

September

2018

foundry church

a heart for Bend
in the heart of Bend

Communion



by Trevor Waybright

Communion is a crucial event in the lives of Christ-followers. It is a blessed time of remembrance where we spend purposeful time around the representative elements of Jesus' shed blood and broken body in order to allow a fuller sense of the truth of God's love and grace to wash over us. During the month of September, we will be concentrating our teaching and actions around communion. We will look at how much we are loved by God and what it means to have hearts that long to know more of that love. As with many other aspects of worship (church programs, worship music, preaching, etc.) it isn't as important to 'get it right' as it is to get what it is all about. The Bible does some amazing things for us and one of those things is leaving a certain amount of ambiguity in the implementation of our lives together. The Bible leaves room for cultural and social differences so that we can all gather around the throne of God in our unique cultures and ways as we sing, preach and partake the world over with unified hearts and unique application. As we will

see, there are many different ways to administer the elements of Communion and many different thoughts on both the elements and the administration. What we want to concentrate on is the fact that we are imperfect people loved by a perfect God and called to center ourselves on the remembrance of the cross that brought us Salvation so that we can move forward wrapped in the grace and love of our Abba Father. Whether we are at church together, at home with friends, visiting folks who are no longer able to attend, etc., we are able to partake in this amazing ordinance of remembrance and have our hearts shaken again with the lofty truths of the love and grace of God. It is a unifying event in the body of Christ that takes us all back to the foot of the cross where the ground is level and we all have the same need of rescue. It is an act of centering us again in truth and love so that at the vision of our Savior on the cross, our earthly issues become put into the proper perspective. As we move forward together, may we always remember that we are all children of God.

church info

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

at a glance

- 02 ■ courtyard service/bbq
- 08 ■ men's breakfast
- 09 ■ food pantry sunday
- 09 ■ move-up sunday
- 10 ■ middle school fall kick-off
- 10 ■ elder meeting, 5:30pm
- 15 ■ ladies coffee
- 16 ■ blood pressure screening
- 18-21 ■ seniors seakrest trip
- 24 ■ elder meeting, 5:30pm
- 28-30 ■ middle school retreat
- 30 ■ famiy night

birthdays

- 04 ■ John Alexander
- 05 ■ Lynne Hilderbrand
- 07 ■ Jeannie Patka
- 08 ■ Sandy Jordan
- 12 ■ Marcia Sammons
- 12 ■ Lydia Dudley
- 18 ■ Bob Powell
- 25 ■ David Ipock
- 25 ■ Belinda Nichols
- 26 ■ Joni Goodnight
- 26 ■ Donna Wilkens
- 27 ■ Michelle Omar

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.



Adoption Potluck, September 1

This month's Adoption Potluck will be on September 1st at the Greenlee's house (20884 King Hezekiah Way) from 4pm-7pm. Please RSVP to Sara at 541-647-4718 or evans_sara@yahoo.com.



Courtyard Service/BBQ, September 2

Our end of Summer courtyard service and BBQ is Sunday, Sept. 2nd. If your last name starts with A-M bring a side dish, N-Z bring a dessert. If you can help cook or cleanup, please contact Eric, 541-382-3862.



Men's Breakfast, September 8

Our monthly men's breakfast will be kicking off on September 8th. Join us at 7:30am in the Fellowship Hall and enjoy some great food and fellowship with our Foundry Men.



Ladies Coffee, September 15

We will be having our ladies coffee on Saturday, September 15th at 9:00am at Bluebird Coffee. Join us and get to know and fellowship with other Foundry Ladies.



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

Coast trip to Seakrest Lodge in Newport is Sept. 18-21. The cost is \$90/person. Please sign up and/or pay by Sept. 9th. There are accommodations at the lodge and some are staying in motels or RV parks. For more information, contact the Powells, 541-382-7218 or Nyquists, 541-389-6602.



