



Giving Thanks, Out Loud and Otherwise

November is the month for gratitude. Perhaps not officially, but with the celebration of Thanksgiving and the opportunities for reflection as we near the end of the year, it seems the time when gratitude is in our thoughts. The fields have been harvested, the gardens are now frozen, and – if you are a ‘canner’ – the pantry shelves are a little fuller. Soon, we will gather around tables for Thanksgiving. The bounty of the season and the celebration of the holiday invite the same response: “Thank you, Lord.”

Scripture is full of invitations for us to give thanks to God. The psalmist says, “Enter into his gates with thanksgiving, and into his courts with praise” (Psalm 100:4), and Paul encourages us, “In every thing give thanks” (1 Thessalonians 5:18).

In our celebration of Sunrise’s 70th anniversary, we listened to the scripture from Ezra 3 about the shouts of joy and thanksgiving that the people had returned to Israel and God’s presence was with them. *“¹⁰ When the builders laid the foundation of the temple of the Lord, the priests in their vestments were stationed to praise the Lord with trumpets, and the Levites, the sons of Asaph, with cymbals, according to the directions of King David of Israel; ¹¹ and they sang responsively, praising and giving thanks to the Lord.”*

As we ponder this month of gratitude and thanksgiving, here are some ways that I think about recognizing the blessings we are given:

Say thanks out loud to the people who deserve it. This might be the coworker who covered your shift, or the church member who always remembers your birthday, the neighbor who shoveled your walk, or the friend who called at just the right moment. Most of us feel grateful far more often than we actually speak it aloud. This month, try telling someone what their words or actions mean to you.

Say it in prayer to God. Every good gift comes from God, and private prayer is a natural place to name these gifts – whether it’s for tangible things or personal experiences for which we are thankful. The practice of giving thanks to God helps us to notice more over time, but it can also become a form of spiritual discipline.

Say it out loud together. Something happens when we give thanks as a community. Each Sunday we sing the Doxology, offer our prayers of the people, and on communion Sundays, we hear the words, “Let us give thanks to the Lord our God. It is right to give our thanks and praise.” When we pray together, our individual gratitude becomes a shared song, and we’re reminded that our blessings are woven together.

Give out of thankfulness. Gratitude often moves from our lips to our hands. Financial gifts to the church and to causes we care about, a meal for someone in need, or a gift given simply to say “you matter to me” are all ways of giving thanks. As Paul writes, “God loveth a cheerful giver” (2 Corinthians 9:7). When we give from a thankful heart, the gift becomes a prayer of its own.

How do you give thanks?

May your November be one of grateful celebration for the gifts that God has given.

In Christ,

Pastor Jessica



SHARING OUR SUNRISE JOYS AND CONCERNS

November 2026

"Enter His gates with thanksgiving and His courts with Praise" Psalms 100:4

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:16-18

Streaks of light from the early morning sunrise fall on my table, and glisten on the tops of the autumn trees out my window. The light illuminates the already vibrant red, orange and yellow leaves. *And I am grateful.* Scattered about my table are stacks of photos and I smile searching for memories of the years spent at Sunrise (59 for Bill and I) to help celebrate 70 years of ministry. *And I am grateful.* Smiling faces from the 5 children and 9 grandchildren baptized here by faithful Pastors Lincoln Anderson, Bill Postler and Tim Lanham with the singing of "Come Be Baptized" by Woody and John; confirmations of young adults, campouts, Vacation Bible Schools to the Promised Land and Moses, Christmas tree cutting; Christmas programs with angels and shepherds and even a live "baby Jesus." *And I give thanks to the Lord.* Photos of our always wonderful Sunrise Choir. *And songs of joy rise in my heart. For I am truly grateful.*

Many of the memories are not encapsulated in a photo but in the reaches of our souls and hearts. The many Bible studies together, our devotion to Mission at home and in the broader world - on many occasions missionaries visiting; gathering together weekly to worship the Lord and grow in our faith as we listened and sang the word of God. *And I sing praise.* Times of great joy - new members, births of babies, weddings. A Family formed by God. Times too of loss and great sadness in the loss of family and friends. And yet, with the hope given to us in the Lord, we prayed and rejoiced in the lives of those saints. Thanksgiving always in joy and sorrow.

This month we especially remember two longtime saints of Sunrise, Gail Bucko and Lois Mitchell who both lived lives of faith and service. Gail grew up on a ranch, served in the military, was a nurse and counselor, a faithful member and deacon at Sunrise, a wife, mother, sister - all done with a smile on her face even amidst profound loss in her family and a lifelong struggle with MS. Lois was a familiar face to all of us at Sunrise, serving as church secretary for many years and as a deacon. Her sewing skills still grace our communion table with cloths she made. She raised a loving family with husband, Walt. We will miss both Lois and Gail and ask for prayers for their families.

