

JULY

2018

foundry church

*a heart for Bend
in the heart of Bend*

Chasing the Green



by Trevor Waybright

It is easy to fall into the 'grass is greener' trap. This is the idea that if we just had some-thing else, someone else, more money, a better house, a better town, a better car, etc. that we would finally be fully and completely happy and content. The problem is that this is a lie. The more we chase contentment the more we become discontented. The lie is that we can actually attain something in this life that will finally satisfy our longing for something more. The truth is that we all long for something more and that is perfectly normal. We are built for relationship and community and there is always a deep longing for more that is ultimately satisfied in Jesus. Paul said this to the church at Philippi in Philippians 4:10-13, *"I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is*

to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength." Then he says this in verse 19, *"And my God will meet all your needs according to the riches of his glory in Christ Jesus."* The truth is that we have all we need in Christ! We do not need anything else, and all of our longings will ultimately be satisfied in Him! We can have true contentment right where we are at today. If we know Jesus, we can stop trying to chase something and just rest in Jesus. He is the key to true contentment and lasting inner joy. The circumstances in your life may be difficult and unstable, but Jesus is not. His yoke is easy and his burden is light. If you are weary and tired, just come to him. He's there for you, loves you, and provides true contentment for your soul.

church info

60 NW Oregon
Bend, OR 97703
(541) 382-3862
info@foundrybend.org
www.foundrybend.org

at a glance

- 01 ■ courtyard service/bbq potluck
- 01 ■ food pantry sunday
- 04 ■ office closed
- 07 ■ adoption potluck, 5pm rsvp sara, 541-647-4718
- 6/7 ■ daddy daughter camping trip, contact jesse
- 09 ■ elder meeting, 5:45pm
- 11 ■ youth service opportunity
- 19 ■ youth white water rafting
- 23 ■ elder meeting, 5:45pm
- 25 ■ youth service opportunity
- 29 ■ family sunday

birthdays

- 05 ■ Kari Sue
- 06 ■ Krystal Brown
- 06 ■ Roxann Summers
- 08 ■ BJ Butler
- 09 ■ Stan Schliep
- 11 ■ Nancy Alexander
- 11 ■ Lisa Powell
- 14 ■ Barbara Kolbus
- 16 ■ Trevor Waybright
- 17 ■ Shirley Harman
- 18 ■ Mark Sue
- 19 ■ Robert Graber
- 20 ■ Dennis Lewis
- 22 ■ Jesse Campbell
- 22 ■ Ted Frostenson
- 23 ■ Syd Brestel
- 24 ■ Janine Toomey
- 25 ■ Ken Cox
- 25 ■ Linda Hess
- 28 ■ Mike Keeley

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.



Courtyard Service/BBQ Potluck

On July 1st, we will be having our Courtyard Service/BBQ potluck. Plan to join us for a great outdoor service. If your last name starts with A-N bring a side dish, O-Z bring dessert.



Daddy/Daughter Campout, July 6-7

Austin and Jesse are teaming up and planning a daddy/daughter camping trip on July 6-7. If you are interested, please contact Jesse ASAP. Camping spaces are limited.



Youth Summer Activities

We will be having various youth events for July. Some dates to keep in mind are: July 11, July 19 and July 25th. Contact Jesse for details on any of these dates/activities, 804-441-2272.



Ladies Coffee, July 21st

We will be meeting on Saturday, July 21st at 9am at Bluebird Coffee on Franklin/Bond. If you have any questions, contact Joy, 541-382-3862.



Family Camp, August 10-12

Registration is open for our 2018 Family Camp. We will be heading to Camp Tadmor on August 10-12th. Plan now to join us for a great time of fellowship, food and fun. Register online, through our church app, in the foyer this week, or contact Joy at the office.

UPCOMING...

Leavenworth Trip on July 31-Aug 3

If you are interested in going, there is still some availability. Contact Loretta Powell.

BBQ at Foster's will be August 24th, South of Sunriver along the Deschutes River. Sign-ups begin on Aug. 5th.

