



May 2024



**CASCADES**  
PRESBYTERIAN CHURCH

# THE CHURCH BELL

Published Monthly

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## MAY

### DEACON OF THE MONTH

Nancy Bisbee

### FISH FOOD

Rice & Other Grains

“Pointing to his disciples, Jesus said ‘Here are my mother and brothers. For whoever does the will of my Father in heaven is my brother and sister and mother.’ Matthew 12:49

In the story referenced above, Jesus had just exercised a demon-possessed man who was blind and mute. When the Pharisees heard about it, they accused Jesus of being demon possessed himself. Tensions were clearly rising and Jesus’ family was starting to get concerned. So Jesus’ mother and younger brothers came to reel him back in.

His mother exclaimed, “Jesus, would you just come home and tone it down a bit? You’re starting to make some enemies of these religious folk and it’s getting us a little nervous.” [My paraphrasing to the above conversation that ensued.]

That’s when Jesus asked the question of the crowd he was teaching, “Who is my mother and who are my brothers?” It was a difficult question to hear, not because Jesus was being disrespectful to his family, but because he was challenging the notion of what it means to be part of God’s family. Do we gain entrance into God’s family by birth? Or is there something else going on? Something spiritual?

Let us remember that whenever Jesus asks a question, it is never because he doesn’t know the answer to it. He asks the question to see if we know the answer to his questions. Jesus asked this question to get his disciples and us to really consider what it means to be part of God’s family of faith.

One of my favorite moments during the sacrament of baptism is walking the baby, child, youth, or adult through the congregation and introducing them to their new spiritual family. There are spiritual moms and dads, grandparents, siblings, and even aunts and uncles. People that we become connected to not through human will but upon faith in Christ as we are adopted as children and heirs into God’s family. This was a significant shift in Jesus’ day for people to wrap their brains around just as it is for us today.

At Cascades Presbyterian Church we are blessed to be part of a such a wonderful church family. Over my nineteen years of serving as pastor, there have been some incredible people with whom I have been incredibly close.




*Remember & Honour*

### SOLVE THE RIDDLE

Why was the cookie left alone with a babysitter crying?

Stumped?  
See page 5 for the answers.

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

Continued on Page 2

**CONTINUED FROM PAGE 1**

I have had helpful mentors. I have had prayer partners to invest in. I have had friends to enjoy life with. But the most important thing has been knowing that I have never had to walk this journey alone. As Jesus Christ spiritually lives within this family of faith, I can be certain that Jesus walks with me every step of the way.

So in this season when we give thanks for the birth parents in our lives, may we also give thanks for the spiritual parents who are all around us. For we are surrounded by a great cloud of witnesses who are cheering us along so that we can run this race with perseverance.

In Christ,  
Rev. Dr. Chris Montovino, Pastor

**ANNUAL WOMEN'S TEA**

**May 11, 2024 from 11am to 1pm.**

The Men of Cascades welcome the Women of Cascades to a special tea luncheon held in their honor. Once again we will enjoy scones, tea sandwiches, fresh fruits, chocolate covered strawberries, and various desserts. If you are able to let us borrow your tea cups, saucers, teapots, creamer and sugars, please inform Pastor Chris. Please also mark items on the underside of each so that they can be properly returned once we are finished. RSVP. Make your reservations on the bulletin board in the Narthex and let us know if you have any food allergies or restrictions we can accommodate. We look forward to this chance to serve you once again.

**WELCOME NEW MEMBERS**

On April 6th, we held a New Members Retreat and on April 7th during worship we welcomed thirteen new members into Cascades' Fellowship. These folks come with incredible gifts and talents. We look forward to seeing the fruit that is produced from their lives as they are now grafted onto this vine of Christ. Let us welcome whole heartedly Wayne, Kelli, Zach, Nick, and Amy Denman, Sandy Cox and Dave Friesen, Tom Holczer and Laura Livingston, Lindsay Winsor, Tauschia and Raynee Wallschlaeger, Anne Cozens, Peggy Riley, Joan Detrick, and Sarah Ostrand.

**daily  
Devotions*****Abiding in God's Love***

May 1 1 John 5:1-6  
May 2 Acts 10:44-48  
May 3 Psalm 98  
May 4 Psalm 98

***Glimmers of Hope***

May 5 Acts 1:1, 15-17, 21-26  
May 6 John 17:6-19  
May 7 John 17:6-19  
May 8 1 John 5:9-13  
May 9 Luke 24:44-53  
May 10 Psalm 1  
May 11 Psalm 47

***An Experience of Pentecost***

May 12 John 15:26-27; 16:4b-15  
May 13 John 15:26-27; 16:4b-15  
May 14 John 15:26-27; 16:4b-15  
May 15 Ezekiel 37:1-14  
May 16 Ezekiel 37:1-14  
May 17 Acts 2:1-21  
May 18 Acts 2:1-21

