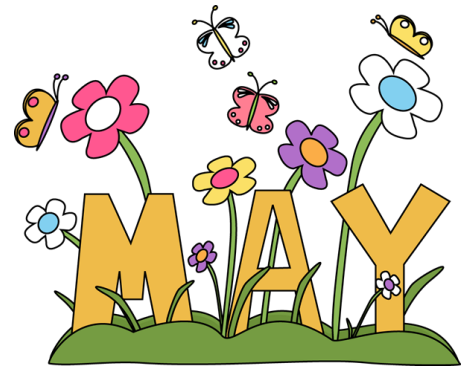


May 2026

## Well Done

*On Graduating, Finishing, and the Joy of Cheering for Someone Else*

There is a particular sound that belongs to this time of year. It is the sound of folding chairs scraping across gymnasium floors, of "Pomp and Circumstance" played just slightly too slowly, of someone crying in the third row who swore they wouldn't. It is the sound of graduation season — and if you listen carefully underneath all of it, you can hear something else: the sound of a finish line being crossed.



Graduations are everywhere right now. High school seniors. College students. Graduate students who have lived on coffee and hope for years longer than they expected. And beyond the ceremony itself, there are others finishing things too — completing a degree while working full-time, reaching a hard-won sobriety milestone, finishing a difficult treatment, finally running that 5K, learning something new late in life just because they wanted to. Not every finish line comes with a cap and gown, but they are all worth honoring.

In Paul's Epistles to Timothy, Paul, writing to Timothy near the end of his own life, says it simply and with evident satisfaction:

*"I have fought the good fight, I have finished the race, I have kept the faith." — 2 Timothy 4:7*

I've wondered over this passage from Paul. To my 21<sup>st</sup> century ears, this sounds like bragging — "I did it!" "I'm the best!" But perhaps in Paul's time, it could be heard differently. Paul is not saying he was perfect or that the race was easy. Maybe he is simply saying: I ran it. I finished. There is something we are allowed to feel when we cross a finish line: a just and honest satisfaction in the work it took to complete something.

This time of year also brings with it the particular (and peculiar) grace of feeling that pride not for yourself, but for someone else. There is something lovely and satisfying about watching another person accomplish something hard. We feel this sort of swelling pride, a sense of fullness — on behalf of another human being.

Romans 12 calls us to "rejoice with those who rejoice." It is one of the shorter instructions in Paul's letter, easy to skip past — but it is harder than it sounds. Genuine celebration of another person requires us to set aside comparison, to quiet any voice that whispers about our own unfinished things, and to simply be glad. To let their win be fully theirs, and fully wonderful.

*"Rejoice with those who rejoice; mourn with those who mourn." — Romans 12:15*

This season, I want to encourage us to be generous with our celebration of others. Show up to the ceremony. Go to the party. Send the card — an actual card, in an envelope, with a stamp. Tell someone you are proud of them, specifically, for the specific thing they did. Those words are more important than we might think.

And if you yourself are in the middle of something long and unfinished — a degree, a dream, a hard season, a goal that keeps getting pushed back — know this: the race is still worth running. The keeping of faith through the middle parts is its own kind of faithfulness.

Blessings to each of you in the name of Christ Jesus.

Pastor Jessica

Jessica

May 2026

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**SHARING OUR SUNRISE JOYS AND CONCERNS**

*"I am a friend to all who fear you, to all who follow your precepts."* Psalm 119:63

*"For whoever does the will of my Father in heaven is my brother and sister and mother."* Matthew 12:50

For the past five years I have been blessed to spend time in late winter with friends in Mesquite, NV. It comes just when my patience with the cold, gray days of winter has come to an end and the thought of warmth in the southwest sun is enticing. But mostly I am excited to connect with "old" friends. Friends who I've known for the entirety of my 78 years; friends who grew up on the same block in a small town in northeast Montana; friends whose grandparents and parents were friends of my family. All farmers with a shared love of the land and the endurance to spend generations planting, waiting with hope and harvesting on the windswept plains. The three friends are all cousins and I their adopted family – all in families with only brothers we became sisters in friendship.

