the hidden cross
somewhere in
the newsletter.
It looks like this.



THE CHURCH BELL

Published Monthly

Volume 49, No. 2

"Love is patient, love is kind. It does not envy, it does not boast. It is not rude, it is not self-seeking, it is not easily angered, it keeps no records of wrongs. Love does not delight in evil but rejoices in the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." 1 Corinthians 13:4-8

This well-known scripture is one that we hear often at weddings. The Apostle Paul apparently was talking to a group of people who struggled to remember what it means to love. In our English language and culture, we use the same word for love which could mean many things. I can say I love my wife, my car, my latte, and God all with the same word. Somehow in this way, love loses its powerful meaning.

As we can see, biblical love is so much more. Now it's hard for us to love perfectly like this, because this is how God loves us. But we should strive to love one another in this way, though we may fall short.

But what strikes my attention today is how Paul first describes love as patient. *Macrothumeeo* is the word in Greek. It means to be long suffering, enduring, patient. This is a slow kind of love. Not hurried or busy.

Matthew Kelly in *Slowing Down to the Speed of Joy, The Simple Art of Taking Back Your Life* writes, "God's mandate is love. The speed of our lives is incompatible with love. The busyness of our lives is incompatible with love. This busyness is not of God. Our joyless urgency is not of God. We have brought this breathlessness upon ourselves, but we can choose a new path...Busy reduces our capacity to love...We need to slow down so we can learn to love again." (40-41)

I think Kelly is on to something, which is why we are spending time in worship and in our Adult Sunday school class learning about the importance of slowing down. More specifically, we are asking how can we slow down to the speed of Jesus. Jesus was never in a hurry, as busy as he was. But we never get a sense that he was ever too busy for the people he encountered along the way. He was slow. He was intentional. He was rested. He was love incarnate.

Those of us wishing to take following Jesus seriously should take inventory of our lives and ask how can we slow down to a speed that more reflects his pace and rhythm. As the good ole song proclaims, "They will know we are Christians not by our speed or busyness for God, but by our love."

Slowing down with you,

Rev. Dr. Chris Montovino, Pastor

SUNDAY WORSHIP
9am Sunday School
10:15am Worship Service

1st Pancake Breakfast

2nd Women's Bible Study Begins 9:30am

14th Happy Valentine's Day!

14th Men's Bible Study Breakfast 8am

15th Top of the Hill after Worship Service

16th Presidents' Day—Office Closed

Happy
Valentine's
DAY

STAR WORDS

Pastor Chris introduced us to star words two years ago. These are "randomly distributed words that could be used to guide us for the coming year." I honestly didn't think too much about it the first year. Besides, my word was "silence," so I guess I chose to be silent... But last year, my random word was "raison d'etre." OK, I thought I knew what that meant, but not being anywhere close to proficient in French, I thought I'd better check. Yep. 2025 I was supposed to deal with my reason for existing, my reason for being! That was harder to ignore than my word for 2024. I did think about my word a lot; it was difficult NOT to! I'm older, retired, a grandparent, and there are some specific things I do for my church. (There are also things I used to do, but now can't.) Being an example to my grandchildren seems the most important. The things I do for church I was already considering as being things I do for Jesus. So, it was easy to think that those tasks are quite important to my existence. I enjoy doing them; they truly do give me joy. Other people benefit from them; I think it brings them joy. That is when I realized that my star word is MY star word. It is personal. And that all seems like a good lesson to me, to keep doing what I know I want to do, and if I gain any praise for it, realize Who is really deserving of that praise, because I am only doing what I feel called to do, and enjoy doing! So, for 2026, my word is journey. That seems almost too easy. My whole life I have been learning that my goal isn't the end point. Rather, my goal is to enjoy the journey along the way. I first learned that about taking actual journeys. Don't just arrive. Enjoy the unexpected events along the way. Enjoy the new people along the way. So, when I get to the end, it is all the sweeter for the surprises along the way.

THANK YOU CORDELL!!!

Cordell Beck has served as our Audio/Visual Technician for many years. When he served on session, Cordell was our Technology Elder. During COVID, Cordell helped us pivot to establish an online worship presence that continues to minister to new folks and homebound members today. Most newcomers, in fact, check out our online streamed worship services before setting a foot in the door. This way they are able to taste and see that the Lord is good at Cascades and choose to come worship with us in person. Cordell has also faithfully discipled many of our youth group to be part of our sound and video team. After many faithful years, Cordell will be stepping back to allow him to be able to worship with his family during services and grow in new areas of his faith. Thank you Cordell for all you do at Cascades. You're the best!



