

FEBRUARY foundry church

a heart for Bend
in the heart of Bend



by Steve Toomey

I recently came across the following quote from an old Russian novelist; *"I believe like a child that suffering will be healed and made up for, that all the humiliating absurdity of human contradictions will vanish like a pitiful mirage, like the despicable fabrication of the impotent and infinitely small Euclidean mind of man, that in the world's finale, at the moment of eternal harmony, something so precious will come to pass that it will suffice for all hearts, for the comforting of all resentments, for the atonement of all the crimes of humanity, for all the blood that they've shed; that it will make it not only possible to forgive but to justify all that has happened."*

Fyodor Dostoevsky.

The Brothers Karamazov

These words ring true and give me comfort. I know God will eventually bring justice and make all things right. He is the only one who can. Without this hope, I have only despair, fear, and frustration which cause me to lash out at those who think differently about the serious challenges we face in our nation and our world. And yet, I still allow the things of this world to control my heart and bring me down at times.

Why do we, as followers of Jesus, do this to ourselves when we know the final outcome? Of course our hearts break when we perceive the nation we love turn further away from God. We see outrageous acts of injustice throughout the world and in our own nation, but why do we allow ourselves to become apoplectic over things that are in God's control, not ours?

As we approach the upcoming presidential election, we will be inundated with simple solutions to complex problems, from both sides. Given the divisive discourse occurring among the nation's leaders, it is doubtful that real solutions will be honestly brought to the table and discussed. Whether out of fear, or love of power, personal attacks will likely dominate the narrative. Facts will continue to be hard to sort out. We cannot allow these events to cloud our trust in God. We cannot allow these events to threaten the unity we have under Christ.

I pray that, although there is no evidence of it yet, the national divisiveness will not infect the harmony and unity of Foundry Church. We must stay alert. We are a church with many different political passions and opinions.

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church info

60 NW Oregon
Bend, OR 97703

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

at a glance

- 01 ■ adoption potluck, 5pm
- 02 ■ food pantry sunday
- 02 ■ new member class, 9am
- 03 ■ elder meeting, 4:30pm
- 08 ■ men's breakfast, 7:30am
- 09 ■ new member class, 9am
- 09 ■ middle school snowshoeing
- 17 ■ president's day holiday
- 19 ■ seniors mcmenamins tour
- 19 ■ global missions meeting
- 20 ■ elder meeting, 4:30pm
- 22 ■ missions meetings
- 24 ■ elder meeting, 4:30pm

birthdays

- 02 ■ Lois Anderson
- 02 ■ Jacquie Baker Bass
- 03 ■ Tammie Norgaard
- 04 ■ Salli McDonald
- 07 ■ Lindy Berry
- 08 ■ Lynne Roy
- 09 ■ Dan Lawry
- 10 ■ Lynne Kingry
- 16 ■ Steve Martin
- 17 ■ Cara Rhodes
- 18 ■ Loretta Barram
- 20 ■ Becki Ddoen
- 22 ■ Martha Davies
- 23 ■ Gene McSpadden
- 24 ■ Donna Hendley
- 26 ■ Joan Verbarg

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

foundry church events



Adoption Potluck, February 1st

Our Adoption Ministry will be having their monthly potluck on February 1st at 5pm. RSVP Sara, 541-647-4718 or evans_sara@yahoo.com if you plan to attend.



Men's Breakfast, February 8th

Our regularly scheduled Men's Breakfast will be on Saturday, February 8th at 7:30am. We will have great food and wonderful fellowship. Contact Ken Mays or Austin Evans for more information.



Middle School Snowshoeing, February 9th

We will be taking our Middle School Youth on a snowshoeing adventure on February 9th. We will leave the church at 12pm and return around 4pm. Please RSVP joy@foundrybend if your teen plans to attend and let us know if you need snow shoes.



