

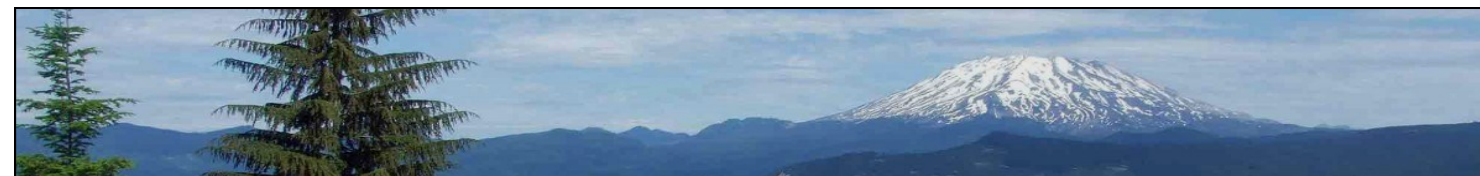


CASCADES
PRESBYTERIAN CHURCH

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

PLEASE
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THE CHURCH BELL

Published Monthly

Volume 48, No. 4

APRIL

DEACON OF THE MONTH

Sarah Ostrand




SOLVE THE RIDDLES

What did the dirt say to the rain?

What goes up when the rain comes down?

Stumped?
See page 6 for the answers.

As you enjoy reading the Newsletter try to find the hidden cross somewhere in the newsletter. It looks like this. 

“On the evening of the first day of the week, when the disciples were together, with the doors locked, for fear of the Jews, [the resurrected] Jesus came and stood among them and said, “Peace be with you!” John 20:19

We can only imagine the fear the disciples must have experienced having watched their beloved rabbi, Jesus, be crucified by the very people who were supposed to lead them closer to God. The scripture above paints the picture of how they were huddled together in some undisclosed location with doors locked wondering if they might be next. It was then that the resurrected Jesus walked right through the locked door and said, “Peace be with you!”

But did you ever wonder what they were doing in that locked room? I doubt they were just complaining about how awful the Roman Government was. I doubt they were grumbling about the failure of their religious leadership. I doubt they were discussing the color of the carpet on the temple floor. No! They were doing what Jesus instructed them to do...praying for God’s kingdom to come on earth as it was in heaven.

Prayer for many Christians is such a mystery. We may think, “Its hard to come up with the words like the professionals do. Besides I feel awkward and don’t really know what to say.” Valid. Remember back when you were first getting to know that special person who caught your attention? You talked with them. You spent time with them. You learned what made them tick. That’s the same thing that prayer is. It’s a relational conversation shared between two friends.

Pete Greig, pastor and founder of the International 24-7 Prayer Movement in his book *How to Pray - A Simple Guide for Normal People*, suggests three elements for developing a healthy prayer life. “Keep it simple. Keep it real. And Keep it up.” That’s it. And Pete uses The Lord’s Prayer as a thread through out the book which Jesus used to teach his disciples when they asked him the secrets of his own deep prayer life with God the Father.

