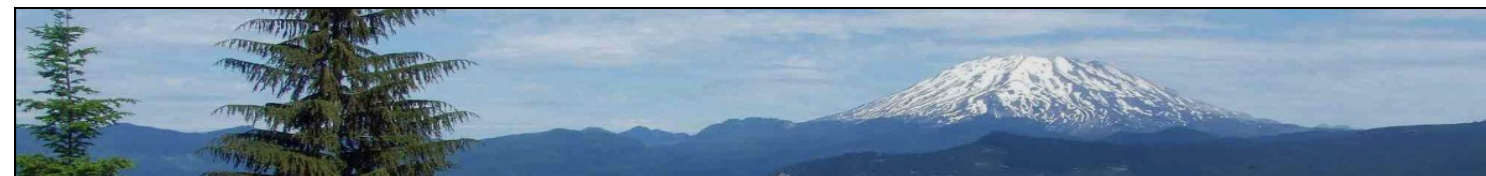




9503 NE 86th Street  
Vancouver, WA 98662  
(360) 892-6613  
office@caspres.org  
www.caspres.org

PLEASE  
PLACE  
STAMP  
HERE

RETURN SERVICE  
REQUESTED



# THE CHURCH BELL

Published Monthly

Volume 48, No. 7

## JULY

### DEACON OF THE MONTH

Barbie Baker




### SOLVE THE RIDDLES

What did one flag say to the other in July?

What did the ocean say to the beach in July?

What do toads drink on a hot summer days?

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. 

“Always be ready to give an answer for the hope that is within you.” 1 Peter 3:15

One of Cascades’ core values that we strive towards is... “We know, appreciate, and love one another, sharing lives of faith.” This has always been important to our congregation ever since Cascades was founded back in 1979. But getting to know one another in greater depth is not always easy or possible during the fellowship hour immediately following Sunday worship. Usually that time is spent on small talk, simply catching up on what took place that week. It’s actually when we intentionally spend time together outside of Sunday morning that we learn more about someone’s life, both good and bad.

This is also why we do The Member in the Spotlight Summer Sermon Series and we feature member’s stories each month in the Bell Newsletter. Recently we heard from Mary Beth Northrup in worship and this month you’ll read about recently graduated senior Seth Hartrim-Lowe.

But there is another reason why getting to know one another is so important. It’s part of our discipleship as followers of Jesus Christ. The scripture above from 1 Peter 3:15 commands us to always be ready to give an answer for the hope that is within us. This requires us to take time to reflect over our lives, consider the difference that knowing Jesus Christ has made, and then be ready to share the hope that we’ve found. We also can think through questions like... What’s been good? What’s been hard? When did we experience God most? Or where was God seemingly absent? And what have we learned about Jesus along the way?

So how can we create more space for us to spend time together outside of Sunday morning with one another? We can come to the All Church Picnic at the Hartrim-Lowe Farm after worship on July 20. We can participate in the Cascades Bowling Fellowship. We can share our crafts and talents at the Giving Hands Ministry Workshop on Thursday afternoons. We can participate in the Youth Group on Wednesday evenings. We can actively attend Sunday school in the Fall. We can come to the once monthly Saturday morning Men’s Fellowship and Bible Study (on break for the summer). We can be involved with the Women’s Fellowship starting in September. We can ask someone to serve with us at one of Cascades Ministry Partners like Friends of the Carpenter, Heritage Farm, FISH of Orchards, Open House Ministries, or Family Promise of Clark County. We can invite a friend out to eat or over for a meal after church on Sunday. Or we can ask someone out for coffee as a chance to get to know them. The options are endless, but it requires some planning and creativity on our parts.

So lets’ not wait for someone else to create the program to make this happen or for the invitation to go out. Initiate it. Be intentional. And then see how God begins to knit our hearts together as we share lives of faith.