Special prayers this week for our friend Jim Casey. He will undergo aortic valve replacement on his heart in Billings. Prayers go with Jim and family. Many others, not named, struggle with both physical and mental health problems and we ask God's blessing on them.

Our cups were filled with joy this month when on Children's Sabbath our youngest members read passages from Proverbs with interpretation in their own words. We were also blessed with messages from Pastor Courtney Arntzen, Pastor Steve Nelson, Marcia Anderson and Carol Stilli.



SHARING OUR SUNRISE JOYS AND CONCERNS Cont. November 2026

Prayers for safe travels and spiritual renewal for Scott, Lisa, Eric, Lianna and Millie who will be traveling with a group in Europe following the steps of the Reformation. The trip was organized and dear to the heart of Tim Lanham so his spirit will accompany them.

November is always a month we pay special attention to thanksgiving. Gratitude that the harvest is in and we are blessed with plenty while giving thanks that through the goodness of the Lord we have survived trials and sadness. So it is with Sunrise. I especially give thanks for the ministry of this church over 70 years; the lives it has touched, the friends we have made; the saints here and gone; the Word we have lived; the hope for tomorrow. **And I give thanks.**

"Give thanks to the Lord, for he is good; his love endures forever." Psalms 107:1

See you in the Autumn Sunshine, Tana

Child Protection Policy Update:

The Session annually discusses and reviews the policies in place at Sunrise regarding conduct and child protection. This year, the session has updated the policy to include the following language.

"15. Church members, volunteers, staff, and guests shall use discretion in selecting age-appropriate language and content avoiding graphic descriptions of violence, war, war crimes, rape, murder, self-harm, drug use, or suicide when children or youth are present. This also applies to vulnerable adults. (A vulnerable adult is legally defined as a person aged 18 or older who is unable to protect or care for themselves due to a physical, mental, emotional, or developmental disability, sensory impairment, or the infirmities of aging.) If it is unclear what language should be used, individuals are encouraged to consult the minister or the Christian education committee.

16. If church members or participants witness acts of sexual harassment, racial discrimination, gender-based discrimination, or other violations of this policy, they shall immediately address these concerns, both verbally and in writing, to the church Session. Concerns should include the date, event/circumstances, and names of individuals involved and names of those who witnessed the incident."

To see our full policies on conduct and child protection, visit our website where you can view the documents at any time.

**To all who have a Niche in the Church columbarium. When purchasing Urns.
The measurement for the niche are: 10 " Deep 10 1/2" Wide 11" high**



November Deacons: Beth Hoseck & Pam Chigbrow

Nov 1—3	Sun/Tue	All Day	Pastor Jessica out/PLC travel
Nov 1	Sun	9:30 am	Remembrance Service with Carol Stilli
		10:30 am	Fellowship
		10:45 am	Sunday School
		11:00 am	Deacons Meeting
Nov 4	Wed	6:00 pm	Worship Committee
Nov 5	Thu	10:00 am	Bible Study
Nov 5—6	Thu/Fri	All Day	Pastor Jessica out/PLC travel
Nov 7	Sat	All Day	Kris Madison Birthday (Office Manager) 
Nov 8	Sun	9:30 am	Worship w/ Lay Minister Earl Terwillegger
		10:30 am	Fellowship
		10:45 am	Sunday School
Nov 11—13	Wed/Fri	All Day	Pastor Jessica out/PLC travel
Nov 11	Wed	All Day	Happy Veterans Day
Nov 15	Sun	9:30 am	Worship w/ Communion
		10:30 am	Fellowship
		10:45 am	Sunday School
Nov 17	Tue	5:30 pm	Session (One Week Early due to holiday)
Nov 18	Wed	6:00 pm	Faith, Life-Outreach, Mission Committee
Nov 19	Thu	10:00 am	Bible Study
Nov 22	Sun	9:30 am	Worship
		10:30 am	Fellowship
		10:45 am	Sunday School
Nov 22	Sun	1—4 pm	Kids Christmas Craft Event
Nov 23—30	Mon/Mon	All Day	Pastor Jessica out on Vacation
Nov 26	Thu	All Day	Happy Thanksgiving; Office Closed 
Nov 28	Sat	10 am-12pm	Decorate Church w/ Lunch Provided
Nov 29	Sun	9:30 am	Worship
		10:30 am	Fellowship
		10:45 am	No Sunday School

What is the Mission and Vision of Sunrise Presbyterian Church?

