

November 2025

Dear friends,

Loading my kids in the vehicle, picking up ice cream cones, and driving around to look at the fall colors is a favorite activity of mine. I love to see the leaves changing color and fluttering off the trees, the bright sun lower on the horizon, and the plants and trees preparing for the upcoming winter. At the same time, I mourn the loss of the garden and flowers and the shade of the trees. We start to bring in the miscellaneous items that have accumulated in the yard over the past several months: kickballs and toys are put away, bikes are loaded into the shed, and we joke that anything not tied down could easily be blown to eastern Montana by morning.

In all of it, I am grateful. I'm grateful for the seasons that change and move around me. How boring life would be if it was always the same! I'm grateful for the harvest - our own meager harvest and the much bigger ones that happen around us. I'm grateful for semi trucks full of cows heading to market, and I'm grateful for the success of hunters. I'm grateful for the view of the mountains in the distance that remind me that I am but a small piece in a much larger world.


With Thanksgiving on the horizon, I wonder what my children will share this year. Each year on Thanksgiving when we sit down to our meal of not-turkey (anything but!), we go around the table and everyone shares something that they are thankful for this year. Family is always on the list of things we are thankful for, and church, and our beloved cat. We all have things we are individually thankful for as well.

Much like us, the ancient Israelites also had times in which they offered thanks for what God had provided. The Festival of Booths, also known as Sukkot, is a celebration of God's provision. That is, it celebrates what God has given, is giving, and will give. It recalls the past when God provided for the Israelites in the wilderness for 40 years, it celebrates the current harvest, and it anticipates that God will continue to provide for God's people in the future. *(This is a simplification; to find out more, a Google search or Wikipedia can provide a deeper and more nuanced explanation.)* I like this understanding of how God provides for us: past, present, and future. It would be a good exercise for each of us to consider how God has provided for us in the past, how God is currently providing for us, and how we anticipate God will provide for us in the future.

The Festival of Booths is celebrated with Psalms of praise and thanksgiving, especially Psalms 120-134 and Psalms 113-118. Psalm 81 in particular was designated to be sung during the Feast of Booths and recalls God's power and provision:

"Sing aloud to God our strength; shout for joy to the God of Jacob. Raise a song, sound the tambourine, the sweet lyre with the harp. Blow the trumpet at the new moon, at the full moon, on our festal day." Ps 81:1-3, NRSV

Blessings upon you as the seasons change and Thanksgiving draws near. May God's provision be ever upon you.

 Pastor Jessica

November 2025

"SHARING OUR SUNRISE JOYS AND CONCERNS

"Come ye thankful people come; raise the song of harvest home. All is safely gathered in, ere the winter storms begin. God, our Maker, doth provide for our wants to be supplied. Come to God's own temple, come; raise the song of harvest home."

I love the words from the hymn above. I was reminded of those words this week as I drove the stretch between Great Falls and Billings of the juxtaposition of the beautiful colors of fall and the snow capped mountains in the distance. Harvest is ending and the cold days of winter are upon us. As the days grow shorter the wind has more of a bite; the leaves turn glorious red, orange and golden hues and scatter as they fall to the ground. And I am strangely contented. The words of the hymn say it all. The harvest has yielded its bounty. All we need is provided by God. Even in our literal, emotional, and spiritual winters God supplies what we need. The harvest is in. We sing our songs of thanksgiving for the bounty of God's gifts in our lives.

During this month we give thanks for the lives of all who have gone before us; those saints who planted and harvested the grain, who led us through the wilderness into the light with promises of God's provisions and love. Being thankful in the midst of illness or strife is not an easy task, yet we ask God's grace and mercy for those suffering. We especially hold close Barb Chigbrow who is now under hospice care after a short time in the hospital. Prayers for quick recovery for our pianist, Kim Peachy, as she recovers from a hand injury. During Kim's absence in the next few weeks we are grateful that Lisa Shull will fill in on the piano. We are thankful that Richard Benson is recovering from a back procedure in Kalispell which will alleviate his pain. Thanksgiving for Joe Hoseck who provided transportation for Richard for both the surgery and follow-up. May God's hand provide comfort as Rod Paronto undergoes infusions. As well we pray for both Billy McCullough and Ann Crawford's son as they undergo surgery this week. Prayers continue for loved ones suffering from mental illness.

