

October 2025

Dear friends,

I listened to a recent interview with writer-director Cameron Crowe in which he described how his family taught him that optimism is something you have to fight for. At a moment when the world seems to be filled with bad news, that struck me as an important statement. It is easy to get drawn into bad news, depressing conversations, and fear-spiraling thoughts.

It raises a question for me: how can our faith help us to find optimism when things look and feel bad? It is a question not just for this social moment, but for other times in our lives when “things hit the fan,” so to speak.

For me, leaning into the words of the Psalms brings comfort and a sense of leveling that I don’t always find in the world outside of faith.

“Lord, you have searched me and know me. You know when I sit down and when I rise up. You discern my thoughts from far away....Even before a word is on my tongue, O Lord, you know it completely. You hem me in, behind and before, and you lay your hand upon me.” Psalm 139

While we each have our own interpretations of these words, for me it is a reminder that God knows me and loves me, imperfections and all. God knows who I am, knows what I do, knows how I think, and God still surrounds me even with all that knowledge of my inner being. That means, for me, that God must also know when I am struggling and when things are tough. God knows when I’m sad, when I’m angry, when I’m happy, and every emotion in-between. God knows when I am struggling and yet God still surrounds me each and every day.

I also drawn comfort from the 23rd Psalm: *“Even though I walk through the valley of the shadow of death, I fear no evil, for you are with me. Your rod and your staff comfort me....You anoint my head with oil, my cup overflows.”*

How often do we feel like we are slogging through life with a dark cloud over our head, or that there are bad things in the world that we are trying (sometimes desperately) to avoid? In the midst of difficult moments, this psalm reminds me: God still is providing blessings – an overflowing cup of goodness.

We don’t always know what’s to come in the world or in our own lives. But we can trust in God’s faithfulness from generation to generation. We can live secure in the knowledge that God is beside us, hemming us in – surrounding us with goodness. When optimism is hard to find, we can lean into the assurance that God knows us and knows all of our needs.

May God’s blessings be with you in these early weeks of autumn.

Pastor Jessica



October 2025

"SHARING OUR SUNRISE JOYS AND CONCERNS"

"The grass withers, the flower fades; but the word of our God will stand forever."

Isaiah 40:8

The morning air is crisp. The golden fields of grain waving in the breeze have been harvested. Crops are safely in awaiting the winter. The vibrant hues of autumn are a feast for our eyes, a memory to hold when the shorter, darker days inevitable arise. Change is in the air. Even more, along with the changing colors of the leaves, we, as well as the earth, prepare for new seasons in both our daily and spiritual lives. We have stored up the warmth of summer along with the bounty of the harvest, knowing that through all the seasons of the earth and in our lives, God remains the same. In the midst of change - whether in the physical world or in our lives hope remains.

For those who are enduring the change that illness brings, we pray for healing and patience in the journey. We especially remember this month, Ruth Hickey dealing with ongoing pain; for Helen DeVoss in her daily health journey; for Richard Benson as he awaits surgery for his back; and for Kevin Ferry as he adjusts to the removal of toes and part of his foot; and for other family and friends not named but suffering either physically or mentally. May the warmth of God's love enfold them as they weather this season in their lives. We give thanks that Shirley Gearhart continues to recover nicely, and that Rod and Dixie Poronto have found new health care aides. We continue to ask for blessings for those in retirement homes or assisted living, remembering Fran Lindstrand, Barb Brewer, Benna McGeorge. Gail Bucko and Lois Mitchell. In this season of their lives, days get long and lonely and a brief visit or card is always welcome.

As the seasons change we give thanks for visits in the past month of family and friends. Don and Shirley Roehm have welcomed visits from many family members. Amazing how they do it all! Maribeth Doan has had the opportunity to travel to a wedding and share time with family at Swan Lake. Tana Harp enjoyed daughter, Tasha, for a short visit when she was in the US from Australia for business, as well as time with son Trevor and family. Ruth Hickey is currently spending time with daughter LaRae visiting from Poulsbo, WA. Beth and Joe Hoseck spent time with family in South Dakota. Rod and Dixie were blessed to have his brother visit. Jack and Gervaise Ferry and Tana Harp caught up with former members (and pastor) Bill and Jan Postler and Jim and Ilene Casey. All are doing well and send their greetings. Others have been blessed with visits and we give thanks for the connections the Lord gives us. Rowena and Keith Milton are currently honeymooning in Spain after their July wedding. We will celebrate them during coffee hour on September 28th. Congratulations. Ember Woods is over the moon on the birth of a new great grandson, Theo John, born this month in Helena. A new beginning - a new season in the lives of parents, grandparents and great grandparents. Blessings to all.

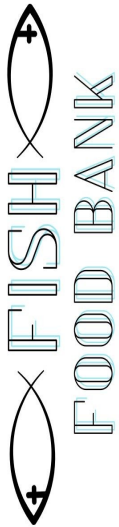
As seasons change we give thanks for those who have kept our grounds looking beautiful to the glory of God this summer including Ember and Beth on flower duty, John and Dan keeping the lawn beautiful, Eric and Scott trimming trees. To those and any others I've missed, thanks.

Change comes in this earthly world. But our hope is in the heavenly kingdom of God promised in His everlasting Word.

Grateful for the changes and seasons of our lives, Tana

See you in the autumn sunshine

October 2025



Food Suggestions for September:

- + 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

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.

