

## The Practice of Eucharist

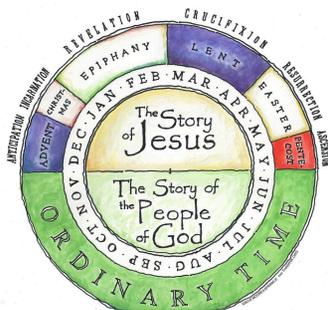
The sacrament of Eucharist was instituted by Jesus at the Last Supper (Luke 22:7-20), practiced by Him after His resurrection (Luke 24:30-35) and given further explanation by the Apostle Paul to the church in Corinth (1 Cor. 11:17-34).

In taking Eucharist, we are not only remembering Jesus' sacrifice of body and blood for the redemption of the world, we are also mysteriously united with Christ. The Apostle Paul takes this union seriously, "Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?" (1 Cor. 10:16). Furthermore, Eucharist, while personal and intimate, is more than individualistic as we believe that followers of Jesus are also united and mysteriously made one body by sharing in the bread and cup (1 Cor. 10:17).

While we believe nothing magical occurs during Eucharist, something mysterious, real and powerful does. As a result of our theology, we partake in Eucharist on a weekly basis, generally at the end of our worship gathering as a crescendo.

We invite ALL (regardless of denomination) who have begun the journey to trust Jesus as Savior, Teacher and Lord to partake in the Sacrament of Eucharist. If you have not made a decision to follow Christ, please feel free to abstain as we are seeking to create an atmosphere of authenticity in which no one is manipulated into acting against their conscience.

Practicalities: When you come forward for Eucharist, come when you feel ready at your leisure down the center aisle. Receive a piece of bread and then dip that piece of bread into either wine or grape juice before eating it. Then you may return to your seat.



1030 Choteau St. – Helena, MT 59601  
406-324-7273  
[www.helenaheadwaters.org](http://www.helenaheadwaters.org)



Sunday, January 18  
Ordinary time

### Order of Service

Welcome

Call to Worship

Songs of Praise

Prayers of the People/ Offering

Children's Prayer

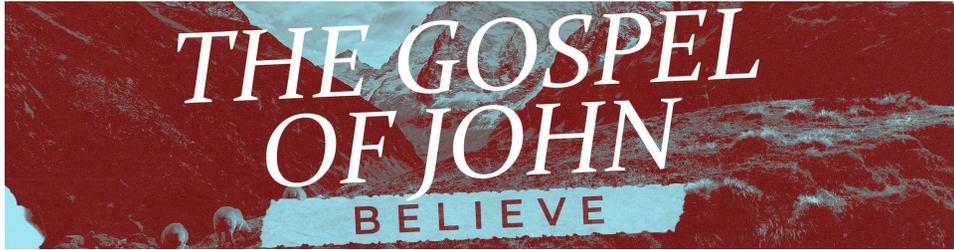
Ministry of the Word

Response in Worship

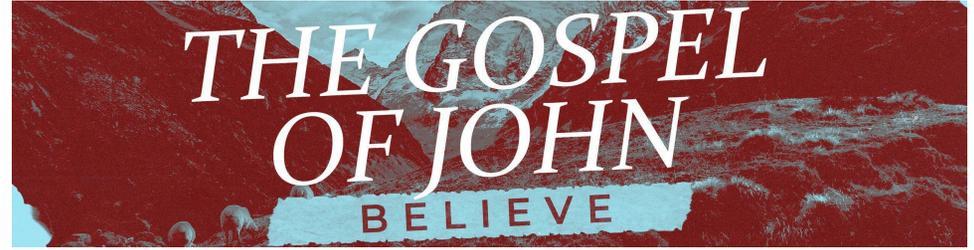
Communion

(Please check out back of bulletin)

Benediction



John 6:1-21



John 6:1-21

**Current Sermon Series on John's Gospel**

What are you seeking? Is following Jesus worth it? Worth giving up everything to be his apprentice? The gospel of John helps us to answer these questions and more. See, Jesus doesn't invite people to convert to Christianity or even call people to become Christians. He invited people to apprentice under him into a whole new way of living. To be transformed. John's gospel does this because it leads us to the Jesus who transforms us as we apprentice under him.

**Children's Church**

Children's Church is every other week for kid's preschool-5<sup>th</sup> grade. We are continuing children's church through the summer and would love more help; if you are interested in serving, please contact Rachel Dombach – 360.305.8052  
Next Children's Church Sunday, January 25<sup>th</sup>.

