

February 2026

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Dear Friends,

One of my recent Omaha Presbyterian Seminary Foundation tasks has been working on a spiritual formation worship series that will be released this spring. I am so excited to share it with you as it is in the final stages of editing. Sunrise, along with a few other congregations, will be the first to try out this series as we head toward publication. The series spans seven weeks and focuses on a variety of aspects related to spiritual formation.

As I look at the individual weeks, one stands out to me as particularly relevant in the month of February. Thanks to the Valentine holiday, we often view February as the month of love: familial “brotherly” love, romantic love, the love of friends, and even the love for and from God.

There are a great number of biblical stories and passages that center around love in its many varieties. As I've thought about love this past month, I could not help but consider it through the lens of the upcoming worship series. In it, one author speaks about the ways in which we have a “live and let live” approach to our neighbors but we do not always afford ourselves this same grace. It is so easy to be hard on ourselves – particularly when February hits and our New Year's resolutions have evaporated. We notice our mistakes, our shortcomings and the ways we fall short of who we think we should be. And while it's good to recognize where we can grow, I wonder if sometimes we forget that God's love for us is not dependent on our perfection.

Jesus gave us two commandments that are beautifully intertwined: love God, and love your neighbor as yourself. That phrase *“as yourself”*: how can we truly love our neighbors if we don't also extend love and grace to ourselves?

In Mark 12:30-31, Jesus says: *“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.”*

In 1 John 4:19-21, we read: *“We love because he first loved us. Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.”*

These passages remind me that love is not meant to be rationed or selective. God's love flows through us—to ourselves, to our neighbors, to the world around us. When we are gentle with ourselves, acknowledging our imperfections while still recognizing our worth in God's eyes, we are better able to extend that same grace to others.

As we go through our days, may we remember that loving ourselves is not selfish—it's foundational. It's the starting point from which we can truly love our neighbors well.

May the love of God surround you.

Pastor Jessica



February 2026

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**SHARING OUR SUNRISE JOYS AND CONCERNS**

*"But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:31*

*"I wait for the Lord, my soul waits and in HIS WORD I find HOPE." Psalm 130*

The air was harshly cold and the wind biting on that January day. The dreariness seemed especially noticeable. Most, if not all, of the bright shining lights of the month before were gone, along with the quiet sense of hope and peace as the Christ Child came among us. Somewhere, deep in my soul and heart, that hope still resided, but on that January day it was nowhere to be found. Walking into the flower shop looking for something to brighten the day, there sitting on a shelf to the side was a leftover amaryllis bulb in a box waiting to be planted. It had apparently missed its Christmas deadline amidst the already blooming plants and bright décor. And then I knew. I had to take this poor little forlorn bulb home, plant and water it and see if it would bloom just as I remembered my mothering nurturing her plants each year until the most gorgeous red blooms appeared. Returning home, I rushed to put the lifeless brown bulb in the soil, watered it, placed it in the sunny window and waited...and waited...and waited. One morning a green shoot appeared and the race was on. It was almost as if I could see it grow. A journey of waiting. Days of hope that a bloom would appear.

The days of waiting for a bud to appear and open reminded me of the season of Lent, which this year begins mid February. We have welcomed our gift of the Christ Child with joy that Christmas day, and now the fulfillment of that gift awaits us through the crucifixion of our Lord and the joy and hope in the ultimate gift of His resurrection. Lent provides us the opportunity to pray and study as we await the promise.

Shortly before the start of the new year, we were saddened by the loss of one of our saints at Sunrise. Barb Brewer completed her days here and has gone to her final reward. I can still see her smiling face as she slid into her spot in the sanctuary just as the service began. For many years she served as our church treasurer and we lovingly called her the "Countess". Memories abound and we celebrate and remember her life with her children, Tim and Katrina, her grandkids and great grandkids and her sister, Sally. Peace be with them and with others who have lost a beloved friend or family member recently.

We pray this month for Jane Mart who took a fall thanks to our gale force winds. After some time in the hospital, Jane is recovering at the Grandview. We give thanks to have Carol Stilli back in worship with us after some time away for surgery. Lorrie Maki is settled into her new assisted living in Shelby and the residents there are the recipients of some beautiful piano music she's providing at meals.