ON MY NIGHTSTAND



In this season of learning how to slow down to the speed of Jesus, I thought it might be helpful to share some of the resources shaping my thinking and preaching. I encourage you to pick one or several of them up and learn from me as I learn from Jesus. This is Jesus' unhurried and unburdened yoke.

John Mark Comer, *The Ruthless Elimination of Hurry*. My main resource for this winter/spring preaching series. Comer addresses the vital need for people to slow down if they want to be serious followers of Jesus. He introduces four main spiritual practices for unhurrying our lives. Silence and Solitude. Sabbath. Simplicity. And Slowing. Ok that's five, but these disciplines are intricately interwoven together.

Matthew Kelly, *Slowing Down to the Speed of Joy, The Simple Art of Taking Back Your Life*. Kelly spent thirty years rushing around from one thing to the next. Until he realized that busy is not our friend. It is a toxicity that leaves us anxious, overwhelmed, discouraged, exhausted, stressed, inadequate and resentful. Slowing down is a way of life that Jesus practiced, and so should we.

Alan Fadling, *An Unhurried Life, Following Jesus' Rhythms of Work and Rest*. Beginning with his confession, pastor and spiritual director Alan Fadling describes his journey out of the fast lane and into the rhythms of Jesus. Following the framework of Jesus' earthly life, Fadling shows how the work of "Unhurrying" is central to spiritual development.

Alan Fadling, *A Year of Slowing Down, Daily Devotions for Unhurried Living*. Alan Fadling has spent years coaching leaders and communities on how to live an unhurried life, teaching that productivity is not our chief end. Designed to center you in God's loving presence, *A Year of Slowing Down* offers six devotions for each week of the year. Each day begins with a Scripture passage followed by a short reading and reflection question.

Leighton Ford, *The Attentive Life, Discerning God's Presence in All Things*. Distractions, fear and busyness were keeping Leighton Ford from seeing God's work in and around him. So he began a journey of longing for God. And it started with paying attention. Ford invites us to journey with him. Using the rich tradition of praying the hours, Ford helps you pay attention to God's work in and around you throughout each day and in different seasons of life.

Dale Gish, *Beloved: A Journey of Prayer*. Gish is a spiritual director and Ignatian retreat director who invites us on a journey to learn how to pray with scripture in an Ignatian style. You will learn to welcome God's loving gaze. You will be challenged to experience God's love in new and different ways. But most importantly, God will meet you with great love, as God delights to do.

Feb 1	9:00am	Pancake Breakfast
	10:15am	Worship Service
Feb 2	9:30am	Women's Bible Study Begins
	12:30pm	Bowling Fellowship
Feb 3	7:00pm	Deacon Meeting
Feb 4	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
Feb 5	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
Feb 8	9:00am	Sunday School All Ages
	10:15am	Worship Service
Feb 9	9:30am	Women's Bible Study
	12:30pm	Bowling Fellowship
Feb 10	7:00pm	Sessions
Feb 11	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
Feb 12	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
Feb 14		Valentine's Day!
	8:00am	Men's Breakfast Bible Study
Feb 15	9:00am	Sunday School All Ages
	10:15am	Worship Service
	12:00pm	Top of the Hill
		Presidents' Day—Church Office Closed
Feb 16	9:30am	Women's Bible Study
	12:30pm	Bowling Fellowship
Feb 18	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
Feb 19	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
Feb 21	9:00am	New Member's Gathering
Feb 22	9:00am	Sunday School All Ages
	10:15am	Worship Service
Feb 23	12:30pm	Bowling Fellowship
Feb 25	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
Feb 26	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice

NEW MEMBERS GATHERING

Interested in becoming a member of Cascades? Join us on Saturday February 21, 2026 from 9am to noon for a new members gathering. We will start with breakfast with our session elders and learn more about what fuels our mission, vision, and plans for the future. Contact Elders Jeff Engley, Jerry Cochran, or Pastor Chris Montovino for more details.



