

April 2025

Friends,

There is a modern fable that you may have heard before about a man who every night ties a ribbon on the tree beside his front door. The tale goes like this: there is a man who works hard and often would come home from work carrying the worries of the day. And each night he worried that he was bringing home with him many burdens that would then influence the way he interacted with his family and spouse. To prevent himself from carrying the burdens inside the house, he started keeping small pieces of ribbon in his pocket. Each night as he returned home from work, he would pause and tie a ribbon to the tree beside his front door.

He used this to symbolically leave his worries with the ribbon. He knew he could always pick the ribbon up the next day when he left home. The worries and concerns wouldn't disappear, but they could be laid to rest for a while each day. In turn, he had more mental and emotional energy that he could give to his family.

We each have burdens we carry and things we worry about. We worry about our health, our kids, our parents, our jobs, our finances, our relationships. We worry about things we see on TV or hear on the news. We even worry about celebrities we don't truly know!

Worry, in some ways, shows our investment in these things. We worry primarily about things that are meaningful to us. If we didn't care, we wouldn't worry!

At the same time, constant worrying can exhaust us and can lead to despair. Especially if we never see any resolve to the things we choose to worry about.

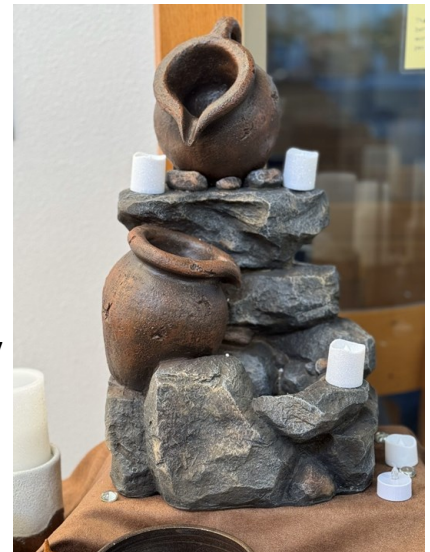
Each week as we gather for worship, we are given a sliver of time in which we have the opportunity to hand over to God the problems of the day (and the problems we try to borrow from tomorrow). We know when we leave the sanctuary that the burdens will still be there. But there is beauty in having a space and time in which we intentionally ask God to hold our worries for a bit. Like that man and the ribbons on the tree, we can pick things up again when we leave.

As you enter into the sanctuary during Lent, there is a table with candles on it. I invite you to take a moment to stop, light a candle, and offer a moment of prayer for a burden you are carrying. Let God carry it for a little while.

In Christ,



Pastor Jessica



"Come to me all you who are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

April 2025

SHARING OUR SUNRISE JOYS AND CONCERNS

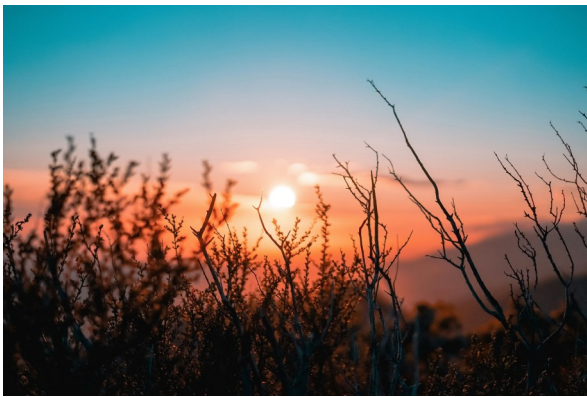
"Why do you look for the living among the dead? He is not here but has risen.

Luke 24:5

My favorite time of the day hands down is early morning. As I rise to greet the day, any problems troubling me during the night seem manageable if not forgotten. The air is crisp and fresh and my first look outside is to the east towards the rising sun. From my vantage point in my kitchen window the sunrise, like God's love, is always there; a reminder that after the darkness of the night, God's light remains.

*"Through the heartfelt mercies of our God, **God's Sunrise** will break in upon us; Shining on those in the darkness, those sitting in the shadow of death; then showing us the way, one foot at a time, down the path of peace." Luke 1:78-79*

This month we ask for peace and comfort for those who have lost loved ones. With Peggy Gentry, her son and grandsons we mourn and celebrate the life of their daughter, sister and mother Jenny. May God hold them in His hands. Our friend, Estelle Gonzales, is also in our prayers as she grieves the loss of her father. Others in our midst have lost friends and we remember and celebrate their lives as well.



We continue to ask prayers for those who have or are suffering illness. Maribeth Doan had another trip to the hospital after a small stroke, but is home doing fine and continuing her ministry with FISH and bringing soup and cookies to others. Lorrie Maki spent some days in the hospital after several falls and an electrolyte imbalance and is recovering at home. Tana's brother, David, continues his walk with cancer and needs our prayers. Trevor Harp needs patience and healing as he recovers from broken ribs after a spill on the ski hill, and our thoughts go with Brad Forsyth dealing with ongoing health issues. Rowena asks prayers for her grandmother recovering from a fall and Jacinte for her sister-in-law. We continue to remember our friend Lois Mitchell as health issues with ageing consume her days. For

those we've named and others with health or addiction problems we ask for God's healing touch.

With joy we welcomed Pastor Tim Lanham back to Sunrise where he led worship and spoke to us about Glacier Camp. He always fills our hearts and souls with a meaningful message and continues to be a great part of our Sunrise family. We are thankful for those who make our Lenten season meaningful with study and meditation and joyous activities on our journey through the darkness of night to the promises of a new sunrise and the risen Lord of Easter.