***Our Call to Worship***

May 19 Isaiah 6:1-8  
May 20 Isaiah 6:1-8  
May 21 Isaiah 6:1-8  
May 22 Isaiah 6:1-8  
May 23 Isaiah 6:1-8  
May 24 Isaiah 6:1-8  
May 25 Isaiah 6:1-8  
May 26 Isaiah 6:1-8

***Speak, Lord, Your Servant  
is Listening***

May 27 1 Samuel 3:1-10  
May 28 1 Samuel 3:1-10  
May 29 1 Samuel 3:1-10  
May 30 1 Samuel 3:1-10  
May 31 1 Samuel 3:1-10

## SPOTLIGHT ON OUR MEMBERS

Portland-born, the youngest of four girls, her father an insurance adjuster for The Hartford, her mother an administrative executive secretary with Portland Public Schools, she spent two toddler years in Bellevue, WA, but the rest of her youth on Portland's Alameda Street, riding her bike to Blue Lake Park, climbing up Rocky Butte, and taking the bus to Lloyd Center. Born in Edmonton, Alberta, he nevertheless lived his first four years in Germany and Austria, one of four children of his missionary parents who in 1956 settled in Portland, with two memorable years later in the wilds of Canada.



She attended Gregory Heights Elementary School and Madison High School, then earned degrees or post-baccalaureate certificates from Washington State (Pullman), Portland Community College, Concordia University, and Heritage University in Toppenish, WA. He graduated from David Douglas High School in Portland and attended community college.

Sandy Cox worked in health records information, as an administrative assistant, a library clerk, a director of Christian education for the Lutheran Church - Missouri Synod, and an elementary school teacher. Her favorite job was as "facilitator for her family." In other words, she spent 20 wonderful years as a stay-at-home mom to her children. Dave Freisen found his life's work in the audio industry. He spent 15 years in retail, then became a manufacturer's representative and still enjoys his profession. Living in the Seattle area, he decided to try a dating website. Discouraged, almost ready to give it up, one day he saw Sandy's profile. They corresponded, amazed at their similar backgrounds, and he knew he needed to drive down to meet his gift from God.

Sandy, a pastor's wife for 43 years, had been commuting with him each Sunday to Long Beach, WA. When he died, she wanted to find a closer church. Her Stephen minister, Sarah Ostrand, told her how wonderful the people and services are at Cascades, so Sandy tried it out. Sandy loved Chris's sermons, the varied music, the friendliness of the people, the community outreach, and the intentional involvement of women and young people. When Dave became a part of Sandy's life, he too felt right at home with the Bible-based teaching and how friendly people were to him.

Dave had Alaska as part of his work territory, and loves visiting there. Sandy also does, and together they have visited there twice and counting. Sandy has also hiked waterfalls in Norway and walked with penguins in the Falkland Islands.

Sandy enjoys sudoku, crosswords, Scrabble, cribbage, playing piano, and together both enjoy backgammon. Dave enjoys collecting vintage audio gear and enjoys his orange kitty who hates everyone but him!

Dave has two daughters living locally (in Camas and Portland) and one in Fort Worth, TX. Sandy's children are Elizabeth, twins Margaret and Caroline, and John Isaac. Her seven grandkids range in age from first grade to college freshman, three in Alaska and four in the Vancouver area.

Sandy says, "In my family we have a saying that is kind of our motto, so much so that I cross-stitched it years ago and it hangs in my room: "LIFE is pretty darn good!" God has blessed me tremendously with a wonderful first marriage, a wonderful family, opportunities to serve, and a second chance at love and happiness with Dave. Every day is a gift!"



## COMMUNION PROCESSES

As normal church life returns after the pandemic, one of the things we are still working on is our communion protocol. There are two ways to receive communion on the first Sunday of each month. One way is by forming two lines down the center isles for those who would prefer making the “journey” forward toward the chancel. The second way is by remaining seated while servers bring the elements to you. We have found that the gluten-free bread is a little too crumbly when torn off the loaf and given to communicants. Because of this, we will try serving cut cubes of bread served on pattens (silver plates) instead. While we may resort to using tongs for serving, it does make it more complicated for servers. That being said, be assured that servers always use hand sanitizer right before serving to reduce the spread of germs. Thanks for your patient understanding.

## APRIL SESSION NOTES

Elder Christie Mistrot led devotions on Matthew 11:28-30 and discussed the difference between working with Jesus verses working for Jesus. Approved to receive new members by letters of transfer. Granted Sarah Shewbert a monthlong sabbatical over summer to enjoy time off with family. Approved \$2500 grant to Family Promise of Clark County from Benevolence Board. Moved to approve baptism for Raynee Morgan Wallschlaeger on April 21, 2024 during worship. Provided feedback on New Members Retreat. Identified more potential new members for Fall Retreat. Elders shared their Spiritual Gifts from assessment. Reviewed Strategic Plan from 2023 and celebrated accomplishments, identified items that need attention, and let go of those things that have fallen off our radar. Projectors in sanctuary will need replaced soon. Overall, great sense of energy with 13 new members. So much easier to work with Jesus than for him.