**Life together: Wednesday Nights Bible Study and Fellowship for all ages**

- 6:00-6:30pm Dinner and Fellowship
- 6:30-6:45pm Games in the Gym for Everyone
- 6:45-7:45pm Discipleship Groups
- 7:45-8:00pm Worship in the Sanctuary for Everyone

**Men's and Women's Prayer Times**

The most important and powerful thing we can do together is to pray.

- Men's Prayer Tuesday's 7:00am-8:00am**
- Women's prayer Monday's 12:30pm-1:30pm**

**Men's Bible Study**

**When:** Join us every Monday @ 6:30am – **Where:** 1889 Coffee House  
**The Study:** We are working through Mark.

**Online Tithes**

Thank you so much for your outrageous generosity!  
We also want to make it convenient for you to share your resources online. Please scan the QR code to tithe.



**Current Sermon Series on John's Gospel**

What are you seeking? Is following Jesus worth it? Worth giving up everything to be his apprentice? The gospel of John helps us to answer these questions and more. See, Jesus doesn't invite people to convert to Christianity or even call people to become Christians. He invited people to apprentice under him into a whole new way of living. To be transformed. John's gospel does this because it leads us to the Jesus who transforms us as we apprentice under him.

**Children's Church**

Children's Church is every other week for kid's preschool-5<sup>th</sup> grade. We are continuing children's church through the summer and would love more help; if you are interested in serving, please contact Rachel Dombach – 360.305.8052  
Next Children's Church Sunday, January 25<sup>th</sup>.

**Life Together: Wednesday Nights Bible Study and Fellowship for all ages**

- 6:00-6:30pm Dinner and Fellowship
- 6:30-6:45pm Games in the Gym for Everyone
- 6:45-7:45pm Discipleship Groups
- 7:45-8:00pm Worship in the Sanctuary for Everyone

**Men's and Women's Prayer Times**

The most important and powerful thing we can do together is to pray.

- Men's Prayer Tuesday's 7:00am-8:00am**
- Women's prayer Monday's 12:30pm-1:30pm**

**Men's Bible Study**

**When:** Join us every Monday @ 6:30am – **Where:** 1889 Coffee House  
**The Study:** We are working through Mark.

**Online Tithes**

Thank you so much for your outrageous generosity!  
We also want to make it convenient for you to share your resources online. Please scan the QR code to tithe.



**Henry's Book Drive**

<u>Financial Snapshot 2025</u>	<u>2026 Budget</u>
<u>Jan-Dec</u>	<u>\$176,931</u>
Income – \$184,523 (\$24,000 was remainder of gift from Christ the Redeemer)	
<u>Expences – \$184,155</u>	
Over/(Under). \$367	

<u>Financial Snapshot 2025</u>	<u>2026 Budget</u>
<u>Jan-Dec</u>	<u>\$176,931</u>
Income – \$184,523 (\$24,000 was remainder of gift from Christ the Redeemer)	
<u>Expences – \$184,155</u>	
Over/(Under). \$367	

Book Drive Troop 218 Helena, MT

I am Henry Bunt and I would like to organize a book drive that goes **Sunday, 1/18/26 -2/1/26**. They can be new books, old books, or books in good condition that are usable that you don't want any more. There will be a box under the table where the doughnuts and coffee usually are after the service. I will collect the books and deposit them around town into lending libraries.

Thank you for supporting my book drive.

### **What is the Season of Lent?**

Lent is about repentance. It is about turning away from our sins and toward the living God. A season dedicated to repentance and renewal should not lead us to despair; it should cause us to praise God for His grace! We need this renewal constantly throughout our lives, and so Lent can help us receive this grace again and again as we sense the ever-approaching dawn. So, be sure to pick up your Lent Devotional materials and other materials to help you live into this season of the church year beginning Ash Wednesday.

### **Ash Wednesday**

Join us Ash Wednesday for a reflective interactive worship service as we prepare to enter into the season of Lent. This is a child-friendly service. Our desire is to cultivate an authentic space and atmosphere in which to repent, turn around and return to the gospel of Jesus Christ and allow Him to have His way with us. **Wednesday, February 18- 6:30pm-7:30pm**

### **Grief Share**

Grieving the death of a loved one? Find support and healing at GreifShare. GreifShare support group is a safe, welcoming place where people understand the difficult emotions of grief. At this 13-week group, you'll receive valuable guidance and tips, leading you to relief, comfort and peace of mind.

