

Lent 2024 (Feb-Mar)

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Dear Friends,

I enjoy watching and listening to documentaries. Facts, trivia, and knowledge about the world fascinates me. Recently I was listening to a story and it touched on the subject of weather knowledge. It was during WWII that the human ability to really anticipate and predict weather came into being. Radar technology and the beginnings of computer technology allowed for forecasting to begin as a science rather than an art form based upon prior years of data.

One of the interesting early findings about this new weather forecasting, radar and computer data, was how little it took to drastically skew the results. Even as little as 1/1,000th difference in a calculation can create something new. *"In 1961, Lorenz was running a numerical computer model to redo a weather prediction from the middle of the previous run as a shortcut. He entered the initial condition 0.506 from the printout instead of entering the full precision 0.506127 value. The result was a completely different weather scenario."*<sup>1</sup> This is the reason why today weather forecasting continues to be unpredictable more than just a few days out - there are too many variables and too many minute changes that can send things in another trajectory completely.

I have been pondering church and faith and what microscopic changes can do to an organization. While not as vulnerable as the weather, we can be affected by small changes. A single encounter, a word spoken in kindness or a word spoken in jest, may change the trajectory of a person's life or faith journey.

In a time of shifting sands, so to speak, in the life of American churches, it is more important than ever that we speak with forthrightness, kindness, and hope. The words we speak in church are being carefully listened to by younger generations - they want to know that the Church is trustworthy. They are paying attention: are we speaking the words that Jesus spoke? Are we following the wisdom Jesus imparted? Are we reaching out to those on the edges of the crowd as Jesus did?

Even as we are a part of a Christian community, it is our responsibility and our calling to individually follow Jesus. This is not only for our own faith but in order that others might see Christ through us. Because we never know when a word, a helping hand, or an act of kindness might shift someone's life completely. Small things are important; after all, 1/1,000th can make a huge impact over a long distance.

It brings to mind for me the simple Christian song written almost a hundred years ago by Sam Collins, *"I want to be like Jesus in my heart, in my heart. I want to be like Jesus in my heart."* We never know when the act of being like Jesus will impact another person's life. It's a beautiful image of our connectivity as human beings.

May God's blessings be upon you this Lent.



<sup>1</sup>([https://en.wikipedia.org/wiki/Butterfly\\_effect](https://en.wikipedia.org/wiki/Butterfly_effect); Gleick, James (1987). *Chaos: Making a New Science*. Viking. p. 16. ISBN 0-8133-4085-3. )

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## SHARING OUR SUNRISE JOYS AND CONCERNS

*"As it is written in the book of the words of the prophet Isaiah, "The voice of one crying out in the wilderness: **Prepare the way of the Lord, make his paths straight.** Every valley shall be filled, and every mountain and hill shall be made low, and the crooked shall be made straight, and the rough ways made smooth; and all flesh shall see the salvation of God."*

February is always a study in contrasts and change. At any given moment it can be below zero and snowing, the gusting wind whipping against the window panes as a sort of teasing reminder that winter is still with us; and in the next instance the sun is out and we're pondering washing those window panes in anticipation of spring. This second month of the year is at once the shortest month of the year while seeming the longest. The grayness and bleakness of the days make it seem like it goes on forever; then suddenly we turn around and March has arrived. A contrast of how quickly we remove all vestiges of the Christ child's birth and move on with our busy lives. And then Lent intrudes, reminding us of why that child was sent to us and the unfolding of his ministry and the greatest gift he was sent to give us. A time of preparing the way for our Lord. A time to wait and ponder what we were promised in his birth.

For those who have lost loved ones in the past couple of months we ask that the promise given to us in Christ's greatest gift gives them peace. We lost our dear Doris Pascal this past month and know that she held the promise of salvation in her heart. Knowing Doris, you saw the joy she had in Christ. The angels in heaven rejoiced as they welcomed her. She served in many ways over the years notably as Sunday School superintendent and clerk of Session. We also mourn the loss of Stacy Poma-jevich with her mother, Joanne and family. Stacy faithfully served Sunrise as church secretary and treasurer, middle school mentor, and pianist for the choir. Our hearts go out to young Parker Shearin (Rachel Zins son) as he mourns the sudden loss of his father, Kyle. Janette Forsyth laid her brother to rest this month after a brief bout with brain cancer remembering his fruitful life. We pray also for Norman Anderson on the loss of a cousin to a stroke and to our secretary, Sarah's husband, Tyler on the loss of his grandfather. God's grace and peace to all.