Coast Trip to Seakrest Lodge in Newport is Sept 18-21st

Cost \$90/person

There are accommodations at the lodge as well as a motel nearby. Some have also stayed at an RV park.

*For more information on any of our Seniors trips, contact the Powells, 541-382-7218 or the Nyquists, 541-389-6602.

seniors onthego

- July 1 Church BBQ Potluck
- July 8 Johnnie Carino's
- July 15 Jake's Diner
- July 22 Original Pancake House
- July 29 Shari's South

global missions



Our Global Missions committee began regularly supporting persecuted Christians through The Voice of Martyrs. Below are a few stories and prayer requests for those being persecuted for the cause of Christ.

Eight Christians Arrested During Church Service...

On Sunday, April 29th, about 25 police officers and Hindu activists burst into a church service and arrested eight Christians, accusing them of forcing Hindus to convert to Christianity. While five of the believers were soon released, three Christians from the same family - Subash; his wife, Sarah; and her sister, Lydia - were detained for weeks until finally being granted bail recently. Subash and his wife have ministered in their village

for years. According to a VOM worker, a Hindu group called Hindu Vidhinyay Perishad (HVP) is believed to be behind the arrests. The HVP is a legal group associated with the nationalist Hindutva movement. Pray that the case against these three believers will be dismissed.



As a regular practice Hindu activists accuse Christians of forced conversions so they are arrested.

Christian Girl Remains in Boko Haram Captivity...

Leah Sharibu remains in captivity almost four months after Boko Haram kidnapped her and 109 other school girls on February



19 from the Government Girls Science and Technical College in Yobe state. Most of the girls were returned about four weeks after the kidnapping, but five were reportedly killed and Leah is still being held. She is believed to be the only Christian among those kidnapped. One of the released girls said Leah hasn't been released because she refuses to deny Jesus. Pray that Leah will remain strong in faith and experience Christ's presence during her captivity. Also pray that she will be released soon and that her mother will be encouraged and strengthened during this ordeal. Pray that members of Boko Haram will be inspired by Leah's faith and seek to know the God she serves.

local missions



The Pregnancy Resource Centers of Central Oregon (PRCCO) provides participating churches, businesses and organizations with colorful plastic baby bottles which are then given out to individuals

and families. These bottles function like "piggy banks" to be filled with coins, currency and checks. People are encouraged to take them home and fill them with their spare change. Foundry Church has supported PRCCO for many years and have participated in the Baby Bottle Fundraiser as well. This year Foundry Church

collected \$1,288.40! Praise the Lord! What a great way to support one of our local missions. Thank you to those who were able to participate and fill a baby bottle.



children & youth

kidztown

by Jesse Flury

Did you know our regular Kidztown will continue to meet all summer? This year we will have Nursery, Tiny Tots, Imagineers, and Children's Church all summer long. There are also some new opportunities for families this year. Ochoco Christian Camp is having a kids camp week this summer for 3-5th graders on August 20-24. Go to www.campocho.com for more info. Sons of Thunder at Camp Tadmor is another great option for dads and sons. They have three weekends, July 20, July 27, and August 3. I know some Foundry families are planning on the August weekend. If you want to team up with someone let me know and I can get you connected. We are also having our first ever daddy/daughter camp out this summer, July 6-7. We will be headed to Pioneer Ford Campground at Camp Sherman for an overnighner specifically designed to let dads and daughters spend time connecting. Contact Jesse for more details on any of these activities, 804-441-2272 or jesse@foundrybend.org.



by Jesse Flury

This past month we kicked off summer with a lot of great stuff. We took a trip to the range, went to Scout Lake, served the homeless at Backdoor cafe, and we are just getting started. This month we will get to partner with the shower truck for a day, take a white water rafting trip, and serve at Backdoor cafe again. More info for these are listed below and are on the website and Foundry App. There is a lot going on. But it's about more than staying busy, having fun, or feeling good about serving. These are all opportunities to build relationships, develop community, and learn more about what a life spent pursuing Jesus looks like. And we need more people to jump in and be a part of it. It doesn't have to be a big commitment, just a willingness to show up. Throughout the summer there will be a copy of our calendar at the welcome desk each week. Stop and take a look at it, and see if there is anything going on you would be interested in. Send me an email or give me a call and I'll get you all the details. If you

don't see anything that fits your schedule, or you have a different idea for something I'd love to hear about other ways that we can be intentional about spending time investing in others together and have a lot of fun along the way.

