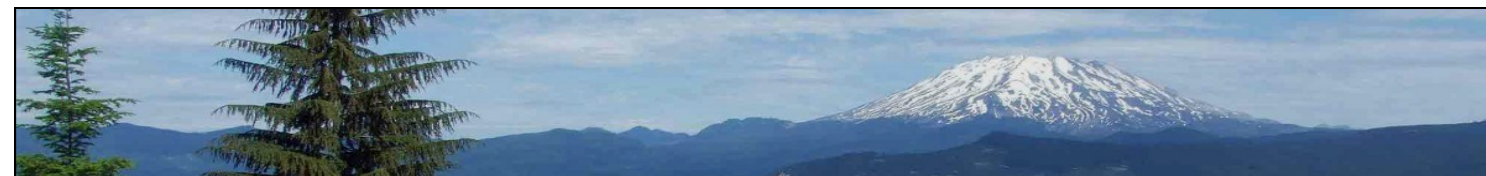




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THE CHURCH BELL

Published Monthly

Volume 49, No. 8

"I Lie Down and Sleep"
Psalm 3:5

"I lie down and sleep; I wake again, because the Lord sustains me."

This verse has stayed with me for a long time. Its simplicity is part of what makes it so meaningful. There's nothing complicated about it. No long explanation. Just a quiet acknowledgment of something we often overlook: every day, every breath, every morning we wake up—God sustains us.

Over this past year, serving as an elder for the first time, I've found myself coming back to that idea more often than I expected. When I stepped into the role, I had a general picture of what it might involve—helping where needed, supporting the work of the church, trying to be faithful in it. Which of course has been true, but much of it has simply been learning as I go.

There wasn't a clear line between what I thought the role would be and what it actually became. At times I found myself doing things I hadn't anticipated, just because they needed to be done. That hasn't been a bad thing. In many ways, it's been good. But it has had a way of reminding me that I don't have everything figured out.

Maybe that's where this verse becomes more than just comforting words. It becomes a kind of reorientation. At the end of the day, when things are unfinished or unresolved, we go to sleep anyway. Not because everything is handled, but because we trust—whether we realize it or not—that God is still at work.

We wake up the next morning not because we've held everything together, but because He has. That's a humbling thought.

We live in a time when faith can feel less relevant to the world around us. Many people seem to get along just fine without it, at least on the surface. Life moves quickly, and it's easy to measure everything by what we can accomplish or control. In that kind of environment, dependence on God can feel like an afterthought.

But Psalm 3:5 quietly says otherwise.

It reminds us that our lives are not ultimately sustained by our effort, our planning, or our ability to keep things together. They are sustained by God—day after day, in ways we often don't even notice.

For me, this past year hasn't been about figuring everything out or doing everything right. It's been more about learning to recognize that dependence more clearly, and maybe—slowly—to trust it a little more.

"I lie down and sleep; I wake again, because the Lord sustains me."

There's something steady in that. Something we can return to, no matter what kind of day we've had.

Jeff Engley, Technology Elder

SUNDAY WORSHIP
10:15am Worship Service

Aug 4th—Deacon Meeting

Aug 11th—Session Meeting

AUGUST

**DEACON OF THE
MONTH**

Deborah Shaner



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





We had 23 children ages 3 years thru 4th grade participate in our Snowball Mountain Challenge this year. Our key verse was *"I can do all things through Him who strengthens me."* *Philippians 4:13* We were led by Kara Kent and Ollie Bathke and 23 volunteers. Each day we made new friends, played games, ate delicious snacks, created wonderful crafts, sang songs and listened to Bible stories. Our daily messages were: I can share my gifts, I can be brave, I can give my all and I can pray. Our mission project through Empowering Lives International (ELI) was to help provide clean water in Tanzania. Contributions from VBS and our church congregation have totaled just over \$600. This amount will provide water for 40 people! Thank you to everyone who volunteered and helped accomplish many tasks both at VBS and behind the scenes, with physical help, donations, and words of prayer and encouragement. We couldn't have done it without you!

Janet Lind, Christian Education Elder

Regular Sunday School will begin on Sunday, September 13th



Aug 2	10:15am	Worship Service
Aug 3	12:30pm	Green Bag Drop Off
Aug 4	7:00pm	Bowling Fellowship
Aug 5	12:30pm	Deacons
Aug 6	1:30pm	Bowling Fellowship
Aug 9	10:15am	Giving Hands Ministry
Aug 10	12:30pm	Worship Service
Aug 11	7:00pm	Bowling Fellowship
Aug 12	12:30pm	Session
Aug 13	1:30pm	Bowling Fellowship
Aug 16	10:15am	Giving Hands Ministry
Aug 17	12:30pm	Worship Service
Aug 19	12:30pm	Bowling Fellowship
Aug 20	1:30pm	Bowling Fellowship
Aug 23	10:15am	Giving Hands
Aug 24	12:30pm	Worship Service
Aug 26	12:30pm	Bowling Fellowship
Aug 27	1:30pm	Bowling Fellowship
Aug 30	10:15am	Giving Hands
Aug 31	12:30pm	Worship Service
		Bowling Fellowship



