

July 2024



THE CHURCH BELL

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JULY

DEACON OF THE MONTH

Linda Beck

FISH FOOD

Cereals




SOLVE THE RIDDLES

What state is famous for tiny beverages?

What do you call a hippie's wife?

What song do animals in the jungle listen to on July 4th?

Stumped?
See page 5 for the answers.

As you enjoy reading this month's Bell, try to find the hidden cross. 

"God defends the cause of the fatherless and the widow, and loves the alien, giving him food and clothing. And you are to love those who are aliens, for you yourselves were aliens in Egypt." Deuteronomy 10:18

Today on World Refugee Day, we remember the 130 million people the UN Refugee Agency expects to be forcibly displaced from their homes or stateless by the end of 2024. 130 million! That's a lot of people without a home or a safe place to raise their children. And of that 130 million, more than half of them are under the age of 18. So often its the innocent children that suffer by the decisions made by adults in their governmental leadership.

I am particularly mindful of this fact as I remember the two Afghan families that we supported a few years back who were fleeing persecution from the Taliban. It was not that they were leaving Afghanistan to forge a better life for their families in America. They were forced to leave. The decisions were simple...stay and die, or leave and live. They chose life.

It's been nearly three years now and both of those families have since moved away and resettled in a new community in northern California. We were blessed to recently hear that the two eldest daughters of one family had just graduated from high school and are planning to go to college. Imagine that. Two young girls who would not have been allowed to finish high school under the oppressive restrictions of the Taliban have had their lives radically changed through the way Cascades answered God's call to love the alien in our midst.

The Old Testament Scripture above reminds us that we too were once aliens living in a strange land. The truth is that anyone whose ancestors once immigrated to the United States of America are still aliens living on other people's lands. God invites us as God's people to remember this so that we maintain a posture of humility, gratitude, and hospitality toward those who are likewise resettling among us as new aliens in this land we call home.

Now I will be the first to admit that we have big problems in our country with immigration. I will also admit that I don't have all the answers of how to solve such problems. I do wonder, however, if part of the solution lies in helping make life more equitable, safe, and prosperous in their homelands. A team of us have just returned from a mission trip where we served the poorest of the world's poor at New Hope Opportunities School in San Pedro Sula, Honduras. If you saw the conditions under which most of these students live, then it would be clear why people trek a thousand miles by foot with the hopes of resettling in our American land of milk and honey.

What New Hope Opportunities School provides impoverished students and their families is the hope through quality education, with God's help, that they can escape the grips of poverty and make a better life for them and their families in Honduras.

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As we do this, we are part of God's great work in the world. We are loving others and providing what they need so that they can experience life and life to the full. Maybe God is calling you to be part of New Hope's financial sponsorship team as Karen and I are.

So please join me as we pray for the World Refugees that more people, Christian, Jew, Muslim, and others would step forward to love the alien in their midst and never forget that we too once walked in their shoes.

In Christ's love,
Rev. Dr. Chris Montovino, Pastor

VACATION BIBLE SCHOOL

July 8 -11 9am-Noon. Join us at Breaker Rock Beach! *God's Rock Solid Truth in a World of Shifting Sands*. Kids will be challenged as they discover that God's truth never changes, everyone needs Jesus, and learn to speak the truth in love. Adventure awaits!

Volunteers are needed to help with decorations, clearing the sanctuary for VBS fun, guiding the children through this year's Breaker Rock Beach, and restoring our church when we're all done and packed up for the year. If you're feeling led to offer your hands, please check the sign-up sheet in the narthex or reach out to Heather Hartrim-Lowe at 505-890-6797 or hhartrimlowe@hotmail.com.

**ANNUAL CHURCH PICNIC**

Sunday, July 14th 12:00 to 3:00pm.
Our annual church picnic is coming! Held at the Hartrim - Lowe farm. Potluck, swimming, sun, and fellowship. Hamburgers, hot dogs, and bottled water provided by the church. Please feel free to bring a side or dessert to share. Volunteers are needed to take down chairs and tables following the picnic. Contact Christie at 817-899-6078 with any questions. There is a sign-up sheet on the bulletin board.

CASCADES WELCOMES NEW CHURCH LEADERS

We are delighted to welcome the following people into the fellowship of Cascades' Leadership. Janet Lind, Laura Livingston, and Mark Hartrim-Lowe will be joining session as elders. Faye Salomone will be continuing on as elder for a second term. Sarah Ostrand, Karen Montovino, and Joan Detrick will be joining as deacons. Each of these wonderful people bring terrific gifts for which they were called and will be excellent additions to our teams. We are also extremely grateful to Heather Hartrim-Lowe and Cordell Beck for their excellent leadership as elders both serving two terms through the pandemic season and to Nancy Bisbee, Deborah Shaner, and Mary Oswalt for their loving care as deacons. Well done good and faithful servants, enjoy some much deserved rest!