Middle School Retreat, September 28-30

We will be taking our middle school youth to the Ochoco Christian Camp for our Fall Retreat on September 28. If you have a middle schooler who would like to attend, you can register them now by calling Joy, 541-382-3862, or joy@foundrybend.org.

seniors on the go

- September 2 Church BBQ
- September 9 Olive Garden
- September 16 Jake's Diner
- September 23 Mod Pizza North
- September 30 Shari's North

missions



The Local and Global Mission Committees recently approved several expenditures from Faith Promise Funds to provide one-time support for the following missions:

- Teen Challenge - \$5000 for a new trailer to support their landscape business
- Shepherd's House – \$7450 for a new indoor walk-in freezer
- Women's/Children's Center – \$5900 for a new heating system
- Ochoco Christian Camp - \$2500 for general maintenance and repair
- Bridge Builders International (BBI) - \$8500 for updated computer needs
- Uganda Baptist Youth Conference - \$500 to support this annual conference

In addition the Local Committee recommended regular monthly support from the general fund for

Friends of the Children (\$400 per month) and the Ochoco Christian Camp (\$300 per month).

"This is wonderful news, and we are so grateful! Foundry Church has been such an encouragement to the camp, and I know they have sent other groups our way too. This financial commitment is a huge blessing!" Cheree Davis, Ochoco Camp.

"I am so honored that Foundry chose Friends of the Children as a beneficiary of this very generous gift. Friends-Central Oregon takes the stewardship of our gifts very seriously and we are dedicated to changing the lives of our community's most vulnerable children. It takes committed partners like your missions team and congregation to make this happen." Kim Hatfield, Friends of the Children

"Wow! We rejoice at this news. This will help us immediately in multiple ways. I am profoundly

grateful for Foundry's faithful love, prayers and support for many years. This special very practical gift is another example of your serious commitment to the ministry of BBI. Please greet and thank the committee for me. With love and respect." Chuck Kelley, BBI

"That is really amazing Foundry. We are very grateful for Foundry's partnership and sacrificial gift. Blessing on you, the missions committee, and the Foundry Church family." David Notari, Shepherd's House Ministries

"Thank you so much. This is a HUGE blessing to our program and will only improve the services that we provide. We truly appreciate all the support that we receive from Foundry Church." Jason Koland, Teen Challenge.



help at ochoco

Our immediate need is for volunteer cooks. At this point there are just 3 fall retreats which we don't yet have covered:

September 13-16 – Crafting in the Ochocos – this is a group of about 25 ladies who are gathering to do various paper crafts (scrapbooking, cards, etc.). They come in Thursday evening, but our meal service begins with Friday breakfast and goes through Sunday brunch.

September 28-30 – Camp Ochoco – this is a middle school youth retreat of 50-70 gathering together from 3 different churches (Antioch & Foundry

Churches in Bend, and Union Chapel in Vancouver). We do have one cook scheduled, but could use some extra help; we expect to be kept busy with the variety of unique needs of youth camp!

October 5-7 – Calvary Chapel Women – another women's retreat of 30 or so, gathering for a time of fellowship and Christian teaching. Meal service begins with dinner on Friday and goes through breakfast on Sunday.

There are other retreats on our calendar for which coverage is already in place. We are so thankful to God

who continues to bring the groups and provide the help needed to serve them!

If you are interested in serving at Ochoco Christian Conference Center – as a cook or any variety of other needed roles – please contact us at the camp office (541) 462-3016. We thank you for your support and ask you to pray that God would continue to lead and guide this growing ministry, and that He would receive all the glory. - Cheree Davis, Administration

youth



by Mark Sue

As we announced in church this past Sunday and as most of you have probably heard, we are going to be taking an unexpected turn in our Youth Ministry this fall. On August 22nd, Jesse Flury resigned from his position as Family Pastor. Jesse is following God's call on his life to be a teacher at a Christian school and will be moving into his new role for the start of this semester. We wish Jesse and Heather the best and pray for God's blessing and guidance as they embark on this new vocational adventure with Him.

On our end, we will be picking up the youth ministry where Jesse left off. There was some great momentum built this summer with people in our church inviting teenagers to join them on fun activities. There were trips to the shooting range, kite flying adventures, and service projects to name a few. We want to continue that relationship-building theme by providing more opportunities for our Foundry adults to interact with and enjoy time with our Foundry youth. Additionally, we want to branch out into some new avenues for our middle and high schoolers this fall. God has gifted us with some talented and passionate people who want to pour their time into our teenagers, and we aim to facilitate that process.

