

October 2026

“Autumn is all about letting go: Fall is the season of limits that reminds us of our mortality,” wrote pastor and author Courtney Ellis in a recent newsletter article.

“Yes!” I thought as I read those words. Here was going to be an article about fall cleaning or shedding the things in our lives we don’t need!

It wasn’t.

Instead, the article was mostly about bird watching. It was a lovely article but not what I’d been hoping for based upon those first two lines.

At the moment of reading it, I was in the midst of those first weeks of school resuming when life is hectic. My mother was planning a yard sale and I wondered if I’d have the time or energy to pull a few things out of the garage to sell. One of my children was debating a lemonade stand the same day, and the other was learning to ride his bike. I was getting ready for a busy week of continuing education and upcoming travel for OPSF.

I was ready for shedding things. I’m not sure what. All the activities happening were good, and normal, and right. And yet I found myself longing for more steadiness, more boundaries, or more solidity. How can that be? To be happy with all that’s happening and to still be discontent? I wouldn’t want to give up any of the things on my to-do list – they all have purpose and meaning.

Perhaps this is existential angst. That thing inside us that occasionally flares up and reminds us of our human frailty and our limited time on this earth. We have a longing within us to fulfill a purpose and to make a meaningful life.

Even as faithful believers, we can and do have longing in our lives: hopes, dreams, aspirations, and desires. Some of these longings will be fulfilled while others may persist or change over time and throughout our lives. Scripture points to one of those longings being the longing for the presence of God.

“As a deer longs for flowing streams, so my soul longs for you, O God. My soul thirsts for God, for the living God.” (Psalm 42:1-2)

“My soul yearns for you in the night; In the morning my spirit longs for you.” (Isaiah 26:9)

As autumn settles around us and sweaters are pulled out of closets and snow boots are located in anticipation of the first snow, we see the end of the harvest cycles around us. Plants withering, trees casting down their leaves, and the fur of animals changing colors as we head into darker, colder times. It is here, in these changes, that we can see the hand of God at work: moving the world on its axis, providing the cycles of death and rebirth that sustain creation. Perhaps it is in noticing these changes that we can draw closer to God. We can see and feel and smell and hear and sense God within this beautiful creation. And perhaps in seeing ourselves as a part of that creation, we can see and feel and sense our own place within it.

A prayer for us this fall:

Creator God, in the turning of the seasons, remind us that we are held by your hand. When our days are full and yet our hearts are restless, draw us close. Let our longing lead us to you, the flowing stream that never runs dry. Amen.

Pastor Jessica



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SHARING OUR SUNRISE JOYS AND CONCERNS OCTOBER 2026

*"O sing to the Lord a new song; Sing to the Lord, all the earth.
Sing to the Lord, bless His name tell of His salvation from day to day."
Psalm 96:1*

As I sat in worship on the Sunday just two days before the official start of autumn, listening to the beautiful words from Psalm 96 read by liturgist Lisa Shull, my first reaction was that I tend to associate those words with the beginning of spring - not autumn. Spring when all is fresh and new. Spring when we celebrate the resurrection. As I reflected a little more, I realized how absolutely appropriate those words are for this time of year. It's a time of change, of transition for so many; just as the earth transforms and lets its leaves change color, it becomes a time for us to let go of some of the old things in our lives and celebrate with thanksgiving a new life in Christ. A time of reflection. A time to sing of joy in every season of change.

We pray for those who mourn this month the loss of loved ones and friends. May God's grace abide with them.

Through trying times and illness we hold tight to the hand of God, knowing that he goes with us as we struggle. This month we pray for Estelle BullChild whose family is suffering from health issues. We ask for God's peace for Lois Mitchell and Gail Bucko who are both under hospice care. Blessings on their families during these waning days. For all those not named with family and friends undergoing medical treatment we pray. We celebrate with thanksgiving the healing touch of God. After a week in the hospital with an infection, Ben Forsyth is doing well. Jana Ferry Pfeifle's mother-in-law, Carla, is now cancer free after an early discovery of cancer. Praise the Lord for those and other blessings of healing.

Joy in the coming together of congregation and community at our fall carnival on a lovely day in September. Many of us were blessed to see old friends Chick and Chuck Schedel and Dave and Marsha Anson at Tim's service. A special shout of congratulations to Clara and Mason Clark, along with parents Rachel and Mark, as they welcomed a new baby to the family. Welcome little William.

*"Let the heavens be glad, and let the earth rejoice.
Let the sea roar and all that fills it. Let the field exult, and everything in it.
Then shall all the trees of the forest sing for joy before the Lord."
Psalm 96:11-12*

This past week I was blessed to attend the memorial for Pastor Tim at Glacier Camp. It was never more clear to me than at that celebration that both tears and shouts of joy be present as we remembered how special Tim was to all of us. On a beautiful fall day in a gorgeous setting where God's word has touched those from the smallest child to those in the autumn of their lives, we celebrated a life well lived. As we traveled home through the unspeakable beauty of the yellow, gold, orange, red and green of Glacier Park we were in awe of the vastness of His glory and "sing a new song to the Lord." All the trees were certainly shouting with joy! Even in the autumn.

