

June 2024

Friends,

When it comes to personality types, researchers and social scientists will tell us that there are a fascinating number of combinations that make up humans. As much as we are all different, there are some traits that can be generalized across humans – we have certain areas in which we respond upon a continuum.

Here is an example: we may be laid back or easily prone to anger. Some people are easily angered – some would say they even have a 'hair trigger' while other people are so unruffled by life that it seems even the worst offenses barely raise an eyebrow. Most of us fall somewhere in-between. There are primary traits of personality and there are a variety of secondary traits. The five primary traits are: agreeableness, extroversion, openness, conscientiousness, and neuroticism.

It's one of the secondary traits that caught my attention this month; that is, the trait of self-consciousness, where our self-esteem lives. In an over-simplified generalization, our self-esteem – how we feel about ourselves – is based in part upon external factors. But it is also a natural part of human personality types. Some humans are predisposed to having more positive thoughts about their self-worth and others are predisposed to having more negative thoughts about their self-worth.

But then on top of what our personal predisposition is toward personal self-worth or value, we have cultural and social influences. In part, how we think about ourselves is shaped by how others vocalize their perceptions of us. Do people tell us we are valuable? Do people tell us we are worthless?

Another part of our value comes from how we weigh our achievements/looks/possessions/abilities against what society tells us we should be like. Does our house match up with our neighbors' homes? Have we received awards or accolades? Do our children or grandchildren excel at sports or academics? Do our bodies look like those we see on TV, magazines, or online?

The stories of barren women in the Old Testament touch upon both internal self-worth and the perception of how others viewed barren women in the time of the ancient Israelites. Hannah's story of being unable to conceive, even though she had a loving husband, is a story of self-worth and value as much as it is a story about longing. She wanted a child to love. She also wanted to be culturally accepted: having a child meant having a good social status where being barren meant she was less socially worthy than other women.

Personal value and self-worth are judged on different standards today than standards of 2,500 years ago. But the pain of low self-worth and of struggling with personal value has not changed.

I find deep comfort in Psalm 139 when considering personal value and worth. "O Lord, you have searched me and known me. You know when I sit down and when I rise up. You discern my thoughts from far away....you are acquainted with all my ways....you formed me and knit me together...I am fearfully and wonderfully made."

In all my imperfections, Psalm 139 offers a balm: God knows every single piece of me and thinks I'm of value. God made me and knew what I was going to be like and even in my imperfections, I am loved.

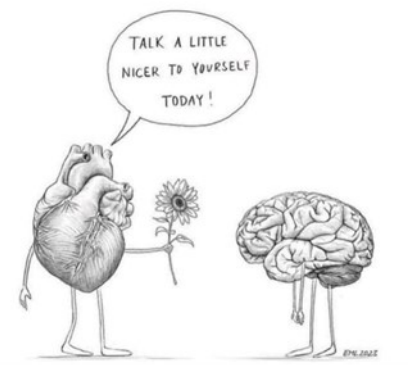
How incredible is that!?! However society judges me, however I judge myself, whatever metric I use to measure my value, God has already placed a value on me and it's a high value.

I'm not sure who first said it, but I've heard said several times before: "God made you, and God doesn't make junk." When I was younger, I thought this was pretty cheesy. Now, it brings me comfort because it reminds me of this psalm.

O Lord "I praise you, for I am fearfully and wonderfully made."

May we each remember that God has made us and loves us – imperfections and all!

Happy June, Pastor Jessica



Jessica

June 2024

SHARING OUR SUNRISE JOYS AND CONCERNS

"When you pass through deep waters, I will be with you; and through the rivers, they shall not overwhelm you." (Isaiah 43:2)

"Do not fear for I am with you." (Isaiah 43:5)

Recently while going through a closet I came upon a t-shirt I had given Bill one Father's Day. It was during the time when he and his Sunrise canoe bunch spent a lot of time planning and implementing adventures on Montana rivers. The shirt said simply, "Go With the Flow". This would be the time of year when they were anticipating their annual float trip. The words on the shirt seem simple enough, but as Christians perhaps they are an analogy of our life in Christ. We are called not to just move with whatever waters society may put in front of us, but to paddle with the Lord's hand joining ours on the paddle, even if sometimes we feel like we're going upstream, or battling the wind and the rain or conquering the rapids. Through it all, God himself is guiding the canoe, encouraging us to follow his word through the storms, as Paul tells us in Ephesians 5. "Therefore, be imitators of God, as beloved children, and live in love as Christ loved us." It is God's flow we are to follow as we paddle through life.