"Sing Praises to the Lord, O you His faithful ones, and give thanks to His holy name. For His anger is but for a moment; his favor for a lifetime. Weeping may linger for the night, but JOY RETURNS IN THE MORNING."

Psalm 30:4-5

"Arise, shine; for your light has come! And the glory of the Lord has risen upon you"

Isaiah 60:1

HE IS NOT THERE; HE HAS RISEN, JUST AS HE SAID! He is Risen! He is Risen indeed!

Matthew 28:6

In the Sunrise of the Resurrection, Tana

April 2025

Sunrise Holy Week Schedule

April 13 - Palm Sunday Service with Brunch following worship

April 14-18 - Matins Worship daily at 7am
followed by continental breakfast

April 17 - Maundy Thursday Tenebrae Service at 7pm

April 20 - Easter Sunday Worship at 9:30 am
Kids egg hunt and fellowship following worship
One Great Hour of Sharing special offering collection

SUNRISE PRESBYTERIAN CHURCH

FISH Update: In February, Sunrise donated \$65 and 16 pounds of food to FISH. Thank you to our volunteers who served at FISH the week of March 17-21: Estelle Gonzalez, Sandy Lambert, Jacinte McCullough, Karen Sanders, and Carol Stilli. Our next week to help will be June 2-6.

A very special "thank you" to Shirley Roehm for donating two table toppers for our FISH banquet auction on March 21. All gifts of time, talent, food, and money are appreciated.

Sincerely, Maribeth Doan

Mother's DAY LUNCHEON Spruce Lodge at Glacier Camp

Enjoy the day with your Mom overlooking Flathead Lake. Reservations required. Limited seating. Buffet style meal

17482 O'NEIL RD, LAKESIDE, MT
SUNDAY, MAY 11TH, 2025
11:30 AM & 1 PM

RESERVATIONS REQUIRED BY MAY 7TH
CALL: 406-844-2114

ADULTS \$20, CHILDREN 7-14 \$12
6& UNDER FREE

We are all starting to get out of our winter mind set. That goes for the Buildings and Grounds committee also. We would like to thank John DeVoss and Dan Agnew for the work they did last year taking care of the lawn. We also want to thank Lee Hicky and Travis Harp for all they did as Elders of this committee the last three years.

Currently the committee has come up with two lists of projects that need to be done at the Church and the Manse. Many hands make for light work and we will be reaching out from time to time for volunteers to complete these tasks. We will always welcome anyone to join the committee as an at large congregational member.

It would be nice if we had some more help with the lawn care – please let us know if that is where you can pitch in.

In early May we will be doing the annual church clean up day so keep your calendars open.

The B&G committee: Scott Shull, Dale Lambert, Dan Petersen, and Eric Chigbrow

April 2025

HELP WANTED, NEEDED & APPRECIATED

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The B&G committee;

Scott Shull, Dale Lambert, Dan Petersen, Eric Chigbrow

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 collect \$10-20 of cans per month and this money goes to provide shipping for our pill bottle reuse endeavors. We shipped our most recent batch of pill bottles in January.



SUNRISE STRIDERS unite!

Who are the Sunrise Striders? You can be a **SUNRISE STRIDER**. This unique fellowship opportunity was created to enjoy our adopted park, Sunrise Park located between Beth Drive and Ella Avenue on 40th Street South.

All are welcome ... no obligation ... just a time of fellowship while enjoying the fresh air. We are excited to embrace our adopted park. Dates and times will be announced in April.

April 2025

April Reading List: adapted from the	
April 1	Ezekiel 47:6-12
April 2	Psalms 46:1-4
April 3	Psalms 46:5-8
April 4	John 5:1-9a
April 5	John 5:9b-16
April 6	John 5:16-18
April 7	Isaiah 49:8-10
April 8	Isaiah 49:13
April 9	Psalms 145:8-12
April 10	Psalms 145:13-17
April 11	John 5:19-21
April 12	John 5:24
April 13	Psalms 34:15-18
April 14	John 7:25-30
April 15	Psalms 7:9-11
April 16	John 7:37-39
April 17	John 7:40-44
April 18	John 8:1-11
April 19	John 8:12-16
April 20	Isaiah 43:18-20
April 21	Psalms 126:1-4
April 22	Psalms 126:5-7
April 23	Psalms 102:16-17
April 24	Jeremiah 20:13
April 25	Psalms 18:1-2
April 26	Psalms 18:3-7
April 27	Ecclesiastes 3:1-3
April 28	Ecclesiastes 5:4-5
April 29	Luke 11:2-4
April 30	Luke 10:38-42

Adult Bible Study Group

Our Adult Bible Study group meets the 1st and 3rd Thursdays of the month at 10 am. Anyone is welcome to join!

The Faith-Life, Outreach and Mission Committee is asking for your feedback. We are looking for opportunities to reach out to the community of Great Falls in ways that we can use our resources to help, assist or offer a place that people can come to for fellowship.

Do you know of any specific group or organization that could benefit from our involvement or possibly even the use of our building or property. If so, please let us know so we can reach out to them.

If you have any suggestions, thoughts, ideas or questions please contact:

Carol Still, 912-577-5122;

Joe Hoseck, 406-799-6598;

or any other member of this committee.

2025 Per Capita:

Per capita is the amount churches pay per member to support our higher judicatory/mid council bodies. This includes Glacier Presbytery, the Synod of the Rocky Mountains, and the PC(USA) national office. This year's per capita is \$70. Thank you for your support of our denomination through your per capita giving.

April 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 Peteren
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

«City», «State» «Zip»

«Address»

«First Names» «Last Name»

Sunrise Presbyterian Church
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Great Falls, MT 59406