

August 2024

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Dear Friends,

In the Narthex this month is a fishing net complete with paper fishes on it. Below the net is a box with more paper fish and paper clips—where you, too, can take the time to add a fish. This is a prayer net. A place where for a few months this year, we will catch prayers. That is, it is a space where you can share prayers on your heart, whether big or small, generic or specific.

I remember a few years ago seeing a prayer for world peace on a prayer wall. It seemed so out of place among “Prayers for Bill” and “Prayers for my upcoming surgery”. I think it felt out of place because world peace seems too big, too insurmountable, too unrealistic. God already knows we want world peace, right? Isn’t that a prayer that is so simplistic that we don’t need to say it?

And yet, if we don’t pray for world peace then who will?

I think we can say the same of other big things, too. Who will pray for the children of the world if we don’t pray for them? Who will pray for leaders? Who will pray for those who are on the margins of society? Surely there are others out there already doing that praying.



Prayer is an interesting thing. It can be spoken out loud. It can be silent. It can be only in the heart of an individual, or it can be shared with friends, families, and even the entirety of the internet. It can be corporate (said together), or it can be tailored just for one. It raises the question: does God hear it better if the voices are amplified together? (A theological question for another day.)

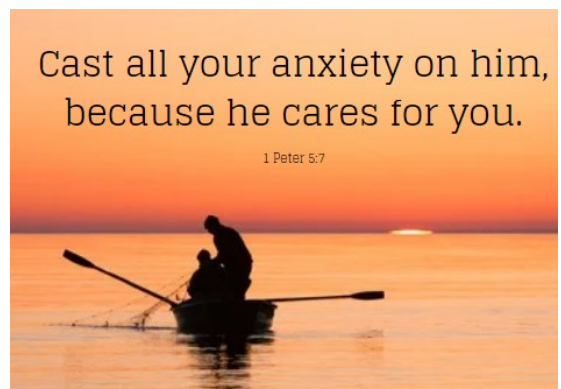
One function of shared prayers is that it lets others know the burdens and elations of our own hearts. We are able to give others a glimpse into the joys and concerns that we carry from day to day. And it turns out, many of us do worry about world peace. And we worry about our crops, our neighbors, and we worry about ourselves. And ALL those prayers are important. When we share our burdens with others, they can join our prayers. And they can know us better.

The fishing net on the wall is for prayers of joy and concern, for prayers of hope and sorrow. And they can be anonymous. Or they can have names and be very personalized. You can choose what you are willing to share.

Take a moment to stop and read the prayers that have already been shared next time you are in the church Narthex. Add your own prayer if you feel led to do so.

Blessings to you this August,

Pastor Jessica



Cast all your anxiety on him,  
because he cares for you.

1 Peter 5:7

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## SHARING OUR SUNRISE JOYS AND CONCERNS

*"So I say to you, Ask, and it will be given to you; search, and you will find; knock and the door will be opened unto you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened." (Luke 11: 9-10)*

When my children were growing up, we always grew a large garden at the back of our yard including the vacant lot below. And when I say "we" it was mostly Bill and 5 sometimes reluctant children. (especially when it came to pulling weeds!) We grew everything from radishes and carrots, corn and beans and other varieties of vegetables as well as ornamental gourds and corn.

But hands down the favorite of the kids were the peas. It was a favorite not only because they are fun to pick and eat right from the pod but because the "pea patch" allowed them some alone time with Dad. If Dad sensed that something might not be going right in their life - feelings hurt, friend problems, sibling rivalries -or- that he just wanted to tell them how proud he was of them, he would suggest that they might want to go to the garden to "pick peas". And it worked in reverse - often one of them would ask him if they could go pick peas, sometimes just to vent about their siblings!



Then too there were those times when they just sat quietly together on the ledge of the garden, Bill's arm around their shoulder, pea pods in hand, munching at the fresh peas in silence. Picking peas was the perfect opportunity for sensitive topics to be brought up all the while munching on peas. Of course the older they grew the less they wanted to head to the garden for conversation and peas, but it laid the foundation for them that Dad was always there to love them and listen if only figuratively sitting on the garden wall.

Reflecting on those days made me think of our relationship with God. How often we ignore that one-on-one time with him. As the scripture above says, we have only to ask and God will meet us at the garden wall. Through prayer he will listen to our frustrations and concerns as well as our blessings and joys. He will sit with us in silence during those times of grief and fear, extending his outstretched hand. He will celebrate those alleluia moments in our lives - always listening, always loving, always there if we just knock.

We pray that the family of JoAnne Pomajevich is feeling God's touch as they mourn her loss. JoAnne was a longtime member of Sunrise, a faithful Deacon, a Bible study leader, always there with a hug and a smile. She touched many in our midst and I'm sure she's busy entertaining in heaven. Well done, good and faithful servant, Marcia Anderson lost her sister, Dorothy, this month and we celebrate with her the life of a faithful sister..

