



CASCADES
PRESBYTERIAN CHURCH

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THE CHURCH BELL

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JULY

DEACON OF THE MONTH

Becky Hickok



SOLVE THE RIDDLES

Where was the Declaration of Independence signed?

Why are there no July 4th Knock Knock jokes?

See calendar page for the answers.

Try to find the hidden cross somewhere in the newsletter. It looks like this.



"I have said these things to you so that my joy may be in you and that your joy may be complete." John 15:11

To be joyful at all times can seem unrealistic... even impossible... because there will be moments in our lives that don't feel joyful. But joy isn't about outer events or circumstances. It is an aspect of our divine nature. Joy arises from the presence and power of the Holy Spirit within us. We can embrace it no matter what is going on in the world around us.

Brilliant stars lighting the midnight sky may be hidden by passing clouds, yet they continue their glorious journey. Joy is like that. Whatever clouds... setbacks, challenges, or fears... may hide it, joy still thrives beyond what can be seen.

Worldly experiences may bring us happiness, and our heart recognizes them and feels joy. Acts of kindness, listening to music that touches our soul, talking or reading a message from loved ones, receiving a hug from someone special... all fill us with joy. It is the meaning we give these that makes them special.

Different seasons of the year bring us joy. With summer here, God's earth is bright and beautiful for joy to abound. It is a time to reach out to our loved ones, our neighbors, and even strangers while spending time out in God's amazing world. It is time to stop, look around at all God has created... a flower opening up to reveal its beauty, bees relishing the nectar, birds singing songs of joy, furry friends frolicking. It is a time to fill our hearts full with joy that can be remembered and embraced when moments in our lives that don't feel joyful may arise.

Joy calls us to remember we are the living presence of light and joy. No matter what is going on in our lives, we have the opportunity to look through a lens of joy to find the good that is unfolding. As we connect with the joy in our heart, we are able to be a vessel for compassion and goodness, even in times of stress or sorrow.

"Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart."
Psalm 32:11

In Christ,
Elder Janet Van Fleet



SUNDAY WORSHIP 10:15am Worship Service

July 4th—Happy Independence Day!

July 7th—Deacon Meeting

July 12th—Annual Church Picnic

July 14th—Session Meeting

July 19th—Silent Auction Fundraiser

July 20-23—Vacation Bible School, 9am-noon



Join us for
**SNOWBALL
 MOUNTAIN CHALLENGE**

Vacation Bible School
 And find your strength in God!

July 20-23, 2026
9am— noon
Age PreK to 5th grade

If you are interested in volunteering contact Janet Lind.
 Registration forms are available in the church narthex or on the church website.

JUNE SESSION

Moderator Rev. Phil King opened the meeting with devotions.
 Revenues and expenses are on track as budgeted.
 The kitchen remodel is on track and a fund raiser bake sale is planned for July.
 The Worship Envisioning Committee received thoughtful input from over 35 congregants through zoom interviews and questionnaires. The committee will evaluate results and prepare a summary and recommended goals to share with congregation and session in July/August.
 Session approved \$850 to refinish the pulpit and side table and \$2000 for Nancy Bisbee to attend the Montreat Presbyterian Music Association Conference June 21-26.
 The nominating Committee has identified nominees for the open Elder and Deacon positions to be presented to the congregation at the church meeting on June 21. Installation will be on June 28.
 The Worship Arts Elder presented the need to update our current camera for live streaming as it has from the 1980s. Goal is for the AV tech to be able to handle camera, sound system and PowerPoint when youth are not available. Estimates are being gathered.
 Personnel discussed the two open positions (Worship Leader and Youth Leader) and discussed the input received.
 The all church picnic is July 12 at Lacamas Lake and VBS is July 20-24.

**Church
 Picnic**



Cascades Presbyterian Church Annual Picnic
Sunday, July 12, 12–3pm
Lacamas Lake Lodge

Expect all the good stuff—
 food, swimming, games, sunshine, & great company.
 We'll take care of the burgers, hot dogs, and water.
 Bring along a side or dessert to share with the group.
 Sign up in the church narthex.
 Questions? Contact Christie Mistrot.