Our time together comfortable. The kind of easy connection that requires no explanation. The shared memories of faith nurtured in our local church, of school days, teenage crushes, days planning where our lives would lead. Over the years we went various directions, yet always made it a point to keep our connections with calls and letters (no cell phones or email), sharing our joys and sorrows, laughing and grieving together. And the thread of our shared heritage, our faith, our connections as family has survived. We have offered encouragement, support and prayer. True friendship requires work, forgiveness, and time spent nurturing the relationship.

Thinking of these friendships and many other grown over the years leads me to think of our relationship with God and Jesus Christ. This holy friendship is always there ready to encourage and support us; giving us strength for the day; hope for the future; solace in times of trouble; joy in the songs of life. But it also requires us to be faithful; to nurture our friendship with study and worship and prayer. We need to keep the connections open; to share our sorrows and joys with God. The words of the hymn "What a Friend we Have in Jesus" remind me that He is that comfortable friend. The friend that accepts us for who we are. The friend who shares our laughter and joy and holds our hands on the darkest of days. Or just sits with us in silence and walks beside us as our lives unfold. A friend indeed.

In our shared faith and friendship we remember those who have lost loved ones this month. Some of us remember Bob and Marge Vanderaarde who led us in worship through the years. Marge passed away just before Easter and has joined Bob in their eternal reward. Prayers for these friends in Christ.

Many of our Sunrise friends have had surgery this month. Loren Smith underwent surgery in Kalispell for a tumor in his leg. Surgery was successful and he's already back working on planes. Dale Lambert had successful back surgery and we pray for his recovery. Millie Sivak had a heart procedure and an extra visit to the hospital, and is recovering nicely. Estelle's grandson, Juan, had a successful appendectomy and is doing well.

Fran Lindstrand spent a few days in the hospital but is back to her old self at the Iris. Lorrie Maki remains in rehab at the Shelby hospital recovering from an infection in her hip. Many members of our Sunrise family have had the influenza and are slowly recovering. Shirley Gearhart asks for continued prayers for her grandson for ongoing challenges from a traumatic brain injury suffered in a car accident a year ago.

With joy we celebrate with Ember Woods the birth of a new great granddaughter, Elsie Jean to granddaughter Mary. John and Helen Devoss were blessed to celebrate their 60<sup>th</sup> wedding anniversary in April. Congrats.

*(Continued on p. 3)*

May 2026

*(Continued from p. 2)*

I was blessed to attend a speech meet put on by the Optimists at the conclusion of a a three month, early morning Youth Leadership and Toastmaster class for middle school students. Travis Harp is one of the leaders and daughter Hannah attends with him. What a joy it was to listen to these young people speak on the contest topic.” What community means to me.” Many of them spoke about their faith community and friendships. It reminded me that our community of believers at Sunrise spans all ages as we connect with our friends in our shared friendship with Jesus Christ.

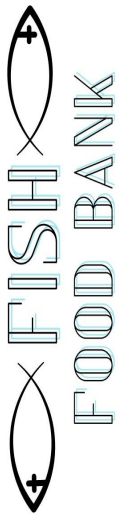
*“You make known to me the path of life; you fill me with joy in your presence, with eternal pleasures at your right hand.” Psalm16:11*

