

July 2024

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Dear friends,

I have a worry list. It's not written down anywhere like a grocery list. It's not something I can easily check off like a to-do list. But if someone was to ask, I could easily come up with several items that are on it. These are the things I ponder when I'm driving, the things that keep me up at night, or the things that distract me from fully engaging in activities around me.

There are big, existential worries: what does God desire for my life? How will I know if I have made a difference in the world?

There are smaller existential worries: What if I don't fit in? What if I make a fool of myself? What if I forget something important?

There are concrete worries: are the bills paid? Do we have enough chicken nuggets to get through the week? Is the laptop going to make it another year?

And there are worries that we have little control over: will the test results turn out okay? Will my children be kind, caring adults? What will life be like if I outlive my spouse?

So many worries take up our mind space and mental energy. We can exhaust ourselves from worry, even worrying about whether we worry too much!

I have broken down my own worries into a few categories:

Chronic – ongoing and constant

Seasonal – for a particular period in one's life, as in "I'm in the season of"

Situational – temporary and often concrete and usually caused by an exterior factor

Recurring – not constant, but cyclical, returning with some level of frequency



Worrying is part of being human.

It certainly was part of the human experience in Biblical times; we see Jesus reference worry. But what does worrying do *for* us? (Note, this is different than the question 'what does worrying do *TO* us'.)

Worrying, I think, is a form of data processing.

Worrying helps us to spin problems around in our heads and view problems from a variety of angles. We can see all sorts of potential choices for consequences and rewards when we mentally process our worries. In this way, worrying can be a good thing. On the other hand, what worrying can do to us is make us distracted, irritable, and can even cause fatigue or other physical illness.

Jesus tells us in Matthew 6:25 to not worry. *"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?"*

Yet we know from experience that we can't shut off worrying as easily as Jesus seems to imply. But after

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your brain has processed and spun a problem around over and over again and worry still plagues you, give it to God.

It may be as direct as praying: *“God, take this worry and hold it for me today. I cannot hold it any longer.”*

And when the worry pops back up, pray it again.

Each time the worry arises, ask God to take it and then do your best to set it aside. Start a new task, focus on something different, mentally walk away from it. It won't work immediately, but by training ourselves to give our worries over to God, we honor that God can take our problems and we give ourselves permission to set the worry down – trusting that God can carry the burden. We can always pick the worry up again later if we need to.

Jesus ends his speech about worry with this in Matthew 6:34: *“So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.”*

It is my hope that we can find places and spaces for peace in the midst of worry by giving over our worries to God. While an immediate 'fix' might not be evident, by giving our worries to God, we can trust that God hears and knows our needs. And in doing so, it may give us the peace we need.

Blessings to you this summer.

Jessica



### A PRAYER FOR TIMES OF WORRY

*God, take this worry and hold it for me today.  
I cannot hold it any longer. Amen.*



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### Sharing Our Sunrise Joys & Concerns



*“Then I will give you your rain in due season, and the land shall yield its produce, and the trees of the field shall yield their fruit.”* Leviticus 26:4

*“And he prayed again, and the heaven gave rain, and the earth brought forth her fruit.”* James 5:18

Everything feels fresh and new this morning. The blooms on the flowers seem to glisten in the early morning sunlight. Droplets from last night's beautiful, steady rain sit proudly on the leaves of the trees. Even the grass appears to stand up a little taller. As I breathe in the clean fresh air, I take a few moments to ponder how these mid-June rains from God refresh our earth and make it new again. I marvel at how the rain brings things to life and causes the plants to thrive and grow. Every corner of our gar-



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dens or fields is touched by the life-giving waters. And somehow God always gives what is needed at just the perfect time – not necessarily in our time but His. And so it is with the grace God affords us in our lives, the care and love He sends our way in His time – arriving just when needed. He showers us with life-giving waters, blessings and hope as we journey in our faith. Studying scripture, praying, worshiping in community with others and being purveyors of our faith. God’s love is the refreshing rain for our souls, touching even the hidden and seemingly insignificant corners of our lives.

*“For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.”* Isaiah 55:10-11

We ask as we pray that in God’s time he will shower healing on those who are sick or hurting. Our prayers this month go especially to Benna McGeorge who suffered a fall and broke her hip, necessitating surgery. She is recuperating at the Grandview. After struggling with an infected and painful shoulder for some time, Ruth Hickey underwent shoulder replacement surgery. We pray for patience in recovery for both Benna and Ruth and relief from pain. Thanksgiving that after a brief stay in the hospital with a kidney stone, Ember Woods is home and doing fine. For Dixy and Rod Paronto we give thanks that he is now at home after more time in the hospital. Prayers go out to Pastor Jessica’s son, Jesse who has been experiencing illness and for Estelle’s grandson, Juan, receiving help at a facility in Georgia. Jim Casey continues to struggle with his eyes and we ask patience in the journey. For those not named we pray refreshing rains from God will comfort all suffering both physical and emotional pain.

As we enter mid-summer, we take time to refresh and renew with our travels and visits to see new places and things, whether it’s fishing on our favorite rivers, enjoying the beauty of our yards (newly watered by God), or heading off to Maine and Canada like Jacinte McCullough or to Italy like Margaret Nitschke and her grandson. Sebastian and Hannah, along with three school friends of Sebastian’s are headed to Glacier Camp for a week to enjoy the beauty of Flathead Lake, hear God’s word and fellowship with other kids. Pastor Tim is excited to welcome them to a fun week and a stay in the new cabins. Many thanks to members of our church and others around the state who readied the camp for the summer. Even in this time of rest and relaxation, members of our congregation continue to keep our facility in good shape cleaning it weekly and enhancing our grounds with mowing, watering and grooming. Thanks to all.