July 1	12:30pm	Bowling Fellowship
July 2	1:30pm	Giving Hands Ministry
July 4		Happy Independence Day!
July 5	10:15am	Worship Service
July 6	12:30pm	Bowling Fellowship
July 7	7:00pm	Deacons
July 8	12:30pm	Bowling Fellowship
July 9	1:30pm	Giving Hands Ministry
July 12	10:15am	Worship Service
	12:00pm	Annual Church Picnic
July 13	12:30pm	Bowling Fellowship
July 14	7:00pm	Session
July 15	12:30pm	Bowling Fellowship
July 16	1:30pm	Giving Hands Ministry
July 19	10:00am	Silent Auction Fundraiser
	10:15am	Worship Service
July 20	9:00am	VBS
	12:30pm	Bowling Fellowship
July 21	9:00am	VBS
July 22	9:00am	VBS
	12:30pm	Bowling Fellowship
July 23	9:00am	VBS
	1:30pm	Giving Hands
July 26	10:15am	Worship Service
		Cookie Bake Off
July 27	12:30pm	Bowling Fellowship
July 29	12:30pm	Bowling Fellowship
July 30	1:30pm	Giving Hands

BIRTHDAYS

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

ANNIVERSARIES

Rod & Liz Swanson
 Steve & Janet Lind

MAY FINANCES

Income	\$47,063
Expenses	\$31,802
Total	\$15,261

Year to Date 2026
 \$-4,219

SILENT AUCTION FUNDRAISER

The Great British Bake Off has arrived in Clark County! Although we won't be able to watch the delicious bakery goods being made, we will be blessed with the finished goodies—ready for you to bid on. Find your favorite and bring home something spectacular.

**Silent Auction
 Sunday, July 19**

For details contact:
 Barbie Baker, Faye Salamone, or Christie Mistrot.

**Deadline for submissions to the
 August Bell Newsletter will be
 Thursday, July 23rd**

STAY CONNECTED

If you would like to stay connected with life at Cascades throughout the week, please sign up for our weekly email newsletter bulletin known as the "eBell". Email Lisa in the church office at office@caspres.org with your email address to get signed up.

Please keep the church office informed of any address, phone or email updates or changes and if you would like to have your birthday or anniversary included in the monthly Bell Newsletter, please contact the church office.



Answers:
 1. At the bottom.
 2. Because freedom rings.

INDEPENDENCE DAY—250 YEAR ANNIVERSARY!



Independence Day, known as the Fourth of July, is a federal holiday in the United States which commemorates the adoption of the Declaration of Independence on July 4, 1776, establishing the United States of America. This year the United States will celebrate its 250th anniversary, or Semi Quincentennial, on July 4, 2026, marking 250 years since the signing of the Declaration of Independence. By adopting the Declaration of Independence, the delegates to the Second Continental Congress declared that the Thirteen Colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress voted to approve independence by passing the Lee Resolution on July 2 and adopted the Declaration of Independence two days later, on July 4. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the national day of the United States.

During the American Revolution, the legal separation of the thirteen colonies from Great Britain in 1776 actually occurred on July 2, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain's rule. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by the Committee of Five, which asked Thomas Jefferson to author its first draft.

While Jefferson consulted extensively with the other four members of the Committee of Five, he largely wrote the Declaration of Independence in isolation over 17 days between June 11, 1776, and June 28, 1776, from the second floor he was renting in a three-story private home at 700 Market Street in Philadelphia, now known as the Declaration House, and within walking distance of Independence Hall. Congress debated and revised the wording of the Declaration, removing Jefferson's vigorous denunciation of King George III for importing the slave trade, finally approving it two days later on July 4.

A day earlier, John Adams wrote to his wife Abigail:

The second day of July 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.



Adams's prediction was off by two days. From the outset, Americans celebrated independence on July 4, the date shown on the much-publicized Declaration of Independence, rather than on July 2, the date the resolution of independence was approved in a closed session of Congress.

Historians have long disputed whether members of Congress signed the Declaration of Independence on July 4, even though Thomas Jefferson, John Adams, and Benjamin Franklin all later wrote that they had signed it on that day. Most historians have concluded that the Declaration was signed nearly a month after its adoption, on August 2, 1776, and not on July 4 as is commonly believed.

