

June 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

June 2025

Dear Friends,

Sometimes I'll ask folks the question, "What's going on?" The answers vary, but occasionally someone will answer with, "Oh, not much." And my reply to this? "That's great!"

There are times in our lives when having 'not much' going on can be a real blessing. A pause in activity, a time for decompression, a break in doctor appointments, or a hiatus from meetings and groups events.

We are busy. As humans, the vast majority of us - most of the time - like to be busy. And we're constantly filling our days with any number of things to accomplish this. Some productive, some not. Some enjoyable, some necessary. But all of it taking time and energy. It is enough to make an answer of 'not much' seem very nice, indeed.

When I have a day when I find my plate filled with 'not much', my automatic assumption is that I've forgotten something (this is occasionally true). But if it's truly a day without a lot of things on my calendar, I seem to find things to fill it. And rarely do those things include time doing not much.

It makes me wonder about sabbath. What does a modern sabbath look like? I talk to so many folks who spend Sundays prepping for the week: preparing meals, washing and folding laundry, cleaning the kitchen bathroom, and going grocery shopping. This doesn't sound much like sabbath in the sense of rest from work. But it does make the week ahead much smoother when we have meals prepared, clean laundry to wear, and plans in place. It does alleviate burden in that way.

If the weekdays are for work, and appointments, and meetings, and the tasks of living, and Saturday is for sports and family and entertainment, and Sunday is chore day - then when is sabbath?

We treat sabbath very much like it's no longer important. I know a few families who still keep firm boundaries around Sundays but that's rare. Instead, Sunday is as programmed as every other day, even if the tasks are different. Church > lunch > grocery shopping > meal prep for the week > laundry > catching up on the news. And none of these things are bad - they're good things to do. But it doesn't answer the questions: where is sabbath? Where is our time for rest?

We live in a culture that by and large undervalues rest. We use phrases like, "I'll sleep when I'm dead." We want to be as productive as we possibly can be.

But God has placed value on sabbath, and I have to believe that it's for a reason. Why does God value sabbath enough that it's in our Ten Commandments and that it shows up in our narrative of creation?

Furthermore, what would it look like if we just stopped being busy and productive for a day?

Would we all die of boredom?

Or is it possible that we might enjoy it?

Blessings to each of you this June.

Jessica



June 2025

SHARING OUR SUNRISE JOYS AND CONCERN

"The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the spirit."

John 3:8

The clouds of June are fascinating. So too the wind. Maybe for me it comes from my days as a child growing up on the plains of eastern Montana where the winds blew - sometimes a gentle breeze and other times a wind that made it difficult to stand upright. I spent long hours studying the clouds and wondering where the winds would take them on those lazy June days. Somehow, though clouds and wind are always there, the clouds of June are special. At one moment they might be fluffy, cotton ball clouds floating across the sky and in the next instant ominous dark clouds would appear on the horizon signaling an impending thunderstorm.

Our lives are like those clouds; some days we float along blissfully in the blue skies and the next we feel the storm clouds building with the wind. And all the while the spirit of God dwells with and in us. In this season of graduations - beginnings and endings - the words of Ecclesiastes 3 comes to me. "There is a time for everything and a season for every activity under heaven," and for all those things there is "a time for" we remember God's spirit abides with us when we weep and when we laugh; when we plant and when we sow.

For those young people who are graduating this spring, we celebrate that the seeds of faith planted many years ago continue to work in and through them as they grow and mature in their lives. At Sunrise we celebrate all who have completed one step in life's journey especially remembering Nicole Devoss and Maribeth Doan's granddaughter receiving college degrees and Cole Gardner, Ripley Forsyth and the Roehm's twin granddaughters graduating high school. For them, and all others we may not know, we send with them congratulations and love with the promise that we, as God's people, are there for them wherever life leads.

We pray for those ill or recovering from illness. Ann Crawford has been hospitalized and suffering health issues keeping her confined to home as she recovers, as well as dealing with an unsettling furnace fire at home. The furnace has been replaced and Ann is comfortable at home. Continued prayers for Bill McCullough as he recovers from surgery, for Joyce Z. in New Mexico still healing from infection. Prayers for peace for Tana's brother, David, as his time with us diminishes in his last days with cancer. With Shirley and Don Roehm we remember and celebrate the life of Shirley's brother, Howard Enloe, and remember the many years he was a faithful member and Elder at Sunrise. Along with his family, we mourn his passing, and praise God for his life. For him, the winds are now at peace.