Here's the plan for this fall:

MIDDLE SCHOOL

Monday night meetings will resume on September 10th from 6:30 to 8:00pm. Trevor will be leading a group of volunteers in making this a fun time centered around Jesus. We also have announcements out right now about the Middle School retreat to Camp Ochoco on September 28-30! We had such a great time last year partnering with Antioch and a couple other churches on this retreat that we are doing it again! Registration is open right now.

HIGH SCHOOL

Instead of the Wednesday night youth group that we've been putting on for years now, we are going in a completely new direction this fall. Every Thursday starting September 14th, we will be hosting an after-school hangout for all our highschool-age kids. From 3:00pm (right after school gets out) to 6:30pm, Mark, Trevor, Joy, Eric, and our crew of volunteers will be playing games and hosting a variety of activities at the church. All highschoolers are welcome to join us!

Then, later this month, we will be partnering with Chris and Hattie Starling in the Community Bible Study (CBS) Teens program. From 7:00pm to 8:30pm (also on Thursday nights), we will encourage our teens to join the CBS group as they dive into a study of the book of Genesis. The CBS program consists of dinner, study groups, and teen-led worship. It's an

awesome program that the Starlings are pouring themselves into, and we are looking forward to joining in with them. We will have more information on this Bible study program out to you soon! Registration will also be available in the near future.

SUNDAY SCHOOL

We have plans in the works to revitalize the 9am Sunday School hour for our teenagers. Nothing is nailed down yet, but suffice it to say that there is much to be excited for. In the meantime, we encourage our teenagers and adults to all join a Sunday School class this year. The time spent and knowledge gained are very valuable.

SUPPORT

Finally, we want to ask for your support. We have long believed that it is not the job of any individual pastor or volunteer to teach and disciple our next generation in the ways of Jesus. Instead, it's all of our responsibility! We will be making a calendar available to the church body that plots out the games, recitals, and activities of the teenagers in our youth group this school year. We invite you to join us in attending and supporting our kids. We also ask for your time in volunteering, mentoring, and brainstorming with us ways to make the message of Jesus real in the lives of our kids. There is no more important job for the church than passing on the truths of God on to the next generation.

Please be praying. There is more to come!

children



by Joy Waybright

As we say goodbye to summer and hello to routine, cooler weather and the beginning of another school year, we are working to put together our kidztown volunteer schedule. I want to thank all of you who so faithfully served over the past year and I would love to encourage you to continue into this next year. If you have not volunteered but would like to be a part of our kidztown team and help once a month, please let me know and I will be glad to include you on

the schedule. If you are not able to continue to help, please let me know as well.

As I prepare the schedule and curriculum for this fall, Sara Miller will be assisting me in organizing and implimenting our kidztown program for the immediate future. If you have not yet met Sara, feel free to introduce yourself and help her get to know who you are.



I know it seems early, however, the kids and I are getting excited

about this year's Christmas Play. Our 1st-5th grade children will be performing on December 16th. We will start rehearsing in mid to late September. We will be rehearsing every Sunday at 9am until the performance.

If your child would like to participate this year, I ask that you be able to commit to getting them to rehearsals each week. If your child doesn't want to be a part, please do make them. This will make it easier on those who want to participate. There will be more details to come, including this years Christmas Play title and theme. If you or your child have any questions, feel free to let me know.

operation christmas child

by Annette VanDeZande

Shoe box time is fast approaching! Remember, they do not allow toothpaste, candy or gum. I have a list of most asked questions so check with me at the information table if you are

interested. Samaritans Purse has decorated cardboard boxes (\$1/each) and decorated plastic tubs (\$2/each). I'll be ordering them so let me know (541-388-2002) if you want some and I'll try to have enough

for everyone. If this program is new to you, please talk to me and I'll give you some pointers. Thank you for all the years (since 1996) of participation in reaching children around the world with the love of Jesus.

true woman conference



Attention All Ladies!

