

# February foundry church

2018 *a heart for Bend  
in the heart of Bend*

## A Higher View of Our Circumstances



by Trevor Waybright

Every day we face the uncertainty of life. Things happen that we consider good, bad, great, horrible, etc. all of the time. As we look back over our lives, we tend to key in on major events that alter and shape who we are and the trajectory that our life has taken. We tend to do that in a linear fashion. We can be very grateful or very bitter about someone or a group of people who, in some way, changed the way we thought our life would happen. One of the great things about being a Christian is that we can look at events through the true (albeit foggy for us) lens of the sovereignty of God. We believe that God is working all things together in a good and perfect way for his Kingdom and glory, therefore, we have the luxury of seeing our circumstances from a very lofty viewpoint. Take Joseph for example. He was a favored son who, because of being spoiled and a little full of himself, was hated by ten of his eleven brothers. When an opportunity arose, they mistreated him and

sold him into slavery because they felt that was a better option than killing him. He then was purchased by a man named Potiphar. He was successful in his household until he was falsely accused of misconduct toward Potiphar's wife at which time he was thrown into prison. In prison he was forgotten for over two years before he was released for interpreting Pharaoh's dream and became the second in command of all of Egypt. He was in charge of leading the region through a famine and, as a result, saving his family from starvation. It's a crazy story with an incredible ending, but Joseph had every right to hold a grudge against his brothers. When given the opportunity to exact vengeance on the ones who caused him many years of pain and suffering, he told them this: *"Don't be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."* When we are the children of God, we also have the ability to view our circumstances by the long view of God shaping our lives into what he is doing now. This view gives us the freedom to forgive and love those who may have intended us harm because we realize that God loves us and knows what he's doing.

## at a glance

- 03 ■ dementia presentation, 9am
- 03 ■ adoption potluck, 5pm
- 04 ■ food pantry sunday
- 05 ■ elder meeting, 6pm
- 10 ■ men's breakfast, 7:30am
- 17 ■ seniors soup luncheon, 11:30
- 17 ■ ladies coffee, 9am
- 19 ■ elder meeting, 6pm

## birthdays

- 02 ■ Lois Anderson
- 02 ■ Jacque Bass
- 03 ■ Tammie Norgaard
- 04 ■ Salli McDonald
- 07 ■ Lindy Berry
- 08 ■ Lynne Roy
- 09 ■ Dan Lawry
- 10 ■ Lynn Kingrey
- 16 ■ Steve Martin
- 17 ■ Cara Rhodes
- 18 ■ Loretta Barram
- 20 ■ Becki Doden
- 22 ■ Martha Davies
- 23 ■ Eugene McSpadden
- 24 ■ Donna Hendley
- 25 ■ John McKenzie
- 26 ■ Joan Verbarg

*If you are 18 years of age or older, regularly attend Foundry, and not on our Birthday List, we would like to add you. Please email Joy at joy@foundrybend.org.*

## church info

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## Adoption Potluck, February 3rd

February 3rd is our monthly Adoption Potluck. We will meet in the Fellowship Hall at 5pm. For more information or to RSVP please contact Sara Evans, 541-647-4718.



## Food Pantry Sunday, February 4th

February 4th is Food Pantry Sunday. Please bring in your non perishable items and put them on the table at the East Entrance. For more information on the Food Pantry, contact Annette VanDeZande, 541-388-2002.



## Men's Breakfast, February 10th

All Men are invited to our monthly Men's Breakfast. We meet in the Fellowship Hall at 7:30am on the second Saturday of each month. Contact Austin Evans for more info, 541-647-4717.



## Ladies Coffee, February 17th

Attention all Ladies! You are invited to our monthly Ladies Coffee. We will be meeting on Saturday, February 17th at 9am at Bluebird Coffee. Hope to see you there.



## Seniors Soup Luncheon, February 17th

Seniors Ministry will be having a Soup Luncheon in the Fellowship Hall on February 17th at 11:30am. Xiaogang and Mingwei Zhu will be sharing their story of growing up in Communist China. Please sign up at the Information Table in the Foyer, with Powell's, 541-382-7218 or Nyquist's, 541-389-6602.

## seniors on the go

- February 4 **Double Happiness Chinese**
- February 11 **Ihop**
- February 18 **Jake's Diner**
- February 25 **Black Bear Diner**

## LOOKING AHEAD...

Malheur Wildlife Trip  
**May 22-25th**

Leavenworth Trip will be  
**July 31-August 3rd.**

BBQ at Foster's  
**August 24th**

## global missions

### LATVIA TRIP 2018

A trip to Latvia and Eagle's Wings Camp is being planned for this Spring. Tentative dates are April 28th to May 9th. The focus of this trip, in addition to relationship building, is to remodel one of the old original cabins. As soon as the team is formed, be on the lookout for more information and an opportunity to contribute to support team members travel and funds to remodel the cabin.

