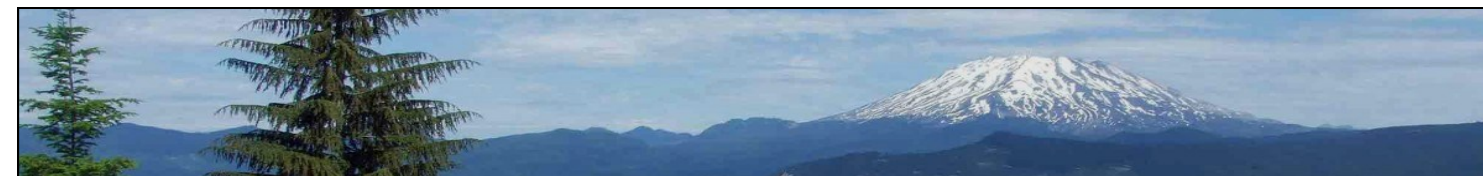




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PLEASE
PLACE
STAMP
HERE

RETURN SERVICE
REQUESTED



JUNE

**DEACON OF THE
MONTH**

Lynda Wittren




SOLVE THE RIDDLES

I rise in the morning
and set at night,
shining brightest in the
month of June.
What am I?

What did the grape
say to his dad on
Father's Day?

Stumped?
See page 4 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 48, No. 6

"In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, and your elders will dream dreams. Even on my servants, both men and women, I will pour out my Spirit in those days, and they will prophesy." Acts 2:17-18

Something is stirring across America that sounds a lot like this text from the first Pentecost in Acts 2. The Apostle Peter boldly addressed a crowd of Jews from every nation under heaven who had gathered in Jerusalem for the Day of Pentecost. The Spirit of God descended upon Jesus' disciples who began speaking in other tongues as the Spirit enabled. What they shared were divine mysteries of their faith in Jesus and they invited others to follow along. By the end of the day, about three thousand new believers put their faith in Jesus and were baptized.

Recently, several of us from Cascades attended the Future Church Conference in Portland. It was titled the State of the Church 2025 and included lots of research and statistics from the Barna Group. (For more information check out stateofthechurch.com). This research keeps watch over certain trends of faith. What they are noticing is a rising spiritual hunger among the GenZ generations (people born between 1997 and 2012). In fact, nearly sixty percent of Gen Z participants surveyed said "I am more open to God today than I was before the pandemic." This is compared to only thirty-five percent of the Boomer generation (people born between 1946-1964). Surprisingly, leading the charge are young men who are exploring their faith and joining churches whereas young women are becoming increasingly less affiliated with churches. This is a dramatic shift. Why this is happening now and what is behind the trends is more complex than we can address here.

But what this tells us is that the time is ripe to address the spiritual needs of this hungry generation. Some pressures and questions facing today's young people include searching for identity (Who am I?), fighting anxiety (How should I live in today's world?), experiencing loneliness (Am I loved?), harnessing ambition (What's my purpose?), and feeling entitled (What matters beyond me?). They are also looking for more spiritual and theological guidance on issues surrounding online church attendance, social media, artificial intelligence, and screen time/phone addictions. In fact, 3 in 4 parents (72%) report being concerned about artificial intelligence's impact on their children and teens.

The question then is how can we at Cascades meet these young people where they are and provide the guidance that they crave? Again, the report identified three areas that healthy churches provide to meet these needs. They have Small Groups that make attendees feel that they belong and are like family. Their Households pray together and care about each other's faith and spiritual well-being. And they offer Mentorships which invest in young people's lives that cheer them on to become the best versions of themselves.

While Cascades has offered each of these three areas for many years through our Youth Group, Prayer Partners Ministry, and Intergenerational Sunday Worship where families worship together, I think these can be strengthened to better meet the spiritual need of our younger generations. Over the course of the next several years, our leadership will be evaluating many areas of our church and asking how we are setting ourselves up to meet this oncoming spiritual tidal wave. It might mean that some beloved traditions could change. It might mean worshipping in a fresh way. It might mean letting go of what makes us feel comfortable for the sake of someone we have yet to meet.

I'll confess that this is both exciting and scary. But if we trust the movement of the Holy Spirit and pray for the Lord's leading, whatever results will be more incredible than anyone could ever imagine on our own. And so we pray, "Spirit of the Living God, Fall Afresh on Us!"

