



September 2024



CASCADES
PRESBYTERIAN CHURCH

THE CHURCH BELL

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SEPTEMBER

DEACON OF THE MONTH

Becky Hickok

FISH FOOD

Cereals




SOLVE THE RIDDLE

A family of leaves was trying to change a light bulb. A squirrel walked by and asked why they hadn't changed the bulb yet. What was the leaf's response?

Stumped?

See page 5 for the answer.

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

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22

Jesus was very clear that we will reap what we sow. In other words, if we sow seeds of hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, and envy...or the acts of the sinful nature which the Apostle Paul describes to the Galatians, then we will certainly expect those same rotten fruit to come from our lives and the world around us. This is why Paul lists the fruit of Jesus' Holy Spirit that should be manifest in all those who call themselves by Jesus' name.

My friends, we live in a culture that has sadly lost touch with the Spirit of Christ that many claim lives in them. Jesus said, you will know the nature of a tree by the fruit that it produces. If that is so, then we should ask ourselves, "Does the tree of our life produce good fruit in keeping with Spirit of Christ? Or does our tree produce rotten fruit of the sinful nature which Paul warned?"

The same certainly is true in the sphere of our American politics. Over the next couple of months, we will hear a lot from the presidential candidates and their campaign teams. We should pay close attention to the fruit that comes from each candidate's mouth. Are their words fruit in keeping with the Spirit? Or are they acts in keeping with the sinful nature? While not everyone is perfect and it is true that all of us fall short from time to time, we will be able to tell the kind of administration and policies our candidates will create based on what they say. Then we vote according to our consciences, leave the results in God's hands, and pray continually for our country's leadership regardless of whether or not our candidate wins.

For this reason and starting in September, we will be focusing on the Fruit of the Spirit as a topic of sermons over the next several months. I felt it was important for us to focus on something positive for a change and not dwell on something negative. And Lord knows, I'm already sick of all the negative campaigning!

The first thing I notice in the scripture referenced above from Galatians is the verb by which Paul announced the fruit of the Spirit. He said the fruit "IS," not the fruits "ARE." I wonder if it is because they are so inseparably connected to the Spirit from which they come that you cannot express one without the other. So the fruit just "IS," not "ARE."

So may each of us pay more attention to the fruit that springs forth from our lives and make a difference for God's kingdom in the places where we've been planted. Imagine if our politicians took this challenge to heart as well! Our world might be a kinder, more peace loving, and just world after all.

In Christ,

Rev. Dr. Chris Montovino, Pastor



ADULT CHRISTIAN EDUCATION

FRUIT OF THE SPIRIT

How can you build healthy, vital relationships with God, yourself, and others? This Fruit of the Spirit Bible study explores the "most excellent way" into the hearts of those you care about. You discover how to develop a love, joy, peace, patience, kindness, gentleness, faithfulness, and self-control. This eight-volume Fruit of the Spirit Bible Studies series not only helps you discover what the Bible says about the vital traits that the Holy Spirit produces in believers, but also moves you beyond reflection and discussion to application. Join us in the smaller fellowship hall on Sunday mornings at 9:00am.

PANCAKE BREAKFASTS RESUME

Once again, we will resume our monthly Pancake Breakfasts on Sunday September 8, 2024 starting at 9:00am before worship at 10:15am. These are wonderful times to get to know one another better outside the one hour of worship we have each week. Note that October, November, and December pancake breakfasts will each be on the first Sunday of the months. See you there!

MEN'S BREAKFAST & BIBLE STUDY

After a wonderful summer break, the men of Cascades will resume gathering for breakfast, fellowship, and bible study from 8:00am to 9:30am on September 14, October 12, November 16, and December 14. Mark them on your calendar. Plan to come and bring something to share for breakfast. Pastor Chris Montovino

YOUTH GROUP RUMMAGE SALE FOLLOWUP

The youth group hosted a rummage sale August 16th and 17th. This was a first for the group and we had low expectations. Thanks to your generous donations and a small but determined team, we exceeded every expectation! Friday morning we had a line before the sale even started. The youth kids did a phenomenal job managing the check-out stand, holding signs at the corner, and helping patrons carry items to their cars. Thank you to our youth adults, Becky, Cordell, Greg, Doris, and Betty. A special thank you to Joan for her hours of staging, boxing, and cleaning!

I am pleased and humbled to announce that we were able to make a donation of almost eight hundred dollars to the Presbyterian Disaster Assistance fund. We also raised almost eight hundred dollars for our campership fund.

Thank you to all who donated items, who voted to give this a try, and who have helped in set up, selling, and clean-up!