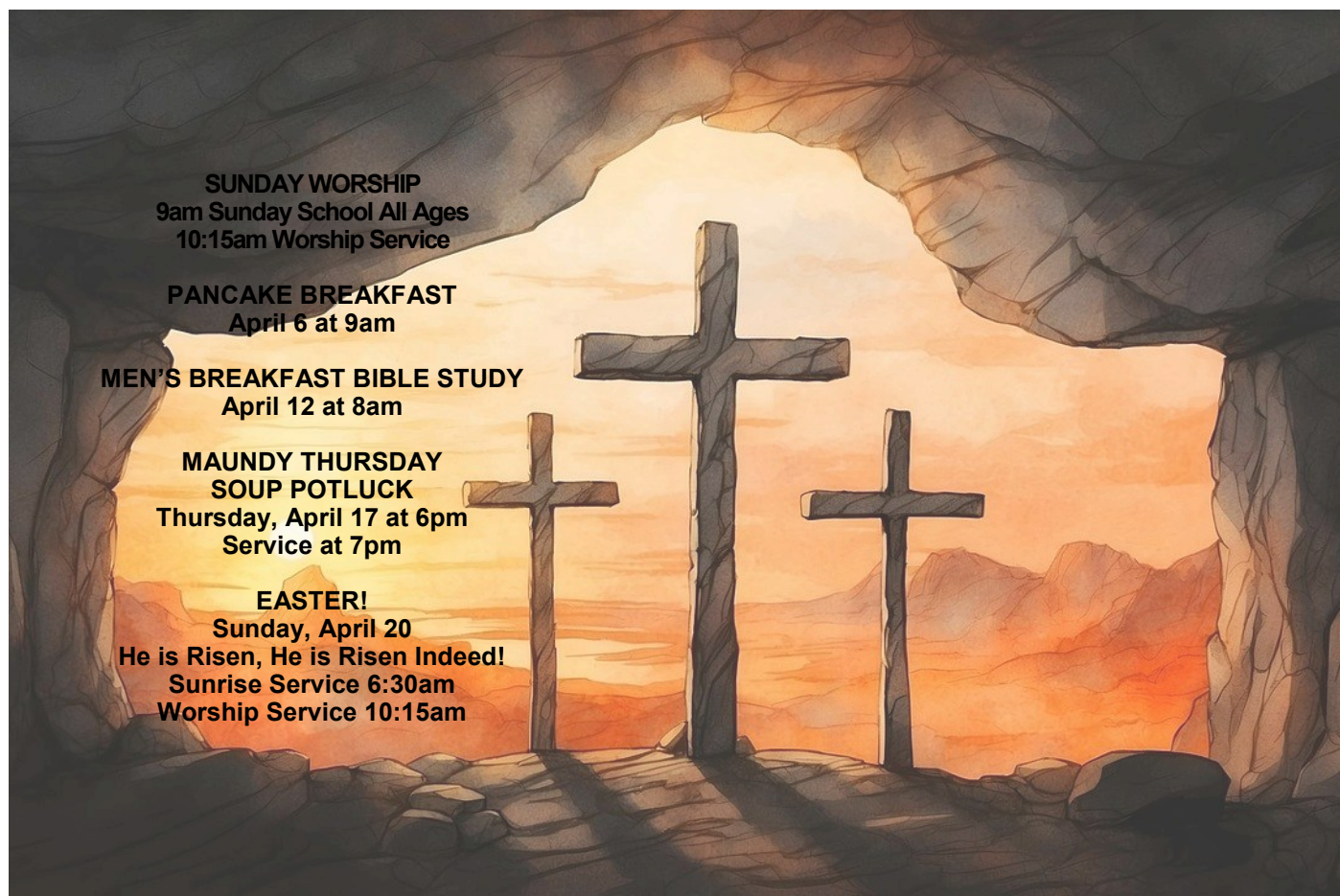
Because of this and like those early disciples on that first Easter night, we are going to devote ourselves to prayer. We are going to read about prayer, hear sermons about, and be challenged to put some new practices in place that will help jump-start our own prayer lives.

And we are going to give us an opportunity to kick it off with our own 24-7 Prayer Vigil immediately following the Maundy Thursday Service on April 17. That night the church will be “open” with locked doors where people will be praying both on site or from their homes for one hour intervals throughout the entire 24 hours. Prayer slot sign ups will be posted on the narthex bulletin board. So bring your joys, your concerns, your fears, and your dreams and lay them all before the Lord. And do take time to listen as well. Trust me, God has a lot that he wants to say to us as well.

I believe with all my heart that this is the posture that God wants followers of Jesus to adopt in a day and age that is full of chaos and confusion, fear and uncertainty. God want’s his people to pray. For prayer is the arm of God that moves both mountains and people.