LATVIA - EAGLES' WINGS CAMP  
The farm survived a difficult

Summer and Fall. While the rain kept the wheat and oats watered and growing, it made it difficult to harvest them. How can one drive machinery on flooded or underwater fields? The extreme wetness affect sheep adversely, but thankfully they are now healthy and will soon move to the new and fabulous barn. Fifty leaders and helpers conducted 8 weeks of outreach and discipleship for 290 children and youth, including specialized camps for homeless and orphans. It was a marathon Summer!

### PRAISE AND JOY

Chuck Kelly of Bridge Builders International(BBI) reports that he is now on the path to a complete recovery from his bout with encephalitis, pneumonia, and sepsis this Fall. He is now in Latvia doing his BBI thing.



## local missions

by Jim Crowley

COPC has made some recent changes to our name and identity. Our acronym is the same but has a different definition to identify a more complete influence for our ministry - Central Oregon Public Safety Chaplaincy. This name gives



a better reflection for who we are and what we do. We also have a new logo that was designed by one of our own chaplains. This logo helps distinguish us from Law Enforcement personnel for safety reasons. We continue to support the hearts and minds of Central Oregon First Responders, our main focus for accomplishing

this is in building relationships. We presently have 21 active chaplains with some in the application process. We serve roughly 2000 personnel and their families throughout the area. We are dispatched to assist our First Responders when they are dispatched to some of the most incredibly difficult events that can be imagined and some are unimaginable. We provide support to community members when they have suffered tragedy, brokenness and loss of life. The end of 2017 brought us into the communities filled with the tragedies of fatal vehicle crashes, structure fires, assaults and suicides. We have stood in and with our Central Oregon schools to serve and support faculty and students while enduring the impact of the suicide of our

precious students. The toll of these tragedies weighs heavy on the hearts of our First Responders who are exhausted while trying to care, doing their jobs and keeping us safe. We serve the best - they deserve our best. Our chaplains continue to be a calm in the midst of the storm. We are convinced that no matter what happens, Christ is the answer. For 9 years, we were blessed to have a house that was used for our office and support needs to First Responders but that home was recently sold. Most of our office possessions are in storage. Please pray with us that God would provide a location to continue to serve. Thank you in advance for your prayers as we wait to see where the Lord would place us in the communities of Central Oregon.

## health

by Sally Rhyner

NATIONAL WEAR RED DAY IS FEBRUARY 2nd. The AHA wants to get the word out that HEART DISEASE is the leading cause of death in America for both men and women. Many women are not aware of the fact that this #1 killer is responsible for 1 in 3 female deaths. There are many misconceptions about heart disease in women and warning signs can be different than those for men. Go to [www.goredforwomen.org](http://www.goredforwomen.org) to get the facts.

**HIGH BLOOD PRESSURE** or hypertension exerts too much pressure on the arteries resulting in damage to the vessels, causing the heart to work harder. This leads to hardening of the arteries (atherosclerosis), heart attack, stroke, kidney, heart failure and cognitive dysfunction. **STROKE** is the 5th cause of death and a leading cause of **LONG TERM DISABILITY**.

**JANUARY BLOOD PRESSURE SCREENING:** Eighteen people were screened. According to the new guidelines, 6 people were in the normal range, 6 each in Stage 1 and Stage 2 hypertension groups. Rechecks are advised for those who fell into

the hypertensive categories as many factors can result in elevated readings. One reading is not sufficient for a diagnosis of hypertension, and only your health provider should diagnose this condition. There are also certain medical conditions in which your health provider may prefer your BP be a bit higher than "normal."

**GET A MORE ACCURATE BP READING.** Do not smoke, exercise, or drink caffeinated beverages or alcohol within 30 minutes of measurement. Rest in a chair at least 5" with your left arm resting comfortably on a flat surface at heart level, sitting calmly with your feet flat on the floor with your back straight and supported without talking.

**KNOW YOUR NUMBERS:** some risk factors can't be controlled, but others can be treated or managed. There are no symptoms of hypertension until it becomes life-threatening. Get regular checkups, track changes in your health and be proactive about preventive measures.

**CDC FLU HEALTH ADVISORY:** The CDC has strongly recommended antiviral treatment for flu to reduce symptoms in high-risk groups. The current flu vaccine is approximately 32% effective against the



predominant strain of influenza infections being seen this season. This strain, Influenza A(H3N2) has historically caused higher levels of hospitalizations and deaths in those older than 65 and young children. The antiviral is most effective if given within the first 48 hours of symptoms so do not put off a call to your healthcare provider.