BIRTHDAYS

Greg Beck	Bill Honey
Yukte Dayal	Janet Lind
Claudia Derbyshire	Fred Poujade
Debbie Engley	Isabella Simes
Kay Gibson	Liz Swanson
Mark Hartrim-Lowe	Luanna Walters
Phil Hickok	

JUNE FINANCES

Income	\$26,463
Expenses	\$28,264
Total	\$-1,801

Year to Date 2026
\$-2,107

GREEN BAG SUMMER FOOD DRIVE



Please help support local children and families this summer by donating easy-to-prepare foods that can be made at home. Suggested items include: mac & cheese, cereal, instant oatmeal, peanut butter, granola bars, and fruit cups. Please bring your filled bag to church on **Sunday, August 2nd**. All donations will benefit our Orchards FISH food bank. Thanks so much! We have two more dates for this year:
Sunday, October 4th
Sunday, December 6th

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.



Deadline for submissions to the
September Bell Newsletter will be
Thursday, August 20th

MEMBER SPOTLIGHT



Raised in Southern California, Paul Foster began working on the fishing boats during the summers in San Clemente at the early age of 13. After high school he traveled across the country before enrolling in college and graduating with a degree in business administration from Cal State Fullerton. While working at Dana Wharf Sportfishing he met his wife, Kim, and they married in 1980. Paul began a career in community college business administration which took him and his family to jobs in Kansas, Colorado, Nebraska and back to Southern California where he retired after working at Santa Ana CC. After retirement, he moved from San Clemente to Vancouver to be near 3 of his 4 children-Hannah, Joe and Sarah. The 4th child, Matthew is active duty air force and currently deployed to the Middle East. Currently Paul is grandad to 5 grandchildren.

After experiencing his first winter here, Paul discovered Yuma, AZ as a great place to spend the winters and became a rain bird for 2 years. Then Kim and Paul moved full time to Yuma for 3 years before returning to Vancouver. While in Yuma, Paul discovered a love of off-road jeeping. This hobby continues today in the Cascade Mountains. Photography has also interested him and he has beautiful photos of his off road adventures.

He likes a road trip on 2 lane highways away from interstates and traffic. A couple summers ago Kim and Paul drove from Yuma to Maine on mostly 2 lane highways and visited many sights including Niagara Falls, St. Lawrence Seaway, 2 great lakes and some national parks.

His faith journey has led to various ministry experiences culminating in being a volunteer chaplain in a county jail after he earned a Masters of Divinity. Currently he is a Stephen Minister and a new elder of Evangelism and Member Care.

2026 ANNUAL PICNIC - CELEBRATING 47 YEARS!

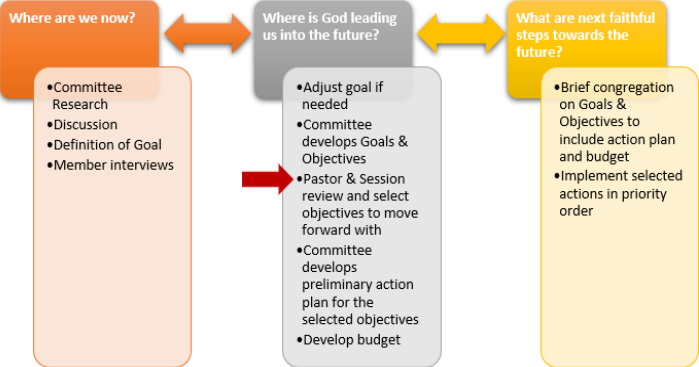
Our church family celebrated 47 years in true Cascades style with our annual picnic at the Lodge at Lacamas Lake. We had about 70 attend our 2026 Annual Picnic to enjoy hamburgers, hot dogs, wonderful sides and desserts and loads of visiting, fellowship, and smiles. Thank you to everyone who came! And a very special thank you to those who helped set up, clean up, and assist during the picnic itself. Once again, this church family proved that 'Many hands make light work!'.