**daily
Devotions****Inspiration From Walks
With The Divine**

July 1	2 Samuel 5:1-5, 9-10
July 2	Psalms 48
July 3	Ezekiel 2:1-5
July 4	Psalms 123
July 5	2 Corinthians 12:2-10
July 6	Mark 6:1-3

**Revelations From Walks
With The Divine**

July 7	2 Samuel 6:1-5, 12b-19
July 8	Psalms 24
July 9	Amos 7:7-15
July 10	Psalms 85:8-13
July 11	Ephesians 1:3-14
July 12	Mark 6:14-29
July 13	2 Samuel 6:1-5, 12b-19

Everyday Life in God's Presence

July 14	2 Samuel 7:1-14a
July 15	Psalms 89:20-37
July 16	Psalms 89:20-37
July 17	Jeremiah 23:1-6
July 18	Psalms 23
July 19	Ephesians 2:11-22
July 20	Mark 6:30-34, 53-56

God Forgives and Inspires

July 21	2 Samuel 11:1-15
July 22	Psalms 14
July 23	2 Kings 4:42-44
July 24	Psalms 145:10
July 25	Ephesians 3:14-21
July 26	John 6:1-21
July 27	John 6:1-21

A Worthy Life

July 28	2 Samuel 11:26-12:13a
July 29	Exodus 16:2-4, 9-15
July 30	Ephesians 4:1-16
July 31	Ephesians 4:1-16

A NOTE FROM THE YOUTH DIRECTOR

Cascades Family,
Happy summer! The youth group has had a wonderful couple of months leading up to our break. We studied "Faith Questions" regarding politics and how Christians engage with the government. On Sundays, we learned about prayer, including questions like how we pray, how other people pray, and why we pray. Every week, I am proud of and impressed by our youth. They are thoughtful, engaging, and funny.

In our service project for May, the kids helped Chris set up and prepare for the Mother's Day Tea. We spent a couple of hours this month at Faye's house, assisting in various yard projects. We are blessed whenever we can serve others, especially those within our Cascades community.

This month, we will be having an end of the year party to celebrate each member of youth group and focus our time on fellowship.

We are excited to be planning a church rummage sale in August. We will have more details as the event moves closer. The funding will be split between the youth group camp fund and a charity of the youth's choice.

Thank you for supporting the youth group and for allowing me the honor to serve as youth director. Thank you also to Cordell, Becky, and Greg!

Sarah Ostrand, Youth Group Director



SAFETY & SECURITY PLAN IN THE EVENT OF A HEART ATTACK

As part of our Safety and Security Plan we will be bringing monthly tips about how to handle certain emergency situations. Today we'll be talking about what to do if it appears that someone has had a heart attack during the service.

First: The person closest to the injured person should direct someone to call 911. Don't just say, "Someone call 911," say "Bob, call 911." This accomplishes two things. No one will think that someone else is going to do it and it minimizes the calls to emergency services. Art will man the front doors to give emergency services access to the building. Clear the chairs away from around victim. This will allow us and emergency services to have more room to work. There is aspirin in the two first aid kits. There is one in the kitchen in the cabinet to the right of the sink and one in the entryway over the bench. **DO NOT ADMINISTER ASPIRIN UNLESS A HEALTH CARE PROVIDER INSTRUCTS YOU TO DO SO. IF THE VICTIM REQUESTS ONE IT'S OKAY TO GIVE ONE.**

If the person doesn't have a pulse or isn't breathing start CPR. By this time a member of the safety team should be by your side and can start CPR if assistance is need. If the Automated External Defibrillator (AED) is needed it is in the narthex over the bench. Again, a trained volunteer should be helping by this time but if no one is there the directions are with the device. The AED is programmed to give a shock only when needed. Emergency personnel won't need our help, except perhaps to open doors. They will exit through the main doors in order to use the ramp or through the front side door if that's closer to the ambulance. Pastor Chris will direct members of the congregation who had to move to allow us to move the chairs to another area in the sanctuary, to other chairs in the sanctuary. The service will continue as scheduled. If you have a specific request for inclusion in these articles send them to me at fayesalomone@gmail.com. Watch this space for more helpful hints.

Faye Salomone, Elder
Buildings and Grounds



SPOTLIGHT ON OUR MEMBERS

Joan Detrick, new member and deacon, was born in Delhi, CA, but raised in Eugene, OR. Her father, tragically, died in a work-related incident when Joan was five years old, so Joan dauntingly adjusted to life with a new father when her mother re-married. After graduating from Willamette High School in Eugene, she enrolled at Seattle Pacific College (now University). A freshman, she met sophomore Ron and, after two quarters, her life changed. She took her "MRS degree" and, with Ron, raised three children: daughters Ronna and Lorri, and son, Mel. Ron earned his teaching degree, eventually becoming an administrator at Whitworth University in Spokane. As a result, Joan was able to earn her art degree from Whitworth, tuition-free. She graduated in 1985 along with her son!



Besides her role as homemaker, Joan has also served as an administrative assistant. She has lived in Tacoma, Hoodspport, and Shelton, WA, besides her time in Eugene, Seattle, and Spokane. With her husband, she traveled to Asia, South America, and Mexico. As for traveling now, she feels she has "been there, done that," but still she has agreed to go with her sisters on a cruise to New Zealand next February. Joan enjoys working with crafts, gardening, and sewing.