In Christ,

Rev. Dr. Chris Montovino, Pastor



Partner with us for Road Trip VBS

Join us on our Road Trip!

July 21 - July 24, 2025
Monday through Thursday, 9am to noon
Pre-K to 5th Grade

Contact Janet Lind at (360) 921-5461

Sign up for opportunities to serve, lead
and most of all HAVE FUN at Road Trip VBS!

SPOTLIGHT ON OUR MEMBERS

Having written spotlight stories over the past 3 ½ years, with Kim Foster writing them the year before that, 48 individuals, couples, or families have been featured. What has been especially interesting to me is how people began attending Cascades, how they give of themselves to others, how they show Christ in their lives.

I've learned of people who lived on boats, served as a car hop on roller skates, had a pet axolotl named Rose, danced ballet, met the President, suffered a terrible car accident, lived in both China and Nigeria, drove trucks across the country, ate guinea pig in Peru, visited all 50 states, fell in love on the beaches of Guadeloupe, grew up in California or the Midwest or the Southwest or Portland, were born in India or Kenya or Denmark or Canada or Afghanistan, raced cars, served as career Navy, served as an Army lieutenant colonel, and even one who tossed a coin to decide which girl to ask out and then married her.

Some like to travel, ski, garden, hike, ride trains, drive sports cars, knit, crochet, be grandmothers, play board games, write, take pictures, golf, bowl, play bridge, raise sheep, grow chestnuts, climb mountains, sing, play musical instruments, read, paint, dance, watch PBS, sew, hunt, fish, care for pet cats or dogs.

We have teachers, social workers, dental hygienists, ski makers, doctors, maids, debate coaches, journalists, techies, web developers, engineers, accountants, nurses, future medical doctors, managers, analysts. Some are retired. Some are in school. Some serve in the military.

I have learned so much. I'd like to learn more. I know some people are willing to share but haven't found the time to do so. If you would be willing to share your story, please get with me. I would be happy to send you a list of questions for you to answer, or we can get together in person or on the phone. One hour of your time is what it generally takes. Or, if you have already agreed to be interviewed, please return the answers to your questions, or set up a time when we can get together. Your fellow Cascadians want to get to know you!

submitted by Bill Honey, who really wants to tell your story!

HAPPY 100TH BIRTHDAY



Pastor Chris & Evelyn Peterson who turned 100 years in May!

ONLINE GIVING

Thank you to everyone who has switched their online giving from our previous Presbyterian Foundation Portal to our new Servant Keeper Portal. This new system is much easier to use from both a giving and accounting perspective. Not only can you pay your annual pledge and per capita, but you can contribute towards VBS registrations, PCUSA Offerings, Building Kitchen Fund, and many other areas of Cascades' Mission as well.

Check it out at <https://www.caspres.org/giving> or by using the QR code. To sign up you will need to use the email address that is associated with your name in the Cascades Presbyterian Church database. If you don't have an email with the church, or aren't sure, get in contact with the office.



ANNUAL CHURCH PICNIC



SAVE THE DATE!! Sunday, July 20th, 12:00 to 3:00pm.

Our annual church picnic is coming! Held at the Hartrim-Lowe farm. Potluck, swimming, sun, & fellowship. Hamburgers, hot dogs, and bottled water provided by the church. Volunteers will be needed to help take down chairs and tables following the picnic. A signup sheet will be coming soon. In the meantime, please contact Christie Mistrot with any questions.

SUMMER SERMON SERIES

In mid June we will return to our Member in the Spotlight Sermon Series. Each Sunday we will feature one person from the Cascades congregation and ask the following questions: Tell us about yourself and your faith journey? How did you come to Cascades? What do you or did you do vocationally six days of the week and how does what we do on Sunday mornings inform the way you live the rest of the week? What scripture would you like us to learn about or worship songs would you like us to sing today? Why? These profiles have been such a wonderful way for us to get to know one another better in deeper ways than what might be possible on any Sunday morning conversation during fellowship. Thank you to everyone who has said Yes! We are blessed to share life together!