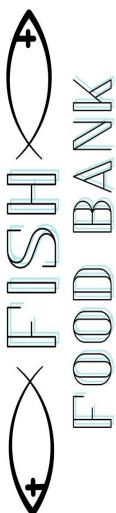
A few weeks after the forgotten, brown and seemingly lifeless amaryllis bulb was given the nurturing it needed, one day a spectacularly beautiful red blossom appeared. So it is with our faith. We are given this season of lent to reflect and give thanks for the hope that we were given twice – once in Christ's birth and once in His Resurrection. A bloom of joy and hope accompanied by the gift of grace we are so freely given each day. Just like the joy of the amaryllis bloom, God's warm, loving, and grace-filled arms continues to promise that "joy returns in the morning."

*"For God alone my soul waits in silence; from Him comes my salvation." Psalm 62:1*

*"Sing to Him a new song ..." Psalm 33:3*

*Basking in the sunshine of God's everlasting love, Tana*

February 2026



### Food Suggestions for September:

- + 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
- + Soup

FISH Numbers for Year-End 2025

Families: 1128

Adults: 1564

Children: 764

# Foods Given Out: 78,651

--> FISH volunteers will be needed: March 2-6, 2026

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

Visit [www.sunrisegreatfalls.net](http://www.sunrisegreatfalls.net)

If you want to view our bulletins, those are on the home page, scroll down to worship and click on the bulletins. If you want to view the newsletters, click the About Us button and scroll to the bottom to view this month and prior month newsletters.

**Per Capita** for 2026 is \$71 per member. Funds will be distributed: \$ 11.26 General Assembly, \$3.00 Synod of the Rocky Mountains, and \$56.74 Glacier Presbytery. Thank you for your support.

### February 2026 Reading List, courtesy of

[https://www.ibelieve.com/printables/february-scripture-writing-plan.html#google\\_vignette](https://www.ibelieve.com/printables/february-scripture-writing-plan.html#google_vignette)

<b>1.</b> Psalm 3:2-6	<b>2.</b> Ecclesiastes 7:9	<b>3.</b> Proverbs 34:14	<b>4.</b> Psalm 34:14	<b>5.</b> Matthew 11:28
<b>6.</b> Psalm 37:37	<b>7.</b> Titus 1:15-16	<b>8.</b> James 1:5	<b>9.</b> Mark 12:30-31	<b>10.</b> John 14:34
<b>11.</b> 1 John 13:34	<b>12.</b> Ephesians 4:2	<b>13.</b> Isaiah 54:10	<b>14.</b> 1 Corinthians 13:4	<b>15.</b> John 3:16
<b>16.</b> Zephaniah 3:17	<b>17.</b> Johah 2:2	<b>18.</b> Psalm 22:19	<b>19.</b> Malachi 1:11	<b>20.</b> 1 Samuel 2:2
<b>21.</b> 1 Chronicles 16:11	<b>22.</b> Isaiah 40:30-31	<b>23.</b> 2 Timothy 4:7	<b>24.</b> Jude 1:20	<b>25.</b> Hebrews 11:1
<b>26.</b> Galatians 5:22-23	<b>27.</b> Matthew 21:21	<b>28.</b> 1 Peter 1:21		

February 2026

**February Deacons: Sandy Lambert & Pam Chigbrow**

<b>Feb 1</b>	Sun	9:30 am	Worship
		10:30 am	Fellowship
		10:45	Sunday School
		11:00 am	Deacons Meeting
<b>Feb 1-22</b>			Sock Donations
<b>Feb 4</b>	Wed	6:00 pm	Worship Committee
<b>Feb 5</b>	Thu	10:00 am	Adult Bible Study
<b>Feb 7</b>	Sat	9am-1pm	Session Elder Training
<b>Feb 8</b>	Sun	9:30 am	Worship with Communion
		10:30 am	Fellowship
		10:45 am	Sunday School
<b>Feb 11</b>	Wed	6:00 pm	Faith-Life, Outreach, Mission Meeting
<b>Feb 15</b>	Sun	9:30 am	Worship
		10:30 am	Fellowship
		10:45 am	Sunday School
<b>Feb 16</b>	Mon	All Day	Newsletter Items Due
<b>Feb 18</b>	Wed	6:15 pm	Soup Supper
		7:00 pm	<b>Ash Wednesday</b> Worship Service
<b>Feb 19</b>	Thu	10:00 am	Adult Bible Study
<b>Feb 22</b>	Sun	9:30 am	Worship; Ordination and Installation of Officers
		10:30 am	Fellowship
		10:45 am	Sunday School
<b>Feb 24</b>	Tue	10:30 am	Newsletter Folding
		5:30 pm	Session

