

August 2023

Dear Friends,

Perhaps you are wondering, “Why does she keep saying we are in the year of Matthew?” In the church year, there are many ways to move through the biblical texts. One of the most common is called the Revised Common Lectionary (RCL). This is a reading schedule that moves through the bible over a 3-year period.

Not all of the biblical texts are included in these three years, but it covers the main highlights of the Old and New Testaments. Some texts are repeated each year, and others are excluded, but overall, it is a reasonable way to move through the bible, especially in a worship setting. The RCL can help ministers, lay leaders, and others have a guideline for covering important stories and theological themes. *(If you want to know more, the Vanderbilt University has an amazing website about the RCL.)*

Each of the three years – named A, B, and C - focuses on a different Gospel, with the Gospel of John spread throughout. This doesn't mean that the other gospels aren't included at all during that year, but rather that there is one gospel that is highlighted more than others.

Year A = Matthew

Year B = Mark


Year C = Luke

This year we are Year A: Matthew. Each of the gospel writers has a slightly different perspective on faith, life, and the teaching emphasis of Jesus. Just as each of us can attend a concert or event and come away with different experiences, so the gospel writers had different experiences. Matthew is often viewed as the most pastoral of the gospel writers, offering readers encouragement and compassion.

Here are two themes to be watching for and paying attention to as we continue to move through the year: 1. Matthew emphasizes that Jesus is the awaited Messiah, and 2. The Holy Spirit is an active agent in the world.

How are you seeing and experiencing these two themes play out as we move through the year? Where are you seeing the in-breaking of the Holy Spirit and where are you seeing signs of Jesus fulfilling the role of Messiah? And do you see any indications or signs of Matthew as a pastoral (pastor/caregiver/compassionate) writer who offers comfort and encouragement to readers?

May God open our ears and our hearts as we continue to read, study, and focus our worship around the Gospel of Matthew this year.

 Pastor Jessica

August 2023

Sharing our Sunrise Joys and Concerns

"The flowers appear on the earth; the time of singing has come.

And the voice of the turtledove is heard in our Land." (Song of Solomon 2:12)

It seems like just a few days ago we were welcoming the first flowers of summer and the cooing of the dove. Yet after a cool and rainy start to our summer, at this point in mid-July with the days heating up; the gardens begin to yield fresh fruits and vegetables; flowers are in full glory; and the grain in the fields display the telltale change from green to golden. The harvest will be upon us soon and even with half the summer left, we start turning our thoughts to the more structured days that will signal the end of summer. And yet what a better time to continue to enjoy and celebrate these days with family and friends, with time to gain a new perspective as we sip our lemonade and enjoy God's creation. **Amos 8:1 says, "This is what the Lord God showed me; Behold a basket of summer fruit."** Perhaps these long days that hopefully allow for time to reflect on God's word and our faith will yield to us a basket of summer fruit to see us through the days of winter. Just as we store up our harvest for the winter, our souls need to be refreshed. **"Ants are creatures of little strength, yet they store up their food in the summer."** (Proverbs 32:4) Our basket full of God's words to nourish us in the days to come.

Turning to God for strength in loss, yet joy in remembering the lives of those loved ones we have lost, we remember fondly the life of Lois Johnson. From the moment Lois moved from Glasgow to Great Falls to be nearer the family of daughter, Chick Schedel, she became an active part of our Sunrise family. With her signature hat and ready smile, she was always ready to help and became a Deacon helping with those sick or hurting or celebrating with us in our joy. Prayers to her family. We will miss her.

We offer our prayers and strength to those who are facing health challenges. Ed Maki is facing serious medical issues and along with wife, Lorrie, needs our prayers for the days ahead. May God's hand hold them as they travel this journey. Rod and Dixy Paronto are in our thoughts as Rod faces daily challenges with his health, spending time at Park Place between trips to the hospital. Our dear friend Mary Kraft has found a new home at the Beehive and we ask for her to find comfort and peace there. Fran Lindstrand is happily back at the Iris after a short stay in the hospital. Some of us had the chance to visit with Doris Pascal in her home and she continues her sunny disposition and sends her greetings to all at Sunrise. Gail Bucko is doing well at Highgate. With Pastor Jessica and family we give thanks that their trip to Seattle Children's Hospital for Jesse to meet new doctors went well with good news on his health.

Shouts of joy for time this summer for Sunrise families to visit family and friends, camp, fish, visit favorite museums, go to concerts or simply relax in the peace of their yards. Flat Jesus has been in many places, and we know that for those of us who have forgotten to take Flat Jesus with us, He has been with us in our hearts. Knowing that many of us have had family and friends visit, here are just a few. Ruth Hickey has had daughter LaRae here and expects her back again soon, Beth Hoseck spent some wonderful time with her mother in South Dakota, Benna McGeorge welcomed her son, Sam, from Washington, Don and Shirley

August 2023



FISH Food Bank



June 2023 Year to Date 2023

Families (non-Single)	51	268
Singles	52	264
Adults	134	740
Children	59	287
Meals	2,895	15,405
Pounds of Food	6,327	33,480

Food Suggestions for August

- Beef Stew
- Chili
- Tuna
- Canned Spaghetti & Ravioli
- Cereal
- Any Type of Pasta

Our next volunteer week is planned for September 4-8.