Sometimes the streams are running high and it is hard to traverse the troubled waters. For those times we offer prayers for healing and strength. We remember our friend Mark Bovingdon as he shelters and guides teen foster children through their days. We also remember Estelle and her grandson, Juan, during his time away in Georgia receiving help in his struggles. We also keep in prayer Estelle's step-father who is on bedrest.

Prayers for patience and healing for those with health issues. Ruth Hickey continues to have ongoing infection in her shoulder, Jim Casey has ongoing ups and downs with his eye as it recovers from surgery, Dixy Paronto suffers from knee issues. Doug Hickey continues his recovery with physical therapy in Colorado. Prayers for Lorrie Maki recovering from a blood clot in her leg. Prayers for good results for Marilyn Andrews daughter undergoing a heart procedure and for Jacinte McCullough's brother after surgery on a cancerous lesion on his eye.

When we suffer through the loss of loved ones and the waters are too deep, we know that God will guide us to shore. We especially remember this month the Chigbrow family as they mourn the loss of Pam's father. May God's peace surround them. We also received news this past month of the passing of Ellen Westenbarger in Helena. Ellen and her husband, Dave, were long time members of Sunrise and we remember Ellen fondly.

We give thanks for our blessings at Sunrise. During this season of transition to summer, graduations, summer trips, etc. we ask God's blessings to be with us. Lisa Shull will be retiring at the end of this school year after many years of teaching orchestral music for the GFPS. She has touched so many young lives with her love of music, her enthusiastic spirit and her positive outlook and direction in life. She will be greatly missed but just think of all the music living on because of the mentorship of Lisa! Job well done. Two of our youngest members are "graduating" this year as well. Both Sophie Rusinski and Henry Harp are making

June 2024

the big leap from pre-school to kindergarten. Watch out world!

Sunrise members who have moved away are always still a part of our Sunrise Family, and it was fun to see Joyce Ziegenhagel in worship on Mother's Day. She is always her vibrant energetic self and members enjoyed her visits while she was here from New Mexico. Barb Brewer enjoyed a visit from grandson Tyler and great granddaughter, Nadia, this month. Good news from Marlene Tesch who received news that daughter, Johanna, is now cancer free. Praises to God.

The Sunrise canoe bunch always had great expectations of sunny weather, little wind, good fishing, relaxed floating and smooth waters when they ventured out on the rivers. However, that was not always the case. Some days the water was high and turbulent with rain and thunderstorms. Through it all, they managed to "Go With the Flow" with God's hand on the paddle until the sun broke through and they reached the safety of shore. Down the streams in your life, remember that even if you're furiously paddling against the current or in the rain, remember that it is God who guides the canoe.

In these unpredictable days of June, I'll see you in the Sunshine, Tana

A huge thank you to the Sunrise Team members, Millie Sivak, Scott Shull, Eric Chigbrow, Joe Hoseck, & Ember Woods for your dedication and hard work every week to fill the Backpacks at the Food Bank with food for the elementary students to take home on Fridays to feed them on the weekends. Every elementary school in Great Falls now receives the backpacks. The Great Falls Food Bank appreciates faithful volunteers who step up and lend a helping hand.

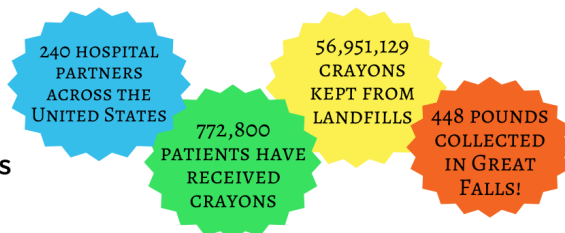


The Crayon Initiative

Crayons don't biodegrade. Give your old crayons new life by donating them to The Crayon Initiative. Crayons will be melted and re-manufactured into new crayons for kids at hospitals across the country. Donate used and broken crayons at to be recycled and given to children in hospitals across the United States.



