

March 2026

Dear Friends,

We are in the middle of Lent, the time that runs on the church calendar between Ash Wednesday (February 18th this year) to Holy Week (beginning with Palm Sunday, on March 29th this year). This time of Lent is a time of reflection, preparation, and penance.

So what is penance? Why do we do it? How is it done?

Penance is a word that is defined as an “act of devotion to show repentance for sin” (Merriam-Webster) or paraphrased, penance is an act of compensating for an offense. Often the phrase “paying penance” is heard, though perhaps sometimes misunderstood as to what it means. It comes from the same root as the word penitence.

Penance, as an act of religious devotion, is a way to show God our sincere regret for things that we have done that we should not have done. Much like the act of confession, it is about examining what we have done wrong. Where confession means verbally admitting, or speaking, what we have done wrong, penance means attempting to make up for, or pay for, what we have done wrong.

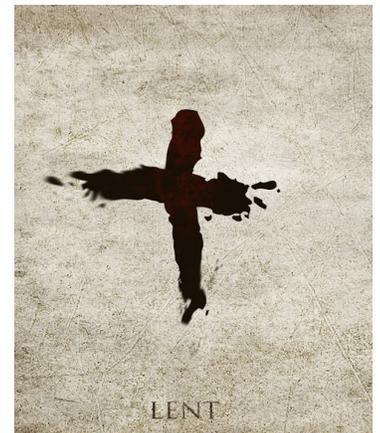
Let’s first talk about what it means to do something wrong. Some may use the word “sin” or “sinning” but it can often be more complex than that. In Hebrew, the word for sin means to “miss the mark”. In penance, we are looking at those places in our lives where we have missed the mark, or haven’t lived up to our own (or God’s) expectations for how we should live our lives. Rather than a checklist of do’s and don’ts that we often associate with sinning, this is more about how we live our lives out. Have we strived to live as God would have us live? If we have not, where have we gone astray, and how can we make up for it?

We pay penance to make up for those times when we have missed the mark. We can do so through a variety of ways. They often differ from person to person. Here are some common ways to pay penance: sincere apologies to someone we have wronged, acts of volunteerism/mission outreach, monetary gifts to your church or service organization, physical acts of kindness toward another person (taking someone a meal, etc), devoted prayer time for a set number of days or hours.

However you choose to look at penance, it is at its core a way to strengthen and deepen our relationship with God. To commit our lives in a deeper way to living out God’s will for our lives. Through penance, whether it is done as part of Lent, or part of the larger spiritual disciplines of our lives, it is a way of recognizing God’s authority and humbly offering our lives to God.

May this Lent be a spiritual time in your life where you are drawn closer to God.

Pastor Jessica



March 2026

SHARING OUR JOYS AND CONCERNS MARCH 2026

“For God alone my soul waits in silence; from Him comes my salvation.”

Psalm 62:1

Though I am someone who inherently likes winter with the pristine beauty of the landscape, the warmth and coziness of home on a cold day, soup on the stove and cookies in the oven; I must admit this year has been especially dreary; little snow, dark gray days and lifeless. How can the shortest month on the calendar – February – seem endless. With the arrival of Ash Wednesday last week, my perspective changed. The days lengthen, the promise of spring beckons. A time to contemplate the great gift of Christ’s love and grace in the resurrection. And as we wait, a time to move from weariness to strength, from apathy to joy, from fear to hope. In these quiet days of waiting, a time to renew our strength. Wait with hope.

“We wait in HOPE for the Lord; He is our help and shield.”

Psalm 33:20

We extend the light of God’s grace to families who have lost loved ones this month, especially remembering Norman Anderson who lost his last remaining uncle. Prayers for the family.

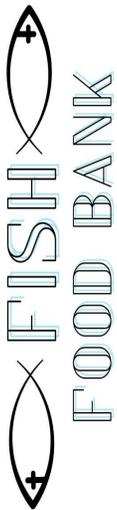
Our prayers went out at the end of January to our former Pastor Tim Lanham who experienced a life threatening infection and by God’s grace embodied in His servants Chick and Chuck Schedel was rushed to the Kalispell hospital for treatment. God sends His angels to help in times of trouble. With the help of the doctors and having Chick and Chuck at his side (along with many others), Tim has made a full recovery and we praise the Lord. We are also thankful this month that our pianist, Kim Peachy, has had a successful back injection for pain. We continue to keep her in our prayers as she faces some possible surgery. Benna McGeorge spent some time in the hospital but is now back at her home at Grandview. After a fall, time in the hospital and rehab, Jane Mart is now at Benefis Eastview. Prayers for comfort and peace for her. We continue to remember Helen DeVoss with chronic pain, Margaret Nitschke recovering from knee surgery, Marlene Tesch McCauley with failing eyesight, and the nephew of Kris, our office administrator, suffering with brain cancer. May God’s hand hold them tight and bring them peace.