We will be hosting the *True Woman Conference* at Foundry Church on October 4-6th. This is a ministry of *Revive Our Hearts* with Nancy DeMoss Wolgemuth. This conference takes place in Indianapolis but we will be streaming the entire conference in the Fellowship Hall. The cost

is \$20/person and includes lunch and dinner on Friday. Childcare will be available upon RSVP. You can register now online at www.foundrybend.org, on the app or by contacting Joy, 541-382-3862 or joy@foundrybend.org. If you have questions, contact Dara Christoff or Joy. You can learn more about this ministry at truwoman18.com.

health

by Sally Rhyner

OBSTRUCTIVE SLEEP APNEA(OSA) AND CARDIAC HEALTH: OSA is a serious medical condition that is strongly linked to HYPERTENSION, HEART DISEASE, STROKE, AND DIABETES. Those affected have a 30% increase in the incidence of heart attack and death. Overweight persons, those with small airways or thick necks, older persons and males are the most likely to experience OSA. It is estimated that 20% of adults have some degree of OSA. Causes may be due to tissue abnormalities of the nasopharynx or abnormalities in the formation of the structure of the jaw. Alcohol and sedatives or muscle relaxant medications tend to exacerbate this condition. Obstruction of the airway increases the work of the diaphragm and chest muscles to facilitate breathing, leading to stress on the cardiovascular system and hypertension. Decreased oxygen to the heart may result in irregular heart rhythms.

This condition is discovered many times by a sleeping partner who is often awakened by snoring or a restless sleeper and observes choking, snorting, shallow breathing or even several seconds of not breathing(apnea). Those afflicted with severe sleep apnea may have



as many as 30 apneic periods per hour. Persons living alone may not be aware of a problem or may experience awakening themselves when snoring or gasping for breath. All snorers do not have obstructive sleep apnea, but close observation of sleep patterns may be wise. Other symptoms may be extreme tiredness and sleepiness during the day, headaches, dry mouth, sore throat, trouble concentrating, anxiety, irritability, and night sweats.



Diagnosis is confirmed by physical examination and studies in a sleep lab where observation of breathing patterns, heart rate, blood pressure and oxygen levels air flow, eye movements, muscle movements, and electrical brain activity are carried out. These studies can help to rule out or confirm other types of sleep disorders. A referral to an ear, nose, and throat physician may also be necessary.

For mild OSA, weight loss, side or abdominal sleeping, smoking cessation, use of nasal spray for nasal congestion is recommended. Cessation of the

use of alcohol and sedative type meds may help as they decrease muscle tone.

There are several other treatment modalities which include CPAP machines and mouthpieces designed to keep the airway open during breathing. If noninvasive remedies are not sufficient, surgical interventions may be necessary to correct mandibular and soft tissue malformations deviated septum, nasal polyps, enlarged tonsils, and adenoids. For those who are not a surgical candidate, an implanted upper airway stimulator that stimulates the nerves to open the airways when shallow breathing is detected may be of some value.

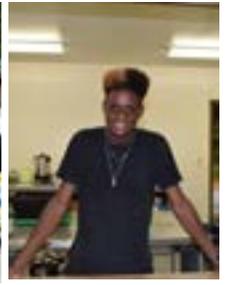
If you suspect you may have OSA, contact your healthcare provider for an evaluation.



SEPTEMBER BLOOD PRESSURE SCREENINGS: September 16th before and after service in the Health Ministry Office located just off the Gathering Place near the East entrance.

foundry church

foundry family camp '18



foundry church

September Financial Report

As of July 31, 2018

Foundry Church fiscal budget for the year ending 6/30/2019 is \$564,000.00



Budgeted Giving	\$47,839
Actual Giving	\$54,911
Giving Over Budget	\$7,072

We so appreciate the outpouring of love from our Foundry Family as a result of our house fire on August 6th. Thank you for the offers of a place to stay, cards, emails and phone calls. We are thankful to be part of such a wonderful community of believers.

-Steve and Janine Toomey

Thank You

PROPERTY

ERIC@FOUNDRYBEND.ORG

CHAIRMAN

DCLAWRY@GMAIL.COM

foundry church
PO Box 204
Bend, OR 97708

Place
Stamp
Here

CONNECTGROWSERVE