We are called as the people of God to show compassion to those who are sick or hurting. Continued prayers for Helen and John DeVoss as they adjust to dialysis in Helen's health journey, to Rod and Dixy Paronto, for Ed and Lorrie Maki, and for Orville Chigbrow in hospice care. Prayers of thanksgiving for the continued recovery for Doug Hickey as he progresses to the rehab unit at the hospital in Colorado for intensive therapy to relearn daily tasks after a brain virus and miraculous recovery. With his wife, Tammie, by his side he's climbing the mountain. Prayers for Sandy Lambert as she supports her brother following a heart attack and bypasses. A former member of Sunrise, Darla Black, is recovering from a stroke and needs our prayers. We are grateful that Millie Sivak is back with us after a heart procedure and she is doing well.

Our Sunrise family continues to spread God's love in the community. A group from Sunrise has been going weekly to the Food Bank to fill bags for the backpack for kids program. Bill and Jacinte spread their joy as they participated in a "Night to Shine", a prom for those with special needs. We celebrate with Estelle Bull Child as she welcomes her three grandsons back to her home. Prayers for the group from Glacier Presbytery as they join Rev. Tim Lanham on a study journey following the Path of Paul. Our own Pam & Eric Chigbrow and Lianna & Jackson Gaskins are on the trip along with Bob and Nancy Maynard from Colorado, and Rev. Dave & Marsha Anson. We're excited to hear of their adventures.

We are asked to "Wait upon the Lord" during this season of Lent. Wait, watch, listen. Prepare your hearts and minds to celebrate this greatest gift of the resurrection. Hear the words from the Hymn of Promise. "In the Bulb there is a Flower". Even when we can't see it God's promise is always there.

***"In the bulb there is a flower; in the seed an apple tree; in cocoons, a hidden promise; butterflies will soon be free! In the cold and snow of winter, there's a spring that waits to be, unrevealed until its season, something God alone can see."***

In God's sunshine, Prepare the Way of the Lord, Tana

**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.



## FISH Food Bank



	Dec '23	Jan '24
<b>Families (non-Single)</b>	44	36
<b>Singles</b>	59	64
<b>Adults</b>	128	119
<b>Children</b>	47	46
<b>Meals</b>	2,625	2,475
<b>Pounds of Food</b>	6,516	5,455

### Food Suggestions for March:

- Ketchup, Mayonnaise, Mustard
- Boxed Macaroni & Cheese
- Salad Dressing
- Any Type of Soup; Tomato, Chicken Noodle, Cream of Mushroom

### **Fish Updates:**

- Sunrise collected 20 pounds of food to donate in January!
- Thank you to our FISH volunteers from last week Sandy Lambert, Carol Stilli, and Scott Schull
- Our next week to volunteer will be **March 25th - 28th**. If you would like to volunteer, please contact Maribeth Doan at 406 - 452 - 2727.

### **Faith Over Fear Benefit**

A Benefit to help Doug Hickey and his wife Tam-mie cover medical expenses will be held on Saturday, March 23 at the Eagles Lodge at 1 p.m.

Contact Doug Darko at 406-899-5923 for more in information.

### **Holy Week begins March 24th**

Volunteer to lead a 7am service or help out with breakfast. Leading a service is an opportunity to share your faith in a short 10–15 minute presentation. The breakfast that follows at 7:30 the service is to be a simple time of fellowship, with a light continental style breakfast. A sign up sheet will be going up in the narthex soon



Picture above: volunteers packing food for the weekend backpack program for children in need in the GF Public School District. With the help of the GF Community Food bank, over 900 backpacks get food each weekend. Our volunteers packed 400 lunches in two hours!

