

JANUARY foundry church

a heart for Bend
in the heart of Bend

What's in a Year?



by Trevor Waybright

To say that 2018 brought us a few surprises would be a significant understatement. There was hope, change, loss, life, and growth. It was year that stretched many of us into areas that we didn't see ourselves going. It was a year that brought us closer to one another in many ways. It was a year that forced us to have to say goodbye to some beautiful people who made our days brighter and who exemplified for us love, adventure, and bravery. It was a year that caused many of us to reflect on what it really means to live and love and search and go. It was a year that brought us to the arms of our Savior in simple trust and hope. It was a good year.

What does 2019 have in store for us? We can project and plan, but the truth is that we have no idea. I thought 2018 was going to be considerably different as I sat writing this article 12 months ago, but that's okay. Not only is it okay, but 2019 will turn out good just like 2018 did. We believe this because we trust in God. He tells us that this is all working together, somehow,

for good. We can't predict it and we certainly can't claim to understand it, but we believe that God is weaving a perfect tapestry that will amaze us for all of eternity. God is the ultimate artist and he is in the midst of painting this beautiful picture of humanity and his love and how it all comes together for ultimate good. When we see that perfect painting when we are finally in his presence, we will be beyond amazed in timeless existence. The hard part is that we are existing in this brushstroke of time. We can't see the big picture. We can only discern the past and exist in the present. We see darkly, but it will all become clear according to God's Word, and then we will understand. We will understand why our loved ones were taken when they were. We will understand why we had to battle disease and heartache. We will understand all that seemed so unfair in this temporary life. We will be with Jesus in a place that's not bound by the cruelty of time, and we will be able to gaze upon the finished piece that will make us eternally exist in awe at the glory of our God and his amazing grace.

at a glance

- 05 ■ adoption potluck, 5pm
- 06 ■ food pantry sunday
- 06 ■ new member class, 9am
- 07 ■ elder meeting, 4:30pm
- 07 ■ middle school ice skating
- 12 ■ men's breakfast, 7:30am
- 13 ■ new member class, 9am
- 13 ■ kidztown volunteer breakfast/meeting, 9am
- 19 ■ ladies coffee, 9:00am
- 21 ■ elder meeting, 4pm

birthdays

- 02 ■ Carolyn Hansen
- 04 ■ Joan Snyder
- 05 ■ Jo Swanson
- 06 ■ Sara Chambers
- 07 ■ Al Hulbert
- 14 ■ Bob Arata
- 08 ■ Sally Rhyner
- 12 ■ Bonnie Butler
- 12 ■ Marian Frostenson
- 27 ■ Carolyn Danielson
- 30 ■ Evy VanDyke

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

60 NW Oregon
Bend, OR 97703

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

foundry church events



Adoption Potluck, January 5

Our monthly adoption potluck will be on Saturday, January 5th at 5pm in the Fellowship Hall. Please RSVP Sara, evans_sara@yahoo.com or 541-647-4718.



Food Pantry Sunday, January 6

Sunday, January 6th, will be Food Pantry Sunday. Please bring your donated food items to the table in the East Entrance. Contact Annette if you have any questions, 541-388-2002.



New Member Class, January 6 & 13

We will be having our 2 week New Member Class on January 6 & 13. If you are interested in becoming a member or want to learn more about Foundry Church, contact Michael Long, 541-610-7969.



Men's Breakfast, January 12

Our monthly men's breakfast will be on January 12. Join us at 7:30am in the Fellowship Hall and enjoy some great food and fellowship. Contact Austin Evans for more info, 541-647-4717.



Kidztown Volunteer Breakfast/Meeting, January 13

On Sunday, January 13th, we will be having a special breakfast and informational meeting for all of our Kidztown volunteers and potential volunteers at 9am. Contact Sara for more information or to RSVP, sara@foundrybend.org.



Ladies Coffee, January 19

We will be having our ladies coffee at Bluebird Coffee at 9am on January 19th. Plan now to join us for a good time of fellowship.

seniors onthe go

January 6	Shari's (south)
January 13	Red Dragon
January 20	Jake's Diner
January 27	Dang's

local missions



(to the tune of "Carol of the Bells")
*We are still here doing our best
 Serving our friends, offering rest
 Eight meals a week come rain or shine
 Because of you, simply sublime
 More meals this year, added Sundays
 Filled in the gap in scrumptious ways
 Volunteers prove it can be done
 Can't do as much when there's just one
 Together we make such a warm scene
 To those for whom life seems so mean
 Our staff and board care oh so much
 Watching our funds and food and such.*

We serve nutritious meals to anyone in need in our safe and caring environment. (ok...that

didn't really fit but it's our mission statment so I HAD to do it!)