Seniors Ministry Outing, February 19th

Foundry Seniors Ministry will be going to McMenamins on February 19th for a guided tour of their facility followed by lunch. The tour will last around 45 minutes and is free. Lunch will be at your own expense. We will leave the church at 10:30am. Sign up at the Info Center. For more information, contact Gene or Joy McSpadden at 918-327-9526



Ladies Coffee Club

If you would like to be a part of our Ladies Coffee Club for Feb-May, please contact Joy with your availability, email and phone number. 541-382-3862 or joy@foundrybend.org



February 2	Original Pancake House
February 9	The Phoenix
February 16	Jake's Diner
February 22	J Dub's

The Seniors Ministry annual Soup Luncheon will be on March 7th at 11:30am in the Fellowship Hall. Sign up begins at the Info Center on February 16th. For questions, contact the McSpaddens at 918-327-9526.

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Those of us who wear our passions and strong opinions on our sleeves, have a natural tendency to want to convert others to our cause. I am not suggesting we back off on our opinions, only that we tread carefully with each

other. One of my greatest joys during the Sunday service is to look around at all the different faces worshiping God together. Many of the faces are of those with whom I have great respect, admiration, and love, but share very different opinions on various political issues. I thank God for the times we can discuss our differences and learn from each other. That does not mean we change our respective

positions, but hopefully we come away with a better understanding of the other person's point of view.

Jesus prayed "that they be one, even as we are one". Our unity, under Him, is a great passion of Jesus. We must remember that no ideal, problem, thing, or person, is higher than Jesus. To the degree we get this, and follow Him with all our heart, peace will reign in our

global missions

Update from the Turners

This last year at Western Uganda Baptist Theological College was a big year of changes. There was the change of a Principal. Timothy Ochom and his wife returned to Bweyale for a well deserved rest and a break from the college. Abraham Kasika stepped into the role of Principal and has been working hard ever since. Abraham and his wife, Theresa, are a wonderful blessing to the college bringing many years of experience in ministry and management. Abraham has a pastor's heart, and it shows in his dealing with the students. Students are mostly from Sudan! They bring a natural skepticism

with them and it makes for a lively classroom environment.

While Debbie and I were at WUBTC, we were able to catch up with old friends and make new friends with the students we taught.

The changes were many...and still more need to come! There were some changes in the teaching staff and also in the staff who run different areas of the school... Just as Debbie and I arrived to begin teaching, the school secretary, who manages the finances and consumables, left WUBTC for a better paying job. The farm manager was new, the gardener was new and some teachers were new. So many changes and some for the best!

One huge physical change was present on campus. I couldn't believe my eyes. But there are power poles, a 3 phase transformer mounted between 4 power poles and overhead wires running in different directions. WUBTC has main line electricity! They aren't using it at this time, but it is there, and when needed they can utilize it! What a blessing!!!

We are planning to return this Spring. We haven't set the dates yet but if you are interested in helping teach at WUTBC, please contact us. (503)419-7461. Thank you for your prayers and continued support.

Love to all,
Darrie and Debbie Turner

local missions



Foundry Church,
We wanted to thank you again for the \$1,000 donation we received

from you in 2019 for our dining room tables. Tables that are big enough for our setting are hard to find and very expensive so some of our very skilled guys built these by hand. Amazing the giftings that some of our students possess. They made 2 matching tables. See pictures:



health ministry



By Corey Highland

Celebrate American Heart Month Together: Join the #OurHearts Movement

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others.

Heart disease is the leading cause of death for both men and women in the United States. About 90% of middle-aged people and more than 74% of young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship. Follow these heart healthy

lifestyle tips with your friends, family, coworkers, and others in your community and you'll all be heart healthier for it:

- > Be more physically active.
- > Maintain a healthy weight.
- > Eat a nutritious diet.
- > Quit smoking.
- > Reduce your stress.
- > Get enough quality sleep.
- > Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

How much is enough? Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 10 or 15 minutes a few times a day. NHLBI's Move More fact sheet provides ideas to get and keep you moving.

Aim for a healthy weight

If you're overweight, even a small weight loss of 5–10 percent helps your health. Check out *NHLBI's Aim for a Healthy Weight* web page.

Eat heart healthy

Together, try NHLBI's free *Dietary Approaches to Stop Hypertension (DASH)* eating plan. Research shows that, compared to a typical American diet, it lowers high blood

pressure and improves blood cholesterol levels. Find delicious recipes at *NHLBI's Heart Healthy Eating* web page.