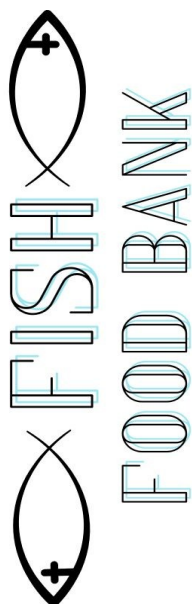
Joyfully we thank God for the time to renew with family and friends. Kim Peachy was blessed to have her sisters visiting and in worship. Last Sunday, longtime member Marlene Tesch visited us along with her daughter Johanna and grandson and great granddaughter. What a blessing to see her and her family. She never changes. Jim and Ilene Casey were in worship that Sunday also and it's always good to have them back with us. We have been blessed with special music this month, with Deb Ten-Napel on violin joining Kim. It filled our souls. The Rev Steve VanGilder filled the pulpit a Sunday in May and we are always happy to have him here. Ben and Janette will soon be returning from a road trip to New Mexico for grandson Ripley's graduation and time with family. Scott and Lisa spent time in Oregon with son Andrew and are off to Washington for more fun. Beth Hoseck was blessed to spend a week with her Mom in South Dakota. Safe travels for them and all others traveling this summer. We are delighted to have Jack and Gervaise back after winter in Arizona.

Life holds all manner of times for us. Whether it is a journey across the country, graduates looking to the future, a life just beginning or a life well lived, the time is always God's time and the Holy Spirit dwells within us. The clouds move with the wind in the seasons of life along with the spirit of God bringing joy and solace.

Flying among the clouds on the wind of the Holy Spirit, Tana

Spirit of God - Unseen as the wind

June 2025



Food Suggestions for June:

- + Condiments
- + Boxed Macaroni & Cheese
- + Boxed/Bags of Cereal
- + Canned Goods: Chili, Corn, Green Beans, Black Beans,

FISH statistics :

April:

25 families & 67 singles, 119 adults & 49 children

YTD totals:

130 families & 200 singles, 430 adults & 191 children

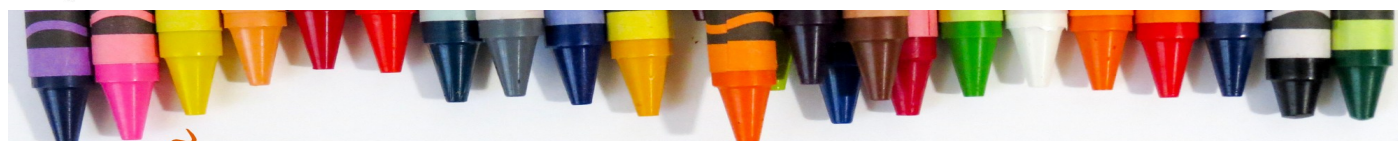
Our next volunteer days are June 3-6.



On behalf of the Great Falls Food Bank, we want to send a HUGE thank you to Sunrise Presbyterian Church's volunteer team!

The great work they put into the backpack program was amazing & very appreciated!

**Big Thank You to
Millie S, Scott & Lisa S,
Eric C & Ember W.**



The Crayon Initiative

HOW TO GET INVOLVED

- Bring used crayons (no new crayons, this is a recycling program).
- Join us for Fellowship on June 22 when we will be sorting crayons by color and boxing crayons for shipping. Or come down and drink a cup of coffee and visit with those who are sorting.
- Take information to an organization you are associated with and ask them if they will put out a crayon collection box.
- Spread the word to friends and family about the Crayon Initiative and invite them to participate.



**DO YOU HAVE ITEMS YOU DON'T
USE HANGING AROUND YOUR
HOUSE? DON'T KEEP IT UNTIL IT
GOES BAD, BRING IT FOR
SOMEONE ELSE TO ENJOY!**

JUNE 2ND - JULY 7TH
**BRING ITEMS TO CHURCH AND
PUT THEM ON THE EXCHANGE
TABLE IN THE NARTHEX.**
SEE SOMETHING YOU LIKE?
TAKE IT HOME!

Products must be:

- >In the original containers
- >Half or more remaining
- >No products intended for use on eyes or lips
- >No Food

Items may include:

shampoos, conditioners, bar soaps (unused), gel soaps, lotions, after shave products, perfume/cologne, nail polish, hair products, household cleaners, etc.

June 2025

Father's Day is June 15th

Help us celebrate fathers and join us during Fellowship for
"Donuts for Dad"

"Direct your children onto the right path and when they are older,
they will not leave" **Proverbs 22:6**



Thank You

Thank you to everyone who helped with spring cleaning and tidying.

You are deeply appreciated!

*And a special "Thank you" to Scott Shull, Eric Chigbrow, and
Raul Munoz for your work installing the new egress at the Manse.*

Pastor Jessica



What a difference!

In addition to making the
manse safer, the new egress
lets in a lot of natural light!



