

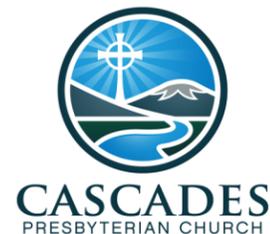


CASCADES
PRESBYTERIAN CHURCH

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

PLEASE
PLACE
STAMP
HERE

RETURN SERVICE
REQUESTED



THE CHURCH BELL

Published Monthly

Volume 49, No. 3

MARCH
DEACON OF THE MONTH

Joan Detrick



SOLVE THE RIDDLES

What did the dirt say to the rain?

I am a bow that can't be tied.

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.



As I write this article for the March newsletter, today is Ash Wednesday. It is the day that marks the beginning of the forty days of Lent leading up to Easter. It is a time to solemnly reflect upon our sin that separates us from God and the sacrifice that Jesus made on our behalf to reconcile us with God.

One way that some Christians choose to focus on Jesus' costly sacrifice, is to give up something themselves during Lent. Maybe it's chocolate. Maybe it's binge watching Netflix. Maybe it's wasting hours of time on social media. It is not done to win God's favor, but to experience the freedom from being bound to a particular habit, practice, or luxury. My practice or Lenten sacrifice this year has been to intentionally slow down to a pace that more reflects how Jesus would have lived.

In his book "Three Mile Per Hour God", the late Japanese theologian Kosuke Koyama wrote, "God walks 'slowly' because he is love. If he is not love he would have gone much faster. Love has its speed. It is an inner speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It is 'slow' yet it is lord over all other speeds since it is the speed of love."

The speed of love. Did you ever know that there was such a thing? In our technologically driven world, we are encouraged to go faster, do more than ever, be more efficient. But somehow, this fast pace leads us to miss out on so much beauty and love in the meantime. Walter Adams, former spiritual director to C.S. Lewis once said, "To walk with Jesus is to walk with a slow, unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it."

Hurry is death! Wow. Those are pretty strong words. Pastor John Mark Comer in his book, "The Ruthless Elimination of Hurry", talks about something called "hurried sickness." It is defined as "A behavior pattern characterized by continual rushing and anxiousness. A malaise in which a person feels chronically short of time, and so tends to perform every task faster and to get more flustered when encountering any kind of delay. A continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time." How many of us feel convicted by those words? I guess more than would admit to it!

But friends, Jesus invites us to live a different way. His slow and easy way has margin for holy interruptions and is open to be part of whatever God is doing at the moment. At the slow speed of Jesus, He provides true rest for our weary souls.

Slowing down with you,

Rev. Dr. Chris Montovino, Pastor

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

1st Pancake Breakfast

14th New Members Gathering 9am

15th Top of the Hill after Worship Service

17th Happy St. Patrick's Day!

21st Women of Cascades 8:30am

29th Palm Sunday

EASTER WEEK SCHEDULE

Easter Services

Palm Sunday Service - March 29 at 10:15am

Maundy Thursday Service - April 2 at 6pm Soup Potluck & 7pm Service

Sign up in the narthex to bring a soup to share.

Easter Sunrise Service - April 5 at 6:30am

Easter Brunch—9:30am between the Sunrise service and regular service. Please be sure to add your name to the sign up sheet posted in the narthex to bring a food item to share and enjoy fellowship together. Contact Christie Mistrot if you have questions.

Easter Morning Service—April 5 at 10:15am

Children's Egg Hunt following Worship Service



SPOTLIGHT ON OUR MEMBERS



The fourth of six children (five girls, one boy), born and raised in Toledo and nearby Sylvania, OH, with no kindergarten available, Deborah Matthews Brakefield entered first grade early at age five, which "colored her education," leading to a general disinterest in school until her senior year of high school, when "things clicked" for her. Friends were few but solid, and "her siblings and extended family were of primary importance" to her. Later in life, she learned she is on the Aspergers spectrum and realizes how that affected her childhood. Debbie loved helping her father with painting and repairs. She was the only child that shared her mother's love of quilting, needle arts and crafts.

One year of community college followed but no funds were available for higher education. Debbie worked from age 16 until retirement at 64. After managing restaurants in Sylvania and Dayton, she worked as an administrative assistant, then learned drafting after her oil company boss recognized her talent, leading to the favorite job of her lifetime. Through all this, she learned to recognize her own intelligence.