While living in Tacoma, WA, and attending University Place Presbyterian Church, Ron and Joan purchased their summer house, a manufactured home above Kokanee Lake, near Hoodspport. Five years later, in 2002, they retired there full-time. Joan "transformed the grounds from dandelions to rhododendrons." After 15 years, maintenance becoming a chore and Ron needing more medical care, they moved to Shelton, close to medical facilities and the church they had been attending. In 2020, just before the Covid lockdown began, Ron passed away.

Joan is blessed with grandchildren. Alex is in Galveston, TX, working towards a doctorate. Emma Joy lives in Lexington, KY. Jack and wife Olivia reside in Folsom, CA. Abby and husband Collin are in Juneau, AK. Grace is 11 years old, living with parents Lorri and Tom and Aunt Ronna in Hampstead, NC. Son, Mel, resides in Colorado Springs, CO.

So, alone in Shelton, her children and grandchildren scattered across the country, Joan chose to move to Vancouver to be near her three younger sisters, brother, and their spouses. Searching for a Christ-centered church that prays, she began watching the livestreaming from Sunday services at Cascades church. That led her to attend in person, where she enjoys the friendliness and community of the people here.

We, at Cascades, welcome this accomplished, interesting, and pleasant lady into our fellowship!

Submitted by Bill Honey, Elder



JUNE SESSION NOTES

Devotions focused on Colossians 3:16 and the importance of being part of small groups to share life and faith together for growth. Finances are on target with revenues exceeding expenditures overall. Discussed the merit of adding speed bumps and wheel stops to parking lot to prevent reckless driving in the parking lot. Decided on putting additional wheel stops to center parking as a start. Kitchen remodel group is getting back together to discuss future upgrades. Setting work party for yard work. Church sign on 94th Ave is on its last leg and needs to be replaced. Too expensive to repair and replace old faulty wiring. Pastor Chris reported on part of his Camino de Santiago pilgrimage which he plans to share during sermons throughout the summer. Approved several facility use requests for a 4H Club, flute recital, and Cedars 49 HOA meeting. Grateful to have this group of elders who oversee all the details of caring for the church and it's members. Important to rest as we attend to many different matters.



CALENDAR

July 1	12:30pm	Bowling Fellowship
July 2	7:00pm	Deacons Meeting
July 3	12:30pm	Bowling Fellowship
	6:30pm	Worship Team
July 4	Office Closed—Independence Day	
July 7	10:15am	Worship Service
July 8-11	9:00am	Vacation Bible School
July 8	12:30pm	Bowling Fellowship
July 9	7:00pm	Session Meeting
July 10	12:30pm	Bowling Fellowship
	6:30pm	Worship Team
July 11	1:30pm	Giving Hands Ministry
July 14	10:15am	Worship Service
	12:00pm	Church Picnic
July 15	12:30pm	Bowling Fellowship
July 17	12:30pm	Bowling Fellowship
	6:30pm	Worship Team
July 18	1:30pm	Giving Hands Ministry
July 20	5:30pm	Family Game Night
July 21	10:15am	Worship Service
July 22	12:30pm	Bowling Fellowship
July 24	12:30pm	Bowling Fellowship
	6:30pm	Worship Team
July 25	1:30pm	Giving Hands Ministry
July 28	10:15am	Worship Service
July 29	12:30pm	Bowling Fellowship
July 31	12:30pm	Bowling Fellowship
	6:30pm	Worship Team

BIRTHDAYS

Judie Champie
Debra Dayal
Sharon Hammer
Miriam Hartrim-Lowe
Sophie Hickok
Bob McKusick

ANNIVERSARIES

Steve & Janet Lind
Rod & Liz Swanson

*Don't see your name here?
Contact the office to be added to the
Birthday & Anniversary List!*

MAY FINANCES

Income	\$22,563.75
Expenses	\$22,238.36
Total	\$ 325.39

Year to Date 2024
(\$ 732.54)

BIBLE VERSES for the Fourth of July

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.
2 Corinthians 3:17

Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. *1 Peter 2:16*

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage. *Galatians 5:1*

Blessed is the nation whose God is the Lord; and the people who he hath chosen for his own inheritance. *Psalms 33:12*

Then you will know the truth, and the truth will set you free. *John 8:32*

So if the Son sets you free, you will be free indeed. *John 8:36*

Out of my distress I called on the Lord; the Lord answered me and set me free.
Psalms 118:5

For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. *Galatians 5:13*



Answer: 1. Mini-soda, 2. Mississippi, 3. Tarzan
Stripes Forever



CASCADES

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PLEASE
PLACE
STAMP
HERE

RETURN SERVICE
REQUESTED



VACATION BIBLE SCHOOL
July 8-11 9am-Noon

CHURCH PICNIC
July 14 @ Noon

FAMILY GAME NIGHT
July 20 @ 5:30pm

SUNDAY WORSHIP
10:15am Worship