With joy, we give thanks for the children in our midst who led us in worship this month; for the many we serve tirelessly in community outreach, especially FISH and the Food Bank; for the message Tammie Hickey provided us on Habitat for Humanity; for having former Pastor Tim Lanham in town to serve communion to some of our members in assisted living; and for all who quietly go about day to day tasks around Sunrise.

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thess 5:17-18)

Most of you who have read my columns over the years know that the above verse is one of my favorites and so I would like to offer up my prayer of gratitude to God: Dear Lord, **With a grateful heart, my thanksgiving to you overflows.**

For the **Grace** provided to us all in all seasons of our lives.

For **Comfort** during loss. For the gift of **Memory** of those loved.

For **Patience** as we endure pain. For His **Goodness**.

For **Endurance** during hardship. For **Friends and Family** who walk beside us.

For **Acceptance** of those things we cannot change.

For your **Word** and the **Wisdom** to discern it. For **Faith** provided.

For the **Joy** and **Beauty** with which you have endowed us.

For the **Hope** and **Love** which fill our cup.

For the greatest gift of all. His Son our Lord Jesus Christ. Amen

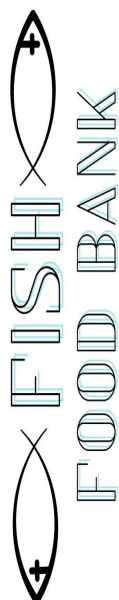
Finally from these words from the Hymn, "All creatures of our God and King" come the words, "Christ bears your burdens and fears, so even in the midst of tears,

Sing Praise, Alleluia!"

As you bask in the fading sun on the day we set aside for Thanksgiving, surrounded by family and friends and the aromas of that which feeds us –give thanks for the food that feeds our bodies but most importantly the Word that feeds our souls.

And I hear the words, "Come ye thankful people come. Tana

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Food Suggestions for September:

- + 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

Last Call! If you would like to donate to the Town Pump matching funds drive, now is the time. To donate through Sunrise, have your donation to the church office by November 10. Donations can be mailed directly to FISH until the end of November. Town Pump will match dollar-for-dollar up to \$25,000 for funds collected by FISH before the end of November. Our monthly FISH offering continues to be collected after worship on the 3rd Sunday.

--> **FISH volunteers will be needed Nov 8-12 from 9am-11am.**

| FISH Statistics | Adults | Children | Total Fed | Pounds of Food Distributed |
|--------------------|--------|----------|-----------|----------------------------|
| Month of September | 158 | 59 | 217 | 6,875 |
| Year to Date | | | 1,621 | 54,558 |



Kids Christmas Crafts

Sunday, November 23 from 1-4 p.m.