Lent 2024 (Feb-Mar)

February Calendar of Events		
Feb 19		Office Closed
Feb 20	6:00 pm	Finance, Stewardship, & Memorials Meeting
Feb 21	6:00 pm	Faith, Outreach, & Mission Meeting
Feb 22	10:00 am	Women's Bible Study
Feb 25	9:30 am	Worship, Congregational Meeting
	10:45 am	Fellowship, Children's Sunday School
Feb 26	1:00 pm	Doris Pascal Memorial
Feb 29 – Mar 3		Jessica out of Office

March Calendar of Events		
Mar 3	9:30 am	Worship
	10:45 am	Fellowship, Children's Sunday School, Jessica Out of Town
	11:00 am	Deacons' Meeting
Mar 7		Women's Bible Study
Mar 10	9:30 am	Worship, Communion
	10:45 am	Fellowship, Children's Sunday School
Mar 13	6:00 pm	Worship Committee Meeting
Mar 17	9:30 am	Worship, FISH collection
	10:45 am	Fellowship, Children's Sunday School
Mar 18		Newsletter Deadline
Mar 20	6:00 pm	Faith, Outreach, and Mission Meeting
Mar 21	10:00 am	Women's Bible Study
Mar 24	9:30 am	Worship
	10:45 am	Fellowship, Palm Sunday Brunch, Children's Sunday School
Mar 25	7:00 am	Daily Matins Service (Beginning of Holy Week)
	7:30 am	Breakfast
Mar 26	7:00 am	Matins Service
	7:30 am	Breakfast
	5:30 pm	Session
Mar 27		Newsletter Assembly
	7:00 am	Matins Service
	7:30 am	Breakfast
Mar 28	7:00 am	Matins Service
	7:30 am	Breakfast
	7:00 pm	Maundy Thursday Service
Mar 29	7:00 am	Matins Service
	7:30 am	Breakfast
Mar 31	9:30 am	<b>Easter Sunday</b> Worship, One Great Hour of Sharing
	10:45 am	Fellowship, No Children's Sunday School; Kids' Egg Hunt by Faith & Outreach
<b>Deacons on call for March: Pam Chigbrow and Jacinte McCullough</b>		



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There will be a called Congregational Meeting on Sunday, February 25 to modify Pastor Jessica's terms of call. Pastor Jessica has been offered a part-time position with the Omaha Presbyterian Seminary Foundation (OPSF). This position will begin in February and she will start transitioning in March and April to a shorter schedule at Sunrise.

While this change will have some challenges, it will also bring some new information to Sunrise around the most recent data and trends for healthy churches. Moving to part-time ministry will also put the Sunrise budget into balance.

A letter containing more details about this upcoming change as well as information about how Pastor Jessica will be allocating her time will be mailed in mid-February.

Here is a brief look at Pastor Jessica's schedule. You can schedule an office meeting with her by using the calendar link at [www.calendly.com/pastorcranemunoz](http://www.calendly.com/pastorcranemunoz)

March Schedule:

Times at Sunrise - Sunday morning,  
Monday, Tuesday, Thursday all day  
Wednesday morning  
Wednesday afternoon & Friday  
with OPSF



**ONE GREAT HOUR OF SHARING**

This year, One Great Hour of Sharing Offering will be split into two offerings - a coin-bank offering and pew envelope offering. Monies collected through coin banks will go to a local mission project while monies collected through the pew/offering envelopes will go directly to the PCUSA One Great Hour of Sharing Offering. Both offerings will be collected through Easter Sunday - bring your banks back on either Palm Sunday or Easter.

*Mission Opportunity*



**Palm Sunday Brunch**

MARCH 24, 2024

Following Worship, no Sunday school this day.

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# A Sharing Calendar for Lent 2024

Each day at or after a meal time, gather around this map activity. Consider the reflection and questions, place a coin or a bill (a "gift") in your fish coin bank or a jar.