"There is a brotherhood within the body of believers, and the Lord Jesus Christ is the common denominator. Friendship and fellowship are the legal tender among believers."
- J. Vernon McGee

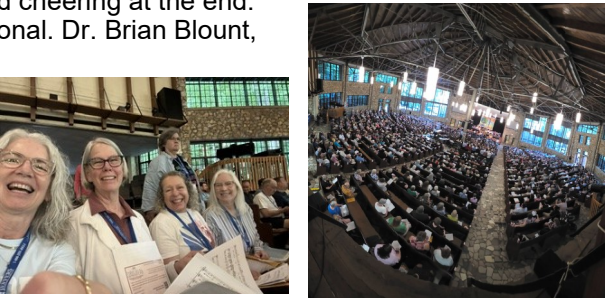
FUTURE FOCUSED CHURCH

The committee has completed assembling and reviewing the feedback that we received during the zoom interviews and from the hand written replies to the questionnaires. We were pleased to have received a total of 35 responses, which is an excellent response rate given the size of our congregation. The best news of all is that those responses reflected many thoughtful and insightful comments and ideas that helped point the way to a future state for Worship at Cascades. The committee met several times during July to develop preliminary goals and objectives for the five elements of worship we selected: Children/Youth and Young Families, Order of Worship, Deacons and Elders, Music, and Physical Space. We will be briefing Pastor Chris as soon as he returns from sabbatical and then brief Session shortly after that on these preliminary goals and objectives. From there we will be developing an action plan and budget. Depending on the feedback we receive from Session, we hope to brief the congregation on these goals, objectives, action plan and budget sometime in September or early October.
Laura Livingston, Worship Arts Elder



MONTREAT PRESBYTERIAN ASSOCIATION OF MUSICIAN CONFERENCE REPORT

In June, Nancy Bisbee, Tom Holczer and myself attended the 2026 Presbyterian Association of Musicians Annual Conference in Montreat, North Carolina. This was the annual gathering of PC USA church musicians from around the United States. There were 850 people in attendance, 25% of which were children and youth. The conference runs for two consecutive weeks and we attended the first week. There is plenty to do for people of all ages and abilities and a full children/youth program as well. During the week, we were immersed in singing, worshiping and learning from early morning to evening. Nancy and I were part of a choir made up of 400 of these extraordinary musicians. The last song this choir sang on the final evening of the conference was "How Great Art Thou" along with a brass accompaniment and a timpani. It felt like the roof of the building was going to come right off with the sound and then the audience clapping and cheering at the end. Along with the singing, our time in Worship each day was just so inspirational. Dr. Brian Blount, the President Emeritus of Union Presbyterian Seminary, Richmond, Virginia preached six sermons on the theme of the conference "Will you be a Witness". Along with the singing and worshiping, Nancy and I attended various classes on such topics as "Small Choirs/Children Choirs" and "Crafting Liturgy". All three of us felt so blessed to have had the opportunity to attend this amazing conference. If you get the opportunity, we urge you to attend.
Laura Livingston, Worship Arts Elder



JULY SESSION

Session expressed gratitude to our retiring elders—Janet Van Fleet, Faye Salomone, and Christie Mistrot and welcomed new elders Taushia Wallschlaeger, Bill Gibson, Phil Hickock and Paul Foster. Taushia will oversee Mission and Peace, Phil will head Community Life, Paul will oversee Evangelism and Member Care and Bill Gibson will serve as Building and Grounds Elder. We are grateful for their willingness to share their gifts of service and leadership with our Church. The kitchen remodel is nearly complete and hopefully will be available for VBS. There are some issues with the kitchen counters that need to be resolved and final inspections are still in process but the new space and storage is exciting. Laura Livingston and Nancy Bisbee had a very successful week at the Montreat Retreat Center in Asheville NC and gained new ideas and insights for our music program. Laura Livingston is concluding the information gathering and data crunching from the worship envisioning zoom interviews and questionnaires and her committee will have summaries and goals to share with Chris when he returns. Christie shared positive feedback from our Church picnic gathering at Lacamas Lake and gratitude to all who volunteered and attended. Janet requested help with setup for VBS on Sunday evening at 6:30 pm and for returning sanctuary to worship readiness on Thursday at 1:00. Revenue continues to exceed budget and expenses are below anticipated budget for this point in the year.

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 213 Isa 64-66 AUG 1	Day 214 2 Kgs 20-21	Day 215 2 Ch 32-33	Day 216 Nahum 1-3	Day 217 2 Kgs 22-23 2 Ch 34-35	Day 218 Zeph 1-3	Day 219 Jer 1-3
Day 220 Jer 4-6 AUG 8	Day 221 Jer 7-9	Day 222 Jer 10-13	Day 223 Jer 14-17	Day 224 Jer 18-22	Day 225 Jer 23-25	Day 226 Jer 26-29
Day 227 Jer 30-31 AUG 15	Day 228 Jer 32-34	Day 229 Jer 35-37	Day 230 Jer 38-40 Ps 74, 79	Day 231 2 Kgs 24-25 2 Ch 36	Day 232 Hab 1-3	Day 233 Jer 41-45
Day 234 Jer 46-48 AUG 22	Day 235 Jer 49-50	Day 236 Jer 51-52	Day 237 Lam 1-2	Day 238 Lam 3-5	Day 239 Ezek 1-4	Day 240 Ezek 5-8
Day 241 Ezek 9-12 AUG 29	Day 242 Ezek 13-15	Day 243 Ezek 16-17				