Deadline for submissions to the March Bell Newsletter will be Thursday, February 19th

BIRTHDAYS

Noah Blinsman
Steve Blinsman
Teresa Blinsman
Devon Chandler
Kim Foster
Clara Hickok
Jeremy Schaeffer



DECEMBER FINANCES

Income \$40,359
Expenses \$26,291
Total \$14,068

Year to Date 2025
\$44,032

Love's Eternal Gift
By Catherine Pulsifer

On Valentine's Day, we pause to see,
The greatest love from Calvary's tree.
A love so pure, it never fades,
Through every trial, it lends us aid.

Christ's sacrifice, a love divine,
Forever yours, forever mine.
His arms are open, His grace so wide,
In His love, we always abide.

So as we share this special day,
Let's thank the Lord, bow and pray.
For every heartbeat, every start,
God's love forever fills our heart.

Answers:
1. Hugs!
2. February. It has a Leap Year.

GREEN BAG

Clark Neighbors Food Project is a non-profit organization that collects non-perishable food and toiletries six times a year.


Green Bag Food Drive is at Cascades!
For our first year we had 4 collection dates and collected 1,673 lbs. of food!

- To participate:
- Sign up as a food donor with Jeff & Debbie.
 - Receive a Green Bag and buy non-perishable items to add to the bag whenever you shop.
 - Bring the filled bag back to Church on our collection dates – first one Feb. 8th.
 - Jeff and Debbie will take all our donations to FISH of Orchards Food Bank.

2026 Collection Dates:

February 8th
June 7th
October 4th

March 29th – Palm Sunday
August 2nd
December 6th



Thanks so much!
If you have any questions, please contact Debbie Engley.

JANUARY SESSION

Dian Poujade opened with devotions. Reviewed bids to replace sanctuary carpet. It is past its life and seams are fraying. Discussed kitchen remodeling committee update. Planning to update congregation in February on design and costing. Reviewed communion practices. Cordell Beck planning to step back from AV Tech work. Will most likely need to create paid part-time staff position to cover responsibilities. Benevolence Board expecting next round of funding to be received at end of January-February. Set congregation meeting for January 25, 2026 to receive annual report, answer questions about budget, and set pastoral terms of call for 2026. Overall recent local ICE violence and political protests were on our minds. Pastor Chris discussed attending upcoming worship service/rally at St. Andrews Lutheran Church and encouraging others to get involved as well.

THANK YOU!

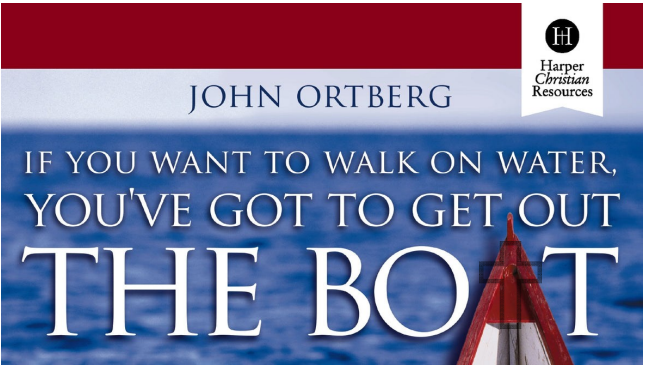
Dear Friends at Cascades, As always, we would not be able to support our families without your incredible support and gift of the Family Friendly Winco Gift Cards over the holidays. As you know, the price of groceries has become much less affordable lately and much of our community is hungry. We appreciate the Cascades Benevolence Board's compassion and generosity so much. Many thanks!
The Heritage High School Family
Community Resource Coordinator

CHRISTIAN EDUCATION

Good News!
Our preschool class is going very well. We have 6 enthusiastic children (all girls at this time) who attend regularly. They are a joy to work with and we are looking for two or three more people who would like to join our fun. It would be a once a month commitment during the second half of the service, after children's sermon. All supplies will be provided. At this point we are working on developing close friendships and building a strong knowledge and faith in Jesus Christ. Please let Janet Lind know if you are able to join our team.

Looking Ahead!
VBS - Can you believe we are already talking about VBS? Yes, in the next month we want to choose a curriculum/theme and set the dates for the summer. I would appreciate input from anyone that is interested. And of course we will be signing up people who can volunteer to help out. The program will be 9am-12pm for four days. There are various ways you can help out. More details will be announced as they are available. Please contact Janet Lind for more information.