Thank you for indulging me in a little levity. We do have fun here amidst our sometimes hectic days. Another remedy for our work stress is when we receive notes like this one from Artem, a diner in his early 20's:

"What I would like to say to you all is thank you so much for believing in the little things. I believe nowadays everyone has forgotten that the little things matter. Such as giving meals that cost mroe than a McDonalds' meal for free our of love! You all possess the correct and beautiful aura of love. Thank you for the free fuel you

have givn me to go out and try again for a chance at a better life. You hve given me strength, fuel, happiness all out of love. Do not lose what you all have inside you, for the world nees more people like you."

Our meal count is up about 14%, yet through careful attention and wonderful partnerships our per-meal cost is down.

Thank you for your loving support.
 Donna Burklo, Program Director



global missions



Merry Christmas and a Happy New Year!

Ya at eeh, Christian Friends in Christ Jesus,

Greetings from the Navajo land of Arizona. We greatly rejoice and praise our Saviour for his faithfulness and blessings throughout this year even though the early going home of our daughter was unexpected. Our Almighty God doesn't make mistakes. We are doing well physically with a few minors with age but the Lord keeps us busy and we give him the glory for his continual blessings. Our daughter Angie and her family are faithfully serving at their church in Albuquerque, NM. Avadina (Abby) got married in October in San Diego, they (Abby & Michael Benally) live and work in San Diego. Michael is with the military. Our son Avery and his wife Angela are expecting their first child in January; they live in Flagstaff, AZ. Our granddaughters, Mya, Omi and Marra live with their dad in Kaibeto, AZ. We visited and join the celebration of Marra's 8th birthday this month. We are thankful for your prayers and faithful partnership in the ministry to our people.

Love in Christ Jesus,

Willie and Lena Tsosie



youth

MIDDLE SCHOOL

by Joy Waybright

We have had a great time during our Middle School Youth Group over the past several months. Thanks to our faithful Volunteers, Francie Towne, Kirstin Nickel, and Kelly Donaldson, for being such a blessing to our Middle School Youth.

We had quite a messy time at our Christmas Party. The kids made gingerbread houses, and enjoyed a silly sock exchange. We had a bit of a sugar high by the end of the night.

We will be taking a break from Youth group during the school Christmas break (Dec 23 & Jan 31).

*We will meet up again on January 7th with a fun night of ice skating. We will meet at the church at 5:30. We ask that the kids bring \$10 for shoe rental and admission and dress warm (contact Joy for sponsorship if needed). We will be back at the church at our regular time, 8:00pm. If you would like to help chaperone this event, please contact Joy, joy@foundrybend.org.



HIGH SCHOOL

by Mark Sue

"Looking towards 2019"

Do you know our high schoolers? Do you know where they go to school, what their families are like, or what their interests are? Do you know what they struggle with? Where they find joy? I'd encourage you to find out.

Our kids need us. They live in a world full of temptation, distraction, and conflicting messages. Many of them have seen some of the worst this world has to offer and have the emotional scars to prove it. They need people who love them to be present in their lives. They need YOU. They need to hear stories of how Jesus has led and shaped you, and they need to see the lessons you've learned lived out in front of them. I certainly can't do it all. There is no lesson I can teach and activity that I can plan that would take the place of a deep, loving relationship between older and younger Christ-followers.

So that's my goal going into this year. I don't have plans for growing the size of the group or an agenda for topics to teach them. All I want for our high school group in 2019 is to increase their connection to their church body and for real relationships to bloom. Yes, we will use lessons and activities to get there, but the real need is willingness, time, and prayer. So please be praying and considering how God can use you in the life of one of our teenagers this coming year.

children

KIDZTOWN

by Sara Miller

If Jesus walked the earth today, what would his ministry be? Some people believe it would be with children and adults who have special needs because they're so close to God's heart. In fact, think of all the times that Jesus' ministry focused on people with special needs: he healed the blind, the deaf, the disabled. In Luke 14, Jesus said, "But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed."

It's important at Foundry that all who enter our doors feel the love of Jesus in a tangible way - and that includes integrating all differently-abled individuals into our family. The statistics are alarming: Ninety-five percent of people with disabilities are unchurched. And four out of five marriages that produce a child with disabilities end in divorce.

Ministry to children and families with disabilities shouldn't be optional at church. There are people living in our

city who care for family members who are disabled. These people have physical impairments, learning problems, or mental disabilities. They may not be at our church {yet}, but they could be. And the truth is, they need to be.

When special needs families are treated like typical families, they draw near to—not away from—God. Sometimes they need a hug. Never grow tired of listening to or praying for these brave kids and parents. We are blessed to have some wonderful families caring for some amazing young kiddos and by partnering with them in their spiritual growth, we all receive a blessing.

What if you've never experienced working with differently-abled kids? It can be scary to not know what to expect or know what to do. But there are some simple steps that we can all take to welcome these individuals with open arms and show them the love of Jesus:

1. Pray for these families. Weekly, they have a tremendous workload and

need our support.

2. Build friendships. Reach out to the families that you may not know and ask them how you can share their needs. Include these children with your children when you have playdates. Consider inviting their family over for a casual meal together.