MAY SESSIONS

Devotions began with talking about our hesitations and importance of sharing our faith both in word and in deed. Welcomed Sarah Ostrand who shared about the seniors ministry she began called Eternally Beloved. Gave permission for Sarah to invite members of Cascades to both volunteer and financially support her ministry directly through their giving at Cascades (see Cascades Online Giving). Treasurer reported that finances are looking very positive with expenses much lower than income. Sent letter to Edward Jones replacing Michelle Drexler with Lisa Kupfer as authorized representative to deal with investment and bank account dealings. Online giving platform switch is completed. New church sign is up and operating. Looks great! Talked about working with Youth and others to revamp Hanging of the Greens service and the Nacimiento. Approved 2025 Benevolence Board Budget including \$10,000 grant to Open House Ministries and \$2,700 to East Clark County Young Life for Covington Middle School and Heritage High School Club expenses. Nominating Committee is gearing up to select new church officers. Discussed Future Church Conference which several people recently attended. Kitchen remodel project is kicking back into gear with getting bids from several contractors. Overall we had a sense that God is making all things new, including our church and ministry. Excited about learning how to bridge gaps between cherished traditions and fresh ways through which the Spirit of God is calling us to worship God.

ANNUAL WOMEN'S TEA



The 2025 Annual Women's Tea was a wonderful time to celebrate all the women at Cascades. We had 12 full tables that were staged by the Youth, set with teacups and teapots lent by various Cascades members, and adorned with beautiful bouquets generously arranged and donated by Linda Beck. Although some food items were provided by a few of our women members, almost all the food was prepared by the men, all the serving and cleanup was done by our men including some of our Youth. I want to personally thank everyone who contributed and attended this amazing event! Christie Mistrot, Community Life Elder



The members of Giving Hands sponsored a quilt raffle to raise money for materials needed for their ministry. The winning ticket was held by Debbie Brakefield.



GREEN BAG FOOD PROJECT



Clark Neighbors Food Project is a non-profit organization that collects non-perishable food and toiletries six times a year. Since 2017, we have shared over 755,000 pounds of food with hungry neighbors in Clark County. A big thank you to all who signed up to be food donors and fill our food bank for the summer months when children are no longer getting free meals at school. Our goal was 20 and we had 28 people sign up! Green Bag at Cascades will be collecting food 6 times per year for our neighbors. To participate: Sign up as a food donor, 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 Sunday, June 8th. Jeff and Debbie will take all donations to FISH of Orchards Food Bank on Saturday, June 14th. If you have any questions, please contact Debbie Engley.

WOMEN’S FELLOWSHIP CONFERENCE

WOMEN OF CASCADES—**SAVE THE DATE!**
Saturday September 20 from 8:45am-2pm
for a Fellowship Conference at Cascades



Guest Speaker Dr. Deborah Baker
from Tacoma, WA
will lead a dynamic and interactive workshop

“Shine and Bloom through Your Cracks”
*When God’s light seeps our through our cracks
others can see our blooms” (2 Corinthians 4:7).*

Come for a chance to get to know women better,
to learn and to have fun.

Sign-up sheet will be posted in July.
Questions? Contact Dian Poujade, Debbie Engley,
Karen Montovino, Christie Mistrot,
Janet VanFleet, or Janet Lind

CURRIED CHICKEN TEA SANDWICHES

Each year at the Women’s Tea, people rave about the Curried Chicken Tea Sandwiches made by Bill Honey. We are including the recipe below for your enjoyment so you don’t have to wait a whole year for them.

- 1/2 cup flaked coconut
- 1/2 cup chopped almonds
- 1 (8-ounce) package cream cheese, softened
- 2 TB mango chutney
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups diced cooked chicken
- 12 (1/2 inch-thick) pumpernickel bread slices
- 3 TB diced green onions

Bake coconut and almonds in shallow baking pans at 350 degrees, stirring occasionally, 5-10 minutes or until toasted. Stir together cream cheese and next 4 ingredients; gently stir in the chicken. Spread evenly on bread slices; trim crusts and cut each slice into 3 strips. Sprinkle evenly with coconut, almonds and green onions.
Yield: 3 dozen