In Christ,  
Rev. Dr. Chris Montovino, Pastor

**SUNDAY WORSHIP**  
**10:15am Worship Service**  
**No Sunday School during the Summer**

**Happy 4th of July!**

**ANNUAL CHURCH PICNIC**  
**July 20**  
**12-3pm**

**VACATION BIBLE SCHOOL**  
**July 21-24**  
**9am—Noon**



## SUMMER SERMON SERIES RETURNS: MEMBER IN THE SPOTLIGHT

One of the things that I have truly enjoyed these past several years is my Member in the Spotlight Sermon Series. Each week, I showcase one person of the Cascades family to interview before preaching. This person tells us something about their faith journey and how they came to Cascades, what they do/did for a career five days per week, and how what we do at Cascades on Sunday mornings informs the way they live the rest of the week. They also get to pick the scripture verses that I preach on and a favorite worship song or two for us to sing in worship. I hope that you enjoy this time as much as I do getting to know each of you better. We are GIFTS (Growing in Faith Together) to each other. Pastor Chris

## SPOTLIGHT ON OUR MEMBERS



Seth Hartrim-Lowe was previously featured in the August 2021 edition of The Bell. Kim Foster wrote that Seth, then 14 years old, had already experienced a lot in his life. We learned he was born near Austin, TX, moved three times by the age of 2, when his dad settled the family in New Mexico.

10 years ago, the Hartrim-Lowes moved to the Vancouver area and began attending Cascades Church. Seth, home-schooled, and one of seven children in the family, helped clean house and assisted in feeding the chickens, dogs, cats, goats, cows and alpacas, which naturally led to his involvement with 4-H, joining their Legos robotics club along with his brothers, Sam and Harrison. Meeting in the same place (a local church) was the high school-aged robotics club, which eventually moved to Prairie High School. There, in January 2023, Seth joined that group, called the Cloverbots, worked through the post-Covid doldrums and, through his extra effort, put in the hours to elevate the group to where it is now. Eight adult mentors, all STEM oriented, help the students in their efforts.

Specializing in electrical and software functions, he was responsible for 95% of the coding! This year, realizing it was his final year of high school, Seth decided to leave well-documented material for the club, so he re-wrote the robot code base so future students will have good access to it all.

When asked about the Cloverbots' competition in Houston this year, Seth replied, "It was a fantastic opportunity to see fellow STEM students from across the world. We were able to compete against the best of the world, including a match against a team that is a five-time world champion (it was especially exciting to win that match). Our team placed 8th on our field of 75, an incredible accomplishment for our small team. We also received the Rising All-Star Award, which acknowledges a team that has undergone difficulties in recent years."

In addition, Seth still participates in 4-H alpaca and poultry clubs (catch him at the Clark Country Fair this August), as well as playing oboe for Prairie High School and the Junior Symphony of Vancouver.

His family, his church family, and his robotic mentors have greatly influenced him, and now he finds his sibling relationships changing: "We've all grown up and are each going down our own path. I have weekly calls with each of my sisters while they're away. I love hanging out with my brothers throughout the week, although relationships have gone from playmates to roommates. (Twin brother) Sam and I have definitely started going down different life paths, but I am excited to see what God has planned for us both."

This fall Seth will attend California Polytechnic State University in San Luis Obispo, CA, majoring in computer science and looking forward to employment with a major West Coast tech company in the future.

He asks for our prayers for his future: "Whether it's just a few months or a few years, my future is something that is daunting to me. I'm thankful to have so many life coaches in my life that have guided me to where I am, but the unknown is always scary."

If you'd like to see what the local media has to say about the Cloverbots see this excerpt from KOIN-TV's AM Extra program about them: <https://www.youtube.com/watch?v=HiJb2AiweZs>

## GO FOR GOLD



Congratulations to Cascades' Jasper Suttén and teammate Atticus Braam of the Vancouver Lake Rowing Club for winning First Place Gold in the Open Gender Youth Double Scull Race at the 2025 USRowing Youth National Championships. A total of 43 national champions were crowned on July 15, 2025 at the regatta held at Nathan Benderson Park in Sarasota, Florida. With 886 entries from 231 clubs and over 4,000 athletes in attendance, this year's regatta marked the largest youth championship in event history and one of the most competitive. Semifinals and finals across multiple events came down to photo finishes, highlighting the depth and speed of junior rowing in the U.S.

