

DECEMBER

2019

foundry church
*a heart for Bend
in the heart of Bend*

The Vision Test: Mud or Miracle



by Trevor Waybright

In John 9 we see a very interesting story of a man who was born blind having his sight given to him by Jesus. This is an interesting story for many reasons, but the reason we will be concentrating on is the method that Jesus chose to bring about this miracle. Jesus was at the Feast of Tabernacles and found this blind man sitting there, and after a brief discussion with his disciples, he providentially decided to heal him. He then stooped down, spit on the ground, made mud out of it, put it on the man's eyes, and then told him to go wash in the pool of Siloam. The man finds his way to the pool with mud that's made out of spit crusted on his eyes, and then he washes it off. When he finished washing it off he could see! Now this wasn't having his sight restored, this was having sight period! His eyes never worked until they were made new by Jesus. What a Messiah-proving miracle! Everyone could plainly see that this person who had never seen a single ray of light was healed by the Light of the World! Or could they?

There was a group of religious leaders that were called the Pharisees. They were the spiritual leaders of the people of Israel. They were very set in the ways of their

religion. They were waiting on the Messiah, but they had a certain idea of what Messiah would be like. Their problem was that they were so caught up in their religious ways that they couldn't see past the religion to see the Messiah who was standing right in front of them. They got upset at Jesus and the man who was healed because it was on a Sabbath day and you weren't supposed to do any work on a Sabbath. Jesus had made mud and that's all that the religious people could see. They couldn't see the miracle for the mud.

Now, we can read about that and laugh at the absurdity, but this is also a gut check for those of us who are very much entrenched in church culture. Are we so set in our ways of doing church that we miss the miracles happening in the body at large? Are we only seeing mud when the blind from birth are being made new and seeing the light?

church info

60 NW Oregon
Bend, OR 97703

(541) 382-3862
info@foundrybend.org
www.foundrybend.org

at a glance

- 01 ■ food pantry sunday
- 02 ■ elder meeting, 4:30pm
- 02 ■ middle school ice skating
- 07 ■ adoption potluck, 5pm
- 14 ■ men's breakfast
- 14 ■ ladies christmas brunch
- 15 ■ children's christmas cantata
- 15 ■ kidztown party (k-5th grade)
- 16 ■ middle school youth group
- 18 ■ missions meetings
- 22 ■ christmas sunday
- 29 ■ family sunday
- 30 ■ elder meeting, 4:30pm

birthdays

- 01 ■ Jennie Asmussen
- 08 ■ Joyce Ross
- 10 ■ Mike Coughlin
- 14 ■ Sara Miller
- 16 ■ Louise Maley
- 17 ■ Pete Christoff
- 21 ■ Robert Poggione
- 24 ■ Wilma Johnson
- 28 ■ Rich Goeller
- 28 ■ Joy Waybright
- 30 ■ Esther Newton

If you would like to be added to our Birthday List, please email Joy, joy@foundrybend.org.

foundry church events



Middle School Ice Skating and Christmas Party

On December 2nd our Middle School Youth Group will be going ice skating. We will leave the church at 6pm and return by 8:30pm. The cost is \$10/teen. We will also be having our Christmas Party for the Middle School kids on December 9th from 6:30-8pm.



Ladies Christmas Potluck Brunch

We will be having our Ladies Christmas Potluck Brunch on December 14th at 10:30am. Join us for a great time of fellowship and fabulous food. Bring your favorite dish to share. Please RSVP joy@foundrybend.org, or 541-382-3862.



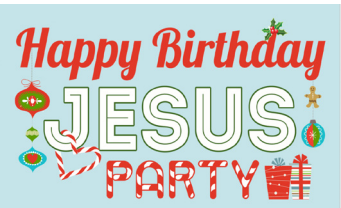
Men's Breakfast

Our regularly scheduled Men's Breakfast will be December 14th at 7:30am. Join us for a great time of fellowship and wonderful food. Contact Austin Evans for more info, austinevans@yahoo.com



Children's Christmas Cantata

Our Children will be presenting "Jesus Means Christmas To Me", a Christmas Cantata on December 15th in our morning service at 10:15am. You won't want to miss this beautiful story of Christmas presented by our kids.



Birthday Party for Jesus

We will be celebrating Jesus' Birthday with our Kidztown kids at our Birthday party for Jesus on December 15th from 12-1:30pm. We invite all of our K-5th grade kids to join us for a fun time of celebration.



