

September 2025

Dear Friends,

This summer I traveled on some rustic backroads with my mother accompanying me on the journeys to first Gillette, WY and then Driggs, ID. We passed through tiny towns that were completely closed up on Sundays, and that closed early much of the week. The one gas station, post office, and perhaps convenience store were dark as we went by them. They were weathered, having withstood the test of time but not without serious toll on the buildings and pavement. Potholes abounded.

I remarked as we went through one such place that I didn't know that I could survive living in a place with nowhere to run if I needed ice, or tummy medicine, or gasoline. I'm too used to the convenience of 7-day-a-week shopping.

My mother reminded me that in mid-twentieth century America, shopping on Sundays simply wasn't done. The stores were closed, by law and by religious practice. It was a legislated sabbath, enforced by cultural norms. Laws follow action...too many stores and shops had been open on Sundays so laws were enacted to forbid the practice.

I'm not going to list the theological merits here: we know the various positions and arguments on Sunday shopping. Over time, stores have opened on Sundays along with restaurants, museums, cultural sites, and more.

In Jewish tradition (and a few Christian traditions like Seventh Day Adventist), Sabbath runs from Friday night to Saturday night. Knowing that, we can acknowledge that when God said to rest on the seventh day, God didn't specify which day of the week that was!

I asked a question in the June newsletter: What does a modern sabbath look like?

The importance of Sabbath is not the day of the week that we observe it, nor the laws that restrict or don't restrict it; instead, the importance is in the concept it represents. On the seventh day, God rested. God worked six days and then didn't work on the seventh day. There was time for rest and renewal, and also for reflection as God looked at the creation that had been constructed and proclaimed it good.

"God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work he had done. So God blessed it and hallowed it, because on it God rested from all the work that he had done in creation." Genesis 1

Nowadays, it seems that Sunday is errand-day, clothes-washing day, pet-care day, get-ready-for-school day, shopping day, pay-bills day, and so much more. But we are still called to rest and reflection.

Perhaps modern sabbath is less about the day and more about setting aside time for reflection, rest, and regrouping. What restores your energy and fills your spiritual and emotional reservoir? What creates a break from the every-day in order that you might look upon what you have already accomplished and proclaim it good?

Friends, may you be abundantly blessed as we move from summer into autumn.

Yours in Christ,

Pastor Jessica



September 2025

"SHARING OUR SUNRISE JOYS AND CONCERNS"

"The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is thy faithfulness." (Lamentations 3:22,23)

"A Friend loves at all times." (Proverbs 17:17)

"Sweet friendships refresh the soul and awaken our hearts with joy." (Proverbs 27:9)

When my children were growing up, it was at about this point in August when the laments began. A new year of school was about to begin. "What if none of my friends are in my class this year? What if no one will play with me? And it only got worse as middle school approached and there were different classes coupled with the whole worry about not knowing where to go and new students from other elementary schools as classmates. Of course they usually found that new friends could be found while still connecting with old ones. Even as adults we find ourselves a little anxious when placed in situations that are unfamiliar and perhaps without a close friend nearby. And that brought me to two thoughts. First, we need to hold fast to the fact that there is always the friendship of Jesus that never ends and is with us in every situation, and second, because God has loved us we are asked to be friends to others when they are in a new place or group. "We love because He first loved us." (John 4:19)

Our prayers to those who have lost dear friends or family this month. May the solace and comfort of God's friendship hold you as you remember their lives.

Thoughts to those in our midst suffering from pain and illness or in their final days. We especially remember Lois Mitchell under hospice care as well as others in care facilities. We ask that Richard Benson might find relief from back pain. Prayers for Ember's friend, Berta, undergoing cancer surgery.

With joy, we celebrate with our office administrator, Kris, the birth of two new granddaughters, Margo and Tatum, both in Oregon. After some stressful pre-delivery complications both babies and their Moms are doing great. Congrats.

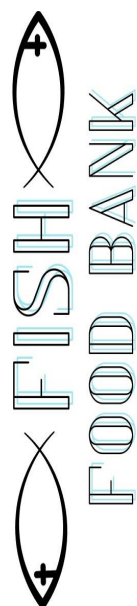
Margaret Nitschke will be " Singing a new song to the Lord" now that she has retired from her regular once a month calling as our church pianist. She filled our hearts and souls with her music each time she played and we will miss her talents enriching worship. She has offered to substitute and fill in for special services so we are grateful for that and we will still see her in the pews for worship. Your music lingers. Thanks.

Thanks to those who organized the summer Sunrise picnic. Great fellowship, food and friendship led by our faith. Thanks be to God.

I always think of that old hymn, "What a Friend we have in Jesus" by Joseph Scriven when I remember God's faithfulness. We truly have a friend in Jesus when we take it all to Him in prayer. "*Precious Savior, still our refuge -- Take it to the Lord in Prayer - In His arms He'll take and shield thee. Thou wilt find a solace there.*"

In the sunshine with my friends, Tana

September 2025



Food Suggestions for August:

- + Condiments
- + 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

As kiddos start to head back to school, consider having your FISH donation reflect that. Think of food that can be easily put into a school lunch sack. Or maybe an after school snack, either for home or school.

