

August 2025

---

Friends,

Summer brings with it, for me, a rush of nostalgia. Memories of long, hot days at the city swimming pool, attempting to ride my bike no-handed down a long, even stretch of road, mowing lawns for pocket money as a junior high kid, spitting watermelon seeds with my cousins after my grandfather assures us he has picked the very best melon the store had in stock, drinking grape Kool-aid, camping in the back yard.

I'm sure that you have summer memories that also come over you this time of year – whether your memories are similar to mine or very different.

My favorite book of the Bible is the book of Ecclesiastes. While the language of Ecclesiastes may seem strange to a modern reader – talking about vanity and our 'vain' lives – there is something I find deeply touching about the way it portrays everyday life. Unlike other books of the Bible, Ecclesiastes isn't about adventure, or long journey, or war, or miracles. Rather, it is a book about the mundane and how we live day in and day out. It is about the cycles that are part of our human existence.

What always captures my attention in Ecclesiastes is the book's willingness to embrace that life will inevitably change, and that things don't stay the same forever. Faith ebbs and flows, births and deaths happen around us, crops grow and are harvested, things wear out and are replaced with something new.

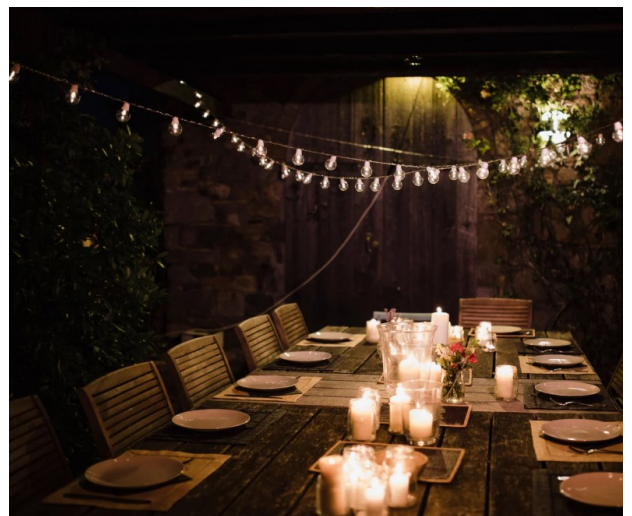
In the church calendar, the end of June brings us into Ordinary Time, or that time in the church calendar when Easter and Pentecost are over and we move into the non-holiday season of the church year. It is the time when we can reflect on what it means to live as Christians in a time that isn't filled with 'the big stuff' but rather the little stuff in life. It's the time that we have with our friends, our family, and our church community. It is a time to be interconnected in our lives without the pressure or demands that the high holiday times of year require.

Ecclesiastes 8:15 says, *"So I commend enjoyment, for there is nothing better for people under the sun than to eat, and drink, and enjoy themselves, for this will go with them in their toil through the days of life that God gives them under the sun."*

If this summer affords you the opportunity to 'eat, drink, and enjoy' I hope you will take the time to find simple but important pleasures in the months to come.

God's deep blessings to you in this Ordinary time.

Pastor Jessica



August 2025

---

**SHARING OUR SUNRISE JOYS AND CONCERNS**

*"The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep your going out and your coming in from this time on and forevermore." Psalm 121: 5,6,8*

From the time my grandson, Cole, was a small child, his Papa Bill was a guiding force in his life. His papa taught him how to do things, held his hand as he walked with him, was a steady stream of advice and was always there for him in challenges and celebrations. Most of all, Cole knew Papa always loved him. When Papa died 4 years ago, Cole missed him terribly but always knew the things Papa had shared with him would forever be with him. So on the occasion of his high school graduation, Cole chose to wear one of Papa's ties so that he would be close at hand for this marker in his life. I like to think that it is the same in our relationship with God. Through His Word he teaches us; with His loving hand he holds ours as we walk the joys and trials of life; the scripture He left with us directs us on how to live our lives; He is always there for us in prayer; and most importantly God sent his Son to save us in the ultimate act of love. His love and presence is always upon our hearts.