As the 2025 USRowing Youth National Championships ended, the event once again highlighted the incredible talent, dedication, and sportsmanship of the next generation of rowers. From nail-biting photo finishes to commanding wire-to-wire victories, the regatta celebrated the depth and diversity of youth rowing across the country. With record-breaking participation and unforgettable racing, this year's championship set a new standard for what's possible in junior rowing.

We are so proud of you Jasper!!

## JUNE SESSION NOTES

Devotion was on All You Need is a Commitment to Go based on Hebrews 10:24-25. Brainstormed ideas on how to cultivate new leaders and how challenging it is post COVID to get volunteers. Focused on the importance of praying for workers for God's harvest field. Received update on Kitchen remodeling project. Researching local contractors and architects to do the work. Sanctuary carpet is in need of more seam tear repairs. Discussed fencing and chaining options to stop people from driving on field by playground. Approved \$2,500 grant to Junior Symphony of Vancouver for scholarships and operations. Reviewed Greeter ministry policies and procedures about legal requirements of permitting access to the church facilities to immigration or law enforcement officers. Talked about upcoming Craft and Plant Sale. Set ordination of new church officers on July 13, 2025 during worship. Overall, reflected on how we are never too old or too young to serve. God has purpose for us now. Though we may not know where or what that is, we are to serve where we can trust that God will make our callings clear over time.

## SNACK PACK THANK YOU

Thanks to everyone who helped assemble Snack Packs for Friends of the Carpenter on July 1. We delivered 40 Packs the following day and significantly helped replenish their supplies. I have been present when people received the snacks and seen the pleasure they bring. Going forward, Friends of the Carpenter has refined the way they manage Snack Packs. Instead of handing out premade Packs, they are handing out a list of the seven items that we put into Packs and let the guests at the center chose four of the items. They then assemble the choices into a tailor-made pack that meets the guest's preferences. It's a way to increase the autonomy of the guests and let them get the things they like the most. In the future, we will deliver boxes of items (chips, cookies, mini-muffins, apple sauce, etc.) that are most in demand so the supplies are always available. We will ask for donations when we get ready to make our next delivery, probably in July. Anyone who would like to help make a delivery and participate for an hour or so in the work that goes on at the center should talk with me. Lindsay Winsor

## GEORDIE IN KENYA

Our mission partner with Imago Christi, Geordie Ziegler, is in Embu, Kenya at the foot of Mt. Etna, about 2.5 hours NE of Nairobi. He is there for about a month teaching at the Angaza Torchbearer Bible School in Africa. Angaza is an integrated school of 55 students where 1/2 come from Africa while the other 1/2 come from North America and Europe. In addition to teaching at the school, he also led an all-day marriage retreat to bless local pastors and their spouses who receive very little training of any kind to do the work of ministry. And finally on June 22, he had the chance to preach at one of the local churches.

It is such a joy to hear from Geordie and be part of his mission team as he takes the gospel to the ends of the earth. Cascades provides monthly support to Geordie and Sharon Ziegler so that they can provide the kinds of support to local pastors and ministry leaders so that they stay spiritually healthy as they minister to others.

ANNUAL CHURCH PICNIC



Not only is our annual church picnic coming, but this year we will also be celebrating Pastor Chris' 20th Anniversary with our church! The picnic will be held at the Hartrim-Lowe farm. Potluck, swimming, sun, & fellowship. Hamburgers, hot dogs, bottled water & cake will be provided by the church. Volunteers will be needed to help take down chairs and tables following the picnic. There is a signup sheet in the Narthex at church. Please be sure to sign up so that we can ensure there is enough food for everyone. Contact Christie Mistrot with any questions.

GREEN BAG UPDATE



A big thank you to all who donated and prayed for those who are food insecure in our community. Our church donated 418 pounds of food in June & combined with all of Clark County we donated a total of 25,311 pounds of food!

Our next Green Bag date is Sunday, August 3rd. For information about the Clark Neighborhood Food Project please contact Debbie Engley.