Praying along with you in Christ,

Rev. Dr. Chris Montovino, Pastor



SUNDAY WORSHIP
9am Sunday School All Ages
10:15am Worship Service

PANCAKE BREAKFAST
April 6 at 9am

MEN’S BREAKFAST BIBLE STUDY
April 12 at 8am

MAUNDY THURSDAY SOUP POTLUCK
Thursday, April 17 at 6pm
Service at 7pm

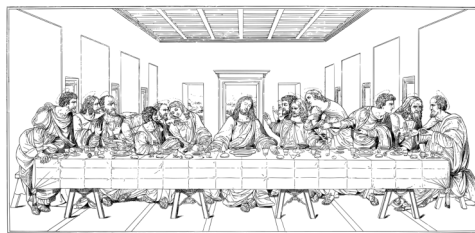
EASTER!
Sunday, April 20
He is Risen, He is Risen Indeed!
Sunrise Service 6:30am
Worship Service 10:15am

HOLY WEEK ACTIVITIES

Palm Sunday April 13, 2025
 Maundy Thursday April 17, 2025—Soup Potluck at 6:00pm, Service at 7:00pm
 Easter Sunrise April 20, 2025 at 6:30am
 Easter Services April 20, 2025 at 10:15am, Easter Egg Hunt following the Service

MAUNDY THURSDAY SERVICE/24 HOUR PRAYER VIGIL

Please join us for Maundy Thursday on April 17, 2025. We will begin with a simple Soup Potluck Dinner at 6:00pm so please bring something to share. After dinner, we will hear a few pieces by Cascades Choir from the cantata, *Come Touch the Robe*. Afterwards, the church will remain “open” for a 24 Hour Prayer Vigil. You are welcome to stay or sign up for an hour of prayer throughout the night until 7:00pm on Good Friday. We will have prayer guides and stations to assist your time with the Lord whether you choose to pray at the church or from your home.



CANDY NEEDED FOR EASTER EGG HUNT



Every year the youth group is excited to host an Easter Egg Hunt for children fifth grade and younger following the Worship Service on Easter Sunday. We need candy donations for this event. Please, bring individually wrapped candy with no nuts to the church. There will be a blue bucket by the front door on Sundays, or during the week, the candy can be given to Sarah Ostrand or Lisa in the office. Thank you!

ADVOCATING FOR THE HUNGRY

Bread for the World is a nonpartisan Christian advocacy organization that began in the 1970’s when a group of Catholics and Protestants came together to discuss how to end hunger. The group focused on advocating for changes in governmental policies and programs that allow hunger and poverty to persist, both in the United States and around the world. They have a separate Institute that does policy research and analysis on hunger and strategies to end it.

In early February of each year, Bread for the World organizes an Offering of Letters where churches invite people to write letters or send emails to their representatives in Congress. Though Cascades wasn’t organized to do that this year, people can still write letters now. It is especially important at this time to advocate for reinstating lifesaving USAID programs and funding. Inside the U.S., proposals are under consideration to drastically curtail funding for the Supplemental Nutrition Program (SNAP, formerly Food Stamps). The need is great, both at home and abroad. Copies of a sample letter are available in the fellowship hall. Letters can also be sent by email from <https://www.bread.org/>.

The other tool Bread for the World calls us to use is prayer. It is not an accident that the Lord’s Prayer says “Give us this day our daily bread.” We need to be praying for a change in national priorities and an end to hunger around the world.

ETERNALLY BELOVED

Eternally Beloved, the New Worshipping Community I lead, has been going well. I have begun serving in Memory Care at Bonaventure of Salmon Creek. I read books and bring music to sing with the residents. I continue to lead a Bible study and community hour at Bonaventure. The 2nd and 4th Sunday evenings, we meet for a Communion Service. Grief Share at the Quarry is going well; we have a solid group of six people who regularly attend. In February, the volunteer chaplain for the Quarry retired and I have been asked to serve as his replacement. We meet every Sunday at two pm. Thank you for your continued prayers and support for this ministry.