CHRISTMAS DAY

We want to wish you and your family a very Merry Christmas

seniors
*onthe*go

December 01 Awbrey Glen
December 08 Original Pancake House
December 15 Jake's Diner
December 22 J Dub's
December 29 El Rodeo

local missions



SHEPHERD'S HOUSE
ministries

Shepherd's House Emergency Shelter

John Lodise is the Director of Emergency Services for The Shepherd's House and has been managing the Redmond Winter Shelter for 5 years now. Currently the only emergency shelters for women and children in Central Oregon are the Redmond Winter Shelter, the Jefferson County Winter Shelter, in Madras, and a shelter in Sisters just opened. However, there has been a concerted effort to open a shelter in Bend at the Deschutes County Sheriff's Office, with a targeted opening date of December 15th. All of these shelters will be open to men, women, families, and families with children.

A typical night at the Redmond Winter Shelter starts with John and his team, (usually a few men from The Shepherd's House's men's program) getting ready in the early afternoon and heading up to Redmond around 4:30pm. Once there, they set up the tables and chairs, set out the mats and guest's totes, and start the coffee brewin'! John's wife Dart heads up after work, (about a half an hour after them,) and gets things set up for dinner.

Dart shares a bit about the shelter...

"John and I typically stay until 8:30pm or so, then we head home, leaving the shelter in the capable hands of the rest of the team, and any volunteers who've come

to help out. In previous years John and I would head back to Bend to sleep, then get up and drive to back to Redmond by 6am to close down, then drive back to Bend to work... every day the shelter was open. However, John and I recently found a used but comfortable 20 year old RV that we are keeping in Redmond for the winter, so we don't have to make so many trips back and forth - we just sleep in the RV, go to the shelter in the morning, then home to Bend for work! YAY!!!

A lot of people have the misconception that being homeless is a choice... that "they should just quit drinking or doing drugs and get a job." Obviously everyone's story is different, but it is the rare guest we see who WANTS to live the way they're living. Some of our guests are recently homeless and are struggling to get back on their feet, but some have had deep and serious trauma in their lives, which can make it extremely difficult for them to "just" do anything - except try to survive from day to day. Some have pain so deep they'll do anything to escape it, so obviously this can lead to self-medicating with drugs or alcohol. Trauma can also be the root of deep distrust, so any type of social interaction, (including a work environment,) may be incredibly difficult for them.

This is another reason it's so very important for us to be able to develop a positive relationship with our guests... it may be the first and/or only one they've had. Our hope is that they may eventually allow us to help them in deeper ways. We have experienced this in the past,

where we've been able to help get people into long term recovery programs, get them reconnected with family, or housing, or even mental health... but again, this is only after we've known them for several years.

Being open consistently obviously means more resources are needed. One of the most important aspects of the shelter is the Meal Train. People can go to <https://www.mealtrain.com/trains/3q3n3l> and sign up to prepare a hot meal, and with close to 30 people a night now, this is of paramount importance!

People in Bend can bring a couple casseroles to The Shepherd's House men's center, (1854 NE Division Street,) by 4pm and the guys will bring it to the shelter with them. The online meal train also has the schedule of where the shelter will be, so people can always bring food to the host church in Redmond, and even hang out for a while with the guests.

"Providing a meal is a simple way to help out. Please go to <https://www.mealtrain.com/trains/3q3n3l> and sign up to bring one meal, one meal a month, or even one meal a week! You have no idea how much this means to our guests. Thank you for being the hands and feet of Jesus!"



health ministry

SEASONAL DEPRESSION

Seasonal Depression
by Corey Highland, RN

As we continue to T.H.R.I.V.E through the holidays, I want to talk about something that a lot of us battle with during this time of year. It's called Seasonal Depression or Seasonal Affective Disorder (SAD). It's a type of depression that comes and goes with the seasons. It usually starts late fall or early winter.

Symptoms may include:

- sadness, gloomy outlook
- feeling hopeless, worthless
- irritability
- loss of interest in hobbies
- low energy
- increase of carbohydrate cravings and weight gain
- thoughts of death and suicide

SAD is more common in women and young people that live far from the equator.