God is always there to love and listen as we go through health concerns in our lives. Special prayers for Jim and Ilene Casey as they travel to Salt Lake City for evaluation and possible surgery on Jim's eyes. Benna McGeorge is settling into her new spot in the Reflections wing at the Grandview and continuing to recover from hip surgery. Ruth Hickey was back in worship after shoulder replacement. She is doing well but wishes it would "hurry up" and be

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back to normal. I have to remind her of the admonition from my kids given years ago when she was hospitalized in Denver. TTT - things take time. Helen DeVoss is doing well after surgery on her arm and pray it continues to recover. Rod Paronto continues with his health challenges and we offer special prayers for Dixy in her caregiving role. Pastor Jessica and family received good news for Jesse from the doctors in Seattle when he went for his annual visit.

The alleluias continue to ring from the piano weekly as we are blessed to experience God's word through the music of Kim and Margaret. We were especially gifted one Sunday with Kim's sister joining her in a piano duet and also a vocal solo. They all bring such joy and serenity to our worship.

Many of us have had the chance to renew our relationships with family and friends over the summer. We pray for families as they travel, refresh their family bonds and revel in the beauty of God's earth.

Summer is about growing. Growing our gardens and our crops, but also growing ourselves and our relationships with others and especially with God. Perhaps we can "pick more peas with our children, our spouses, our families and friends. Perhaps we might find a little more time during these long days of summer to sit on the garden wall with God, talk to Him in prayer, knowing nothing is too insignificant to talk to him about. Always there, always listening, always loving. Picking peas together.

*"Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need." (Hebrews 4:16)*

Thanks, Bill, for teaching us how to pick peas.

Heading to the Garden to Pray in the Sunshine,  
Tana

Have you been to the Sunrise website lately? You may notice that it looks slightly different. Although it looks different, it still offers the same resources that you are familiar with.

Check out the updates at [sunrisegreatfalls.net](http://sunrisegreatfalls.net)

If you have any information that you would like added to the website, contact the office 406-453-2031

The screenshot shows the website for Sunrise Presbyterian Church. At the top, there is a navigation menu with links for Home, Donate, About Us, Worship, Leadership, Mission, Calendar, and Visit Us. The main heading is "Worship Services", with a sub-heading stating "Our weekly worship is at 9:30 am each Sunday." Below this, it says "Our worship service will be live on Facebook and posted to YouTube by noon the following day." The central image shows an open Bible with a cup of coffee in the foreground. Below the image, there are three buttons: "Bulletin" (with a sub-text "the latest bulletin for worship" and a date "7/28/24"), "Facebook" (with a sub-text "Watch the livestream on our Facebook page"), and "YouTube" (with a sub-text "Watch a previous services on our YouTube site"). At the bottom of the page, there is contact information: "3300 24th Ave South Great Falls, MT", "406-453-2031", and "sunrisepresby@mtc.org".

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## FISH Food Bank



	June '24	Year to Date
<b>Families</b>	50	274
<b>Singles</b>	51	318
<b>Adults</b>	136	798
<b>Children</b>	66	303
<b>Meals</b>	3,030	16,110
<b>Pounds of Food</b>	6,862	37,557

### Food Suggestions for August:

- Beef Stew
- Chili
- Tuna
- Canned Spaghetti & Ravioli
- Canned Fruit
- Cereal
- Any Type of Pasta

### FISH Updates:

Long-time volunteer and FISH president, Harold Spilde, received the 2024 Paris Gibson Award. The Paris Gibson award was established to honor a Great Falls citizen who best embodies vision and excellence in our community. Harold started working at FISH in 1993. His dedication to the FISH program has made it a great success in helping to feed those in need in the Great Falls area. He works at FISH approximately 5 days a week for about 4 hours a day, all as a volunteer.

If you would like to volunteer along side Harold and other members of Sunrise, contact Maribeth Doan at 406 - 452 - 2727.

Our next volunteer week will be **August 26<sup>th</sup> – 30<sup>th</sup>**.

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



FISH President, Harold Spilde, with the Paris Gibson Award

*See this space?*



YOUR GROUP OR COMMITTEE CALENDAR, HAPPENINGS, OR UPCOMING EVENT INFO CAN BE HERE. SUBMIT INFO TO THE CHURCH OFFICE BY THE 15TH OF THE MONTH.





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August Calendar of Events			
Aug 4	Tue	6:30 pm	Worship Committee Meeting
Aug 11	Sun		Jessica Out of Office (8/11-8/15)
		9:30 am	Worship, Guest Speaker
		10:45 am	Fellowship (Communion moved to 8/18)
		2:00 pm	Service for JoAnne Pomajevich in Belt
Aug 18	Sun	9:30 am	Worship, Communion, FISH Collection
		10:45 am	Fellowship
Aug 19	Mon		Newsletter Deadline
Aug 20	Tue	1:00 pm	In-home communion
		5:30 pm	Session Meeting (moved from 8/27 - meeting one week early)
			<i>Canceled: Finance, Stewardship, &amp; Memorials Committee Meeting</i>
Aug 21	Wed	6:00 pm	Faith, Mission, & Outreach Committee Meeting
Aug 24	Sat	11:00 am	Backpack Blessing and Ice Cream Social (11am-2pm)
Aug 25	Sun	9:30 am	Worship
		10:45 am	Fellowship
Aug 27	Tue	5:30 pm	<i>No Session: Moved to 8/20</i>
Aug 28	Wed		Newsletter Assembly

Deacons on call for August: Sandy Lambert & Maribeth Doan



Pam Chigbrow hard at work at the General Assembly held in Salt Lake, Utah. Pam, along with Rev. Courtney Arntzen, represented Glacier Presbytery. Two interesting changes that resulted out of this GA include a restructuring of denomination special offerings and a unification of the Office of General Assembly budget and the Presbyterian Mission Agency budget.