- Sarah Ostrand

YOUTH GROUP



Hello Cascades Family,
 Winter is finally giving way to a beautiful spring. The youth group has had a wonderful time this winter, learning, serving, and laughing. On the first weekend in March we hosted a Bunco game day. The event was a fundraiser for our campership fund. We had three visitors to the church, all of whom asked to attend our next Bunco day! We raised almost 500 dollars. The kids had so much fun playing with the people from our church family. This is a wonderful opportunity for the youth to get to know and connect with people in our church, while raising funds.

On March 15th, the youth group also worked with Friends of Trees, a non-profit from Portland that works to plant trees in neighborhoods throughout Oregon and Southwest Washington. Our group planted seven trees in the 4th Plain Neighborhood. There were eight other groups planting as well, meaning we, as a whole, planted 56 trees! If you're in the 4th Plain Village Neighborhood and see a sapling - that was likely part of our project.

During Wednesday evenings, we've played games, had Marshmallow battles, and discussed war, mental health, and building relationships. In Sunday School we've talked about heresies, Creeds, and how we define what we believe. As always, I am so blessed to lead and know these young people. They continue to surprise and inspire me with their humor, curiosity, and thoughtfulness.

- Sarah Ostrand



MARCH SESSIONS

Pastor Chris began with devotions on “Are you a Mary or a Martha? is the wrong question” based on Luke 10:38-42. Welcomed guests Phil King and Dan Vetter, our Committee on Ministry (COM) liaisons from the Cascades Presbytery for our Triennial visitation. Treasurer reported being in the black for first two months of 2025. Good news! Chatted with COM about hopes and dreams since last visit in 2014. Discussed thank you gift for plumber who fixed our sink pro-bono. New Online Servant Keeper platform is up and operating. We are learning new capabilities and will be instructing congregation soon on how to switch their online giving to new platform. New lighting added to church parking lot greatly improves security. Approved bid to get parking lot re-striped. Chose new signage design but awaiting quote. 24 Hour Prayer vigil at church to begin immediately after Maundy Thursday service. Approved permission by Sarah Ostrand to serve communion to senior living facilities. Reviewed draft policy on Immigration Enforcement on Church Property. Identified Designated Church Elder as Christie Mistrot. Discussed need for Community Life Coverage after church while Christie is away and the New Members Celebration after church on March 30. VBS Dates set. Overall, it was very good to reflect with COM on the many good things the Lord has done in and through Cascades since 2014. We continue to ask how to be the Church in a very difficult season in America and sense the Lord’s call to be a people of prayer and public witness.

FEBRUARY FINANCES

| | |
|-----------------|--------------------|
| Income | \$25,024.00 |
| <u>Expenses</u> | <u>\$22,464.00</u> |
| Total | \$ 2,595.00 |

| | |
|-------------------|--|
| Year to Date 2024 | |
| \$ 574.00 | |



TOP OF THE HILL

Top of the Hill Senior Potluck will not be meeting in April but will meet again on Sunday, May 18th right after the service.

SUMMER VACATION BIBLE SCHOOL

Save the Date for Summer Vacation Bible School!
July 21 - July 24, 2025
Monday through Thursday, 9am to noon.
Stay tuned for more information.



NARCAN IN THE FIRST AID CABINET

Opioid overdoses in American have been one of our greatest tragedies in recent years. But it doesn't have to be that way any more. Narcan or Naloxone Hydrochloride is an inhaler that can be given to anyone experiencing overdose symptoms. We now have some located in the First Aid Cabinet in the Kitchen. Should you suspect that someone is overdosing take the following steps:

Step 1: Check for suspected overdose. The person will not wake up or is very sleepy or not breathing well. Yell "Wake up!" Shake the person gently. If the person does not wake up, go to Step 2.

Step 2: Give 1 dose of the inhaler in the nose. Insert nozzle into one nostril and press plunger firmly. Each nasal spray device contains only one dose of naloxone.

Step 3: Call 911. Get medical help immediately.

Step 4: Watch & Wait 2-3 minutes. If person wakes up, go to Step Five. If person does not wake up, Repeat Step 2 with the second dose.

Step 5: Stay until the ambulance arrives.