Soli Dei Gloria!
Love from,
Sarah Ostrand



daily Devotions



Changing Your Mind

Sept 1 Mark 7:24-37
Sept 2 Mark 7:24-37
Sept 3 Mark 7:24-37
Sept 4 Mark 7:24-37
Sept 5 Mark 7:24-37
Sept 6 Mark 7:24-37
Sept 7 Mark 7:24-37

Wisdom Everywhere We Look

Sept 8 Proverbs 1:20-33
Sept 9 Proverbs 1:20-33
Sept 10 Psalm 19
Sept 11 Isaiah 50:4-9a
Sept 12 Psalm 116:1-9
Sept 13 James 3:1-12
Sept 14 Mark 8:27-30

Shapes of Devotion

Sept 15 Proverbs 31:10-31
Sept 16 Proverbs 31:10-31
Sept 17 Proverbs 31:10-31
Sept 18 Proverbs 31:10-31
Sept 19 Psalm 1
Sept 20 Mark 9:30-37
Sept 21 Mark 9:30-37

Deliverance and Thanksgiving

Sept 22 Esther 7:1-6, 9-10; 9:20-22
Sept 23 Psalm 124
Sept 24 Numbers 11:4-6, 10-16, 24-29
Sept 25 Psalm 19:7-14
Sept 26 James 5:13-20
Sept 27 Mark 9:38-50
Sept 28 Job 1:1; 2:1-10

A Grateful Heart

Sept 29 Psalm 8
Sept 30 Hebrews 1:1-4; 2:5-12



SPOTLIGHT ON OUR MEMBERS

On July 21st, "member in the spotlight" Lindsay Winsor shared during the church service that "music is the way she worships." Even as a toddler she "sang enthusiastically in the key of her choosing!" In Milton, OR, Grandma made sure she attended the local Seventh Day Adventist Church. Playing piano for her high school choir led to her being hired as accompanist for her choir director's Presbyterian church, where she flourished as a member of the youth group. She saw her faith grow at the University of Oregon, where she was active at Westminster House in the coffee shop ministries so popular in the '60s. On to Boulder, CO, for grad school at the University of Colorado. She moved to Denver, then back to the Boulder area, where, during a time of loss, she re-affirmed her faith in God at St Andrew Presbyterian Church. There she married, buried her first daughter, and baptized her second daughter.



Following a year of being an at-home mom, she knew "her daughter would be healthier" if Lindsay were a "happy, fulfilled working mother." She managed state funded student financial aid for the State of Colorado, later helping to install the University of Colorado student services computer system and being responsible for the "people side" of its security. In 2007, "Boulder was becoming too populated, so to help them with their problem," Lindsay and her husband, both now retired, moved to Milton-Freewater, OR, to be nearer to family. While in her church there at age 72, she realized that she had never been baptized, so, she was! When her husband died two years ago, she chose a retirement community in Vancouver, providing her an "ongoing opportunity for personal growth." After searching online for a church, she came to Cascades, felt the warm welcome from greeters Art and Claudia and became involved in the Giving Hands ministry. Currently, she often graces us with her beautiful singing voice, asking that we recognize "Soli Gloria Deo" (Glory to God alone) by not clapping afterwards. Amen!

In addition, Lindsay would like you to know of her relationship with the natural world. While growing up in Milton, near Couse Creek and the Walla Walla River, in the place where Native women formerly used digging sticks to gather tubers from the ground, Lindsay and her mother would dig just one tuber. In the mountains, she would hunt mushrooms in the springtime. When she lived alone in Colorado, she joined a mountain club enabling her to hike the area with other people. Once she and her husband were camping in a saddle area between two peaks as a thunderstorm rolled in at night. After the storm passed, they went searching for their goats, which they used as pack animals, and found them huddled up under some brush and looking like boulders in the dark. She and her husband placed a conservation easement on their 28-acre farm, protecting it from future development. Today, her concern for the environment continues as she sees Vancouver develop and grow, causing her to grow her commitment to changing the way we live so as to avoid further damage to the climate. We at Cascades are grateful to have Lindsay help us to glorify God.



GREEN TEAM MINISTRY BEGINS



Do you see a need at the church or have a passion to serve others? Don't wait until someone asks you to do something, step up and make it happen. That's just what soon to be 8 year old Jethro Beck did. He noticed that occasionally our playground, parking lot, and grounds get littered with trash by the many people who use our facilities. Jethro's elementary school developed a Green Team of students to do the same for their school grounds. So Jethro decided to start a Cascades Green Team Ministry to pick up the church grounds before services on Sunday morning. So if you want to help, catch Jethro before church and ask if you can help him keep our grounds looking beautiful. Thanks Jethro for serving God and others in this special way!