Our monthly donations from Sunrise in June were: \$170.00

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

-Maribeth Doan

Don't forget, you can catch all FISH announcements on our website at www.sunrisegreatfalls.net/fish



The Great Falls Community Food Bank is currently short on boxed macaroni and cheese. If you would like to donate, bring them to the church and we will get them to the right spot!



Do you have a wet vac/carpet cleaner?

We are planning a late summer carpet cleaning. If you can bring your machine and join in, your help will be greatly appreciated! Carpet cleaning solution will be provided, unless your machine takes a specialty solution - then bring your own. Date TBD. Our goal is to set it up before the end of August. This will cover the offices, narthex, nursery and sanctuary. We will take advantage of the August heat to dry the carpet quickly.

Send the office an email if you can help.

sunrisepresbyteriangf@gmail.com

August 2023

Roehm had a chance to meet the newest great grandson as granddaughter Emily was in town from Oregon, Maribeth Doan traveled with her two daughters to meet her son John's newborn daughter, Alana. I was pleased to welcome our friends and former pastor and wife, Bill and Jan Postler, for a quick one day visit. Sunrise still holds many memories and a special place in their hearts for them and they send their greetings to all.

Hopefully you can find the space and time to heed the words from **Psalm 46:10 "Be still and know that I am God."** Perhaps in the stillness you will fill your hearts and minds with a basket of summer fruit.

"From the rising of the sun to its going down the Lord's name be praised." (Psalm 113:3)

See you in the sunshine of the warm summer days,
Tana

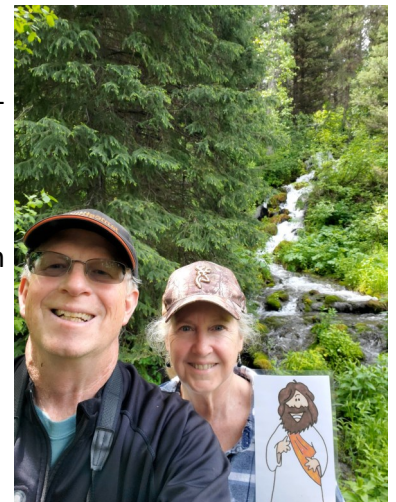


Have you seen this guy?

He's going places this summer!

Take "Flat Jesus" with you on your trips and adventures and share with the congregation via Facebook. You can upload yourself or text or email pictures to the church office or pastor Jessica.

With so many folks traveling during the summer months, this is a way we can stay in contact with one another. Somewhere in the congregation are two Flat Jesus with pink stoles instead of orange - submit a picture of the pink stole Jesus and we will send you a special Sunrise gift.



Sunrise Gratitude

On behalf of the family of Budd Hovey, sincere gratitude to Pastor Jessica, the Card Ministry of Ruth Hickey and to each of you for the many warm thoughts, prayers, cards and condolences in this season of loss.

We have experienced so many small but significant "God Miracles" and are blessed to have shared our lives with a wonderful husband, father (Pops) and grandfather (Papa).

Warm Regards,
Sharon

August 2023

Wondering how to understand social media (Facebook, Twitter, etc.) safety?

Got a message on Facebook that people are being “hacked”? Usually, it’s a scam – yes, a weird one, but a scam nonetheless. Here is the language to understanding social media safety. (written by Rev. Leanne Masters)

Think of it in terms of home safety and a thief or burglar:

“Hacking” = breaking and entering.

They either strong armed their way in using unsecured backdoors or used sophisticated tools to pick your locks (password) to get in. Chances are, this isn’t what’s happening to a personal account. These kinds of attacks usually go after companies and big data, and they’ll mostly use those unsecured backdoors.

Solution - Change your password regularly.

“Account compromised” or “Data Breach” = you gave your house cleaner a key and it got stolen from them.

In this kind of attack, a corporation got hacked, their customer data files were compromised, and your account information (login, password) has been stolen. This would give someone easy access to your account.

Solution - change your password regularly and check to see if your email address has been listed in a data breach by going to <https://haveibeenpwned.com>.

“Phishing” = someone tricked you into giving them the key to your house.

Phishing is when someone sends you an email designed to get you to give them your login information. It’s usually something to the effect of “you need to confirm/change your login information” or “you have a message”. The link attached will take you to a website that looks like the website you think you’re going to, and they steal your information when you enter it in.

Solution - This one is tricky, because the best phishing lures are hard to recognize. But look for clues: poor grammar, odd information, email address not associated with the website they claim to be from, etc. If they send you a short url (something like bit.ly or goo.gl, use a url lengthener to see where it goes. When in doubt, type in the url of the website it claims to be from yourself.

Oh, and, say it with me, change your passwords regularly.