1972 saw Debbie's sister Melissa move to San Marcos, TX. Debbie visited, meeting her future husband, so she soon moved there to marry him. She says if she "had not been to lovely parts of Texas," she "would have turned tail and run back to Ohio!" After 28 years of marriage, she divorced in 2001. They had two sons. Ben, also on the Aspergers spectrum, married a woman who had no contact with her own family and convinced Ben to do the same with his family. This sorrow in Debbie's life brings daily prayer for the situation. We can join Debbie in praying about this, as well as her health and lung issues. While living in Irving, TX, at Woodhaven Presbyterian Church, she served as youth director, office manager, and Stephen minister, helping her grow into her beliefs, especially as she faced her family problems. Later, in the spring of 2024, she moved from San Marco, TX, to Vancouver, WA, to "help my son, Jesse, his wife, Tina, and my granddaughter, Freyja. They needed family support. My little dog died a month after the move, but it has been determined a new dog, and the expenses are not wise at this time. After 50 years in Texas, it was a difficult transition, but my new family at Cascades Presbyterian Church has helped ground me in the transition." She still sees her family and friends in Texas once a year but enjoys having four seasons here.

Debbie says, "Aside from needlework arts, my main hobby has been researching my family genealogy since age of 18. In Fall 2025, I completed a family genealogical history of my mother's family. I compiled 10 books, 6 for my siblings and 4 for my cousins on my mother's family. I am going to re-write and organize my father's family history for my siblings. My eldest sister, Susan, just became a DAR with me providing all the paperwork she needed. Don't know if I'll join, but I do have two ancestors who I qualify for membership from the American Revolution. I have taught genealogy glasses for beginners at a community center and even at work once."

March

Table with 3 columns: Date, Time, and Activity. Lists church events from Mar 1 to Mar 30, including Pancake Breakfast, Worship Service, Women's Bible Study, Bowling Fellowship, Youth Group, Giving Hands Ministry, Choir Practice, Sunday School All Ages, and St. Patrick's Day!

BIRTHDAYS

Jordan Montovino
Seth Hartrim-Lowe
Samuel Hartrim-Lowe
Jeanne Robbins
Cordell Beck



ANNIVERSARIES

Drew & Susan Kenney
Buzz & Jane VanFleet
Fred & Dian Poujade

JANUARY FINANCES

Income \$20,122
Expenses \$25,717
Total - \$ 5,595

Year to Date 2025
- \$ 5,595



He leads us on by paths we did not know;
Upward He leads us, though our steps be slow,
Though oft we faint and falter on the way,
Though storms and darkness oft obscure the day;
Yet when the clouds are gone,
We know He leads us on.
He leads us on through all the unquiet years;
Past all our dreamland hopes, and doubts and fears,
He guides our steps, through all the tangled maze
Of losses, sorrows, and o'er clouded days;
We know His will is done;
And still He leads us on.

--Nicholaus Ludwig Zinzendorf



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

Answers:
If this keeps up, my name will be mud.
A rainbow.

NEW MEMBERS GATHERING

Have you been attending Cascades for a little while and are interested in possibly joining the church as a member or transferring your membership from another location? Join the Session for a breakfast fellowship on a Saturday, March 14th, 9am to noon and learn more about what fuels our mission, vision, and plans for the future. Contact Elders Jerry Cochran, Jeff Engley, or Pastor Chris Montovino for more details.

WOMEN OF CASCADES



All women of Cascades are invited **Saturday, March 21, 8:30-10:00am** for a time of connection with other Cascades women. Bring something to share for a casual breakfast. Mark your calendar for **June 6 from 8:30-10am for the next women's gathering.**

FEBRUARY SESSION

Pastor Chris opened with a devotion on the importance of practicing sabbath. Discussed chapters of Canoeing the Mountains about adaptive change in the Church and Christendom. Sanctuary carpet replacement scheduled for week of February 23-27. Update provided on kitchen remodeling project. Significant gifts received towards it. Set congregational meeting to present idea of moving forward for congregational approval. Approved Benevolence Board Grant to Greater Clark County Rotary for Good Samaritan Award in memory of Dorman Holcomb. Job posted for AV technician. Already receiving resumes. Worship Envisioning Committee update. New Members Gathering to be rescheduled for March. New neighborhood with 98 homes coming just north of church at NE 94th and NE 88th St. Discussed newsletter article coverage while Pastor Chris is away on Sabbatical. Approved two facility use requests for flute recital and 4H Gardening group gatherings. Overall, seems like its time to take care of our own house with some necessary updates and repairs. God has faithfully provided what we've needed. Learning how to establish new rhythms and ways of being church in today's culture.