*“You are dust, and to dust you shall return”*

Feb. 18, 2026  
 Ash Wednesday Soup Supper and Worship  
 Supper at 6:15 pm  
 Worship at 7:00 pm

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<p><b>Ash Wednesday:</b> Read Micah 6-8. What does God require of us? How can we "do justice" in our day today?</p>	<p><b>Thursday:</b> Our fish coin boxes will hold many gifts of money this season, but what other kinds of gifts can we give? What gifts can you give or share?</p>	<p><b>Friday:</b> Sunday's Blue T-Shirt Sunday. What does the PC(USA) do to show God's love during a disaster? Choose something blue to wear or bring to church to celebrate.</p>
<p><b>Wednesday:</b> Is water necessary for good health? Using the map, find Zambia and read what the PC(USA) is doing there. After learning more, give a gift for each drink you had today.</p>	<p><b>Thursday:</b> On the online OGHS map, look at the U.S. states where the PC(USA) is working. Pray for each by name and give a gift for each state you've visited.</p>	<p><b>Friday:</b> If you can read, you are more likely to be healthier. Learn a new word today and give a gift for every letter in your name.</p>
<p><b>Monday:</b> Over 18 million Americans live in a food desert, far from a store where they can buy groceries. Give a gift for each grocery store nearby.</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 toddler you know.</p>	<p><b>Friday:</b> It is estimated that 1 in 5 kids in the U.S. will experience hunger this year. Give at least one gift if you have not experienced hunger this year.</p>
<p><b>Tuesday:</b> Electricity is usually the first utility that is lost in a storm. Give a gift for each electrical outlet in the room you are currently in.</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>Friday:</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 a gift for every farm you've visited.</p>
<p><b>Sunday:</b> After a natural disaster, it may be hard to find places to cook or buy meals. Say a prayer of thanksgiving and give a gift for each meal you ate today.</p>	<p><b>Tuesday:</b> When families move, building a new community of friends and neighbors can be hard! Make a card or gift for someone new in your church or neighborhood.</p>	<p><b>Thursday:</b> Rainwater is rare in some places, so special collection systems are built to catch the water. Give one gift for every day it rained (or snowed) in the past week.</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>Wednesday:</b> Social barriers are like locked doors that hold people back and keep them from thriving. Give a gift for every door that can lock in your home.</p>	<p><b>Friday:</b> Sometimes people need help advocating for their rights — like lawyers fighting for those impacted by unfair employment practices. Say a prayer for those who advocate for the poor.</p>
<p><b>Sunday:</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 fruit in your house.</p>	<p><b>Tuesday:</b> Some people can't find jobs and care for themselves because they don't have access to a car or the right bus route. Give one gift for every wheel in your garage that helps you get places.</p>	<p><b>Thursday:</b> Give a gift for every year you have been in school and find three books you can donate so another person can read and learn.</p>
<p><b>Monday:</b> In Panama, the PC(USA) partnered in the construction of a 25,000-liter tank, helping families with clean water for drinking and cooking. Give a gift for each drink of water you had today.</p>	<p><b>Wednesday:</b> Poverty can make people feel like they are always falling two steps back with surprise expenses or problems. Give a gift for every set of steps in your home.</p>	<p><b>Friday:</b> Learning new languages can be hard! Give five gifts for every language your family members speak.</p>
<p><b>Tuesday:</b> Hunger-related causes kill thousands of people every day around the world. Give a gift for meals you've had today.</p>	<p><b>Thursday:</b> Immunizations give us hope for when certain diseases will no longer cause sickness and pain. Give a gift for each immunization you have received.</p>	<p><b>Friday:</b> Clean water is a precious resource all over the world. Find some ways you can conserve or use less water every day and commit to doing at least 10 for a month or more.</p>
<p><b>Monday:</b> Hungry women are able to market their sweet and savory treats at the farmers market, helping to take care of their families. Give one gift for every sweet treat you had today.</p>	<p><b>Wednesday:</b> In Haiti, hope is seen in the leaves of the moringa tree, a superfood that can help many hungry people! Give one gift for every tree at home.</p>	<p><b>Thursday:</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>Sunday:</b> In South Sudan, women have found hope as they learn to farm so they can grow food for their families. Give a gift per plant in your house.</p>	<p><b>Tuesday:</b> Communication can be incredibly difficult after a disaster. Give a gift for every computer in your home, and call, email or text a loved one.</p>	<p><b>Friday:</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>
<p><b>Monday:</b> Teaching healthy food choices and food safety can change the health of an entire community! Find some healthier foods you can donate to a food pantry or soup kitchen.</p>	<p><b>Wednesday:</b> Blankets are used internationally to comfort those impacted by disasters. Give a gift for each blanket in your home, or find some blankets you can donate.</p>	<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>