Flu symptoms come on fast and hard as differentiated from a cold where symptoms are more gradual. Flu symptoms include: muscle and body aches and headache; fatigue, weakness, and exhaustion that can be an early sign; a dry cough; fever and chills, though not always; sometimes a sore throat and runny or stuffy nose. Vomiting and diarrhea are more common in young children.

**PREVENTION:** To protect others stay home if you are ill. Cover your cough, avoid close contact with sick people, reconsider hugs and handshakes during the flu season, avoid touching your mouth and nose. Remember that good handwashing is the first and best line of defense against transmitting illness.

## thank you

Dear Foundry,

Last year I moved from Ohio to Bend for a job in wilderness therapy and, through Pastor Syd, I started attending church, men's group and family group at Foundry. After some time the Lord gave me the opportunity to pursue my interest in missions in the Middle East. I left to work with an organization building relationships with missionaries and non-profits, with the purpose of supporting existing efforts of bringing the gospel to the 10/40 window (the area of the world with the most unreached people groups).



This journey took me through Morocco, Egypt, Jordan, Israel, Cyprus, Armenia, and Georgia. It was full of challenges, hardships, and successes - seeing the Lord work - in my life and throughout the region. I am back in Bend, and will be attending Foundry. I would love to catch up and chat more.

You, Foundry, supported me through prayer and financial support. Your heart for missions and the lost world is on display. Thank you.

...until all have heard.

Josh



by Joy Waybright

It has been so fun to be a part of our Children's Church. I love bringing back songs that I sang as a child and teaching them to the kids. It is always good when you can help the kids get their "wiggles" out before the lesson is taught. Our Elders have been doing a great job teaching our curriculum and bringing their unique style of teaching to the group.

As you may have heard, we are doing what we can to tighten up on our Check-In/Check-Out system. We would like to ask that, as a parent, you be sure to check your kids in to the proper class and be sure to use your label to pick them up when church is done. If you ask someone to pick up your child for you, please provide them with the label so we can release your kids to the proper person. Because Foundry is a family, as we become more familiar and comfortable, these things can get overlooked but we want to be sure we are being good stewards and keeping our kids safe. Thank you for your help with this.

If you would like to help in any way in our children's ministry, please contact Lauren or Joy. We can always use more hands!

## youth group

by Jesse Flury

We made it to Bend and are so excited to be here! I can't say thank you enough for how welcoming everyone has been to our family as we are getting settled. Your inquiries, encouragement, meals, and prayers have been appreciated more than you know. Sometimes change and adventure excites me. Why else would we be willing to drive across country with 2 cars, 2 kids, and 2 dogs in the middle of winter? As much as this has been a season of change and transition for us, it is also a time of change for Foundry. Maybe that excites you. Maybe you love change and can't wait to get started. Maybe it scares you to death to even consider change. Either way, it presents us with a great opportunity. A chance to look back and ponder what we have learned and celebrate where God has brought us. One thing we want to celebrate is the time, energy, and commitment Brian Ely and Lauren Arbuckle have made to youth and families at Foundry. While neither are leaving us for good, Lauren is preparing to get married and the next chapter in life that brings. Brian shared this past week he would be stepping aside from his official duties at Foundry; feeling like God was leading him to something new. This coming Sunday we will take time in service to thank them and celebrate all God has done through them at Foundry.

Seasons of change are also a great time to look forward to what might lie ahead. There is an old African proverb that says "If you want to go fast, go alone. If you want to go far, go together." As we move forward the one thing I know for sure is I want us to go together. Last week several parents of middle and high school students met together to share ideas, hear each others' hearts, and talk about where we are going. I'm looking forward to talking with more of you and hearing your ideas and insights and working together to figure out the best way Foundry can invest in, and pass a love for Jesus on to the next generations.



For now, Middle School continues to meet on Monday nights, and High School gathers on Wednesday nights. Additionally, we have a class on Sunday mornings at 9 am for all students. We started meeting in a room off the balcony this past week, and began to study the book of James. James is super practical, and full of great stuff we can apply to our lives no matter where we are at. The goal is simply to look at what it has to say, ask what it means, and share how we can live it out.

February Financial Report  
As of December 31 , 2017  
*Foundry Church fiscal budget for the  
year ending 6/30/2018 is \$564,000.00*



foundry church

Budgeted Giving	\$282,000
Actual Giving	\$314,610
Giving Over Budget	\$32,610
Budgeted Spending	\$282,000
Actual Spending	\$265,118
Spending Under Budget	\$16,882
<b>Giving Over/Spending Under</b>	<b>\$49,492</b>

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Place  
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**CONNECTGROWSERVE**