Growing up, after the fields of grain had been planted, we waited for the life giving, life sustaining rains to come. It wasn’t always easy to wait for God’s time and this verse from *James 5:7* comes to mind. *“Be patient waiting for God’s blessings.”* Indeed.

See you in the Sunshine and Rain, Tana

*May he be like rain that falls on the mown grass, like showers that water the earth.*

(Psalm 72:6)



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July Calendar of Events			
July 1	Mon		Jessica Out of Office
July 2	Tue	6:30 pm	Worship Committee Meeting
July 4	Thu		Office Closed - Independence Day
July 7	Sun	9:30 am	Worship
		10:45 am	Fellowship, Last Day for Product Exchange Table
July 8	Mon		Jessica Out of Office (6/8-6/12)
July 14	Sun	9:30 am	Worship, Communion
		10:45 am	Fellowship
July 15			Newsletter Deadline
July 16	Tue	1:00 pm	In-home communion
July 18	Thur		Office Closed
July 21	Sun	9:30 am	Worship, FISH Collection
		10:45 am	Fellowship
July 23	Tue	5:30 pm	Session
July 24	Wed		Newsletter Assembly
July 28	Sun	9:30 am	Worship
		10:45 am	Fellowship
<b>Deacons on call for July: Beth Hoseck and Tana Harp</b>			

This beautiful cabin is almost complete! Aside from electrical, plumbing, and a few other details, this cabin was built by members of Sunrise. As soon as those last details are complete, the cabin will be hauled to its final destination at Glacier Camp!



Thank you to all who came together and worked hard to complete the cabin!



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## FISH Food Bank



	May '24	Year to Date
Families (non-Single)	50	224
Singles	42	267
Adults	123	662
Children	52	237
Meals	2,625	13,080
Pounds of Food	5,625	30,695

### Food Suggestions for July:

- Peanut Butter
- Jam & Jelly
- Cold Cereal
- Instant Oatmeal
- Pancake & Syrups, canned Fruit

### FISH Updates:

- Thank you to our volunteers during the week of June 10th; Gervaise Ferry, Tana Harp, Sandy Lambert, Lisa Shull, and Carol Stilli. Our next volunteer week will be **August 26<sup>th</sup> – 30<sup>th</sup>**.
- Reminder: FISH Bowl Sunday is the third Sunday of each month. This past week, Sunrise received \$94.00 in donations!

Thank you to all who faithfully contribute to FISH.

-Maribeth Doan

The last day to bring your products to the product exchange will be **July 7th**. After that, all products will be taken to local organizations.



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.





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## Another successful year supporting the Crayon Initiative



Thank you to all individuals and schools who donated crayons!  
Thanks to Joe, who coordinated with the schools and retrieved all of the crayons. Thank you to all who donated Kleenex boxes and sorted the crayons. Together we had another successful year of supporting the Crayon Initiative mission!





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July Reading List	
1	Matthew 1:21-23
2	Matthew 2:3
3	Mathew 4:3-4
4	Mathew 6:25, 34
5	Matthew 7:7-8
6	Matthew 7:13-14
7	Matthew 8:14-17
8	Matthew 9:14-15
9	Matthew 10:1-4
10	Matthew 10:16
11	Matthew 10:40-42
12	Matthew 11:28-30
13	Matthew 12:15-21
14	Matthew 13:10-13
15	Matthew 13:31-32
16	Matthew 14:28-33
17	Matthew 15:32-38
18	Matthew 16:24-28
19	Matthew 17:24-27
20	Matthew 18:10-13
21	Matthew 18:21-22
22	Matthew 19:13-15
23	Matthew 19:25-26
24	Matthew 20:29-34
25	Matthew 21:23-27
26	Matthew 21:42-43
27	Matthew 23:9-12
28	Matthew 25:44-46
29	Matthew 26:9-13
30	Matthew 28:5-6
31	Matthew 28:18-20

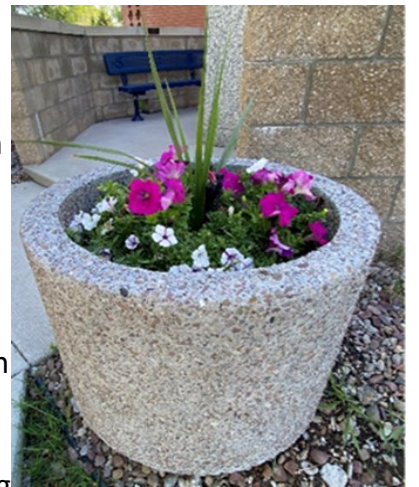
Readings this month:  
Parables and Wisdom from the Gospel of Matthew



**Donuts for Dads**

It was a special day honoring the fathers in our lives during fellowship on fathers day. The beautiful display of donuts was put together by the Faith and Life Committee.

Two new memorial planters to replace the old, damaged ones in front of our columbarium have been purchased with memorial funds for Bill Harp and Jim "Woody" Woods.



Thank you to Dale Lambert and Bill McCullough for the removal of the old, damaged planters. Thanks to Dan Agnew for his helping hand in the watering system and filling the new planters with soil. Beth Hoseck helped me purchase and plant the flowers. Thank you Tana Harp and Linda Schmidt for the generous contributions for purchasing the plants and new soil.

Thank you all, Ember Woods

**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.



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**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»

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