

October 2023

Dear Friends,

Happy Fall!

It is with age that I've grown an appreciation for fall months. I love the changing colors, the crispness in the air, the garden crops giving up the last of their production for the year, and the beautiful fall flowers. I especially like it after the first frost when the wasps and mosquitoes have mostly died off for the year. I can sit outside pest-free and enjoy the warmth of the sun without fear of a raging sunburn.

When I was a child, we would plant sweet peas along our chain-link fence and they would flower just before the first frost. The delicate and fragrant blooms were a sure sign that school was in session and soon there would be iced-over puddles to crack open on my walk to school.

In some ways, fall is a reminder to me of the vastness and beauty of creation. God has put these cycles, rhythms, into our lives - marking time and providing for abundant life. I think of the winter wheat going into the ground, the insects that will disappear until spring weather once again warms the earth. Farmer's markets and roadside stands show of the bounty of the earth. And in all of it, I'm a tiny little speck.

The Book of Ecclesiastes is one of my favorites. It bears witness to the awesomeness of creation. It reminds me to not get too caught up in the minutiae - the tiny details - and to look at the bigger picture. That serves me well on days when life gets chaotic.

"What gain have the workers from their toil? I have seen the business that God has given to everyone to be busy with. He has made everything suitable for its time; moreover he has put a sense of past and future into their minds, yet they cannot find out what God has done from the beginning to the end. I know that there is nothing better for them than to be happy and enjoy themselves as long as they live; moreover, it is God's gift that all should eat and drink and take pleasure in all their toil. I know that whatever God does endures forever; nothing can be added to it, nor anything taken from it; God has done this, so that all should stand in awe before him." (Ecclesiastes 3:9-14)

We are called in Ecclesiastes to find joy in the creation that God has provided for us - food, drink, labor and rest. We have opportunities both at home and in the church to find this joy. I am excited to once again have our Heritage Dinner together in mid-October where we can share together in the bounty of our creation. And we have a wonderful opportunity to labor for joy as we host our Special Halloween event for the second year - bringing joy to children who cannot trick-or-treat.

On the first Sunday of November, we will hold our Remembrance Service, remembering loved ones who have died and holding space for our communal grief and mourning. For just as the cycles of life can be seen in creation, so we see it in our own lives and the lives of loved ones.

I pray that we may never fail to see the beauty of our creation - that we would witness to it, remembering we have a God that is greater than all gods. A God who provides not only for our needs but that also brings us joy in living.

God's blessings upon you.

Jessica Crane Munoz



October 2023

Sharing our Sunrise Joys and Concerns

"The Heavens are telling the Glory of God and the firmament proclaims His handiwork." (Psalms 19:1)

In my mind, no month epitomizes the images that the above scripture brings into focus as much as October does. With its cool crisp nights, clear sunny days, colors changing on the landscape, flowers at their peak until the first frost, maybe even the sparkling white of snow on the mountain peaks, this month in Montana is truly one of glory.

The leaves fluttering to the ground crunching as we walk, the sounds of pure joy in the giggles of children falling into the giant bed of leaves, a walk beneath the canopy of bright colored trees. A sense of fullness for the bounty the summer has given us. For those of us a little more "mature" we ponder the impending changes as we watch the fallen leaves dance across the lawns and streets. Change is in the air and with it the magnificence and splendor God gives us in the seasons of the earth as well as the seasons of our lives.

"The Light shines in the darkness, and the darkness has not overcome it." (John 1:5)

Along with those more colorful attributes of October, perhaps one of the things I notice most is the daily shortening of the days. With the autumnal equinox, our long evenings and early dawns disappear. Yet even as darkness intrudes, somehow the sunrises are more vibrant, more alive. The streaks of sunset striking in the west. The moon seems to be brighter as it leads us through the night sky. God's light guiding us through the darkness.

When we lose those we love to death, when the darkness intrudes the light of God' love is there to comfort us. For the families of Adele Robinson and Pastor Jessica's Mother's cousin we pray for peace to shine through their grief.

Prayers continue this month for Rod and Dixy Paronto. Rod underwent yet another procedure, this time on his lungs. He was at Benefis West for therapy and then got Covid and was transferred back to Benefis. We send our encouragement to both he and Dixy as they go through the long days in hospitals and care centers - its now since February that he was able to be home. Extra thoughts for Dixy who now has Covid. We send thoughts for Ruth Hickey's 3 month old great granddaughter who has recently been seriously ill. Pray for Barb Chigbrow's sister who took a bad fall.

Both Barb Brewer and Benna McGeorge spent some time in the hospital but are now doing fine with Barb now in the cottages at Grandview (room 402) and Benna back at The Lodge. We were happy to have Pam Chigbrow in worship last week after knee surgery.