“Cloned accounts” = someone built a house and told all your friends that you lived there to get them to visit and then rob them.

It’s not just happening with Facebook, but emails, too. A number of clergy colleagues have gotten word that an email address that *kinda* looks like theirs is being used to solicit money from folks.

Solution - As talked about above, there’s not a lot you can do to protect yourself against this (other than making friends lists private), but this one is on us as friends to rote the ourselves. If you get a second friend request or an odd email/message from someone claiming to be your friend/pastor/colleague, contact them by another method and check. And never send money by Western Union/gift cards/etc unless you are 100% sure you know where it’s going.

**As always, have a good antivirus and malware protection service on your computer with updated definitions, watch what you download, and change all passwords regularly, using strong passwords and not reusing them across sites.

August 2023

August Calendar of Events:		
Aug 6	9:30 am	Worship
	10:45 am	Fellowship
Aug 7	6:00 pm	Faith & Life Committee (meeting 1 week early)
Aug 13	9:30 am	Worship
	10:45 am	Fellowship
Aug 14-17		Jessica out of office for Continuing Education
Aug 16	6:00 pm	Mission & Memorial Committee
Aug 19	11:00 am	End of Summer Picnic (11:00 am – 2:00 pm)
Aug 20	9:30 am	Worship
	10:45 am	Fellowship
Aug 21		Newsletter Deadline
Aug 21-29		Office Closed
Aug 22	5:30 pm	Session Meeting
Aug 27	9:30 am	Worship
	10:45 am	Fellowship
Aug 30		Newsletter Assembly / 1st Day of School (GFPS)

Deacons on call for August: Sandy Lambert and Beth Hoseck

Two Programs by MSU Extension of Cascade County:

Caregivers Support Group - a monthly meeting for caregivers that are caring for a loved one with a chronic illness or condition. Meets 3rd Monday of the month 12pm-1pm at the MSU Extension Office, 3300 3rd St. NE #9

Memory Café - social gathering for support of those that are concerned with/about memory loss. Meets 1st Tuesday of the month 12:30pm-2pm at the Great Falls Public Library.

Email katrin.finch@montana.edu for more information or details.

FRIENDS AND FAMILY WELCOME!

ANNUAL SUMMER CHURCH PICNIC

Saturday, August 19th from 11 am to 2 pm
on the Sunrise church lawn.

Hamburgers, Hot dogs, buns, iced tea and lemonade provided. Tables and folding chairs will be set out, but you are welcome to bring your own lawn chairs or picnic blankets. Bring a dessert or side to share, if you are able.

RSVPS APPRECIATED BUT NOT REQUIRED

August 2023

August Scripture Reading List	
1	Psalm 65:8-13
2	Genesis 30:37-43
3	Ephesians 6:10-18
4	Psalm 119:121-128
5	Mark 4:30-34
6	Proverbs 1:1-7
7	Proverbs 1:20-33
8	Psalm 17:1-7, 15
9	Isaiah 14:1-2
10	Philippians 4:10-15
11	Psalm 145:8-9, 14-21
12	Isaiah 41:8-10
13	Romans 9:6-13
14	Proverbs 10:1-5
15	Isaiah 51:17-23
16	Genesis 31:1-21
17	Matthew 7:7-11
18	Isaiah 44:1-5
19	Psalm 78:1-8
20	Psalm 78:17-29
21	Deuteronomy 8:1-10
22	Romans 1:8-15
23	Acts 2:37-47
24	Deuteronomy 26:1-15
25	Exodus 16:2-15
26	Exodus 16:31-35
27	Matthew 15:32-39
28	Psalm 105:1-6
29	Psalm 105:16-22
30	Acts 17:10-15
31	Genesis 35:22b-29

About the August Scripture Reading List:

This month’s list has longer readings than usual. Often the list has 1-3 verses per day. This list has 1 passage per day instead. It is based upon the daily Revised Common Lectionary reading list. I hope you enjoy this month’s selections.

~Jessica

We appreciate your support of Sunrise in all of its missions. There are many ways you can give. Online, in person, or through mail; for convenience we have included a return envelope in our stewardship mailing. Online giving is available through our website. Visit our church website at www.sunrisegreatfalls.net. From there, you will see a *donate* button on the top left side of the home page. This donation button will take you to the Presbyterian Foundation platform allowing you to set up a single-time giving or recurring giving. You can pay through your bank account or by debit or credit card. For specific Mission Giving Online: Select “Local Mission” online to donate to a specific cause. Use the memo line when finalizing your contribution.

Donations

If you've already created a profile, please "Log In" on the right, otherwise continue.

Sunrise Presbyterian Church of Great Falls
General Fund

Local Mission

Total:

Donation Frequency ? One Time

Donation Start Date ? 03/19/23

Log In

Forgot your Email Address or Password?

Help us choose the date for our Tea Party.



Does September 9th or September 10th works best for you? Let us know in the office by phone or email.

406-453-2031

sunrisepresbyteriangf@gmail.com

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!



August 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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