At FISH during the week of Aug 18-22, we served 22 families, 30 adults, and 12 children. We gave out 1,654 pounds of food. Special thanks to our great volunteers: Tana Harp, Janette Forsyth, Sandy Lambert, and Carol Stilli. August donations totaled \$76 plus 5# of food. Our next volunteer week will be Nov. 3-7. Thanks to ALL of you who contribute to FISH, with your time, food, and money. I want everyone to know that I appreciate their contributions to FISH.

Thank you! Maribeth Doan

Backpack4kids volunteers!

Thank You Eric, Millie, Ember, Scott & Lisa

Town Pump has again selected FISH to be part of the "Be a Friend in Deed, Help Those in Need" campaign.

Town Pump will match every donation to FISH up to \$25,000.00. From September 1 through November 30, 2025.

If you wish to participate by giving through Sunrise, please have checks to the office by November 10. Or, send your donation directly to FISH, P.O. Box 662, Great Falls Mt 59403.



The Great Falls Food Bank is expanding its Weekend Backpack Program to include Junior High students during this school year. This will increase the program's overall cost by as much as 30%. If you would like to support the backpack program, you can make a donation directly to the GF Food Bank. Or, join with other Sunrise volunteers in packing food for the backpack program on Monday mornings starting this fall. Visit with Ember Woods for additional information.

September 2025

Sep 1	Mon	Labor Day: Office Closed	
Sep 4	Thu	10:00	Adult Bible Study
Sep 7	Sun	9:30	Worship
		10:45	Fellowship
		11:00	Deacons' Meeting (Logos Room)
Sep 9	Tue	6:30	Finance Meeting
Sep 12	Fri	Jessica Out of Office	
Sep 14	Sun	9:30	Worship with Communion
		10:45	Fellowship
		11:00	Deacons Meeting
Sep 17	Wed	6:00	Faith & Outreach Meeting
Sep 18	Thu	10:00	Adult Bible Study
Sep 21	Sun	9:30	Worship Guest Robby Robertson with Promise 686
		10:45	Fellowship
		10:50	Sunday School Resumes
Sep 22-26	Jessica: Out of Office, OPSF Residency Retreat		
Sep 28	Sun	9:30	Worship
		10:45	Fellowship
		10:50	Sunday School
		11:00	Fellowship: Celebrating Keith & Rowena
Sep 30	Tue	5:30	Session Meeting <i>*1 week later than usual*</i>
September Deacons: Tana Harp & Sue Petersen			

We continue to support a variety of environmental initiatives:

Pill Bottle Reuse	Aluminum Can Recycling	Plastic Grocery Bag Recycling	*New* Egg Carton Reuse by GFFB
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



Church Picnic 8.6.25

Thank you to everyone who assisted, organized, and participated. It was a great event!

September 2025

*This month's scripture readings come from
Sunshine Valley WV Vintage Homemaking
Made Simple website.*

September 2025 Scripture Writing Plan – A Faithful Harvest

Day 1: Galatians 6:9
Day 2: 2 Corinthians 9:6-8
Day 3: Matthew 9:37-38
Day 4: Proverbs 20:4
Day 5: Psalm 126:5-6
Day 6: Luke 10:2
Day 7: 1 Corinthians 3:6-7
Day 8: John 4:35-36
Day 9: Leviticus 26:3-4
Day 10: Deuteronomy 28:12
Day 11: Proverbs 10:5
Day 12: Hosea 10:12
Day 13: James 5:7-8
Day 14: Ecclesiastes 3:1-2
Day 15: Isaiah 55:10-11
Day 16: 2 Thessalonians 3:13
Day 17: Proverbs 11:25
Day 18: 2 Timothy 2:6
Day 19: Psalm 85:12
Day 20: Colossians 3:23-24
Day 21: Jeremiah 5:24
Day 22: Matthew 13:23
Day 23: Genesis 8:22
Day 24: Psalm 67:6-7
Day 25: 1 Peter 1:22-23
Day 26: Hebrews 12:11
Day 27: Deuteronomy 11:13-15
Day 28: 1 Corinthians 15:58
Day 29: Job 5:8-10
Day 30: Philippians 1:6

<https://www.sunshinevalleywv.com/september-2025-scripture-writing-plan/>

Adult Bible Study Resumes Sept 4 at 10 am in Fellowship Hall. Join us for study and fellowship every first and third Thursday of the month.

School Supply Collection Totals:

21 pencil boxes
3 pencil pouches
30 spiral notebooks
27 pairs of scissors
36 boxes of crayons
59 folders
6 sets of ear buds
1 pair of headphones
4 packs of undies
3 pairs of pants
4 large zipper binders
132 pencils
4 boxes of expo markers
4 packs of erasers
48 mechanical pencils
5 packs of loose leaf paper
18 glue sticks
2 bottles of glue
6 packs of markers
4 packs of colored pencils
40 pens
8 highlighters

September 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



«City», «State» «Zip»

«Address»

«First Names» «Last Name»

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