"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end."

Ecclesiastes 3:1

Amidst the changing colors of autumn, Tana

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October Reading List: Bible Verses on Harvest & Reaping

Date	Scripture Reference
Oct 1	Genesis 8:22
Oct 2	Leviticus 19:9
Oct 3	Deuteronomy 16:15
Oct 4	Deuteronomy 24:19
Oct 5	Psalms 126:5-6
Oct 6	Psalms 65:11
Oct 7	Proverbs 3:9-10
Oct 8	Proverbs 10:5
Oct 9	Ecclesiastes 11:6
Oct 10	Leviticus 26:5
Oct 11	Galatians 6:7
Oct 12	2 Corinthians 9:6
Oct 13	2 Corinthians 9:10-11
Oct 14	Matthew 9:37-38
Oct 15	John 4:35
Oct 16	John 4:36
Oct 17	John 12:24
Oct 18	Mark 4:28
Oct 19	Matthew 13:8
Oct 20	1 Corinthians 3:6-7
Oct 21	Matthew 13:30
Oct 22	Joel 2:23-24
Oct 23	Isaiah 55:10-11
Oct 24	Hosea 10:12
Oct 25	Psalms 67:6-7
Oct 26	Psalms 104:14
Oct 27	James 5:7
Oct 28	Exodus 23:16
Oct 29	Psalms 107:33-37
Oct 30	Psalms 85:12
Oct 31	James 3:18

Child Protection Policy Update:

The Session annually discusses and reviews the policies in place at Sunrise regarding conduct and child protection. This year, the session has updated the policy to include the following language.

"15. Church members, volunteers, staff, and guests shall use discretion in selecting age-appropriate language and content avoiding graphic descriptions of violence, war, war crimes, rape, murder, self-harm, drug use, or suicide when children or youth are present. This also applies to vulnerable adults. (A vulnerable adult is legally defined as a person aged 18 or older who is unable to protect or care for themselves due to a physical, mental, emotional, or developmental disability, sensory impairment, or the infirmities of aging.) If it is unclear what language should be used, individuals are encouraged to consult the minister or the Christian education committee.

16. If church members or participants witness acts of sexual harassment, racial discrimination, gender-based discrimination, or other violations of this policy, they shall immediately address these concerns, both verbally and in writing, to the church Session. Concerns should include the date, event/circumstances, and names of individuals involved and names of those who witnessed the incident."

To see our full policies on conduct and child protection, visit our website where you can view the documents at any time.

Remember you can always visit our current bulletins and newsletters on our website.

Visit www.sunrisegreatfalls.net

Fellowship Time is getting an update...

Beginning in October, you will see a change to the Fellowship Hosting Sign-Up sheet.

The 1st and 3rd Sundays of each month will be "Freezer Cookie" days.

The 2nd and 4th and occasional 5th Sundays of each month will be regular hosting days.

On "freezer cookie" Sundays, hosts will only be responsible for making drinks, traying and serving cookies, and clean-up. Any cookies in the freezer (labeled for use) can be set out and the Faith & Life committee will stock the kitchen with pre-packaged cookies.

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October Deacons: Sandy Lambert & Sue Petersen

Sep 30-Oct 4	Wed/Sun	All Day	Jessica Out
Oct 1	Thu	10:00 am	Bible Study
Oct 4	Sun	9:30 am	Worship w/ Courtney Arntzen
		10:30 am	Fellowship
		10:45 am	Sunday School
		11:00 am	Deacons Meeting
Oct 6-8	Tue/Thu	All Day	Jessica in Denver
Oct 7	Wed	6:00 pm	Worship Committee
Oct 11	Sun	9:30 am	Worship w/ Communion
		10:30 am	Fellowship
Oct 15	Thu	10:00 am	Bible Study
Oct 15-16	Thu/Fri	All Day	No School for GFPS
Oct 18-20	Sun/Tue	All Day	Jessica Gone; Glacier Presbytery
Oct 18	Sun	9:30 am	Worship w/ Rev. Steve Nelson
		10:30 am	Fellowship
Oct 21	Wed	6:00 pm	Faith-Life, Outreach, Mission Committee Meeting
Oct 25	Sun	9:30 am	Reformation Sunday Service
		10:30 am	Fellowship
		10:30 am	70th Anniversary Celebration Brunch
Oct 26-Nov 12	Mon/Thu	All Day	Presbytery Europe Trip
Oct 28	Wed	10:30 am	Newsletter Folding
Oct 31	Sat	All Day	Happy Halloween



Upcoming in Worship:

Pastor Jessica will be gone Oct 4 & Oct 18. Rev. Courtney Arntzen, community chaplain in Missoula, will provide the message on Oct 4, and Rev. Steve Nelson will provide the message on Oct 18.