WOMEN OF CASCADES



CASCADES WOMEN. You are invited to a 6 week Bible study **Mondays Feb 2-March 9 from 9:30-11:00.** We will be studying John Ortberg's book *If You Want to Walk on Water, You've Got to get out of the Boat.* In the risky waters of faith God calls us to model the lesson of Peter in choosing to overcome fear and embrace whatever unique call God has given us. In this way we can experience God's power to do things we had not thought possible. Please **sign up in the narthex and order the participant's manual for the book.** Contact Dian Poujade for questions. We hope you will join us for fellowship and study!

UPDATE: FUTURE FOCUSED ENVISIONING COMMITTEE

After the very busy Advent season the Future Focused Envisioning Committee is back together and making steady progress toward preparing for interviews with our Advisory members of the congregation. During the last couple of months, we have discussed various elements of worship that have included the act of worship and practicing our faith, the role of children and youth in worship, the role of deacons in worship, the meaning and practice of music in our worship, the support functions for worship such as AV support, the physical space we use for worship, and the role of Elders in worship. Prior to discussing each of these worship elements we review scripture passages, the Presbyterian Book of Order and what it says about the element, and online articles and readings from books. From these references, a series of discussion questions are assembled for the committee to use as a guide during the meeting. Here is an example of discussion questions we have used:

- We need to know “why” we come together on Sunday mornings at 10:15. We call it a “worship” service, but our tag line says we come to “be fed”. Are we gathering to worship God or to be taught and encouraged in his ways or both?
 - Should Cascades congregation have an active and conscious role building disciples of children and youth through worship? What does/might that look like?
 - How does the music we play during worship help members worship? How does it add to their worship?
- Important roles for Deacons and Ruling Elders during worship include reading scripture, prayers of intercession, receiving the offering, serving communion and charge to service. Should our Deacons assume a greater role in worship beyond serving communion?
- Our next step in February is to start assembling our Advisory members for 1-1.5 hour Zoom meetings to discuss some of these discussion questions to get more thoughts and ideas beyond just the committee. Once these Advisory member meetings are completed we will combine these thoughts and ideas with those of the committee and develop recommendations for the future of worship at Cascades.
- If you are contacted to participate in these Advisory member meetings we hope you will say YES! We need your support to ensure we have a well rounded view of where we are in worship today and where we can move worship into the future.
- Laura Livingston, Worship Arts Elder

Reading Thru the Bible...

The Bible Recap is a 365-Day Chronological Reading Plan you can start any day of the year. Reading through the Bible chronologically takes you through the story of Scripture as it happened. It helps you to see where and how it all fits together. When you read through the entire Bible it helps you see the big picture of God & what He is trying to tell us about Himself. Hopefully you are off to a great start in 2026! You've already tackled the challenging book of Job and the whole book of Genesis! Maybe you are starting to develop a habit and an excitement for the Word of God and for what might come next in your reading!

If you are not able to read every day you can keep track of where you are by marking the boxes or just read on the days that you can. The most important thing is to keep reading and don't give up! An option to reading would be to listen to the Bible on an app such as YouVersion®. As a help for understanding what you are reading each day you may want to purchase "*The Bible Recap One Year Guide.*" More info for The Bible Recap can be found at thebible Recap.com

Day 032 Exo 7-9 FEB 1	Day 033 Exo 10-12	Day 034 Exo 13-15	Day 035 Exo 16-18	Day 036 Exo 19-21	Day 037 Exo 22-24	Day 038 Exo 25-27
Day 039 Exo 28-29 FEB 8	Day 040 Exo 30-32	Day 041 Exo 33-35	Day 042 Exo 36-38	Day 043 Exo 39-40	Day 044 Lev 1-4	Day 045 Lev 5-7
Day 046 Lev 8-10 FEB 15	Day 047 Lev 11-13	Day 048 Lev 14-15	Day 049 Lev 16-18	Day 050 Lev 19-21	Day 051 Lev 22-23	Day 052 Lev 24-25
Day 053 Lev 26-27 FEB 22	Day 054 Num 1-2	Day 055 Num 3-4	Day 056 Num 5-6	Day 057 Num 7	Day 058 Num 8-10	Day 059 Num 11-13
Day 060 Num 14-15 Ps 90 FEB 29	Day 061 Num 16-17	Day 062 Num 18-20		