## A Sharing Calendar for Lent 2026

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.

<p><b>Feb. 22-28</b></p> <p><b>Sunday:</b> After a natural disaster, it may be hard to find places to cook or buy meals. Say a prayer of thanksgiving and give a gift for each meal you ate today.</p>	<p><b>March 1-7</b></p> <p><b>Sunday:</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 fruit in your house.</p>	<p><b>March 8-14</b></p> <p><b>Sunday:</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 house.</p>	<p><b>March 15-21</b></p> <p><b>Sunday:</b> In some places, people walk for hours to go to church, where they find support and encouragement from friends and family. Give a gift for every time you went to church this month.</p>	<p><b>March 22-28</b></p> <p><b>Sunday:</b> In South Sudan, women have found hope as they learn to farm so they can grow food for their families. Give a gift per plant in your house.</p>	<p><b>March 29-April 4</b></p> <p><b>Palm Sunday:</b> Blankets are used internationally to comfort those impacted by disasters. Give a gift for each blanket in your home, or find some blankets you can donate.</p>	<p><b>April 5</b></p> <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>
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For more locations and ministries, go to [pcusa.org/oghsmap](http://pcusa.org/oghsmap) or scan this code.



ONE GREAT HOUR OF SHARING



February 2026

**A note from Faith, Life, Outreach, and Mission:**

2026 is the 70 anniversary of the founding of Sunrise Presbyterian Church in Great Falls, Montana. As I think about our anniversary year two thoughts come to mind. Loren Smith is known for his saying, "the purpose of the church is to spread the word of God."

In Matthew 25:40, "I tell you the truth, whatever you did for one of the least of these brothers of mine' you did for me."

We have a purpose and a mission.

We spread the Word not only by preaching and teaching but by showing the love of Christ in our daily action. Our Mission Committee leads us in many different projects that help the least of these in our community. Sunrise supports the Presbyterian world wide mission projects, and several local mission organizations with our financial giving.

We also do a lot of local projects. Did you know that each egg carton that we give to the food bank saves them 10 cents? If we give them 1000 cartons, they save \$100. That money can then be used to help more hungry people. We have a group of people that fill the backpack lunch bags that are given to the schools so kids have some food for the weekends. We give about 160 hours a year, at \$15 per hour, \$2400 can be used to purchase food. We also collect food and money for the Fish program along with working there giving food to the poor.

We do different clothing, blanket, and other drives when we learn about needs in the community. Our environmental programs help make our world a better place. We collect empty pill bottles that are reused by various agencies to help in emergencies world wide. In 2025, we sent six \*large\* boxes of cleaned pill bottles. Our aluminum can recycling money pays for most of the shipping cost of the pill bottles. In 2025, we collected nearly \$150 from recycling aluminum. There is no way to measure how many plastic bags we have kept out of the land fill by recycling them.

In the fall of 2025, we asked people to bring in coats and jackets that they no longer wore. We were able to donated dozens of gently worn coats and jackets to provide warmth to people within our Great Falls community. Nine children's coats were taken to Lewis and Clark for distribution for kids who need coats, and 17 women's and 8 men's coats were taken to the Cameron Center.