Risen in Glory

by Catherine Pulsifer

The stone was rolled, the tomb was bare,
Christ arose—His love is there.
Hope now shines so bright, so true,
A gift of grace for me and you.

Sin defeated, death is gone,
Victory won through God's own Son.
His mercy flows, His love will stay,
Guiding us each step of the way.

So lift your voice, rejoice and sing,
Praise the Lord, our Risen King!
For through His light, we find our way,
A gift of love this Easter Day.

ON MY NIGHTSTAND

You may be interested from time to time what, other than scripture, is shaping the heart and mind of our pastor. The following books are ones that either I am reading or have read recently. Feel free to pick one up and follow along.

How to Pray: A Simple Guide for Normal People, by Pete Greig. Pete Greig is the founder of the worldwide 24/7 prayer movement. Using the Lord's Prayer as a model, Pete advocates to keep praying simple, honest, straightforward and from the heart. This book will shape my sermon series on Prayer immediately after Easter and into summer.

Praying Like Monks, Living Like Fools, by Tyler Staton. Tyler is pastor of Portland, Oregon's Bridgetown Church. He is the US national director of the 24-7 Prayer movement. Tyler examines multiple postures of prayer, including silence, persistence, confession, and more. He invites us into prayer's mystery as we tap into source of life that Jesus had.

Prayer, by Timothy Keller. The late Keller was one of the renowned Reformed pastors of the 21st century. He aims to help us establish a practice of prayer that works for us.

Can You Drink the Cup?, by Henri Nouwen. The last book published by Nouwen before his death explores deep questions Jesus asked his friends, James and John, who sought prestige and honor as Jesus' right and left hand men.

Jesus and the Powers, Christian Political Witness in an Age of Totalitarian Terror and Dysfunctional Democracies, by N.T. Wright & Michael Bird. Written from the perspective from across the pond (UK). Probably one of the best books I have read recently that has greatly shaped my understanding of how to be Christians in an age of chaotic and confusing politics and faith in America.

The OverComers, A Bible Study in the Book of Revelation, by Matt Chandler. The study guide companion to our Sunday morning video series.

Revelation for the Rest of Us, by Scot McKnight. This book made Revelation much more approachable and less intimidating. Scot addresses many misconceptions about the Book of Revelation and helps us better understand the symbols and imagery John used and how we see them alive and well today.

S.P.O.R, A History of Ancient Rome, by Mary Beard. Beard describes how a "slightly shabby Iron Age village" rose to become the undisputed hegemon of the Mediterranean.

Every Young Man, God's Man, by Stephen Arterburn and Kenny Luck. Maturing into manhood today is not for the fainthearted. This is a book that I am reading with several young men in our church to help them understand some of the dangers and pitfalls that are out there and how to be prepared as they navigate life as followers of Jesus on their own.

The Hundred Year's War on Palestine, A History of Settler Colonialism and Resistance, 1917-2017, by Rashid Khalidi. We spent a lot of time last year understanding what took place in the Holy Land from a Jewish perspective. This is the Palestinian story, one that cannot be overlooked. As there are always two sides to every coin.

Under the Banner of Heaven, A Story of Violent Faith, by Jon Krakauer. This is a fascinating historical and fictional account of the fundamentalist and polygamist offshoot of the Mormon church which highlights the dangers of unchecked renegade, zealot theocracies who answer only to God.

DESIGNATED CHURCH SPOKESPERSONS

In keeping with standard protocol, should an incident occur on church property that involves law enforcement authorities, news agents, or other outside sources requesting information about the church or its members, please note that only designated spokespersons are authorized to make any such statements. This is important to make sure that information is correct and properly vetted by session and the Presbytery of the Cascades. Thank you for directing all such requests to either Pastor Chris Montovino or Designated Church Elder Christie Mistrot.