*See you in the Sunshine of our shared friendship, Tana*

**May Deacons: Tana Harp & Sandy Lambert**

<b>May 3</b>	Sun	9:30 am	Worship
		10:30 am	Fellowship
		10:45 am	Sunday School
		11:00 am	Deacons Meeting
<b>May 4</b>	Mon		<b>Kitchen Construction Begins at the Manse</b>
<b>May 4</b>	Mon	8:30 am	<b>Kris Back to Work, Office Open</b>
<b>May 6</b>	Wed	7:00 am	Mayor’s Breakfast Heritage Inn
		6:00 pm	Worship Committee; Kids Music Practice 5:30-6:15pm
<b>May 9</b>	Sat	10—12	<b>Church Spruce up Day with Lunch afterwards</b>
<b>May 10</b>	All Day		<b>Happy Mothers Day!</b>
<b>May 10</b>	Sun	9:30 am	Worship with Communion; <b>Kids Special Music in Worship</b>
		10:30 am	Fellowship
		10:45 am	Sunday School
<b>May 11-15</b>			<b>Fish Volunteer Days</b>
<b>May 13-17</b>	All Day		<b>Pastor Jessica in Denver and Gillette for OPSF</b>
<b>May 15</b>	Fri	All Day	Newsletter Items Due
<b>May 17</b>	Sun	9:30 am	Worship; guest pastor
		10:30 am	Fellowship
		10:45 am	Sunday School— <b>Last Day Until Fall</b>
<b>May 24</b>	Sun	9:30 am	Worship
		10:30 am	Fellowship
<b>May 25</b>	Mon	All Day	<b>Happy Memorial Day—Office Closed</b>
<b>May 26</b>	Tue	5:30 pm	Session
<b>May 27</b>	Wed	10:00 am	Newsletter Folding
<b>May 30</b>	Sat	11:00 am	Barb Brewer Memorial (at Sunrise Presbyterian)
<b>May 31</b>	Sun	9:30 am	Worship
		10:30 am	Fellowship

May 2026



**Food Suggestions for May:**

- + Boxed Macaroni & Cheese
- + Boxed/Bags of Cereal
- + Canned Goods: Chili, Corn, Green Beans, Black Beans, etc..
- + Healthy Snacks (Granola Bars, Dried Fruit, Jerky, Nuts, Trail Mix, etc..)
- + Peanut Butter & Jelly
- + Soup
- + Otter Pops (Unfrozen)
- + Summer Snacks (Kids will be out of school soon)

**FISH Numbers for Year 2026**

**March Statistics**

**Total Families: 68**

**Adults: 91**

**Children: 35**

**Total Food Given: 4736 #**

**“We will need volunteers!”**

**Thank you in advance-Maribeth Do-**

**--> FISH volunteers will be needed: May 11-15, 2026 (Dates could change)**

*“Our Loaves & Fishes fundraiser Dinner & Auction was a great success, bringing in \$3,464. Thank you to all who attended the dinner and to those who furnished items for the silent auction (everything went). You all are greatly appreciated! . New volunteers are always welcome, and all our volunteers are very appreciated”*

**Maribeth Doan**

*Presbytery Churches You're Invited  
to Glacier Camp & Spruce Lodge*

17482 O'Neil Road, Lakeside, MT 59922

# MEMORIAL WEEKEND

## ★ MAY 22-25, 2026 ★

Book your family in one of our summer rustic cabins or Lodge rooms. Enjoy canoeing, paddleboarding, hiking, or just hanging at the lakefront. This event is for you to enjoy the camp and learn what we have to offer your Churches and Families. No classes, No group events, No schedules (besides meals) just pure FUN!

*Includes: Use of canoes, paddleboards, volleyball, basketball court, lakefront & campfire s'mores*

*Cabins: sleep 8 people bunk style (bathhouses next to cabins)*

*Spruce Lodge Room: sleep 5 or 6 family style. Private baths. Ask for room details.*