These are just some of the ways this congregation is sharing the Word (love) of God and helping our neighbors in their time of need. Thank you for your work and partnership with the mission committee as we seek to serve God and one another.

The Mission Committee

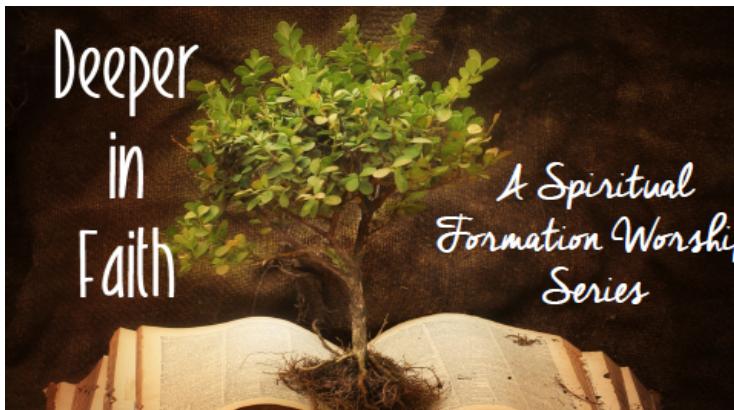
We continue to support a variety of environmental initiatives:			
Pill Bottle Reuse	Aluminum Can Recycling	Plastic Grocery Bag Recycling	*New* Egg Carton Reuse by GF Food Bank
Pill bottles with child safety lids are cleaned and then sent for reuse in a variety of ways	Aluminum cans are recycled and the 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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**Adult Bible Study:** Join us for study and fellowship on February 5th & 19th at 10 am in Fellowship Hall. For winter into Lent, the bible study is revisiting Max Lucado's book "He Chose the Nails."

February 2026

## Begins February 1 in Worship at Sunrise



### Week 2: Spiritual Formation for the Here and Now

We commonly let our neighbors do what works for them-- "live and let live"-- but we don't offer ourselves the same compassion and grace. God is with us during difficult times and in difficult emotions, and can often speak to us through those emotions that are present in our bodies, minds, and hearts.

### Week 4: Where is God?

Sooner or later, we all ask this question. Among the many places we can find God is deep within ourselves - in our souls. We can find God in the world and people around us, especially when we care for our neighbors and love them as ourselves.

### Week 6: Spiritual Discernment

The process of figuring out God's guidance and leading for our lives is called discernment. It can sometimes be tricky; how can we know this is something God is calling us to, rather than just our own wants? Spending time in prayer and discerning with others are two ways we listen for God's guidance and enable us to hear the difference between God's voice and our own desires.

### Week 1: Spiritual Formation and Spiritual Deepening

What does the sincere question "What do you want?" elicit from you? Does God care about our individual wants and desires? This week is an invitation to go deep into your experiences as you search for the fullness of life.

### Week 3: Practicing Our Values

Spiritual practices in the Christian tradition have been around for hundreds of years. Literally - since the 4<sup>th</sup> century. Why do we do them/ And where do they come from? Together, we'll trace the origins of spiritual practices for today to the biblical tradition and our core values as interpreted and developed in the deserts of the Middle East 1700 years ago.

### Week 5: Spirituality and Nature

"I worship God best when I am in nature." A sense of awe and the appreciation of beauty found in nature are powerful experiences. What happens when we explore those feelings and experiences as the manifestation of the presence of God?

### Week 7: Co-Laborers in Christ

While much of spiritual formation is an individual practice, we do not live out our faith in a bubble. How does our wider Christian community shape or impact our spiritual development? We can use our experiences of, and in, community to deepen our personal faith journey.

February 2026

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**Committees and Elders:**

Admin, Personnel, & Social Media: Scott Shull, Dan Petersen

Buildings & Grounds: Eric Chigbrow, Dan Petersen, Scott Shull, Bill McCullough

Christian Education: Erica Rusinski, Bill McCullough

Faith, Outreach, & Mission: Carol Stilli

Finance, Stewardship, & Memorials: Scott Shull, Dan Petersen

Nominating: Eric Chigbrow

Worship: 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

«City», «State» «Zip»

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Sunrise Presbyterian Church