Volunteers Arrive at 12:20 for setup and instructions

**Painting, Crafts, Holiday Ornament Gifts
Hot Chocolate & Holiday Cookies**



**Register Online @ sunrisegreatfalls.net
\$10 per participant**



Sunrise Members: use promo code SunriseKids for free event tickets

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| | | | |
|------------------|-----|----------|--|
| Nov 2 | Sun | 9:30 am | Remembrance Service/ Necrology Sunday; Led by Millie Sivak |
| | | 10:30 am | Fellowship |
| | | 10:45 am | Sunday School |
| | | 11:00 am | Deacons Meeting |
| Nov 5 | Wed | 6:00 pm | Worship Committee Meeting |
| Nov 6 | Thu | 10:00 am | Adult Bible Study |
| | | 6:00 pm | Third Space Gathering |
| Nov 2-7 | Fri | All Day | Pastor Jessica is out of Office; Con-Ed |
| Nov 9 | Sun | 9:30 am | Worship with Communion |
| | | 10:30 am | Fellowship |
| | | 10:45 am | Sunday School |
| Nov 11 | Tue | All Day | Happy Veterans Day! |
| Nov 13 | Thu | 6:00 pm | Third Space Gathering |
| Nov 16 | Sun | 9:30 am | Worship with message by Carol Stilli |
| | | 10:30 am | Fellowship |
| | | 10:45 am | Sunday School |
| Nov 18 | Tue | 5:30 pm | Session (One Week Early) |
| Nov 19 | Wed | 6:00 pm | Faith-Life, Outreach & Mission Meeting |
| Nov 20 | Thu | 10:00 am | Adult Bible Study |
| | | 6:00 pm | Third Space Gathering |
| Nov 23 | Sun | 9:30 am | Worship |
| | | 10:30 am | Fellowship |
| | | 10:45 am | Sunday School |
| | | 1-4 pm | Kids Christmas Craft Event (Fellowship Hall) Volunteers arrive at 12:15 for setup and instruction |
| Nov 24-30 | | Mon-Sun | Jessica is out of the Office |
| Nov 26 | Wed | 1:00 pm | Newsletter Assembly |
| Nov 27 | Thu | All Day | Happy Thanksgiving (Office Closed) No Third Space Gathering |
| Nov 29 | Sat | 10am-12p | <u>Church decorating and Advent preparation</u> ; lunch provided at noon for volunteers. |
| Nov 30 | Sun | 9:30 am | Worship with Rev. Tim Lanham & Hanging of the Greens |
| | | 10:30 am | Fellowship (NO SUNDAY SCHOOL) |

November Deacons: Pam Chigbrow & Sandy Lambert

Dec 7, 2025 following worship: we will have our Congregational Meeting to Elect elders and deacons for the next term and to approve the pastor's terms of call for 2026.

November 2025

Memory Tree

The Deacon tree in the vestibule will once again be our memory tree. Please bring an ornament to hang on our tree to REMEMBER or HONOR someone in your life.



The hanging of the greens will be on Sunday, November 30th. Please put your name on the ornament & take it home after the Christmas season.



Rome to Reformation

Please join Pastor Tim Lanham as he takes us on a trip of a lifetime. We will be leaving on 10/25/26 to head to Rome. The main tour will be from 10/25-11/07/26, if you choose the extended tour, it will be from 11/7-11/12/26.

If you have any questions please reach out to Tim by email at timothy@glaciercamp.org, or you can contact Eric Chigbrow.



DEPOSITS

Of \$75 per person must be in before

11/15/25



One Minute Mindset Reset

Here are some quick and easy things you can do in as little as 60 seconds.

1. Breathe deeply – it's a great way to reduce physiological and psychological stress.
2. Close your eyes for 60 seconds and imagine yourself in a calm and relaxing place.
3. Identify tension in your body and use to relieve stress.
4. Use mindfulness and identify five things you can see, four things you can hear, three things you can touch, two things you can smell, and one thing you can taste.
5. Write down three good things you have achieved today.
6. Stand up and stretch, walk around, or be active.
7. Pause what you are doing and take a moment to ground yourself in the present moment.
8. Engage with someone and talk to them about how you are feeling and thinking.
9. Ask someone close to you if you can offer them some help or support.

Sourced from the Call to Health wellness program.