**Meals:**  
\$10 Grab-N-Go breakfast & lunch  
\$20 seated dinner  
*per person, per meal*

**LIMITED SPACE AVAILABLE -  
RESERVE YOUR SPOT NOW!  
RSVP BY / APRIL 24**

**406-844-2114**



★ ANY DONATIONS RECEIVED ARE DESIGNATED  
TO FRIENDS OF GLACIER

**Booking / [terri@glaciercamp.org](mailto:terri@glaciercamp.org)**

May 2026

**Summer Camp 2026 at Glacier Camp**



- June 21-26 Classic Camp; Jr High
- June 21—July 3rd Leader– In– Training Camp; Sr High
- June 28—July 1 Mini Camp; Grades 1-2
- June 28—July 3 Adventure Camp; Jr High & Sr High
- July 5—July 10 Classic Camp 2; Jr High & Sr High
- July 12—July 17 Outbound Camp; Jr High & Sr High
- July 19—July 31 Counselor-in-Training; Grades 11-12
- July 19—July 24 Classic Camp 3; Jr High & Sr High
- July 26—July 31 H2O Camp; Jr High & Sr High

**If you are interested, please pick up a packet in the Narthex by the weekly bulletin!**

**LEARN MORE & REGISTER**

**Glaciercamp.org/summer-camp 406-844-2114**

**info@glaciercamp.org**

***“We are doing great with our volunteers hours; keep up the good work!!”***

January: 99	February: 118.75	March: 142.50	April (to date): 52.50
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**“70 for 70”** - Each month this year, we will track the number of volunteer hours that Sunrise members are doing in our community. Whether it’s serving as a group filling backpacks, or going on your own to visit homebound folks, or working at home on quilts for kids - we have so many ways that Sunrise has a positive impact on our community.

Help us to track this good work!

Email the office or drop a note in the offering tray each month to let us know how many hours you have volunteered. We will have a chart on the bulletin board next to the office that will track our hours. You can also text Kris (Office Administrator) your volunteered hours, 541-974-2534.

Goal: 70 hours of volunteer work by Sunrise members each month during 2026

**We continue to support a variety of environmental initiatives:**

<b>Pill Bottle Reuse</b>	<b>Aluminum Can Recycling</b>	<b>Plastic Grocery Bag Recycling</b>	<b>*New* Egg Carton Reuse by GF Food Bank</b>
Pill bottles with child safety lids are cleaned and then sent for re-use in a variety of ways	Aluminum cans are recycled and the money collected goes to cover shipping costs for pill bottles	Plastic grocery bags are collected and dropped off for recycling	1-dozen size egg cartons in good, clean condition are reused by the Great Falls Food Bank as they split eggs out from pallets to smaller quantities

May 2026

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**SUNRISE DEACONS GRADUATION RECOGNITION POLICY**

1. A graduation reception and gift presentation in celebration of a high school or college graduate will be held to honor those persons who are active attendees and/or members of Sunrise Presbyterian Church or whose parents are active attendees and/or members of Sunrise Presbyterian Church.
2. Any Sunrise Presbyterian Church member who has a grandchild or extended family member graduating from high school or college whom they would like recognized for this achievement, may request that the Deacons honor them by sending a personal congratulatory card with a note of encouragement and best wishes for their future endeavors.
3. The Sunrise Deacons will place a poster board display in the narthex on which members may post a picture and/or short bio of their graduate's accomplishments, area of study, and future plans. This is solely voluntary.

**POLICY REMINDER: ROSE RECOGNITION FOR NEW BIRTHS**

If anyone in the congregation would like to recognize the birth of a baby in their family or extended family, they are welcome to provide a rose in the sanctuary for Sunday worship to celebrate their newest addition to God's creation. Sunrise Presbyterian Church would welcome the opportunity to share this joyous event with them.

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**Let's plan a celebration!**

Our 70th anniversary celebration will take place on Saturday, September 12th, from Noon until 4:00 PM. We will be inviting the public to join us. To make the event fun, we have planned games for all ages and a light lunch. To make this happen, we will need lots of help. There is a need for people to organize the setup of the event on the morning of the 12th. Others are needed to plan the games and the prizes and prepare the lunch. Mostly, we need volunteers to work the event; several of these positions can be performed while sitting down, so everyone can contribute in some way.