Our Mission is to know and love God by worshipping, by learning, and then by teaching; and to see the health and growth of our own spirits toward God. Furthermore, our mission calls us to minister actively as directed by Jesus Christ, whether healthy or ill, young or old, rich or poor, in bereavement and in joy, without regard to person or station in life.

Our Vision is to glorify God through excellence in worship and music, fellowship with one another, outreach to the wider community, and care for children in the church and community.



70th Anniversary Celebration and Brunch October 25th, 2026



WOW! What an amazing 70th Anniversary service and party we had! It was such an amazing turnout with close to 70 people who joined in on all the fun. We had a living timeline, a beautiful choir sing along with an amazing worship service. Afterwards the deacons put together the most beautiful selection of food for everyone to enjoy. Most people came downstairs to enjoy chatting time along with eating. We want to thank everyone who came out to be with us during this most monumental moment in time. We want to thank the Deacons for serving such a yummy brunch. Lastly we wanted to thank the pastors that came out to celebrate with us. It was a wonderful day!



you're invited to

Kids Christmas Crafts

Sunday, November 22, 2026 from 1-4 p.m.

\$10 per child; Tickets available online at
[Sunrisegreatfalls.net](https://www.sunrisegreatfalls.net)

Painting, crafts, holiday ornament gifts, hot chocolate, and fun!





FISH Needs:

- + Tomato Soup/Chicken Noodle Soup
- + Stuffing, Canned Yams, Potatoes
- + Boxed/Bags of Cereal
- + Canned Goods: Chili, Corn, Green Beans, Black Beans, etc.
- + Healthy Snacks (Granola Bars, Dried Fruit)
- + Boxed Potatoes

FISH Bowl Sunday, Oct 19th, Sunrise donated \$81.25, and as of Oct 22nd, we have also donated 12 lbs of food. Money collected through Nov 10 will be sent to FISH for the annual Town Pump matching funds program.

Our next week to work is tentatively scheduled for December 7-11. We'd love to have some more volunteers to help, as we've been seeing more clients recently.

Sincere thanks to all who give of their time, food and money to FISH! You are appreciated.

Faithfully Yours,
Maribeth Doan

FISH STATISTICS	Families	Adults	Kids	Pounds Distributed
Aug 2026	79	108	60	4871
Sept 2026	82	96	53	5723

"70" for 70 Community Volunteer Hours by Sunrise Members	Month	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct
	Community Volunteer Hours	124	128.75	197.50	127.50	169	158.25	105.5	122.5	153.5	42

We continue to support a variety of environmental initiatives:			
Pill Bottle Reuse	Aluminum Can Recycling	Plastic Grocery Bag Recycling	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



95 Years – Let's Celebrate! 95 Years of God's Faithfulness!

**"Ninety-five years! That's a lot of campfires, a lot of laughter, a lot of prayers
– and probably a few mosquito bites!"**

For 95 years, Glacier Presbytery Camp, which sits on the west shore of Flathead Lake, has been a place where lives have been changed, friendships have been formed, and faith has grown. Generations have come to this place and carried a little piece of it home with them.

Today, we have an opportunity to celebrate that incredible legacy – and help make sure it continues.

What a blessing to look back with gratitude to those who DREAMED, SERVED, PRAYED and GAVE to make this **MINISTRY** possible. Their faithfulness has become our lasting legacy! It is even more exciting to look forward with HOPE! As we celebrate this milestone, we invite you to be part of the next chapter. Would you consider giving a special anniversary gift of \$95.00 in honor of the Camp's 95 years?

Your gift will help ensure that the ministry we cherish today continues for generations to come.

As Psalm 90:17 reminds us: "Establish the work of our hands for us – yes, establish the work of our hands."

For 95 years, God has established the work of Glacier Presbytery Camp. As we celebrate what He has done, let us prayerfully invest in what He will continue to do. Give thanks for helping build the next 95 years!

With immense gratitude, to God be the glory!

Signed: Glacier Presbytery Camp Committee

Glacier Camp & Conference Center
PO Box 384
Lakeside, MT 59922

Heritage Dinner Info: The Sunrise Heritage Dinner will be Sunday, November 8 at 4 p.m. Bring a dish to share that is meaningful to you (family heritage, a staple favorite, etc.). We will be sharing the "I Remember When" stories during the dinner. Sunday, Nov 1 is the last day to turn in a card with an "I Remember" story.

Name tag: Need a church name tag? Please let the church office know and one will be ordered for you. Everyone is invited to wear their name tag on the 4th Sunday of each month.

FISH food for Communion: On November 15, members are invited to bring a food item for FISH to place in front of the communion table in the sanctuary during the service.



Omaha Presbyterian Seminary Foundation
is now
PRESBYTERIAN LEADERSHIP COLLABORATIVE





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



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

Visit www.sunrisegreatfalls.net