Silent, Strong Dad

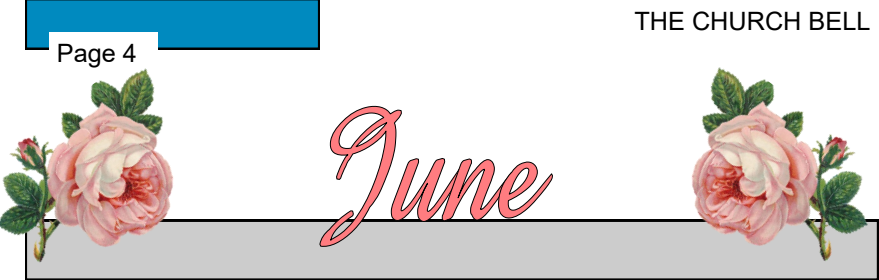
By Karen K. Boyer

He never looks for praises.
He’s never one to boast.
He just goes on quietly working
For those he loves the most.
His dreams are seldom spoken.
His wants are very few,
And most of the time his worries
Will go unspoken, too.
He’s there...a firm foundation
Through all our storms of life,
A sturdy hand to hold onto
In times of stress and strife.
A true friend we can turn to
When times are good or bad.
One of our greatest blessings,
The man that we call Dad.

APRIL FINANCES

Income \$24,314
Expenses \$24,540
Total \$ -226

Year to Date 2025
\$ 17,982



June 1	9:00am	Pancake Breakfast
	9:00am	Sunday School All Ages
	10:15am	Worship Service
	12:00pm	Assembly of Snack Packs
June 2	12:30pm	Bowling Fellowship
June 3	7:00pm	Deacon Meeting
June 4	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
June 5	1:30pm	Giving Hands Ministry
June 8	9:00am	Sunday School All Ages
	10:15am	Worship Service
June 9	12:30pm	Bowling Fellowship
June 10	7:00pm	Session Meeting
June 11	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
June 12	1:30pm	Giving Hands Ministry
June 15		Father’s Day!
	10:15am	Worship Service
June 16	12:30pm	Bowling Fellowship
June 17	12:30pm	Bowling Fellowship
June 19	1:30pm	Giving Hands Ministry
June 21	10:00am	Craft Fair
June 22	10:15am	Worship Service
June 23	12:30pm	Bowling Fellowship
June 25	12:30pm	Bowling Fellowship
June 26	1:30pm	Giving Hands Ministry
June 29	10:15am	Worship Service
June 30	12:30pm	Bowling Fellowship

CRAFT FAIR & PLANT SALE



Calling all crafters and green thumbs!
The Craft Fair & Plant Sale
will be June 21st from 10am-2pm.
For questions or to sign up for table space
contact Heather Hartrim-Lowe

BIRTHDAYS

Ward Holcomb	Alex Wessel
Renee Lacombe	Sherry McKusick
Madisen Montovino	Jeremy Kenney
Brenna Beck	Michelle Drexler
Dian Poujade	Madelyn Hartrim-Lowe

Daily Devotions



God’s Provision for Daily Needs

June 1 1 Kings 19:1-4 (5-7), 8-15a

The Spirit Among Them

June 2 Acts 2:1-4
June 3 Acts 2:5-13
June 4 Acts 2:5-13
June 5 Acts 2:14-21
June 6 Romans 8:14-17
June 7 John 14:15-17
June 8 Acts 2:1-4

The Joy of the Trinity

June 9 Proverbs 8:1-4, 22-31
June 10 Psalm 8
June 11 Romans 5:1-5
June 12 Romans 5:1-5
June 13 John 16:12-15
June 14 John 16:12-15
June 15 Proverbs 8:1-4, 22-31

God’s Provision for Daily Needs

June 16 Psalm 42 and 43
June 17 Psalm 22:19-28
June 18 Galatians 3:23-29
June 19 Galatians 3:23-29
June 20 Luke 8:26-39
June 21 Luke 8:26-39

Godwinks

June 22 2 Kings 2:1-2, 6-14
June 23 Psalm 16
June 24 Psalm 66
June 25 2 Kings 5:1-14
June 26 1 Kings 19:15-16, 19-21
June 27 Galatians 5:1, 13-25
June 28 Galatians 5:1 (1-6) 7-16

To Follow Jesus

June 29 Luke 9:51-62
June 30 Luke 10:1-11, 16-20

Deadline for submissions to the July Bell
Newsletter will be Monday, June 23rd

Answers:
1. A sunrise.
2. Thanks for raisin me right!