IMPACT TO DATE:



Drop off crayons at Sunrise Presbyterian Church June 1st - June 15th. Drop-boxes are located outside entrances. 3809 6th Ave South, Great Falls



Crayon Sorting will take place on June 23 during fellowship

June 2024

June 2	Sun	9:30 am	Worship,
		10:45 am	Fellowship, Children’s Sunday School, Product Exchange Table (June 2 nd - July 7 th)
June 3	Mon		Office Closed (June 3rd—6th)
June 4	Tue	6:30 pm	Worship Committee Meeting
June 6	Thur		Last day of school for GFPS
June 9	Sun	9:30 am	Worship, Communion
		10:45 am	Fellowship
June 15	Sat	9:00 am	Glacier Camp Clean up
June 16	Sun	9:30 am	Worship, FISH Collection Day
		10:45 am	Fellowship, Fathers’ Day – Donuts for Dad
June 17	Mon		Newsletter Deadline
June 18	Tue	1:00 pm	In-home communion
		6:30 pm	Finance, Memorials, Stewardship Committee Meeting
June 19	Wed	6:30 Pm	Faith, Mission, Outreach Committee Meeting
June 21	Fri		Jessica Out-of-Office (June 21-28)
June 23	Sun	9:30 am	Worship, Guest Speaker -Rev. Dr. Elmarie Parker
		10:45 am	Fellowship, Crayon Initiative Sorting
June 25	Tue	5:30 pm	Session
June 26	Wed		Newsletter Assembly
June 30	Sun	9:30 am	Worship
		10:45 am	Fellowship
Deacons on call for June: Tana Harp and Janette Forsyth			

PCUSA Mission Co-Worker Visit June 23

From our visiting Mission Co-Worker: *“My name is Rev. Dr. Elmarie Parker. I have had the privilege of serving on your all’s behalf as a relational bridge between partners in the Middle East and local congregations, presbyteries, synods, and our national offices for nearly 11 years now. I work with PCUSA partners not only in Iraq, Syria, and Lebanon, but also Kuwait, Bahrain, Oman, and Egypt.”*

Rev. Dr. Parker will share about her work in the Middle East with a goal of nourishing relational ties between PCUSA churches and our Christian siblings in the Middle East and Europe.

Would you like to host her? She would love to stay with a church family overnight on Saturday, June 22 and Sunday, June 23, departing early on Monday morning.

Upcoming in Worship:



- Father’s Day - Donuts for dad during fellowship, **June 16.**
- **Our Crayon Initiative** mission has begun. Boxes have been taken to schools, and we will begin to pick them up June 10th after janitors and teachers have had a chance to clean out their classrooms.
Our sorting day will be June 23 during fellowship time.



FISH Food Bank



	Apr '24	Year to Date
Families (non-Single)	49	174
Singles	66	225
Adults	152	539
Children	59	185
Meals	2,760	10,455
Pounds of Food	6,980	25,070

- Food Suggestions for June:**
- Beef Stew
 - Chili
 - Tuna
 - Canned Spaghetti & Ravioli
 - Cereal
 - Any Type of Pasta

FISH Updates:

- Our next volunteer week will be June 10th – 14th, which is different than what was previously posted in our May newsletter. If you would like to volunteer, please contact Maribeth Doan at 406 - 452 - 2727
- Sunrise received 9 pounds of food to donate to FISH! Be sure to check the website for monthly food suggestions.
- Reminder: FISH Bowl Sunday is the third Sunday of each month.

Thank you to all who faithfully contribute to FISH.
-Maribeth Doan



DO YOU HAVE ITEMS YOU DON'T USE HANGING AROUND YOUR HOUSE? DON'T KEEP IT UNTIL IT GOES BAD, BRING IT FOR SOMEONE ELSE TO ENJOY!

JUNE 2ND - JULY 7TH
BRING ITEMS TO CHURCH AND PUT THEM ON THE EXCHANGE TABLE IN THE NARTHEX.
SEE SOMETHING YOU LIKE?
TAKE IT HOME!

Products must be:
 >In the original containers
 >Half or more remaining
 >No products intended for use on eyes or lips
 >No Food

Items may include:
 shampoos, conditioners, bar soaps (unused), gel soaps, lotions, after shave products, perfume/cologne, nail polish, hair products, household cleaners, etc.

June 2024

Congregational Survey Feedback

Thank you to everyone who took the time to respond to the congregational surveys sent out in April. Here are the survey results. Two additional surveys are now available; we appreciate your feedback and input.

Approximately 1/3 of the membership of the congregation responded to the surveys.