Sign up @ [griefshare.org/findagroup](http://griefshare.org/findagroup)

**Sundays, February 22 - May 24 from 3:00-5:00pm @ Headwaters**

### **Headwaters Annual Meeting Update**

Thank you for everyone's feedback and discussion concerning our 2026 budget this past Sunday. We unanimously approved the 2026 budget with the caveat that the Leadership Team will bring forward a pastor's salary increase. Once completed, we will put forward the new budget and meet again to make final approval. We also approved Angie Robertson to be on our Leadership Team - starting in April. We also approved moving our budget cycle from a calendar year to a fiscal year beginning in October – Next annual meeting in September.

### **Henry's Book Drive**

Book Drive Troop 218 Helena, MT

I am Henry Bunt and I would like to organize a book drive that goes **Sunday, 1/18/26 -2/1/26**. They can be new books, old books, or books in good condition that are usable that you don't want any more. There will be a box under the table where the doughnuts and coffee usually are after the service. I will collect the books and deposit them around town into lending libraries.

Thank you for supporting my book drive.

### **What is the Season of Lent?**

Lent is about repentance. It is about turning away from our sins and toward the living God. A season dedicated to repentance and renewal should not lead us to despair; it should cause us to praise God for His grace! We need this renewal constantly throughout our lives, and so Lent can help us receive this grace again and again as we sense the ever-approaching dawn. So, be sure to pick up your Lent Devotional materials and other materials to help you live into this season of the church year beginning Ash Wednesday.

### **Ash Wednesday**

Join us Ash Wednesday for a reflective interactive worship service as we prepare to enter into the season of Lent. This is a child-friendly service. Our desire is to cultivate an authentic space and atmosphere in which to repent, turn around and return to the gospel of Jesus Christ and allow Him to have His way with us. **Wednesday, February 18- 6:30pm-7:30pm**

### **Grief Share**

Grieving the death of a loved one? Find support and healing at GreifShare. GreifShare support group is a safe, welcoming place where people understand the difficult emotions of grief. At this 13-week group, you'll receive valuable guidance and tips, leading you to relief, comfort and peace of mind.

Sign up @ [griefshare.org/findagroup](http://griefshare.org/findagroup)

**Sundays, February 22 - May 24 from 3:00-5:00pm @ Headwaters**

### **Headwaters Annual Meeting Update**

Thank you for everyone's feedback and discussion concerning our 2026 budget this past Sunday. We unanimously approved the 2026 budget with the caveat that the Leadership Team will bring forward a pastor's salary increase. Once completed, we will put forward the new budget and meet again to make final approval. We also approved Angie Robertson to be on our Leadership Team - starting in April. We also approved moving our budget cycle from a calendar year to a fiscal year beginning in October – Next annual meeting in September.



### **Wednesday Night Bible Study and Fellowship for all ages**

- 6:00-6:30pm **Dinner Together in Fellowship Room**  
6:30-6:45pm **Games in the Gym for Everyone**  
6:45-7:45pm **Discipleship Groups**
- Pre-K-5<sup>th</sup> Grade Bible Study
  - 6<sup>th</sup>-12<sup>th</sup> Grade Bible Study
  - Adult Bible Study (meet one week and serve on the off week)
- 7:45-8:00pm **Worship in the Sanctuary for Everyone**

### **Wednesday Winter Schedule**

- Jan. 1:** Bring a snack to share & a favorite board game for a night of family fun!  
**Jan. 8-Feb. 26:** Regular Life Together  
**March 5:** Ash Wednesday Service for the whole family  
**March 12-April 9:** Regular Life Together  
**April 18:** Good Friday Service for the whole family  
**April 23- May 14:** Regular Life Together  
\*More special nights TBD

### **Adult Bible Study**

This winter we'll be going through Alpha Course! Read the description in the announcements.

### **Youth Bible Study**

Youth will also be going through the Alpha Course with their own designed curriculum. This is a great opportunity to invite your friends and wrestle through some of life's biggest questions together.

### **Pre-K – 5<sup>th</sup> Grade Bible Study**

Knowing who God is helps us to have an everyday relationship with Him! In Children's Church this winter, kids will learn more about the character of God.