SPOTLIGHT ON OUR MEMBERS



Wayne Denman, from Spokane and Washtucna, WA, at age 4 1/2, was removed from his addicted mother. He then lived in five different foster homes. He greatly admired his adoptive father, but when Wayne was 14, his dad died when the truck both were in rolled. His case worker told him he was no good as Wayne found himself often in trouble, ultimately attending a boys group home in Le Mars, IA. He later served four years in the Marine Corps, working as a door gunner and helicopter mechanic, doing two tours in Beirut and one in Grenada. After that, he drove an armored truck for five years, worked as a mailman for five years, and now has been in the tech field for 30 years.

Kelli Denman, born in Cedar Rapids, IA, taken by child protective services at six months, but adopted at age two and raised in Charlotte on a dairy farm, was educated at the University of Iowa, earning her degree in communications. In California, she attempted to earn a living as a script writer and also produced Christian music videos. She had surgery for TMJ, which caused a permanent loss of her hearing in one ear, and, for over a decade, gave her upside-down vision, altering her career plans and bringing her to Reedsport, OR. She also worked as a network engineer, along with Wayne at Rational Software.

In 1993, Wayne, interested in mission work, looked online to hopefully connect with others in that field, and thus met Kelli, the two deciding to marry just 20 days later. Encountering challenges in their marriage, they sought counselling, determining they would make it work.

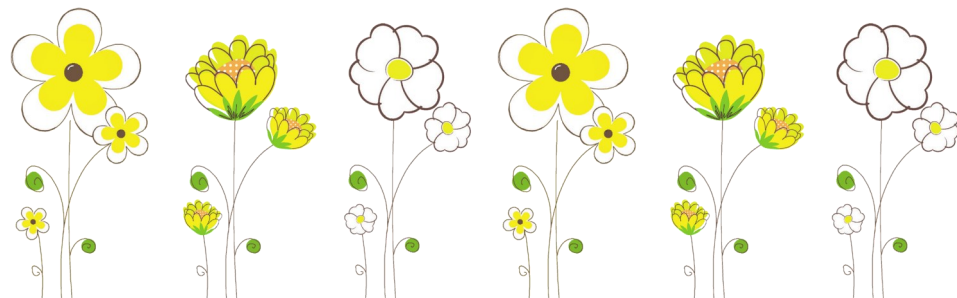
Adoptees themselves, the Denmans decided to add to their family through adoption. Zachary was first, a 24-week preemie born in an ambulance in Seattle, with autism, fetal alcohol syndrome, and several diseases. Wayne and Kelli visited twice a day for 20 minutes three times a week for Zach's 55-day stay in Seattle's Swedish Hospital. Back home in Vancouver, Zach had an operation on his Adam's apple, was sent home, went into extreme distress, and, his heart stopped and lacking oxygen, was transported by paramedics to Legacy Salmon Creek. For all intents and purposes, he was deceased, but...the next day he recovered. The medical doctors said there was no medical reason why he survived.

The medical bills caused bankruptcy, which contrasted their former "double-income-no-kids" status, but through it all Wayne learned, and he continues to practice, not to worry but to pray.

Ready to adopt another child, they saw a photo of Nate, from Ethiopia, who was "cute as a bug," but if they also took his biological brother, Nick, there would be no fee charged. The brothers' mother agreed to the adoption only if they were raised as Christians. In Vancouver, the boys were ill, dying from parasites. For over a year, they took "nasty-tasting" medicine four times a day, and the whole family contracted, and recovered from, ringworm.

After all that, Kelli online found their daughter, Amy, in Pasco. They consider her to be their miracle child. Amy is autistic, non-verbal, with Down's syndrome.

Their children are a labor of love for Wayne and Kelli. Nate now serves in the Navy aboard the USS Makin Island, an amphibious assault ship. Nick attends WSU-Vancouver, doing well in business management. Kind-hearted Zach attends Clark College, has taken almost every math course offered, will start next on the sciences, hopes to teach someday, perhaps as a tutor, often publicly read scripture at a former church, and he DOES NOT QUIT. Wayne and Kelli's goal is to see their children become successful parents someday. These determined and loving people bless our church family.