We give thanks for the blessing this past month of having our friend, Chaplain Richard Brennan, share God's message with us. He always fills our hearts and souls. With Carol Stilli we give thanks that her niece, Dory Dedmon, passed an exam as a dental assistant. Lorrie and Ed Maki have much to be thankful for with good news on the health front for Ed and a move to a new home in town at Forest Glen.

The joy that comes living in God's light is evident at Sunrise as we slide into our fall routine. Sunday School has begun for our eager young children. Thanks to Rowena Fitzgerald and Erica Hickey for containing that excitement each Sunday morning! *(continued on next page)*

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Janette and Millie have been leading a nice group of our women in an engaging Bible Study. We are blessed to have their leadership.

Take a moment to fully embrace the beauty of God's handiwork during this month of October. Breathe in the cool crisp air, listen to the crunch of leaves beneath your feet, gaze on the everchanging colors in the canopy of trees as they prepare for their rest of winter. As the first rays of light find their way over the mountains at dawn to the streaks of red in the west ending our days, God's promise of light remains. **1 John 1:5 says, "This is the message we have heard from him and proclaim to you, that God is light and in Him there is no darkness at all."**

As the light of dawn greets me, Tana



FISH Food Bank



	Aug 2023	Year to Date 2023
Families (non-Single)	47	369
Singles	54	364
Adults	134	1,039
Children	57	393
Meals	2,865	21,480
Pounds of Food	6,358	47,691

Food Suggestions for October

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

Our next volunteer week is planned for **November 20th- 22nd, 24th**

Thank you to last week's volunteers, Carol Stilli and Gervaise Ferry.

Our monthly donations from Sunrise in August were: \$161.00, with 8lbs of food collected! We will collect FISH Money on the 2nd Sunday in October instead of the 1st Sunday.

Thank you to all who have contributed their time, food, and money to FISH!

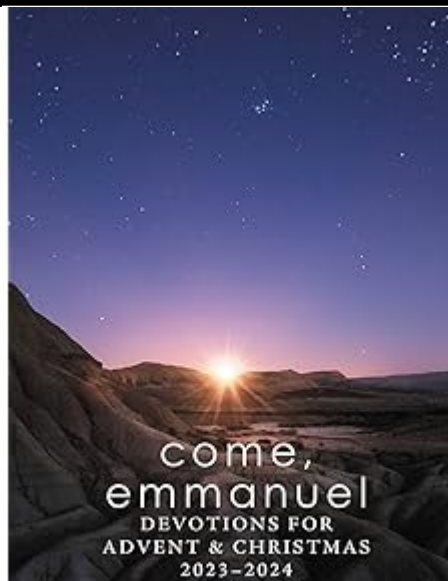
-Maribeth Doan



From Sept 1, 2023, to Nov 30, 2023, any donations to FISH will be matched dollar-for-dollar up to \$25,000. If you would like to contribute funds to FISH through the church, have funds to the office by Nov. 10. to take advantage of the Town Pump donation match.

Or you can donate directly to FISH by mail:
FISH P.O. Box 662 Great Falls, MT 59403

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come, emmanuel DEVOTIONS FOR ADVENT & CHRISTMAS 2023-2024 [Please Pre-Order now! Let the office know if you would like a copy and you will be contacted when the shipment arrives.](#)

In Come, Emmanuel we join Christians around the world, past and present, in the Advent tradition of reflecting on brief prayers known as the “O Antiphons.” Christians have used the O Antiphons since the eighth century or perhaps even longer. Their name comes from the way each one begins (“O Wisdom,” “O Adonai/ Lord,” and so on). The O Antiphons were sung during evening prayer or mass, especially in the last seven days of the Advent season.

Around the twelfth century, the O Antiphons became the basis for the hymn we know as “O come, O come, Emmanuel.” On the first day of each set of devotions in Come, Emmanuel, a contemporary version of the antiphon serves as the scripture text, and a stanza from “O come, O come, Emmanuel” serves as the “To ponder” quotation. The next four days in the set include scripture texts tradi-

tionally associated with the antiphon and quotes chosen by the writers. Emmanuel came that first Christmas. Emmanuel comes to us today. Emmanuel will come again. Rejoice and share the good news! Prefer an e-book? You can purchase a copy directly through Amazon for \$2.79.



Coffee or Tea?

That is the phrase we hear every week after church in the Fellowship Hall.

Thank you to everybody that volunteered to host our fellowship time. We have enjoyed all of the homemade treats along with the fruit and other goodies.

We have the sign-up sheet available next to the serving window in the fellowship hall. If you sign up to host, please remember that we have several people that are willing to make the coffee - just make a *note on the sheet by your name if you would like us to do that for you.

We know that not everybody is able to make treats so we try to keep cookies in the freezer that can be thawed out during the church service.

We are asking for volunteers to bring cookies to be placed in the freezer for future use. If you can bring some in, thank you. If a few people would like to meet to bake cookies at the church we can arrange that, but remember the kitchen has limited work space.