Quit smoking

Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can also help you quit. You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](https://www.betobaccofree.gov).

Manage stress

Reducing stress helps your heart health. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve sleep

Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Instead of watching TV before bed, relax by listening to music, reading, or taking a bath.

Track your heart health stats, together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart healthy track. Check out NHLBI's *Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers* worksheet.

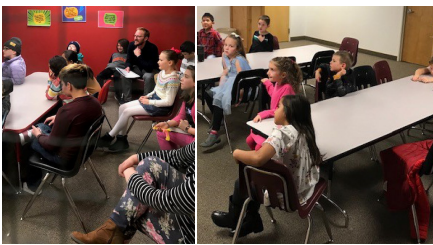
children & youth

Kidztown

by Joy Waybright

Change is in the air!

We are excited to be able to restart our Imagineers class for our 4-5 year olds starting in March. This will help with classroom size as well as help us to best serve all of our children in Kidztown.

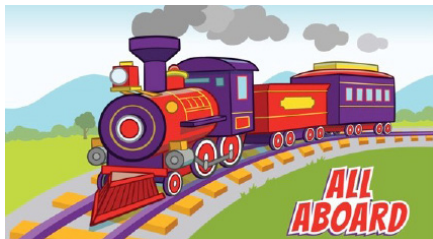


In Children's Church, after the lesson, we have been splitting the group into 2 smaller groups for a more intimate time of discussion and activities. Our volunteers have been amazing. We will continue to do this as we are able. In February, we will be exploring how to treat others the way we want to be treated.



Our younger kids will be learning that "Jesus Loves Everyone" from John 15:12 and the theme, *All Aboard*.

As always, if you'd like to be involved or have questions, please let us know.



Middle School

by Joy Waybright

We started 2020 off with a great time of ice skating at the Sunriver Ice Rink. We had 15 kids and 4 leaders. We had a blast!



We are looking forward to another great activity. We are planning a snowshoeing outing for Sunday afternoon, February 9th. We will feed the kids pizza right after church then head out around 12:00pm. If your teen has snow shoes, great. Have them bring them, if your teen needs snow shoes, please let us know. Kevin Donaldson will be taking care of renting shoes for those who need it. There will not be a cost for this outing. Please remind your teen to dress in warm layers including gloves and hats and bring a water bottle.



We plan to return to the church around 4pm. If you would like to come along with us and chaperone, we would love to have you. Please RSVP joy@foundrybend.org if you or your teen plan to join us and let us know if you need snow shoes.

High School

by Mark Sue

One of the notable experiences in our high school group this past month occurred over a movie. Specifically, we took the youth to go see the Christian film "Unplanned," the story of a young woman's experiences with abortion and Planned Parenthood. Like most Christian movies, "Unplanned" suffered from low production value and (unfortunately) an over-zealous portrayal of the issue at hand. I can say this because every one of the seven teenagers who attended the movie objected to those two things when asked their opinion.

The benefit of the night, however, was that after the movie we were able to spend an hour and a half discussing it as a group. The pro-life / pro-choice debate is an extremely important point in our country's culture right now, and several of our teenagers have very strong opinions on the issue (on both sides of the line). At the end of it all, there were no huge opinion changes, but everyone was heard and challenged; and a Christ-honoring viewpoint was shared. I believe that encouraging our teens to evaluate and question their beliefs in light of Jesus is one of the best things we can pass on to the next generation.

We are very grateful for the continued support of the church as we love on our teenagers. Please pray for us. Every single one of our youth has a complicated, difficult life, and they all very much need Jesus' strength on a daily basis.

December Financial Report

As of December 31, 2019

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



foundry church

Budgeted Income \$300,678

Actual General Fund Income \$308,802

Income Over Budget \$ 8,124

Budgeted Spending \$300,678

Actual General Fund Spending \$270,400

Spending Under Budget \$30,280

Faith Promise/Ministry Income \$79,767

PROPERTY

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Place
Stamp
Here

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