3. Volunteer. We are continually needing helpers on a rotational basis in our Kidztown ministry. Please prayerfully consider if perhaps God is calling you to serve and make a difference in the lives not only of our special-needs kids but in the Children's Ministry as a whole.

*excerpts of this article were taken from "Special Needs: Is Every Child Welcome In Your Ministry?" by Pat Verbal and Sally Castle, Children's Ministry Magazine



building

by Eric Norgaard

There's a new look coming soon. The property committee is pleased to announce that our elders have approved the main floor remodel project. As of now, we have multiple floor types, trim and paint colors all between the East entrance and the worship center. Our goal is to create a uniform look throughout. So, here's the plan: We will be replacing the floors in



the east entrance, hallway and restrooms to match what is in the gathering place. We will be expanding the Gathering Place to allow for more seating. We will be putting in new carpet in the foyer, worship center and balcony, upgrading the Information center

and Kidztown check-in station. We will be upgrading all the lighting in the hall and foyer area and repaint the Worship Center and foyer.

We are excited and are projecting to begin the project in early Spring with completion by Summer of 2019. Watch for more updates as we move forward as well as opportunities for you to help!

health ministry

by Sally Rhyder

BLOOD PRESSURE SCREENING: Sunday, February 10 in the Health Ministry office at the back of the Gathering Place. Open before and after the service.

PRESENTATION ON ESTATE PLANNING:

February 16 9:00-12:30 at Foundry. The target audience includes all adults. Get the information you need to provide for your family and loved ones and assure that wishes for end of life are documented. Attorney Pete Christoff will be discussing Wills, Trusts, Living Wills Advanced Directives, and Powers of Attorney. Bring your questions and join us for this important presentation. There is no fee. Light refreshments will be served. Please RSVP to Joy.

STRESS: The body's reaction to a real or perceived harmful situation. The body's stress response is meant to prepare the body for a short-term fight or flight response in a dangerous situation. There is a release of hormones to enable one to react and protect oneself from danger. Adrenalin increases blood pressure and heart rate to send blood to the muscles and brain, while cortisol causes the release of fat and sugar for energy. Breathing increases to send more oxygen to the brain. Everyone experiences some stress in their day to day routine, but if stress

is interfering with this normal routine, consequences can be serious. In acute and chronic stress the body is frequently or continuously bombarded with these hormones which can make one ill both mentally and physically. Chronic stress can lead to heart disease, high blood pressure, diabetes, depression, and anxiety.



SYMPTOMS OF STRESS: Individuals respond to stress differently, and as such there are many different symptoms of stress. The same symptoms can also be the result of other medical problems, so one may need the advice of their healthcare provider to sort out the causes.

Physical symptoms can include high blood pressure, increased heart rate, chest pain, sweating, fainting, muscle tension, headache, aches and pains, upset stomach, grinding of teeth, insomnia, low energy level, frequent colds or infections, decreased libido, weight gain or loss.

Emotional symptoms include irritability, anger, anxiety, depression, forgetfulness, racing thoughts, difficulty

concentrating, lack of focus, constant worrying, poor judgment, and feeling overwhelmed.

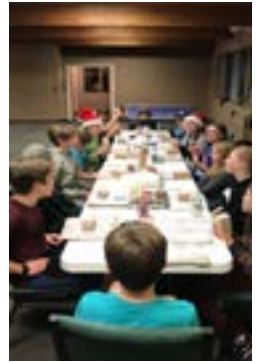
Behavioral symptoms include nail biting, restlessness, pacing, avoiding responsibility, overeating, undereating, cravings, new or increased alcohol, tobacco and drug use, social withdrawal, frequent crying, and relationship problems.

MANAGING STRESS: Get regular exercise, a balanced diet, and adequate sleep. Avoid alcohol, caffeine, tobacco, and drugs. Decrease screen time and after hours work. Use organization tools such as a planner or phone alerts to plan the day. Make time for yourself for things you enjoy--music, reading, humor, crafts, etc, social activities with people you enjoy. Try relaxation techniques such as deep breathing, creative visualization, meditation, yoga, tai chi, massage, prayer. We can all benefit from basic stress management. However, if stress is interfering with the daily routine of life, consult with your healthcare provider. A counselor can help you make a plan to deal with your stressors.



foundry church

year in review 2018



January Financial Report
As of November 30, 2018
*Foundry Church fiscal budget for the
year ending 6/30/2019 is \$564,000.00*



Budgeted Giving	\$239,197
Actual Giving	\$274,717
Giving Over Budget	\$35,520
Budgeted Spending	\$239,197
Actual Spending	\$218,172
Spending Under Budget	\$21,025
Giving Over/Spending Under	\$56,544

foundry church

Please pray for our Elders, Missions
Committees, and Ministry Leaders
as they work hard to put God's
financial abundance to work in
Bend and around the world!

-Finance Committee

PROPERTY

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Place
Stamp
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