WOMEN'S FELLOWSHIP CONFERENCE



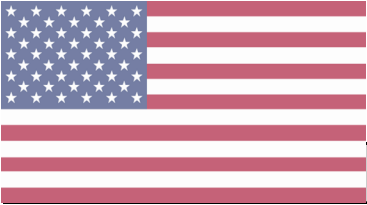
WOMEN OF CASCADES—**SAVE THE DATE!**  
**Saturday, September 20 from 8:45am-2pm** for a Fellowship Conference. Out Guest Speaker Dr. Deborah Baker from Tacoma, WA will lead a dynamic and interactive workshop.  
**“Shine and Bloom through Your Cracks”**  
*When God's light seeps out through our cracks 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-ups coming soon! Questions? Contact Dian Poujade, Debbie Engley, Karen Montovino, Christie Mistrot, Janet VanFleet, or Janet Lind

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



Join us on a fun filled adventure on the open road taking all the kids on thrilling journeys to exciting destinations. Kids will embark on a journey of discovering that God's presence is always near. Using the most important navigation guide, the Bible, kids will learn how Biblical heroes followed God and how they can too. We hope you can join us on Thursday as we gather for a barbecue lunch with kids and their families at 12pm at the church. Registration forms are available on our website. If you have questions, or are interested in volunteering please contact Janet Lind.



July



July 1	7:00pm	Deacon Meeting
July 2	12:30pm	Bowling Fellowship
July 3	1:30pm	Giving Hands Ministry
July 4		<b>Happy 4th of July!</b>
July 6	10:15am	Worship Service
July 7	12:30pm	Bowling Fellowship
July 9	6:00pm	City/Neighborhood Info Meeting
	12:30pm	Bowling Fellowship
July 10	1:30pm	Giving Hands Ministry
July 13	10:15am	Worship Service
July 14	12:30pm	Bowling Fellowship
July 15	7:00pm	Session Meeting
July 16	12:30pm	Bowling Fellowship
July 17	1:30pm	Giving Hands Ministry
July 19	3:00pm	Lind 50th Anniversary Celebration
July 20	10:15am	Worship Service
	12:00pm	Annual Church Picnic
July 21	9:00am	Vacation Bible School
	12:30pm	Bowling Fellowship
July 22	9:00am	Vacation Bible School
July 23	9:00am	Vacation Bible School
July 24	9:00am	Vacation Bible School
	12:30pm	Bowling Fellowship
	1:30pm	Giving Hands Ministry
July 27	10:15am	Worship Service
July 28	12:30pm	Bowling Fellowship
July 30	12:30pm	Bowling Fellowship
July 31	1:30pm	Giving Hands Ministry

MAY FINANCES

Income	\$29,200
Expenses	\$23,000
Total	\$ 6,200

Year to Date 2025  
\$24,397

BIRTHDAYS

Matt Swanson	Robert McKusick
Christina Blinsman	Sharon Hammer
Makenna Blinsman	Judie Champie
Debra Dayal	Miriam Hartrim-Lowe
Sophie Hickok	



Food for Thought	
July 1	Amos 8:1-8
July 2	Amos 8:9-12
July 3	Genesis 18:1-10a
July 4	Colossians 1:15-20
July 5	Genesis 18:1-10a

Lord, Hear my Prayers	
July 6	Psalms 85:1-7
July 7	Psalms 85:8-13
July 8	Luke 11:1-4
July 9	Luke 11:1-4, 11-13
July 10	Luke 11:1-4
July 11	Luke 11:1-4
July 12	Luke 11:9-13

Pleasing God	
July 13	Psalms 15
July 14	Amos 8:1-12
July 15	Luke 10:38-42
July 16	Psalms 52
July 17	Colossians 1:15-28
July 18	Colossians 1:15-28
July 19	Genesis 18:1-10

Living in Faith	
July 20	Psalms 138
July 21	Genesis 18:20-32
July 22	Colossians 2:6-19
July 23	Luke 11:1-13
July 24	Luke 11:1-13
July 25	Hosea 1:2-10
July 26	Psalms 85

Treasures in Heaven	
July 27	Luke 12:13-21
July 28	Colossians 3:1-11
July 29	Colossians 3:1-11
July 30	Hosea 11:1-11
July 31	Hosea 11:1-11

Deadline for submissions to the August Bell Newsletter will be Thursday, July 24th

- Answers:
1. Nothing, they just waved!
  2. Nothing, they just waved!
  3. Ice cold Croak-o-cola