Medical reasons for SAD include a decrease of serotonin and an increase of melatonin,

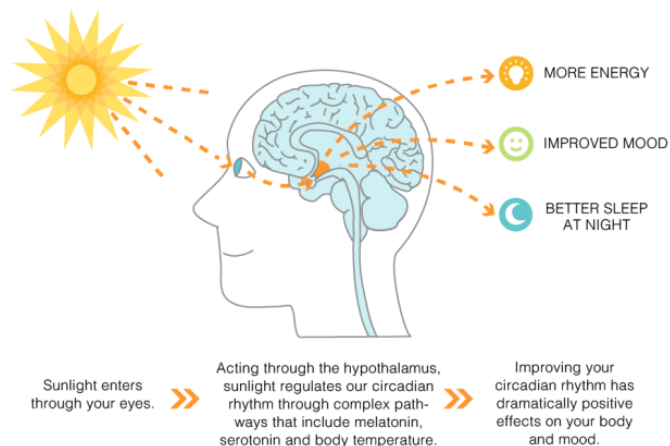
both are chemicals in our brain. This is due to the decrease of sunlight in the fall and winter months. (Below is a figure of how the light effects our brain.)

Interventions and treatments that can help with SAD include:

- light box therapy- sitting with a light box approx. 2ft away for 30 min. per day (can be purchased on-line)
- balanced diet
- regular exercise
- staying socially active with family and friends

- professional counseling
- taking an anti-depressant with the advice from your doctor

SAD is very treatable and millions of people fight through is every year. If you are feeling any of the above signs or symptoms PLEASE reach out to someone! You are not alone in this! For more information regarding SAD you can visit: www.nimh.nih.gov



grocery gift cards

If you would like to make a donation for the grocery gift card ministry there is still time. You can give online at www.foundrybend.org, on the app, or cash or check made out to Foundry Church noted for "Christmas Gift Cards". You can drop it in the offering this Sunday. For questions, contact Joy.



OCC



by Annette VanDeZande

Thank you to all who participated in this year's Operation Christmas Child. We were able to take 277 shoe boxes to the collection site on Wednesday. Thank you to those who helped with the delivery.

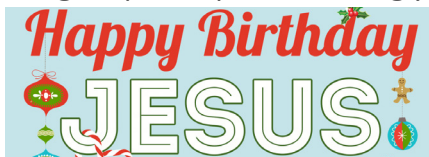
children & youth

Kidztown

by Joy Waybright

We have 14 kids that have been working very hard on our Christmas Cantata. We will be presenting, "Jesus Means Christmas to Me" on December 15th in our morning service. Plan now to hear the Christmas Story told in song!

Also, on December 15th, we will be having a Birthday Party for Jesus for all of our K-5th grade kids from 12-1:30pm. We will have pizza and cupcakes. If your child has any food allergies, please plan accordingly.



Our Children's Church theme for December is "Unboxed! Find the Joy". We are excited to study through the Christmas Story with our kids.

*Please note that our Children's Church location has changed. We are now meeting in room E2 (formerly Tiny Tots). Our Preschool kids are meeting in room E5 (formerly Imagineers). We are excited to change things up a bit for our kids.

We are looking for some help in our Children's Church for December. If you can take a week to help please contact Sara or Joy.



Middle School

by Joy Waybright

We are looking forward to this Christmas season with our Middle School Youth. We have some fun things planned for the kids before we break for Christmas. Please make a note of the dates below as a couple things have changed.



December:

2nd - Ice Skating, 6-8:30pm, \$10
 9th - Christmas Party, 6:30-8pm
 16th - Youth Group, 6:30-8pm
 24th - No Youth Group
 30th - No Youth Group



Remember, we will not be meeting for Middle School during the school Christmas Break. Our first Monday back will be January 6th.

If you have any questions or would like to help with our Middle School Youth Group, contact Trevor, Trevor@foundrybend.org or 541-382-3862.

High School

by Joy Waybright

Our High School Group had a great time in Lincoln City for their annual retreat, beauty contest and all.

We finished off the month with a sleep-over at the church full of food, karaoke and tons of fun!



November Financial Report

As of October 31, 2019

*Foundry Church fiscal budget for the
year ending 6/30/2020 is \$601,359*



foundry church

Budgeted Giving \$197,784

Actual Giving \$183,066

Giving Under Budget (\$14,718)

Budgeted Spending \$197,784

Actual Spending \$181,828

Spending Under Budget \$15,956

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DCLAWRY@GMAIL.COM

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Bend, OR 97709

Place
Stamp
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CONNECTGROWSERVE