Knowing that God walks through the difficult times such as the loss of a loved one sustains us and gives us peace and hope. This month we remember the lives of two of our saints at Sunrise. We remember and celebrate the life of Don Bedker who passed away this month. He had been living in Washington near daughter Lorilei's family for the past several years and now he will be back with Gloria in heaven. He was a vital part of Sunrise through the years and we will always remember his kind manner. With the family of Betty Bielen we remember this loyal member of Sunrise and the smile she brought to us regularly. We will miss her loving and ladylike ways. With Rowena we mourn the loss of her beloved grandmother, knowing that her presence in Rowena's life will forever stay with her. Prayers and sympathies to all these families and for others we have lost.

We pray for Lois Mitchell who is now in Hospice care. Prayers for peace and an end to suffering. So too we ask you be with Tana's brother David now under hospice care. Ann Crawford is getting stronger at home and we pray for comfort for her. Our secretary Kris asks for prayers for her stepmother Karla's health and for successful births for her two daughters. Others who remain unnamed yet suffering both physical and mental health issues remain in our prayers.

We ask travel mercies for all who are traveling during this summer season, that God's hand will hold them.

It was a blessing this week when former Pastor Tim was in town with two of the camp counselors to speak at First Presbyterian. They took the time to join 3 of our Deacons to visit those in care facilities with prayer, communion and fellowship. Fran Lindstrand, Joan Green, Lois Mitchell, Barb Brewer and Benna McGeorge welcomed the visits from their Sunrise family and the opportunity to share God's word. Mark Bovingdon shares the happy news that former foster daughter, Christina, has welcomed a baby boy. Congratulations! Hannah Harp and Sebastian Munoz Crane are off to Glacier Camp this week and we know they will feel God's presence in that wonderful setting. Thanks again to all who make our outside grounds beautiful, being good stewards of that for which we have been blessed.

*Continued on p. 3 ->*

August 2025

---

As you enjoy our beautiful Montana summer, whether visiting with family or friends, traveling, or simply finding respite from the busyness of life, know that God travels in and with you as you pray, study and live His word.

*"Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven, you are there; if I make my bed in Sheol, you are there, If I take the wings of the morning and settle at the far side of the sea, even there your hand shall lead me, and your right hand shall hold me fast." Psalm 139:7-10*

Walking in the sunshine with God, Tana

### **Addendum to above Joys and Concerns - July 19, 2025**

*"For everything there is a season, and a time for every matter under heaven; a time to be born, and a time to die; a time to plant and a time to pluck up what is planted; --- a time to weep, and a time to laugh; a time to mourn, and a time to dance;" --- (Ecclesiastes 3:1,2 & 4)*

Time. The ever moving stream winding through our lives. I couldn't help but think about what can change in such a short time. As I read through the original Joys and Concerns written on June 19<sup>th</sup>, the passage of time was ever so evident. When a decision was made not to send out a July newsletter, the above article was relegated to the inbox to be printed with the August newsletter. Additional family and friends have died; new illnesses or accidents occurred, marriages and births have happened; summer camp here and gone; school barely out in June and by the time you read this, classrooms will be readied, students stocking up on new school supplies and college kids off to new adventures; the June grain once green now golden and ready for harvest. All in God's time.

We mourn the loss of family. Tana Harp's beloved younger brother died in June and with his family we give thanks for a well-lived life. With the Forsyth family we send our remembrances to their daughter-in-law, Patty, on the passing of her brother. Prayers for peace for them and unnamed family or friends who have suffered loss of a loved one.

Prayers this month for those in our midst who are sick or hurting. Shirley Gearhart suffered a serious fall in June with multiple injuries including several broken ribs. After a short stay in the hospital, she spent some time in rehab and is now back at home doing well. Estelle's daughter, Margarita, also fell and is still recovering. Jacinte asks for prayers for her cousin, Rosalie, with terminal cancer. Our secretary, Kris, requests that we remember her daughter, Taylor, dealing with pregnancy issues.