Here are some of the results:

Worship and Participation Survey

- Of respondents, 2/3 attend worship weekly or several times per month. 10% alternate between in-person and online. 10% attend every other week.
- 1/3 of respondents visit the church office weekly and another 26% visit the office monthly. 12% visit the office less than once per year.
- 2/3 of respondents attend all, or most, events outside of worship including the church picnic, backpack blessing, and other activities
- 35% of respondents currently serve on more than one committee. In counter-balance, 26% have not served on a committee for at least three years
- Respondents value receiving cards, church mail, and the church newsletter
- Many worship attendees have assisted with worship in some way over the past two years, including liturgist, ushering for special events, participating in special worship services, assisting with communion, or offering a moment for mission.
- The most favored services are: Christmas Candlelight Service, Children's Christmas Program, Remembrance Service, Hanging of the Greens, and the Matins Services.
- The largest group of respondents was the 61-70 years age group at 35% followed by the 71-80 years age group at 32%.

Household and Family Survey

- 60% of respondents live with a spouse (two person household)
- 14% live alone, 11% live with a close family members
- Most participants (83%) attend the same church as those they live with
- Of respondents, 86% have living children; of those children, church attendance is mixed – 23% attend church regularly, 43% attend some, and 33% do not attend a church
- Many respondents had grandchildren; of those grandchildren about half attend church
- 93% of respondents with children required they attend church when they were growing up
- Respondents consider "regular" church attendance to be weekly or two or more times per month
- When asked the preferred frequency of communion, 88% responded that they prefer a monthly communion schedule

Two Additional Congregational Surveys are now ready.

Thank you in advance for your time and input in completing these surveys.

Survey 3: <https://forms.gle/9NbHRSk5kMFR2WT17>


Survey 4: <https://forms.gle/gNRWHfmFv2ZyEryj6>

June 2024

June Reading List	
June 1	John 1:1-3
June 2	Job 12:7-10
June 3	Psalms 96:11-12
June 4	Genesis 1:9-10
June 5	Psalms 95:4-5
June 6	Job 37:14-16
June 7	Psalms 19:1
June 8	Romans 1:20
June 9	Isaiah 43:20
June 10	Amos 5:8
June 11	Psalms 150
June 12	Isaiah 45:12
June 13	Luke 12:27
June 14	Psalms 8:3-4
June 15	Nehemiah 9:6
June 16	Isaiah 55:12
June 17	Psalms 69:34
June 18	Revelation 4:11
June 19	Matthew 6:28-30
June 20	Colossians 1:16-17
June 21	1 Timothy 4:4
June 22	Psalms 96:1-4
June 23	Song of Solomon 2:12
June 24	1 Chronicles 16:33
June 25	Psalms 100:1-5
June 26	Revelation 5:13
June 27	Jeremiah 27:5
June 28	Proverbs 22:2
June 29	Psalms 104:24-25
June 30	Ecclesiastes 3:11

June daily scripture readings are bible verses about nature.

Saturday, June 15th



You are invited to Camp Clean Up Day at Glacier Camp!

Work will begin around 9am and conclude around 3pm. Lunch, coffee, and refreshments will be provided. Bring work tools, your energy, and your smile.

We'll see you there!



More progress pictures! Working on the cedar shake roof for the cabin that will be going to Glacier Camp

Reminder: When donating cans to the can shed, please remember to tie the bags they are donated in. Thank you for being committed to the aluminum can recycling project! We collect \$10-20 of cans per month and this money goes to provide shipping for our pill bottle reuse endeavors.



June 2024

Committees and Elders:

Admin, Personnel, & Social Media: Joe Hoseck, Scott Shull
 Buildings & Grounds: Travis Harp, Lee Hickey, Dale Lambert
 Christian Education: Lee Hickey, Erica Rusinski
 Faith, Outreach, & Mission: Norman Anderson, Lee Hickey, Joe Hoseck, Dale Lambert, Carol Stilli
 Finance, Stewardship, & Memorials: Lianna Gaskins, Joe Hoseck, Dale Lambert, Scott Shull
 Nominating:
 Worship: Norman Anderson, Lianna Gaskins, Travis Harp, Lee Hickey
 Clerk of Session: Millie Sivak

Sunrise

Board of Deacons:

Chair: Ember Woods
 Secretary/Treasurer: Janette Forsyth
 Marilyn Andrews, Pam Chigbrow, Maribeth Doan, Tana Harp, Beth Hoseck, Sandy Lambert, Jacinte McCullough



«City», «State», «Zip»
 «Address»
 «First Names» «Last Name»

Sunrise Presbyterian Church
 PO Box 6568
 Great Falls, MT 59406