Gently Used Coat Collection

Colder weather will soon be here. As we start getting our jackets and winter coats out of the closet, you may notice how many are hanging there that you no longer wear.

It might be that your child or grandchild has out grown last year's coat and now has a new one, or you just no longer like your old coat. Whatever the reason the Mission committee is asking that you bring your no longer needed coats to the church starting in October. We are not asking you to buy a new coat, just bring the coats you no longer use.

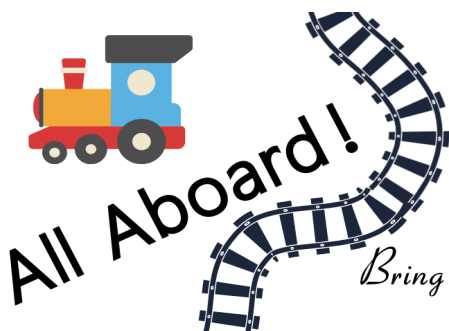
We will work with several groups to distribute them to the people in our community that truly need them to stay warm. The children's coats may go to the schools or the children's receiving home, etc.

Again, please bring unused coats in good condition to the church starting in October. This is a mission that we will continue as long as people bring in coats.

If you have any questions, please contact the Mission committee or the church office.

Thank you,

Carol, Joe, Beth, Eric, Millie, Norman, & Jacinte



Around the world in 60 minutes at this year's Heritage Dinner

Sunday, October 19 at 4 pm

Bring a favorite family dish, join in a fun-filled time with faith friends.

October 2025

Oct 1	Wed	6:00	Worship Committee
Oct 2	Thu	10:00	Bible Study
Oct 2	Thu	6:00	Third Space Gathering
Oct 5	Sun	9:30	Worship
		10:45	Fellowship
		10:50	Sunday School
		11:00	Deacons Meeting
Oct 6-8	Pastor Jessica is out of Office		
Oct 9	Thu	6:00	Third Space Gathering
Oct 12	Sun	9:30	Worship w/Communion & Children's Sabbath
		10:30	Pictures after Worship
		10:45	Fellowship
		10:50	Sunday School
Oct 13-17	Pastor Jessica is out of Office		
Oct 16	Thu	10:00	Bible Study
	Thu	6:00	Third Space Gathering
Oct 19	Sun	9:30	Worship: Guest Habitat for Humanity, Tammie Hickey
		10:30	Pictures after Worship
		10:45	Fellowship/ NO SUNDAY SCHOOL
Oct 21	Tue		Newsletter Assembly
Oct 23	Thu	6:00	Third Space Gathering
Oct 26	Sun	9:30	Worship
		10:30	Pictures after Worship
		10:45	Fellowship
		10:50	Sunday School
Oct 28	Tue	5:30	Session
Oct 30	Thu	6:00	Third Space Gathering
Deacons for October are: Beth Hoseck and Ember Woods During Pastor Jessica's absence, please contact Deacon Ember Woods for pastoral care support or one of our ruling elders, listed on the mailing page of the newsletter.			

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 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

October 2025

October Reading List: Called to Serve	
Oct 1	Genesis 46:1-4
Oct 2	Genesis 28:10-15
Oct 3	Deuteronomy 34:9 (10-12)
Oct 4	Psalms 8:3-6
Oct 5	Proverbs 28:5-6
Oct 6	1 Samuel 3:8-10
Oct 7	Ezekiel 1:1
Oct 8	Genesis 12:1-3
Oct 9	Jeremiah 1:4-8
Oct 10	Jeremiah 1:9-10
Oct 11	Psalms 103:20-22
Oct 12	Daniel 1:17 (18-21)
Oct 13	Habakkuk 2:1-3a
Oct 14	Zechariah 1:1-3
Oct 15	Psalms 20:6
Oct 16	Zechariah 7:8-10
Oct 17	Acts 1:8
Oct 18	Genesis 7:1-6
Oct 19	Acts 9:10-16
Oct 20	Romans 12:1-2
Oct 21	Ephesians 1:3-6
Oct 22	Psalms 56:12-13
Oct 23	Acts 20:22-24
Oct 24	Romans 1:7-8
Oct 25	Colossians 1:9-12
Oct 26	1 Thessalonians 2:13-14
Oct 27	Hebrews 1:1-3
Oct 28	Psalms 84:5-7
Oct 29	Hebrews 2:11-13
Oct 30	Hebrews 12:1-2
Oct 31	Zephaniah 3:19b-20

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

You're Invited

Third Space Gathering

Join us for a weekly opportunity to build meaningful agenda-free relationships with neighbors and other members of the community.

Every Thursday starting September 18
Open 6-7:30 pm

In Fellowship Hall

Why Attend?

- Get to know people
- Have face-to-face conversation
- Relax and build new relationships

Everyone is welcome! Come alone or with family and friends.

Third Space
SUNRISE CHURCH

Coffee provided!

What do those a's, b's, and c's stand for that show up in scripture verses? This indicates that there are separate thoughts within a single verse. For example, on Oct 13, verse 3 from Habakkuk chapter 2 has two sentences within it. 2:3a indicates that the reader should stop at the end of the thought (end of the first sentence).

If you see a scripture reading and then additional parenthesis like on Oct 3, this indicates that the primary reading is Deut 34:9, but reading the verses in parenthesis can help to add context or richness to the reading.

October 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