***Please contact Carol or Eric for more information.***



May 2026

May Reading List	
May 1	Proverbs 3:5-6
May 2	Psalm 56:3
May 3	Isaiah 41:10
May 4	Matthew 6:7-15
May 5	Philippians 4:6-7
May 6	Jeremiah 29:11
May 7	Psalm 37:23-24
May 8	Romans 8:28
May 9	Psalm 46:1
May 10	Joshua 1:9
May 11	Psalm 46:10
May 12	Psalm 34:4-5
May 13	Isaiah 26:30
May 14	2 Timothy 1:7
May 15	Hebrews 11:1
May 16	Lamentations 3:22-23
May 17	Matthew 11:28-30
May 18	Psalm 121:1-2
May 19	John 14:5-7
May 20	Proverbs 15:1-2
May 21	Deuteronomy 31:6
May 22	Nahum 1:7
May 23	Psalm 23:1-2
May 24	Romans 15:13
May 25	Proverbs 16:2-3
May 26	James 1:5-6
May 27	Psalm 9:10
May 28	Mark 9:23-24
May 29	Galatians 6:9
May 30	John 15:5
May 31	Psalm 62:1-2, 5-6

### Sunrise Park & Sunrise Striders

In February 2025, Sunrise Presbyterian Church had an opportunity to join the Adopt a Park program through the Great Falls Park and Recreation Department. The Sunrise Park located on the corner of 8<sup>th</sup> Avenue South and 40<sup>th</sup> Street was chosen. Over the past year, 40 hours and 45 minutes have been devoted to supervising, reporting maintenance issues and cleaning Sunrise Park.

During this time a Pet Waste Station and Picnic Table have been installed. The Park and Recreation Department is working with Sunrise Presbyterian for signage in the Park and grants for a Little Free Library and play equipment. Supplies are provided from Park and Recreation Department at no cost to Sunrise Presbyterian Church.

Why, you may ask, do we care about Sunrise Park? In Genesis 2:15, we are directed to cultivate and guard the environment. We have a responsibility to prevent destruction and promote renewal. The Earth belongs to God (Psalm 24:1) and we are entrusted in its care.

Caring for the Earth is viewed as an act of worship and obedience ensuring that creation’s needs are met while reflecting God’s love for the world.

Our Sunrise Striders encourage you to visit Sunrise Park, report and issues or simply enjoy this little corner of our neighborhood.

**Per Capita** for 2026 is \$71 per member. Funds will be distributed: \$ 11.26 General Assembly, \$3.00 Synod of the Rocky Mountains, and \$56.74 Glacier Presbytery. Thank you for your support.

**Remember you can always find our current bulletins and newsletters on our website.**  
 Visit [www.sunrisegreatfalls.net](http://www.sunrisegreatfalls.net)  
**If you want to view our bulletins, those are on the home page, scroll down to worship and click on the bulletins. If you want to view the newsletters, click the About Us button and scroll to the bottom to view this month and prior month newsletters. Want them by email? Let us know and we can send bulletins and newsletters directly to you.**

May 2026

**Committees and Elders:**

Admin, Personnel, & Social Media: Scott Shull, Dan Petersen, Marcia Anderson

Buildings & Grounds: Eric Chigbrow, Dan Petersen, Scott Shull, Bill McCullough

Christian Education: Erica Rusinski, Bill McCullough, Rowena Milton

Faith, Outreach, & Mission: Carol Stilli, Eric Chigbrow

Finance, Stewardship, & Memorials:, Scott Shull, Dan Petersen

Nominating: Eric Chigbrow, Marcia Anderson

Worship: Carol Stilli, Marcia Anderson

Clerk of Session: Millie Sivak



**Sunrise Board of Deacons:**

Chair: Ember Woods

Secretary: Tana Harp Treasurer: Janette Forsyth

Pam Chigbrow, Maribeth Doan, Beth Hoseck, Sandy Lambert, Jacinte McCullough, Sue Petersen

«City». «State» «Zip»

«Address»

«First Names» «Last Name»

Sunrise Presbyterian Church  
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