Answer:
1. If this keeps up, my name will be mud.
2. An umbrella.

APRIL

APRIL CALENDAR

| | | |
|--------|---------|--|
| Apr 1 | 7:00pm | Deacons Meeting |
| Apr 2 | 12:30pm | Bowling Fellowship |
| | 6:30pm | Youth Group |
| Apr 3 | 1:30pm | Giving Hands Ministry |
| | 6:45pm | Choir Practice |
| Apr 6 | 9:00am | Pancake Breakfast |
| | 9:00am | Sunday School All Ages |
| | 10:15am | Worship Service |
| Apr 7 | 12:30pm | Bowling Fellowship |
| Apr 8 | 7:00pm | Session Meeting |
| Apr 9 | 12:30pm | Bowling Fellowship |
| | 6:30pm | Youth Group |
| Apr 10 | 1:30pm | Giving Hands Ministry |
| | 6:45pm | Choir Practice |
| Apr 12 | 8:00am | Men's Breakfast Bible Study Fellowship |
| Apr 13 | 9:00am | Sunday School All Ages |
| | 10:15am | Worship Service |
| Apr 14 | 12:30pm | Bowling Fellowship |
| Apr 16 | 12:30pm | Bowling Fellowship |
| | 6:30pm | Youth Group |
| Apr 17 | 1:30pm | Giving Hands Ministry |
| | 6:00pm | Maundy Thursday Soup Potluck |
| | 7:00pm | 24 Hour Prayer Vigil Begins |
| Apr 18 | 7:00pm | Good Friday, 24 Hour Prayer Vigil Ends |
| Apr 20 | | EASTER SUNDAY! He is Risen! He is Risen Indeed! |
| | 6:30am | Easter Sunrise Service |
| | 10:15am | Worship Service |
| | | Easter Egg Hung following the Service |
| Apr 21 | 12:30pm | Bowling Fellowship |
| Apr 23 | 12:30pm | Bowling Fellowship |
| | 6:30pm | Youth Group |
| Apr 24 | 1:30pm | Giving Hands Ministry |
| | 6:45pm | Choir Practice |
| Apr 27 | 9:00am | Sunday School All Ages |
| | 10:15am | Worship Service |
| Apr 28 | 12:30pm | Bowling Fellowship |
| Apr 30 | 12:30pm | Bowling Fellowship |
| | 6:30pm | Youth Group |

daily Devotions



Steadfast Love

- Apr 1 Psalm 118:1-2, 19-29
- Apr 2 Isaiah 43:16-21
- Apr 3 Psalm 126
- Apr 4 John 12:1-8
- Apr 5 John 12:1-8

Showing Love

- Apr 6 John 12:1-8
- Apr 7 Psalm 118:1-2, 19-20
- Apr 8 Psalm 118:1-2, 19-20
- Apr 9 Luke 19:28-40
- Apr 10 Luke 19:28-40
- Apr 11 Luke 19:28-40
- Apr 12 Luke 19:28-40

Facing Death

- Apr 13 Luke 22:14-23:56
- Apr 14 John 12:1-11
- Apr 15 John 12:20-36
- Apr 16 John 13:21-32
- Apr 17 John 13:1-17, 31b-35
- Apr 18 John 18:1-19:42
- Apr 19 John 19:38-42

Encountering Life

- Apr 20 John 20:1-18
- Apr 21 John 20:19-31
- Apr 22 John 20:19-31
- Apr 23 John 20:19-31
- Apr 24 John 20:19-31
- Apr 25 John 20:19-31
- Apr 26 John 20:19-31

Encountering God

- Apr 27 Revelation 1:4-8
- Apr 28 Revelation 1:9-20
- Apr 29 Revelation 2:8-11
- Apr 30 Luke 12:4-12

BIRTHDAYS & ANNIVERSARIES

- Teddy Chapman
- Arya Dayal
- Artie Schaeffer
- Olivia Scott
- Jonah Shewbert
- Virginia Stabler
- Abby Wessel

Steve & JoAnn Blinsman