ADULT CHRISTIAN EDUCATION IN LENT

We will embark on the season of Lent by walking with Jesus into the Egyptian wilderness, and introducing the ancient Desert Fathers and Mothers; our companions on this journey. Together we will fix their eyes on Jesus, so that we might approach Easter with a heart of prayerful pursuit. These short videos produced by Pete Greig will serve as launch points into some ancient prayer practices that have been used in the Church for centuries. So join us on Sunday mornings at 9:00am. See you then!

UNITED IN FAITH: A CALL TO ACTION

On January 24, several from Cascades attended a gathering titled "United in Faith: A Call to Action", at St. Andrew Lutheran Church. There were about 300 to 400 participants from a spectrum of churches and from no church at all. The worship service was led by Bishop Cederick D. Bridgeforth, bishop of the Greater Northwest Area of the United Methodist Church and others. Bishop Bridgeforth preached on Luke 4:16-21 in which Jesus reads in the synagogue from the scroll of Isaiah where it talks about the Lord sending someone to "preach good news to the poor, to proclaim release to the prisoners and recovery of sight to the blind, to liberate the oppressed, and to proclaim the year of the Lord's favor." Then Jesus sat down and said "Today, this scripture has been fulfilled just as you heard it." There is so much in that passage that the Bishop could have preached on but he chose to preach on just one word: today. Under that word, he listed seven things we, as followers of Jesus, can be doing to fulfill the prophecy in our time.

We can:

- make friends, especially with people who are different from us – different religion, politics, income, race, sexual orientation, etc;
- accompany immigrants and asylum seekers, not as charity but as a sacred duty;
- help create contingency plans for those who might be arrested and possibly deported, so children are not left alone when parents disappear;
- open our churches for things that promote the public good (e.g., overnight housing, food distribution, community events, etc);
- invest in keeping people housed;
- oppose what does not uplift and liberate (e.g., xenophobic, homo and transphobic, racist, ableist, and violent reactions and rhetoric);
- work collaboratively and intersectionally because no single leader or single issue will save us.

For me, this gathering was about remembering how Jesus would want us to live today. It was about moving beyond denominational differences to the true heart of Jesus' message: Love your neighbor, no exceptions. It was about moving beyond study and contemplation, beyond waiting to do the perfect thing and into doing something. It was about asking what is mine to do and who can I do it with and can we all do it with Jesus? Today. The United in Faith Coalition is a "network of faith-based organizations and leaders committed to working together for the common good." Its goal is to "take collective action that strengthens communities and advances meaningful systems change." Please talk with me if you are interested in joining together as a Cascades group to undertake more of the needed actions than we can do individually. How about today?

Lindsay Winsor

KITCHEN REMODEL UPDATE

The congregation approved moving forward on the kitchen remodel at a special congregational meeting Sunday, February 22nd. With some generous donations already received, the project can now proceed. All that is left to donate is \$20,000 to cover appliances and extra funding for potential bid overages. Next step is choosing cabinets, countertops, etc. Then permitting begins. Praise God!

INFORMATION UPDATES

Keep the church office informed when you have changes or updates to your address, phone or email. The Church Bell Newsletter is available as a hard copy delivered in the mail or electronically via email. To change the way you receive it, contact the church office. The eBell is a weekly email update of what is going on in the life of the church. If you would like to receive the eBell, contact the church office with your email address.



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.

If you're still with it then you've made it through Leviticus and half of Numbers already! Good for you—these are 2 books that often stall readers and cause them to give up. Surely after making it this far 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 060 Num 14-15 Ps 90 MAR 1	Day 061 Num 16-17	Day 062 Num 18-20	Day 063 Num 21-22	Day 064 Num 23-25	Day 065 Num 26-27	Day 066 Num 28-30
Day 067 Num 31-32 MAR 8	Day 068 Num 33-34	Day 069 Num 35-36	Day 070 Deut 1-2	Day 071 Deut 3-4	Day 072 Deut 5-7	Day 073 Deut 8-10
Day 074 Deut 11-13 MAR 15	Day 075 Deut 14-16	Day 076 Deut 17-20	Day 077 Deut 21-23	Day 078 Deut 24-27	Day 079 Deut 28-29	Day 080 Deut 30-31
Day 081 Deut 32-34 Ps 91 MAR 22	Day 082 Josh 1-4	Day 083 Josh 5-8	Day 084 Josh 9-11	Day 085 Josh 12-15	Day 086 Josh 16-18	Day 087 Josh 19-21
Day 088 Josh 22-24 MAR 29	Day 089 Jdg 1-2	Day 090 Jdg 3-5				