Children's Sabbath and celebration of World Communion Sunday will be held on Oct 11. Children will lead worship and receive age-based bibles in worship that Sunday.

Reformation Sunday and Sunrise's 70th Anniversary service will be held on Sunday, Oct 25 during the regular service time at 9:30 a.m.

There will be no children's Sunday school Oct 11, 18, or 25.

What is the Mission and Vision of Sunrise Presbyterian Church?

Our Mission is to know and love God by worshipping, by learning, and then by teaching; and to see the health and growth of our own spirits toward God. Furthermore, our mission calls us to minister actively as directed by Jesus Christ, whether healthy or ill, young or old, rich or poor, in bereavement and in joy, without regard to person or station in life. Our Vision is to glorify God through excellence in worship and music, fellowship with one another, outreach to the wider community, and care for children in the church and community.

October 2026



70th Anniversary Carnival, September 12th 2026

Ruth was volunteering her time at the pinwheel table. The kiddos loved all of the different options.

Pastor Jessica with the help of Sandy, ran the very popular slime table. There were so many bags of slime made, and you could tell by the kiddos hands (stained) who made slime and who didn't.

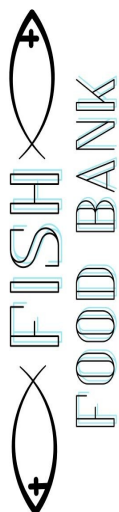
Kris was everywhere helping out, but when her grands showed up, you could find her at the three bounce houses we had. The kids loved being able to jump all of their energy out.



What a great day, and so much fun was had by everyone.



October 2026



FISH Needs:

- + Tomato Soup/Chicken Noodle Soup
- + Boxed/Bags of Cereal
- + Canned Goods: Chili, Corn, Green Beans,
- + Black Beans, etc..
- + Healthy Snacks (Granola Bars, Dried Fruit,
- + Boxed Potatoes

FISH Bowl Sunday, Sept 20th

Generated \$42 in cash, and a generous check of \$200.

We donated 4 lbs of food in Aug, plus 5 lbs of canned fruit as requested, so far in September. Special thanks to our wonderful volunteers who worked at FISH the week of Sep 21-25: Tana Harp, Sandy Lambert, Jacinte McCullough, Karen Sanders, Scott Shull & Carol Stilli. You all are very much appreciated.

Our next week to work is tentatively scheduled for December 7-11.

Thank you to all who faithfully contribute to & volunteer your time at FISH.

Faithfully Yours,
Maribeth Doan

FISH STATISTICS	Families	Adults	Kids	Pounds Distributed
July 2026	83	115	58	5284
August 2026	79	108	60	4871

"70" for 70 Community Volunteer Hours by Sunrise Members	Month	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep
	Community Volunteer Hours	124	128.75	197.50	127.50	169	158.25	105.5	122.5	153.5

Join us for 70th Anniversary Celebrations at Sunrise

**Reformation (Anniversary)
Worship Service
October 25, 2026 at 9:30 a.m.
Brunch following the service**

We continue to support a variety of environmental initiatives:

Pill Bottle Reuse	Aluminum Can Recycling	Plastic Grocery Bag Recycling	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

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The meaning behind the stained glass at Sunrise -

“And God said let there be light; and there was light, that it was good; and God divided the light from the darkness.

This passage from the Bible is one of the many references to the divinity of light. Christ was called “The Light of the World”, with his brilliance rescuing the human race from darkness. Christians are told to “let your light shine”. The halo is shown as a golden light emanating from a person’s head and symbolizing spiritual enlightenment . It is understandable that Christian churches, based on this liturgy of light, are filled with the Divine Light of stained glass.

Traditional Color Meanings in Religious Stained Glass:

Red: The symbol of charity and martyrdom for faith, it signifies the blood of Christ. A reminder of the suffering and sacrifice of the Son of Man.

Yellow & Gold: Represents power and glory. The hue of the aura or halo of the saints, the gates of Heaven.

Blue: Signifies hope, the love of the Divine works, sincerity and piety. It was the color assigned to the Virgin Mary.

Pale Blue: Symbolic of peace, serene conscience, Christian prudence, the love of good works.

Green: Symbolizes faith, immortality, and contemplation; spring; triumph of life over death.

Pale Green: The hue of Baptism

Violet: Love, truth, passion, and suffering

Purple: Royalty; God the Father. Emblematic of suffering and endurance. Christ was believed to have worn purple garments before his crucifixion.

White: Represents chastity, innocence and purity, the hue of God

Gray: An emblem of Christ risen, a blend of the Divine Light of Creation and the darkness of sin and death.

Black: Represents death and regeneration. The Black Rose was a symbol of silence among Christian initiates.

Compiled by Beth Hoseck & Eric Chigbrow

October 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

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