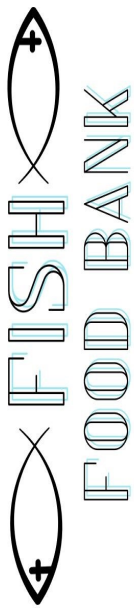
We continue to be grateful for the many blessings God affords us on our journey. Sebastian and Hannah finished their week at camp and had a wonderful time. Maribeth Doan was blessed to spend a week at the lake with her family. Many others have been enjoying God's great creation outdoors at cabins or camping. Some studied at the camp with Pastor Tim and his Tim Talks. It was wonderful to have Kathy Schlimgen with us in worship as well as Don and Shirley Roehm's daughter and son-in-law joining us. Love was in the air as we celebrated the marriage of Rowena FitzGerald and Keith Milton. Ember Woods was excited to join family in Colorado for the marriage of her granddaughter, Mary. God's blessings on these new Christian unions.

The above words from Ecclesiastes remind us that God gives us the opportunity for all things in this life and even though there is time to weep or a time to mourn, God gives us the chance to laugh and dance. He walks with us through all those times. My daughter in Australia who loved gardening with her dad, remembers him with a sign in her garden that says "A seed once planted never dies." God's love planted in our hearts grows like that seed and is with us to the harvest in eternity.

Basking in the sun of late summer and the vision of golden grain waving in the breeze, Tana

August 2025

### Food Suggestions for August:



- + Condiments
- + 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

**As kiddos start to head back to school, have your fish donation reflect that. Think of food that can be**

**easily put into a school lunch sack. Or maybe a after school snack, either for home or school.**

Our next week to work will be August 18-22.

#### **Fish Numbers from May 2025**

105 Families  
151 Adults  
69 Children

#### **Fish Numbers from June 2025**

60 Families  
97 Adults  
35 Children



Some of the outside trim on our church needs new paint. If you can give a couple of hours to scrap and paint, don't hesitate to get in touch with the Building and Grounds committee.

**The Great Falls Food Bank** is expanding its Weekend Backpack Program to include Junior High students during this school year. This will increase the program's overall cost by as much as 33%. If you would like to support the backpack program, you can make a donation directly to the GF Food Bank. Or, join with other Sunrise volunteers in packing food for the backpack program on Monday mornings starting this fall. Visit with Ember Woods for additional information. See more on p. 7.

Todd performs miracles every Sunday getting our church services on the internet. If you would like to learn what he does and be willing to stand in when he is not available, please contact Todd or the worship committee.

## **ANNUAL SUMMER CHURCH PICNIC**

**Wednesday, August 6<sup>th</sup> from 5 pm to 8:30 pm**  
Lions Park Pavilion  
2701 10<sup>th</sup> Ave S.

Come Early ... Stay Late  
Easy access ... playground equipment ...  
restrooms

### **FRIENDS AND FAMILY WELCOME!**

Sunrise will provide fried chicken and hot dogs. Salads, Desserts, and Beverages are welcome. A sign-up sheet will be distributed as we get a little closer.

**RSVPS APPRECIATED BUT NOT REQUIRED**



August 2025

**KIDS BACKPACK BLESSING AND ICE CREAM FOR ALL AGES**

# Ice Cream Social Aug 20 @ 3pm

CHILDREN WILL BRING THEIR BACKPACKS FOR  
BLESSINGS TO BE SPOKEN OVER THEM BEFORE  
THE BEGINNING OF THE SCHOOL YEAR



SCHOOL SUPPLY DONATIONS  
WILL BE COLLECTED FOR  
LEWIS AND CLARK ELEMENTARY  
SCHOOL

**Crayon Sorting**

This year we collected and sorted **296.12 lbs** of crayons. We want to give a great big thank you to everyone who came out to help sort. Also to Carol Stilli who helped Joe go to all the schools to grab them. A big thanks to Joe Hoseck for getting this all planned and executed.



Ask and you shall receive!  
After reaching out to the city's parks department, we were able to get a pet station at our sponsored Sunrise Park.



**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 earn approximately \$15 per month on cans and that money is used to ship our pill bottles for reuse.