Feb 18-23	<p><b>Sunday:</b> God, open our eyes to your face in every person. Let us see the ways we are all connected with all of Creation. May we as your Church, together, seek love, justice and peace with all. Amen.</p>	<p><b>Monday:</b> Over 23 million Americans live in a food desert, far from a store where they can buy fresh food. Give a gift for each grocery store nearby.</p>	<p><b>Tuesday:</b> Electricity is usually the first utility that is lost in a storm. Give a gift for each light switch in your home.</p>	<p><b>Wednesday:</b> Read Isaiah 58:6-8, 12. What are we asked to do? Who helps meet those same needs for you (v. 12)? Say a prayer of gratitude for them.</p>	<p><b>Thursday:</b> Our Gracie Fish coin boxes will hold many gifts of money this season, but what other kinds of gifts can we give? What gifts can share?</p>	<p><b>Friday:</b> Sunday is PDA's Blue T-Shirt Sunday. What does PDA do to show God's love? Choose something blue to wear or share with your congregation.</p>	
Feb 25-March 1	<p><b>Sunday:</b> Gather us all around your banquet table, O God, with all who hunger and thirst. May we join together to share the abundance you've intended for all. Amen.</p>	<p><b>Monday:</b> Climate change is forcing farmers worldwide to either adjust their farming methods or move away. Give a gift for each type of animal you saw today.</p>	<p><b>Tuesday:</b> Thousands of frontline workers risk their lives daily during a health crisis. Say a prayer for the doctors, nurses and other medical staff who care for the sick.</p>	<p><b>Wednesday:</b> Without the right nutrition in the first two years of life, a child's physical and mental development is compromised. Give a gift for each baby/toddler you know.</p>	<p><b>Thursday:</b> When roads are closed and electricity is off, going to see a doctor can be hard. Give a gift for each person in your family who has been able to see a doctor in the past year.</p>	<p><b>Friday:</b> It is estimated that 1 in 5 kids in the U.S. will experience hunger this year. Pray that no child will ever go to sleep at night hungry.</p>	
March 3-8	<p><b>Sunday:</b> Encourage us, Creator, when things get difficult. May we draw creativity and hope from your Spirit, and from our partners along the way. Amen.</p>	<p><b>Monday:</b> Find an SDOOP project near you on the OGHs map. What is SDOOP working to address there? Say a prayer of thanksgiving for our partners.</p>	<p><b>Tuesday:</b> Changing weather patterns mean old ways of farming don't work in some areas anymore, so farmers need to be taught new techniques. Give one gift for every farm you've visited.</p>	<p><b>Wednesday:</b> If you could start a business of your own, what would it be? Give a gift for every good business idea you hear from those you are with.</p>	<p><b>Thursday:</b> Rainwater is rare in some places, so special collection systems are built to catch the water so it can be used for growing plants. Give one gift for every day it rained (or snowed) in the past week.</p>	<p><b>Friday:</b> Sunday is SDOOP Sunday! Visit <a href="http://pcusa.org/sdop">pcusa.org/sdop</a> and identify a community partnership SDOOP has cultivated. Give a generous gift in honor of that partnership.</p>	
March 10-15	<p><b>Sunday:</b> Lord, help us to learn from what others have seen, so that we might grow in understanding across lines of difference. Amen.</p>	<p><b>Monday:</b> Hunger-related causes kill tens of thousands every day around the world. Give a gift for meals you've had today.</p>	<p><b>Tuesday:</b> Poverty can make people feel like their wheels are spinning because of surprise expenses, problems or illness. Give a gift for every wheel around your home that helps your family get places.</p>	<p><b>Wednesday:</b> Teaching healthy food choices and food safety can change the health of an entire community! Choose some healthy foods in your kitchen to donate to a food pantry or soup kitchen.</p>	<p><b>Thursday:</b> The most vulnerable are often the most impacted in emergency situations. Say a prayer for children impacted by disasters and give a gift for every flashlight in your home.</p>	<p><b>Friday:</b> Communication can be incredibly difficult after a disaster, especially if the internet isn't working! Give a gift for every phone your family has.</p>	
March 17-22	<p><b>Sunday:</b> Guide us through the paths that feel lonely, assured that you are always with us. Be with us in the darkness as we walk by faith and not by sight. Amen.</p>	<p><b>Monday:</b> Social support and connection are important parts of being healthy. Gift a gift of gratitude for every home that offers welcome to you.</p>	<p><b>Tuesday:</b> Immunizations give us hope for a day when certain diseases will no longer cause sickness and pain. Give a gift for each immunization you have received.</p>	<p><b>Wednesday:</b> God's love is shown in so many ways. Find three things you can do today or tomorrow to share God's love.</p>	<p><b>Thursday:</b> Find three books you can donate so another person has the chance to read and learn. Give a gift for every year you have been in school and.</p>	<p><b>Friday:</b> Learning new languages can help form relationships. Learn about the Indigenous peoples who inhabited the land where you are now and the name they gave that place or region.</p>	
March 24-29	<p><b>Passion/Palm Sunday:</b> God, you call us to grow, go out and serve. Open our eyes, ears and hearts so that we can be "repairers of the breach," serving our siblings in need. Amen.</p>	<p><b>Monday:</b> After a natural disaster or a public health crisis, it may be hard to find places to buy basic supplies. Say a prayer of thanksgiving and give a gift for each time you had toilet paper to use today.</p>	<p><b>Tuesday:</b> Most people around the world don't have access to the many varieties of fruit and vegetables we have. Give one gift for each type of vegetable in your house.</p>	<p><b>Wednesday:</b> Where does your water come from? Many people carry buckets of water long distances to their homes every day. Give a gift for every faucet in your home.</p>	<p><b>Thursday:</b> Blankets are used internationally to comfort those impacted by disasters. Give a gift for each blanket on your bed or find some blankets you can donate.</p>	<p><b>Friday:</b> Women and children are disproportionately impacted by poverty and hunger. Give a gift for every female in your class or workplace.</p>	
March 31	<p><b>Sunday - Resurrection/Easter/One Great Hour of Sharing:</b> Present the gifts in your coin box to your congregation. Say a prayer for all those who will receive help from your generosity.</p>						