As we enter into the season of Lent, waiting for the Lord as we follow the road to the cross and the empty tomb, may we with prayer and supplication hear these words from Isaiah 40:31. “ But those who hope in the Lord will renew their strength. They will soar on wings

like eagles, they will run and not be weary, they will walk and not be faint.”

See you in God’s enduring sunshine, Tana

March 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 2026

As of February 16th we have collected 10 LBS of food and \$143 for 2026.

**“We will need volunteers!”
Thank you in advance-Maribeth Doan**

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



FISH Food Bank
26th ANNUAL LOAVES & FISHES DINNER

AN EVENING OF GOOD FOOD
Salmon Loaf, Cucumber Sauce, Rolls, Coleslaw, Jell-O, Dessert Bars
SILENT AUCTION AND RAFFLE

FRIDAY, MARCH 20, 2026 - SERVING: 4:30 PM TO 6:30 PM

OUR SAVIOR'S LUTHERAN CHURCH
1326 1ST AVE. NORTH

We are in need of donations of raffle items or silent auction items. Do you knit or crochet? Are you crafty? Do woodcarving or woodworking? Do quilting or needlework? Paint? or making theme gift baskets. If you know a local merchant that is willing to donate gift certificate or card these would be greatly appreciated. All of the proceeds raised will go to FISH, the emergency food program for the hungry of Great Falls. If you have raffle or auction items to donate, please drop them off at Our Savior's Lutheran Church hours 9 to 1 by Wednesday, March 18th.

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

Visit 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.

Lent & Easter at Sunrise

Palm Sunday Worship followed by fellowship brunch on Sunday, Mar. 29

Matins Services Holy Week at 7am - worship and continental breakfast

Maundy Thursday Worship at 7pm Apr. 2

Easter Sunday Worship with One Great Hour of Sharing collection on Sunday, Apr. 5

March 2026

March Deacons: Beth Hoseck & Janette Forsyth

Mar 1	Sun	9:30 am	2nd Sunday of Lent Worship - Rev. Tim Lanham visits
		10:30 am	Fellowship
		10:45	Sunday School
		11:00 am	Deacons Meeting
Mar 4	Wed	6:00 pm	Worship Committee
Mar 5	Thur	10:00 am	Adult Bible Study
Mar 8	Sun	9:30 am	3rd Sunday of Lent Worship with Communion
		10:30 am	Fellowship
		10:45 am	No Sunday School
Mar 11	Wed	6:00 pm	Faith-Life, Outreach, Mission Meeting
Mar 15	Sun	9:30 am	4th Sunday of Lent Worship
		10:30 am	Fellowship
		10:45 am	Sunday School
Mar 16	Mon	All Day	Newsletter Items Due
Mar 19	Thur	10:00 am	Adult Bible Study
Mar 22	Sun	9:30 am	5th Sunday of Lent Worship
		10:30 am	Fellowship
		10:45 am	Sunday School
Mar 25	Wed	10:30 am	Newsletter Folding
Mar 29	Sun	9:30 am	Palm Sunday Worship
		10:30 am	Fellowship - Brunch
		10:45 am	No Sunday School
Mar 31	Tue	5:30 pm	Session

March 2026 Reading List

1. Psalm 5	2. Mark 4:35-41	3. Mark 5:21-43	4. Mark 6:1-13	5. Psalm 145
6. Psalm 146	7. Mark 6:13-29	8. Mark 6:30-46	9. Mark 6:47-56	10. Psalm 147:1-11
11. Psalm 150	12. 1 Cor. 10:14-11:1	13. 1 Cor. 11:2-34	14. 1 Cor. 12:1-11	15. Psalm 43
16. Psalm 84	17. 1 Cor. 12:12-26	18. 1 Cor. 13:1-13	19. Romans 12:1-21	20. Psalm 25
21. Psalm 121	22. Exod. 5:1-8, 6:1	23. Exod 7:8-13	24. Exod 12:14-17	25. Psalm 47
26. Psalm 48	27. Romans 12:1-8	28. Romans 12:9-12	29. Romans 13:8-10	30. Romans 14:7-13
31. Psalm 27				

March 2026



“Enjoying the new picnic table and February weather at Sunrise Park! “

The Sunrise Striders invite you to help us celebrate the change of time AND the one-year adoption of Sunrise Park by Sunrise Presbyterian Church!

**March 7 at 10:30 am
Address: 818 40th St South**

Come see the improvements. Refreshments will be available.

“70 for 70” - Each month this year, we will track the number of volunteer hours that Sunrise members are doing in our community. Whether it’s serving as a group filling backpacks, or going on your own to visit homebound folks, or working at home on quilts for kids - we have so many ways that Sunrise has a positive impact on our community.

Help us to track this good work!

Email the office or drop a note in the offering tray each month to let us know how many hours you have volunteered. We will have a chart on the bulletin board next to the office that will track our hours.

Goal: 70 hours of volunteer work by Sunrise members each month during 2026

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 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

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.”.

March 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