Here is what is coming up next:

July 11- Shower Truck 9:30-11- Meet at Foundry

July 19- White Water Rafting- Cost \$50- all day

July 25- Serving at Backdoor Cafe- 7-1- Come when you can, stay as long as you can

August 1- Stunt Kites- Time TBD- Larry Hess will show us how to fly stunt kites



*Watch for more dates and activities as we move into Summer!

health

by Sally Rhyner

JUNE BLOOD PRESSURE SCREENING: Eight people took advantage of the special family screening on June 3. We also provided screening for 16 others. There were 11 elevations: 10 female, 1 male.

The next screening will take place in September. If anyone needs a BP check before that date please contact Bobbie Dagostino or Sally Rhyner.

MELANOMA: Oregon, especially Central Oregon, has one of the highest incidences of melanoma in the U.S. Please remember to use your broadspectrum sunscreen every time you are outdoors. Even when it is cloudy. Reapply every 2 hours and after swimming or perspiring. Wear a hat and protective clothing whenever possible.



ATRIAL FIBRILLATION:

An arrhythmia in which disorganized electrical signals of the heart cause the upper chambers of the heart(atria) to contract very fast(fibrillate) and irregularly. Contractions are not efficient enough to properly empty blood from

the atria into the lower chambers(ventricles). Pooled blood left in the atria may produce blood clots which can travel to and block arteries that supply blood to the brain resulting in an ischemic STROKE. A-Fib increases your chances of stroke 5 fold. Women who have A-Fib are at a higher risk of stroke and heart attack than men with A-Fib. The rapid heart rate causes stress on the heart muscle and can lead to heart failure or a worsening of existing heart failure. Heart failure is the result of a weakened heart muscle that cannot efficiently pump blood to the rest of the body. A-Fib is most often caused by damage to the heart. Common causes are heart disease, high blood pressure, structural heart defects, lung disease, hyperthyroidism, diabetes, obesity, sleep apnea, viral infections and aging. Half of those diagnosed with A-Fib are over 75 years of age.

SYMPTOMS

Symptoms of A-Fib include palpitations, rapid and irregular heartbeat, shortness of breath, weakness, chest pain, dizziness or fainting, fatigue, confusion. and anxiety. Many times there are no symptoms presented. If you think you might have

A-fib or might be at risk for A-Fib, talk with your healthcare provider. There are a variety of tests your health care provider can use to diagnose this condition.



TREATMENT

Treatment includes medications to control heart rate and rhythm and medications that prevent blood clots. Procedures to restore a regular heart rhythm such as cardioversion and ablation may be considered in some instances. Some patients may benefit from more invasive surgical procedures that destroy the heart tissue causing the arrhythmia.

PREVENTION

Prevention includes following a heart-healthy diet, maintaining a healthy weight, getting more exercise, refraining from tobacco use, controlling alcohol and caffeine use, and treating conditions that put one at risk for A-Fib such as sleep apnea, high blood pressure, and high cholesterol.

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



Budgeted Giving	\$517,000
Actual Giving	\$543,183
Giving Over Budget	\$26,183
Budgeted Spending	\$517,000
Actual Spending	\$489,683
Spending Under Budget	\$27,317
Giving Over/Spending Under	\$53,500

foundry church

We want to thank our Church Family for the many cards and especially the prayers for us during my husband's illness. And, a big hug to all who came to his memorial. This meant so much to me!

Marleen Dotson.

Thank You

PROPERTY

ERIC@FOUNDRYBEND.ORG

CHAIRMAN

DCLAWRY@GMAIL.COM

foundry church
PO Box 204
Bend, OR 97708

Place
Stamp
Here

CONNECTGROWSERVE