The Faith and Life Committee



October 2023

Oct 1	9:30 am	Worship, Guest Executive Presbyter Chuck Carlson
	10:45 am	Fellowship, Children's Sunday School
	11:00 am	Deacons' Meeting
Oct 5	10:00 am	Women's Bible Study
Oct 8	9:30 am	Worship, Communion
	10:45 am	Fellowship, Children's Sunday School
Oct 9		Office Closed
	6:00 pm	Faith and Life Meeting
Oct 13-14		Presbytery Meetings
Oct 15	9:30 am	Worship, Children's Sabbath
	10:45 am	Fellowship, No Sunday School
	4:00 pm	Heritage Dinner
Oct 16		Newsletter Deadline
Oct 18	6:00 pm	Mission & Memorials Committee
Oct 19	10:00 am	Women's Bible Study
Oct 19-20		VBS (8:30-12:00)
Oct 22	9:30 am	Worship, Moment for Mission-Great Falls Food Bank
	10:45 am	Fellowship, Children's Sunday School, Halloween Bucket Assembly
Oct 23-Sep 2		<i>Office Closed; Sarah gone - Reach Pastor Jessica by cell or email</i>
Oct 24	5:30 pm	Session Meeting
Oct 25		Newsletter Assembly
Oct 29	9:30 am	Worship, Women of the Reformation (Wear Plaid)
	10:45 am	Fellowship, Children's Sunday School
	2:00 pm	Special Halloween (1:30 setup, 2:00-4:00 event, 4:00-4:30 cleanup)
Deacons on Call: Sandy Lambert & Ruth Hickey		

October is Pastor Appreciation Month! Thank you Pastor Jessica for all you do!

October Hymn Pick - Thank you everyone who responded. Here are this year's selections:

October 1 - Carol Stilli's hymn selections: O For a Thousand Tongues to Sing, Open My Eyes That I May See, All Things Bright and Beautiful

October 8 - Millie Sivak's hymn selections: Holy Holy Holy, For the Beauty of the Earth, As the Wind Song

October 15 - Anonymous hymn selections: Be Thou My Vision, Jesus Loves Me, All Creatures of Our God and King

October 24 - Congregation Favorites: Be Thou My Vision, Just a Closer Walk with Thee, The Old Rugged Cross

Upcoming Worship: Children's Sabbath in Worship Oct 15, Reformation Sunday Oct 29, Remembrance Sunday Nov 5



October 2023

A Special Halloween

October Scripture Reading List

1	Psalm 107:37
2	Joel 2:23
3	James 5:7-8
4	Isaiah 40:6-8
5	Psalm 85:12
6	Proverbs 3:9-10
7	Galatians 6:7-9
8	Deuteronomy 11:13-15
9	Psalm 1:3
10	Jeremiah 5:24
11	Genesis 8:22
12	Psalm 104:19
13	Ecclesiastes 3:1
14	Psalm 90:1
15	Ephesians 5:18-20
16	Psalm 104:24
17	Daniel 2:20-21
18	Psalm 100:4
19	2 Corinthians 9:10-11
20	1 Timothy 4:4-5
21	Colossians 2:6-7
22	Habakkuk 3:17-19
23	John 6:9-14
24	John 15:1-5
25	Acts 2:46
26	Philippians 4:6-7
27	Romans 8:28
28	1 Corinthians 1:3-6
29	1 Corinthians 10:31
30	Galatians 5:22-23
31	Philippians 4:19-20



Volunteers Needed: October 22 during Fellowship Time - stuff bags and buckets with candy and trinkets. Gloves and masks provided; since some participant families are immune-compromised, we will package everything while wearing gloves and masks.

October 29 Volunteers: Costumes optional! Setup, Hand out, and Cleanup. Setup begins at 1:30, Hand out items 2-4, Cleanup 4-4:30. Twelve volunteers needed this day.

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!



October 2023

2023 Session Elders

Admin & Personnel: Lianna Gaskins, Scott Shull
 Buildings & Grounds: Travis Harp, Lee Hickey
 Christian Education: Erica Rusinski
 Faith and Life: Eric Chigbrow, Lee Hickey
 Mission & Memorials: Norman Anderson, Scott Shull
 Nominating:
 Outreach & Social Media: Lee Hickey
 Stewardship: Eric Chigbrow, Lianna Gaskins, Scott Shull
 Worship: Norman Anderson, Travis Harp
 Clerk of Session: Millie Sivak

Board of Deacons:

Chair: Ember Woods
 Secretary/Treasurer: Janette Forsyth
 Beth Hoseck, Dixy Paronto, Ruth Hickey, Bill McCullough, Sandy Lambert, Marilyn Andrews, Pam Chigbrow



«City», «State» «Zip»

«Address»

«First Names» «Last Name»

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