FALL SERMON SERIES ON THE FRUIT OF THE SPIRIT

In June there is nothing better than picking fresh strawberries from local farms. I have very fond memories of our young family going berry picking and filling our buckets (and tummy buckets) full of these fresh vine ripened fruit. They taste so much better and sweeter when they are left to ripen on the vine as opposed to picked too early and shipped from across the world to our local supermarkets. As mentioned previously I will be preaching on The Fruit of the Spirit in worship this Fall. I will be drawing insight from two books primarily:

Cultivating the Fruit of the Spirit, Growing in Christlikeness by Christopher J.H. Wright and *The Fruit of the Spirit, Becoming the Person God Wants You To Be* by Thomas E. Trask and Wayde I. Goodall. I invite you to pick up one of these books and read along with me as we cultivate the sweet fruit of Jesus Christ from our lives.

love

JOY

faithfulness

self-control

peace

KINDNESS

GOODNESS

patience

PERSONALIZED LORD'S PRAYER

Most Christians are familiar with the Lord's Prayer. It is a format that Jesus taught his disciples to pray when they asked him to teach them how to pray like he prayed. Sometimes words can get lost in translation or just become so familiar that they lose their power. Rev. Dr. Geordie Ziegler of Imago Christi Ministries, which Cascades supports with mission funds, encourages us to take those words and make them ours. Recently, on a plane during one of his many travels this summer, he sat down and crafted this Lord's Prayer in his own words.

"Papa, you are everywhere. (You are here)
 Awake me to your beauty here and now, (that I may find you in all things.)
 May your free-range Spirit reign free and fill all things. (Including me)
 May your way of being and seeing
 become my way of being and seeing.
 May I entrust into your hands all of my attachments.
 Provide for all we need today
 Teach me to release judgment and controllingness of others,
 and my (idealized) expectations of myself.
 Wake me quickly when tempted or tested to abide in your bosom and mercy again.
 For in you (and through you) is all life, and love, and joy forever.
 Yes!"



YOUTH GROUP SERVICE PROJECT

As we prepare for a new academic year for the youth group, I wanted to share about a service project we completed in May. A group of students met at Faye Salomone's house to paint the porch, do some weeding, and move a tree. The project took only a couple of hours and we were happy to assist Faye. We're always seeking ways to build community, serve others, and strengthen our bonds to the church family.

Sarah Ostrand
Youth Director





CALENDAR

BIRTHDAYS

Sept 1	10:15am	Worship
Sept 2	Labor Day	Office Closed
Sept 3	7:00pm	Deacons Meeting
Sept 4	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
Sept 5	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
Sept 8	9:00am	Pancake Breakfast
	10:15am	Worship Service
Sept 9	12:30pm	Bowling Fellowship
Sept 10	7:00pm	Session Meeting
Sept 11	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
Sept 12	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
Sept 14	8:00am	Men's Breakfast/Bible Study
Sept 15	9:00am	Sunday School All Ages
	10:15am	Worship Service
Sept 16	12:30pm	Bowling Fellowship
Sept 18	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
Sept 19	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
Sept 21	5:30pm	Family Game Night
Sept 22	9:00am	Sunday School All Ages
	10:15am	Worship Service
Sept 23	12:30pm	Bowling Fellowship
Sept 25	12:30pm	Bowling Fellowship
	6:30pm	Youth Group
Sept 26	1:30pm	Giving Hands Ministry
	6:45pm	Choir Practice
Sept 29	9:00am	Sunday School All Ages
	10:15am	Worship Service
Sept 30	12:30pm	Bowling Fellowship

- David Dayal
- Becky Hickok
- Sue Holcomb
- Drew Kenney
- Karen Montovino
- Sharon Morrison
- Doris Raspa
- Lynda Wittren

ANNIVERSARIES

Bob & Sherry McKusick

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

JULY FINANCES

Income	\$21,431.10
Expenses	\$23,543.49
Total	(\$ 2,112.39)

Year to Date 2024
\$1,727.52



Thank you to all who provided responses to the "Create an Acronym for Cascades" during the church picnic. We received some wonderful attributes that make it clear why so many of us have found a home at Cascades! Here is a "word cloud" with the responses.

Christie Mistrot, Elder of Community Life



Answer: We keep falling.



CASCADES
PRESBYTERIAN CHURCH

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PLEASE
PLACE
STAMP
HERE

RETURN SERVICE
REQUESTED

PANCAKE BREAKFAST
Sept. 8 @ 9:00am

MEN'S BREAKFAST/BIBLE STUDY
Sept. 14 @ 8:00am

SUNDAY SCHOOL BEGINS
Sept. 15 @ 9:00am

FAMILY GAME NIGHT
Sept. 21 @ 5:30pm

SUNDAY WORSHIP
10:15am Worship