### **Wednesday Night Bible Study and Fellowship for all ages**

- 6:00-6:30pm **Dinner Together in Fellowship Room**  
6:30-6:45pm **Games in the Gym for Everyone**  
6:45-7:45pm **Discipleship Groups**
- Pre-K-5<sup>th</sup> Grade Bible Study
  - 6<sup>th</sup>-12<sup>th</sup> Grade Bible Study
  - Adult Bible Study (meet one week and serve on the off week)
- 7:45-8:00pm **Worship in the Sanctuary for Everyone**

### **Wednesday Winter Schedule**

- Jan. 1:** Bring a snack to share & a favorite board game for a night of family fun!  
**Jan. 8-Feb. 26:** Regular Life Together  
**March 5:** Ash Wednesday Service for the whole family  
**March 12-April 9:** Regular Life Together  
**April 18:** Good Friday Service for the whole family  
**April 23- May 14:** Regular Life Together  
\*More special nights TBD

### **Adult Bible Study**

This winter we'll be going through Alpha Course! Read the description in the announcements.

### **Youth Bible Study**

Youth will also be going through the Alpha Course with their own designed curriculum. This is a great opportunity to invite your friends and wrestle through some of life's biggest questions together.

### **Pre-K – 5<sup>th</sup> Grade Bible Study**

Knowing who God is helps us to have an everyday relationship with Him! In Children's Church this winter, kids will learn more about the character of God.

# LATEST NEWS & UPDATES

## Warm Hearts Donations

**All January**, we with many other churches in town are participating in a new blanket and towel drive to give to the poor. Drop items off any time in the **big pink box** in the foyer. We will then donate these items to God's Love, YWCA, Family Promise, RMDC, Friendship Center and others on Valentines Day.

## Serving in the Nursery Church

To support families with young children, we want to ensure parents can fully participate in the worship service while their little ones are lovingly cared for in the nursery. We are currently seeking volunteers to serve on a rotating nursery team. The goal is to form four teams of two people, with each team serving once per month. There may be Sundays where this is not needed as we love families being together in worship. If you are interested and willing to serve in this way, please contact Rachel Dombach. (360)305.8052

## Communio Church Survey

We have been working with Communio the last couple of years and to plan this next season of activities and outreach events we are conducting a **quick 3 minute survey**. Communio will then help us set some ambitious multi-year Mission Outcomes and create a strategic plan to achieve them. We will run this survey for two weeks and then they will compile all the data and report back to us. Please scan the QR to participate. Thanks Church Family!



## Service Project – Hope Center

Headwaters will be providing dinner for Hope Center Ministries (HCM) on **Friday, February 6th**. If you are not familiar with HCM, it is a Christian women's drug and alcohol treatment facility located in Clancy. We will be providing soups, stews or chilis, salad and rolls. There will be a sign-up sheet in the back. Please plan to help Headwaters bless the women of HCM!

**Friday, February. 6<sup>th</sup> – 62 Park dr. Clancy**

# LATEST NEWS & UPDATES

## Warm Hearts Donations

**All January**, we with many other churches in town are participating in a new blanket and towel drive to give to the poor. Drop items off any time in the **big pink box** in the foyer. We will then donate these items to God's Love, YWCA, Family Promise, RMDC, Friendship Center and others on Valentines Day.

## Serving in the Nursery Church

To support families with young children, we want to ensure parents can fully participate in the worship service while their little ones are lovingly cared for in the nursery. We are currently seeking volunteers to serve on a rotating nursery team. The goal is to form four teams of two people, with each team serving once per month. There may be Sundays where this is not needed as we love families being together in worship. If you are interested and willing to serve in this way, please contact Rachel Dombach. (360)305.8052

## Communio Church Survey

We have been working with Communio the last couple of years and to plan this next season of activities and outreach events we are conducting a **quick 3 minute survey**. Communio will then help us set some ambitious multi-year Mission Outcomes and create a strategic plan to achieve them. We will run this survey for two weeks and then they will compile all the data and report back to us. Please scan the QR to participate. Thanks Church Family!



## Service Project – Hope Center

Headwaters will be providing dinner for Hope Center Ministries (HCM) on **Friday, February 6th**. If you are not familiar with HCM, it is a Christian women's drug and alcohol treatment facility located in Clancy. We will be providing soups, stews or chilis, salad and rolls. There will be a sign-up sheet in the back. Please plan to help Headwaters bless the women of HCM!

**Friday, February. 6<sup>th</sup> – 62 Park dr. Clancy**