August 2025

## August Deacons: Sandy Lambert & Beth Hoseck

<b>Aug 3</b>	Sun	9:30	Worship
		10:45	Fellowship
<b>Aug 6</b>	Wed	5-8:30	Annual Church Picnic at Lions Park Pavilion
<b>Aug 10</b>	Sun	9:30	Worship w/ Communion
		10:45	Fellowship
<b>Aug 17</b>	Sun	9:30	Worship
		10:45	Fellowship
<b>Aug 18 – 21</b>			<b>Pastor Jessica out of Office</b>
<b>Aug 18 – 22</b>			Fish Volunteer Workdays
<b>Aug 19</b>	Tues	1:00	In Home Communion
<b>Aug 20</b>	Wed	3:00	Ice Cream Social & Backpack Blessing (and school Supply Collection)
<b>Aug 24</b>	Sun	9:30	Worship
		10:45	Fellowship
<b>Aug 25</b>		9:00-11:00	Weekend Backpack Program Volunteers resume for the school year at the GF Food Bank
<b>Aug 26</b>	Tue	5:30	Session
<b>Aug 31</b>	Sun	9:30	Worship
		10:45	Fellowship
<b>Sept 1</b>	Mon		Office Closed; Labor Day

Take a few minutes to sit on the benches by the columbarium and enjoy the flowers. The flowers are purchased by donations from Tana Harp, Linda Schmid (daughter of Lois Mitchell), & Ember Woods. The soil was donated by Beth Hoseck. Ember & Beth manage the watering and care all season long.

August 2025

August Reading List	
Aug 1	Isaiah 61:1
Aug 2	James 1:25
Aug 3	James 2:11-13
Aug 4	2 Corinthians 3:17
Aug 5	Galatians 2:4-5
Aug 6	Galatians 5:1
Aug 7	Galatians 5:13
Aug 8	1 Peter 2:16
Aug 9	Proverbs 21:15
Aug 10	Deut. 10:17-18
Aug 11	Deut. 32:4
Aug 12	Deut. 32:4
Aug 13	2 Samuel 8:15
Aug 14	1 Kings 10:9
Aug 15	Psalms 37:27-28
Aug 16	Psalms 37:29-31
Aug 17	Psalms 97:2
Aug 18	Psalms 106:3
Aug 19	Proverbs 2:7-9
Aug 20	Proverbs 21:3
Aug 21	Proverbs 29:26
Aug 22	Micah 6:8
Aug 23	Isaiah 5:16
Aug 24	Jeremiah 5:27-29
Aug 25	Jeremiah 23:5
Aug 26	Amos 5:14-15
Aug 27	Matthew 23:23
Aug 28	Luke 18:1-8
Aug 29	Hebrews 11:32-34
Aug 30	Isaiah 45:22-24
Aug 31	Philippians 3:19-21

### Backpacks 4 Kids Program

*A letter from Shaun Tatarka, director of the Great Falls Food Bank*

According to the USDA, nearly 1 of every 4 U.S. children is food insecure, meaning they do not have consistent access to food. For many children at risk, school meals are a main source of food. However, when school ends on Friday, many children do not have adequate access to food they need to thrive over the weekend. In Great Falls, teachers were noticing that many underprivileged kids were hungry on Monday mornings and after extended holiday breaks. This leads to not only a reduction in concentration for the hungry student but also behavioral issues that distract teachers from teaching, and prevents all students from learning. In response to this, the Backpacks4Kids program was created.

In the 2024-2025 school year, the GF Food Bank averaged around 950 packs per week that were distributed to elementary students, filled with "kid friendly" items such as cereal, juice, non-perishable milk, two cans of pasta, soup or stew, kracklin kamut, crackers, a granola bar, and a fruit snack. These packs are discreetly placed into kids backpacks by school counselors. The cost to make the packs is about \$3.60 per bag.

In 2025-2026, the program will be expanding to include the two Great Falls Junior High schools plus Vaughn and Centerville. The food bank estimates this will be an increase of 30%, up to 1,250 packs per week. The entire budget, including gas to deliver the packs plus marketing and wages will be approximately \$175,000 per year.

Sunrise currently has a group of volunteers who go each week to assemble these weekend packs. The group is looking to expand and hope to train other volunteers who can fill in when folks are gone. If you would like to know more, please visit with Ember Woods. Volunteers work for two hours each Monday on site at the Food Bank.

August 2025

---

**Committees and Elders:**

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