**75 YEARS**  
**ONE GREAT HOUR OF SHARING**  
 SPECIAL OFFERINGS  
 HUNGER • DISASTER • DEVELOPMENT

For more locations and ministries, go to [pcusa.org/oghsmap](http://pcusa.org/oghsmap) or scan this code.



Lent 2024 (Feb-Mar)

This is a free Lenten daily reading plan provided by the American Bible Society, c. 2015. It begins with Ash Wednesday, February 14.

Feb 14	Ash Wednesday Luke 4:1-13	9	Psalm 103
15	Romans 8:1-17		<b>Fourth Sunday in Lent</b>
16	Galatians 5:16-26	10	Matthew 23:1-12
17	Ephesians 4:17-24	11	Mark 10:35-45
	<b>First Sunday of Lent</b>	12	John 15:1-17
18	Psalm 51	13	Romans 12:9-21
19	Matthew 6:5-15	14	Romans 13:8-14
20	Matthew 18:21-35	15	1 Corinthians 13:1-13
21	Luke 15:11-32	16	1 John 4:7-21
22	Ephesians 4:25-5:2		<b>Fifth Sunday in Lent</b>
23	1 John 1:5-10	17	Luke 5:1-11
24	Psalm 130	18	Luke 9:22-27
	<b>Second Sunday in Lent</b>	19	Matthew 10:16-33
25	Genesis 12:1-9	20	Matthew 10:34-42
26	Genesis 22:1-19	21	John 15:18-27
27	Isaiah 51:1-16	22	2 Timothy 2:1-13
28	Luke 12:22-34	23	2 Timothy 3:10-17
29	Romans 4:13-25		<b>Palm Sunday</b>
Mar 1	Hebrews 6:13-20	24	John 13:1-20
2	Psalm 62	25	Philippians 2:1-11
	<b>Third Sunday in Lent</b>	26	Psalm 22
3	Luke 17:11-19	27	Isaiah 52:13-53:12
4	2 Corinthians 9:1-15	28	Luke 22:39-71
5	Ephesians 5:6-20	29	Luke 23:1-56
6	Philippians 4:1-9	30	Hebrews 4:14-5:10
7	Colossians 3:1-17	31	<b>Easter Sunday</b> Mark 16:1-8
8	1 Chronicles 16:7-36		

Thank you Sunrise Family for lifting Doug in prayer and surrounding his entire family with love and faith. We have been humbled by God’s grace and the outpouring of love and support. We appreciate continued prayers and positive thoughts more than you could ever know. “Faith over Fear”

Doug and Tammie Hickey Write to Doug at: Doug Hickey, 1009 E. Lake Street, Fort Collins, CO 80524

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**Committees and members**

Admin, Personnel, & Social Media: Joe Hoseck, Scott Schull,  
Buildings & Grounds: Travis Harp, Lee Hickey  
Christian Education: Lee Hickey, Erica Rusinski  
Faith, Outreach, & Mission: Norman Anderson, Lee Hickey, Joe Hoseck, Carol Stilli  
Finance, Stewardship, & Memorials: Joe Hoseck, Scott Shull  
Nominating:  
Worship: Norman Anderson, Lianna Gaskins, Travis Harp, Lee Hickey  
Clerk of Session: Millie Sivak



**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»  
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