November 2025

| November Reading List | |
|-----------------------|-------------------------|
| Nov 1 | 1 Thessalonians 5:16-18 |
| Nov 2 | Colossians 3:15 |
| Nov 3 | Colossians 3:16-17 |
| Nov 4 | 1 Chronicles 29:10-11 |
| Nov 5 | 1 Chronicles 29:12-13 |
| Nov 6 | 1 Chronicles 29:14-15 |
| Nov 7 | Psalms 9:1-2 |
| Nov 8 | Psalms 69:30 |
| Nov 9 | Psalms 79:13 |
| Nov 10 | Psalms 106:1-2 |
| Nov 11 | Philippians 4:6-7 |
| Nov 12 | Ephesians 5:19-20 |
| Nov 13 | Colossians 1:12-14 |
| Nov 14 | Colossians 2:6-7 |
| Nov 15 | Colossians 4:2 |
| Nov 16 | Jonah 2:9 |
| Nov 17 | 1 Chronicles 16:8-9 |
| Nov 18 | 1 Chronicles 16:34 |
| Nov 19 | Psalms 118:1-2 |
| Nov 20 | Psalms 118:3-4 |
| Nov 21 | Psalms 118:5-6 |
| Nov 22 | Psalms 118:28-29 |
| Nov 23 | Psalms 136:1-2 |
| Nov 24 | Psalms 136:23-24 |
| Nov 25 | Psalms 136:25-26 |
| Nov 26 | Psalms 100:1-3 |
| Nov 27 | Psalms 100:4-5 |
| Nov 28 | Hebrews 13:15 |
| Nov 29 | Revelation 5:11-12 |
| Nov 30 | Revelation 5:13-14 |

This month's scripture reading list is courtesy of Kingdom Bloggers. *Want to go deeper?* Commit to 5-10 minutes each day to read the verse, write it out in a notebook or journal, and meditate and reflect on what it means to you.

Adult Bible Study: Join us for study and fellowship every first and third Thursday of the month at 10 am in Fellowship Hall.

Advent & Christmas at Sunrise 2025

Nov 23: Kids Christmas Craft Event 1-4pm

> [register online now](#)

Nov 29: Sanctuary decorating 10am-12pm

Nov 30: Advent 1 & Hanging of the Greens

> Pastor Tim Lanham visits

Dec 7: Advent 2 & Congregational Meeting to elect officers

Dec 14: Advent 3 & [Children's Program](#) & Cookie exchange

Dec 21: Advent 4 Worship

Dec 24: Christmas Eve candlelight service 7pm

Dec 28: Scriptures & 12 Days of Christmas in Worship

Sunrise Presbyterian Church

3809 6th Ave S, Great Falls

sunrisegreatfalls.net

Advent On-Line Bible Study

From Glacier Camp, beginning November 30

For Unto Us a Son is Given...

Begins @ 5.00 pm Gratitude will be the theme of our on-line study for this season of Advent. We will explore how this theme helps us remember and celebrate the gift of the Word made flesh, as well as anticipate and make ourselves ready for the Lord's promised return.

For more info, email: timothy@glaciercamp.org



November 2025

We continue to support a variety of environmental initiatives:

| Pill Bottle Reuse | Aluminum Can Recycling | Plastic Grocery Bag Recycling | *New* Egg Carton Reuse by GF Food Bank |
|---|--|--|---|
| 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 |

Gently Used Coat Collection

Colder weather will soon be here. As we start getting our jackets and winter coats out of the closet, you may notice how many are hanging there that you no longer wear.

It might be that your child or grandchild has out grown last year's coat and now has a new one, or you just no longer like your old coat. Whatever the reason, the Mission committee is asking that you bring your no-longer-needed coats to the church starting in October. *We are not asking you to buy a new coat, just bring the coats you no longer use.*

We will work with several groups to distribute them to the people in our community that truly need them to stay warm. The children's coats may go to the schools or the children's receiving home, etc. Again, please bring coats in good condition to the church starting in October. This is a mission that we will continue as long as people bring in coats.

If you have any questions, please contact the Mission committee or the church office.

Thank you, Carol, Joe, Beth, Eric, Millie, Norman, & Jacinte



November 2025

Committees and Elders:

Admin, Personnel, & Social Media: Joe Hoseck, Scott Shull, Dan Petersen
Buildings & Grounds: Eric Chigbrow, Dan Petersen, Scott Shull, Bill McCullough
Christian Education: Erica Rusinski, Bill McCullough
Faith, Outreach, & Mission: Norman Anderson, Joe Hoseck,
Carol Stilli
Finance, Stewardship, & Memorials: Joe Hoseck, Scott Shull, Dan Petersen
Nominating: Norman Anderson, Eric Chigbrow
Worship: Norman Anderson, Carol Stilli
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»

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