MEMBER SPOTLIGHT

Please consider having your story told so we all can get to know you better. (If you said no, please RE-consider!) People would love to get to know you. Since 2021, 57 individuals or couples or families have been featured in our Spotlight On Our Member stories in The Church Bell, our monthly newsletter. As I said last summer: 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. Since then, we've met two people born in Ohio and one in Indiana, students at Fashion Institute of Technology, Cal Poly, and another starting soon at Clark College. We've learned about our nursery worker and our sound technician. We've learned of a fiscal analyst at the Washington State School for the Deaf and a registrar at Summit View Alternative High School. Church backgrounds have included Presbyterian, Methodist, and German Baptist. As I also said last summer: 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

SABBATICAL UPDATE FROM PASTOR CHRIS

Hello Cascades Family. I trust that this finds you well and enjoying the beautiful warm summer weather. This sabbatical has been very different from previous ones as I am finding time to truly rest, recreate, reflect, and renew. With Sofia living full time in New York City, we have no children to care for in our home with the exception of our 17 1/2 year old dog Moose who requires a good bit of attention. To give my days structure, I have aimed to work out, read my bible, pray through the Psalms, journal, read something challenging and spiritually fulfilling, and complete a project or something creative. These activities really fill my days in-between Karen's and my adventures.

Thanks to the Reflective Leadership Grant that I received from the Duke Divinity School earlier this year, Karen and I were blessed to spend the first two weeks of my sabbatical traveling around small towns in England. Five days of those days were spent on spiritual retreat at a gorgeous Christian retreat center called Lee Abbey on the coastal area of Devon. We had a wonderful time getting to know our British brother and sisters in Christ, worshipping and learning together, bird watching, and even hiking the moors along the coastline. We also spent a few day in Windsor, Wales, the Cotswolds, and Oxford. The British people were so warm and welcoming. It was truly a great way to unplug from the rhythm of ministry and life back home. One of the things that we have been doing each week, is attending a different church. Since I typically have a standing appointment on Sunday mornings, this is something that I don't have the opportunity to do very often. It has been so refreshing to sit under other's biblical teaching and worship leading for a change. It is also good to experience what it is like being a new comer to a new church community. I have been learning a lot and taking lots of notes to share when I return with session and the Future Focused worship team. One thing that I have noticed, however, is that there is nothing like our church home at Cascades. We truly miss the warm friendly community of faith that has been our spiritual home for the past twenty one years. There is none like you!

While I have not been physically with you, I have stayed in touch through the prayer chain, weekly ebell notices, and monthly newsletter updates. I know our elders and deacons have done a great job keeping things going while I have been away. And you have had fantastic opportunities to reflect yourself on what it means to be the Church through your summer series in Acts each Sunday morning. All this considered, I continue to hold you in my heart and prayers.

For the rest of my time on sabbatical, there are some weddings to attend, trips to the east coast to visit my parents, hiking adventures with buddies, and more camping trips with Karen in our little travel trailer. I know that this time will go fast and want to make the most of it.

Once again, I want to say thank you so much for the gift of being able to be away. I really believe that this time is refueling my soul and missional imagination for our next season of ministry together. See you soon!

Pastor Chris



Reading Thru the Bible...

The Bible Recap is a 365-Day Chronological Reading Plan you can start any day of the year. 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 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 182 Oba 1 Ps 82-83 JULY 1	Day 183 2 Kgs 1-4	Day 184 2 Kgs 5-8	Day 185 2 Kgs 9-11	Day 186 2 Kgs 12-13 2 Ch 24	Day 187 2 Kgs 14 2 Ch 25	Day 188 Jonah 1-4
Day 189 2 Kgs 15 2 Ch 26 JULY 8	Day 190 Isa 1-4	Day 191 Isa 5-8	Day 192 Amos 1-5	Day 193 Amos 6-9	Day 194 2 Ch 27 Isa 9-12	Day 195 Micah 1-7
Day 196 2 Ch 28 2 Kgs 16-17 JULY 15	Day 197 Isa 13-17	Day 198 Isa 18-22	Day 199 Isa 23-27	Day 200 2 Kgs 18 2 Ch 29-31 Ps 48	Day 201 Hosea 1-7	Day 202 Hosea 8-14
Day 203 Isa 28-30 JULY 22	Day 204 Isa 31-34	Day 205 Isa 35-36	Day 206 Isa 37-39 Ps 76	Day 207 Isa 40-43	Day 208 Isa 44-48	Day 209 2 Kgs 19 Ps 46, 80, 135
Day 210 Isa 49-53 JULY 29	Day 211 Isa 54-58	Day 212 Isa 59-63				