**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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Friends,

We continued surveys of the congregation in June. The session, as we think toward the future, are looking at the answers from each survey. Thank you for your participation. Here are the insights from the survey on Christian Education.

### Survey 3: Christian Education at Sunrise – 19 participants/respondents

- Sunrise members give children's Christian education programs AND adult education programs high importance. It is important to the membership that these programs be offered even though not everyone is interested in participating.
- For **adult education**, there is also high importance given to a variety of choices within the realm of adult education — 31.6% ranking it 1 of 7 (1 is the highest), 21.1% ranking it 2 of 7. These answers pair with the question of value on continued personal Christian learning. Everyone surveyed ranked continued learning at neutral or higher, with the largest percentage ranking it 1 of 7 at 42.1%.
- Half of those surveyed (44%) have not participated in any adult education events over the past 2.5 years. 33% surveyed had attended at least one weekday video study and 28% had attended adult Sunday school.

\*Active church participants are also the most likely ones to also answer the surveys.

- Scripture list in the **newsletter** utilization: 21% use it regularly, 21% never use it, and 58% use it sometimes.
- Three of those surveyed have participated in a home/zoom study offered by Glacier Camp.
- Two-thirds use a **devotional study at home**; one third do not. The most commonly used home devotionals are: Upper Room (47%), These days, Our Daily Bread, and seasonal devotionals for Lent and Advent. One out of five use an **online study** or feed.

### Reading habits and preferences:

- Survey participants prefer these types of literature: non-fiction history, historical fiction, non-fiction biographies, general fiction, mystery, and self-improvement.
- When participating in a book study, participants are willing to put in time. Nearly 40% of participants are **willing to read** an hour a week for a book study. 11% are willing to read up to 40 minutes, and 22% are willing to read up to 20 minutes.
- The most important factors for book studies are: the time when it is held and that the topic is one of interest to the individual.
- Participants prefer a **4-6 week study** at 64.7%, 11.8% prefer an ongoing study.
- For Non-Reading options, there was some interest in discussion of a TV series or film that was viewed together or in advance and then discussed. There was also interest in a video bible study at home or in person. There was no/limited interest in discussions via FB, Zoom, or through other media options.
- Interest in an outside/**guest speaker**: 67% said maybe, 28% said yes.
- Would people be more interested if they could pick the topic? The answer is: maybe at 56%, 22% said no, 22% said yes.

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August Reading List	
1	Matthew 24:32-33
2	Mark 11:8-10
3	Mark 11:12-14
4	Mark 11:20-24
5	Genesis 2:9
6	Matthew 17:20-21
7	Luke 19:4-6
8	Jonah 4:6-8
9	Jonah 4:9-11
10	Jeremiah 17:7-8
11	Exodus 15:22-25, 27
12	Numbers 24:5-7a
13	Luke 21:29-33
14	Mark 4:30-32
15	Genesis 1:11
16	1 Kings 19:4-5
17	1 Chronicles 16:31-34
18	Nehemiah 10:35
19	Job 14:7
20	Leviticus 23:39-41
21	Psalms 92:12
22	Isaiah 65:22
23	Deuteronomy 24:20
24	Psalms 96:12
25	Proverbs 3:13,17-18
26	Ezekiel 17:24
27	Psalms 148:10
28	Proverbs 11:28
29	Matthew 7:18
30	Ezekiel 34:27
31	Jeremiah 17:8

**Scripture Readings this month:  
Who knew there were so many trees in the Bible?**

As the season of our crayon mission is coming to a close, we are blessed with words of wisdom shared by one of our members:

*We could learn a lot from crayons.  
Some are sharp, some are pretty,  
Some are dull, some have weird names,  
And all are different colors...  
But they exist very nicely in the same box.  
Over 300# sorted this year!*



**8/24/24**  
**PICNIC AND BACKPACK BLESSING**  
**SUNRISE PRESBYTERIAN**  
11 AM - 2 PM

THE CHURCH WILL PROVIDE MEAT  
EVERYONE IS ENCOURAGED TO BRING A SIDE, A SALAD, OR DESSERT  
FEEL FREE TO BRING A LAWN CHAIR

IN ADDITION TO THE BACKPACK BLESSING, A DONATION OF SCHOOL SUPPLIES IS WELCOMED

NEED A RIDE: 406-453-2031

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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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