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.



June 2025

June Reading List	
June 1	John 15:9-11
June 2	Psalms 96:1-3, 10
June 3	John 15:12-17
June 4	Romans 8:14-17
June 5	Romans 8:35-39
June 6	Psalms 57:7-11
June 7	John 15:18-21
June 8	Psalms 100:1-5
June 9	John 14:23-29
June 10	Psalms 67:1-7
June 11	John 15:26-16:4
June 12	Psalms 149:1-6a, 9b
June 13	John 16:12-15
June 14	Matthew 28:19-20
June 15	Psalms 148:1-2, 11-14
June 16	Luke 24:46-53
June 17	Acts 1:1-5
June 18	Luke 3:21-22
June 19	John 1:32-33
June 20	Psalms 47:1-9
June 21	John 16:20-23
June 22	John 16:24-28
June 23	John 17:20-26
June 24	Mark 6:46-51
June 25	Psalms 97:1-2, 5-6, 11-12
June 26	Romans 8:35-39
June 27	Psalms 68:2-6a
June 28	Psalms 16:1-11
June 29	John 21:15-19
June 30	John 21:20-25

MERCY NOW

BY MARY GAUTHIER, COMPOSER AND LYRICIST

MY FATHER COULD USE A LITTLE MERCY NOW
 THE FRUITS OF HIS LABOR FALL AND ROT SLOWLY ON THE GROUND
 HIS WORK IS ALMOST OVER IT WON'T BE LONG, HE WON'T BE AROUND
 I LOVE MY FATHER, HE COULD USE SOME MERCY NOW

MY BROTHER COULD USE A LITTLE MERCY NOW
 HE'S A STRANGER TO FREEDOM,
 HE'S SHACKLED TO HIS FEAR AND HIS DOUBT
 THE PAIN THAT HE LIVES IN
 IT'S ALMOST MORE THAN LIVING WILL ALLOW
 I LOVE MY BROTHER, HE COULD USE SOME MERCY NOW

MY CHURCH AND MY COUNTRY COULD USE A LITTLE MERCY NOW
 AS THEY SINK INTO A POISONED PIT
 IT'S GOING TO TAKE FOREVER TO CLIMB OUT
 THEY CARRY THE WEIGHT OF THE FAITHFUL WHO FOLLOW THEM DOWN
 I LOVE MY CHURCH AND COUNTRY, THEY COULD USE SOME MERCY NOW

EVERY LIVING THING COULD USE A LITTLE MERCY NOW
 ONLY THE HAND OF GRACE CAN END THE RACE
 TOWARDS ANOTHER MUSHROOM CLOUD
 PEOPLE IN POWER, THEY'LL DO ANYTHING TO KEEP THEIR CROWN
 I LOVE LIFE AND LIFE ITSELF COULD USE SOME MERCY NOW

YEAH, WE ALL COULD USE A LITTLE MERCY NOW
 I KNOW WE DON'T DESERVE IT BUT WE NEED IT ANYHOW
 WE HANG IN THE BALANCE
 DANGLE 'TWEEN HELL AND HALLOWED GROUND
 AND EVERY SINGLE ONE OF US COULD USE SOME MERCY NOW
 EVERY SINGLE ONE OF US COULD USE SOME MERCY NOW
 EVERY SINGLE ONE OF US COULD USE SOME MERCY NOW

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June 2025

June 1	Sun	9:30 am	Worship, guest pastor
		10:45 am	Fellowship, Sunday School (Last Sunday school for summer)
June 1—July 7			Product Exchange at church
June 3-6			FISH Volunteer week
June 6	Fri		End of School Year GFPS
June 8	Sun	9:30 am	Worship with Communion, Pentecost (wear RED)
		10:45 am	Fellowship
June 9	Mon		Crayon collection begins
June 15	Sun	9:30 am	Worship
	Sun	10:45 am	Fellowship, Donuts for Dad (Fathers Day)
June 17	Tue	1:00	In Home Communion
June 22	Sun	9:30 am	Worship: Camp Song Sunday
		10:45 am	Fellowship, Crayon Sorting
June 22-27			Pastor Jessica at Glacier Camp with Sunrise campers
June 24	Tue	5:30 pm	Session Via Zoom
June 25	Wed	10:30 am	Newsletter Assembly
June 29	Sun	9:30 am	Worship, guest pastor
		10:45 am	Fellowship
June Deacons: Maribeth Doan & Jacinte McCullough			



JUNE 22, 2025
**CAMP SONG
 SUNDAY**

**SPECIAL PRAYERS FOR CAMPERS
 AND LEADERS AS WE PRAY FOR
 THEIR SUMMER FAITH
 EXPERIENCES**