## STRATEGIC PLANNING UPDATE

In January 2023, thirty one people from Cascades got together for a day of Long Range Strategic Planning. This community based plan incorporated future ideals, current realities, and a five year strategic ministry plan. *Session celebrates the following accomplishments in 2023/2024:* painting church exterior, setting up compost bins, increased stewardship giving, securing new church partnerships to replace Love of God Church rent, developing men’s ministry with monthly bible study gatherings and offering a men’s retreat, revamping the prayer partner ministry, increasing VBS participation by 15%, planning a Honduras Mission Trip including Cascades’ youth, developing a new drummer for worship team, and increasing membership by 13% (5% was our goal!). *We let go of the following dreams (for now):* Church trip to Israel/Holy Land. *We are looking forward continuing our work towards:* restarting the kitchen remodeling project, developing plans for an onsite community garden, creating job description for a possible second pastoral staff position, reengaging Silver Star and Sunset Elementary Schools in mission, exploring intergenerational Life Groups, planning two fun summertime events, and revamping our dinners for eight/Top of the Hill potluck model.

## MEN’S TEXAS HOLD’EM POKER NIGHT



On Saturday April 13, 2024, eleven of Cascades’ men gathered for a delicious steak dinner and a round of Texas Hold’em Poker. While many bluffs were made, and some friendly jabs, Mark Hartrim-Lowe surfaced as this year’s first place winner. Zach Denman took second place. And defending champion, Josh Krane, came in third. But a great time was had by all!







**CALENDAR**

**BIRTHDAYS**

May 1	12:30pm	Bowling Fellowship
	6:30pm	Worship Team
May 2	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
May 5	9:00am	Pancake Breakfast
	10:15am	Worship Service
May 6	12:30pm	Bowling Fellowship
May 7	7:00pm	Deacons Meeting
May 8	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
	6:30pm	Worship Team
May 9	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
May 11	11:00pm	Annual Women's Tea
May 12	9:00am	Sunday School All Ages
	10:15am	Worship Service
May 13	12:30pm	Bowling Fellowship
May 14	7:00pm	Session Meeting
May 15	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
	6:30pm	Worship Team
May 16	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
May 18	5:30pm	Family Game Night
May 19	9:00am	Sunday School All Ages
	10:15am	Worship Service
	11:30am	Top of the Hill Potluck
May 20	12:30pm	Bowling Fellowship
May 22	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
	6:30pm	Worship Team
May 23	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
May 26	9:00am	Sunday School All Ages
	10:15am	Worship Service
May 27		Office Closed—Memorial Day
	12:30pm	Bowling Fellowship
May 29	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
	6:30pm	Worship Team
May 30	1:30pm	Giving Hands Ministry

Dorothy Cochran  
 Jerry Cochran  
 Brian Mistrot  
 Sarah Ostrand  
 Evelyn Peterson

**ANNIVERSARIES**

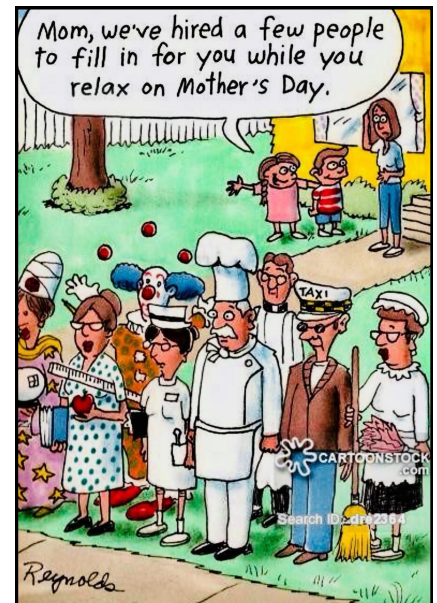
Greg & Linda Beck  
 Bill & Kay Gibson  
 Roy & Joanne Jacobs  
 Chris & Karen Montovino

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

**MARCH FINANCES**

Income \$26,351.39  
Expenses \$26,441.00  
 Total (\$ 89.61)

Year to Date 2024  
 (\$ 8,135.68)



Answer: Because her mother was a waffer too long!



**CASCADES**  
PRESBYTERIAN CHURCH

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PLEASE  
PLACE  
STAMP  
HERE

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RETURN SERVICE  
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*happy*  
***Mother's Day***

**PANCAKE BREAKFAST**

May 5 @ 9:00am

**ANNUAL WOMEN'S TEA**

May 11 11am-Noon

**FAMILY GAME NIGHT**

May 18 @ 5:30pm

**TOP OF THE HILL POTLUCK**

May 19 @ 11:45am

**MEMORIAL DAY**

May 27

**SUNDAY WORSHIP**

10:15am Worship