

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 Chateau St. Helena, MT 59601
406-324-7273
www.helenaheadwaters.org



Sunday, July 24

Pentecost

Order of Service

Welcome

Call to Worship

The Lord is a stronghold for the oppressed,
a stronghold in times of trouble.

**Those who know your name put their trust in you,
for you, O Lord, have not forsaken those who seek you.**

While everyone else is hungry for *more*... "More, more," they say.

We have God's more-than-enough,

More joy in one ordinary day

Than they get in all their shopping sprees.

At day's end we are ready for sound sleep,

For you, God, have put our lives back together.

Songs of Praise

Prayers of the People/ Offering

Ministry of the Word

Response in Worship

Communion

(Please check out back of bulletin)

Benediction



SERMON OUTLINE:

An evening prayer in crisis – Psalm 4

How does Psalm 1 and 2 help us?

We are not sure but what could be the crisis of this prayer?

What is interesting here about the name of God David uses in his prayer?

What name of God is most meaningful to you? Why?

What contrast do we have in this prayer?

What is David requesting?

Why is tremble a better translation than angry in vs4?

What encouragement does he give?

What does David encourage the faithless to do?

David concludes by demonstrating what great trust?

How does this Psalm help give some structure to prayer?

Prayer of Compline:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give

rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen



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PENTECOST

Weekly Prayer Groups

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 Tuesdays 12:00pm-1:00pm

Summer Hangouts

Join us this summer as we connect and share life together! We will have a BBQ, yard games, and a campfire rolling. You can bring something to cook or share (we will have food - just let us know you are coming), or just come to hang out and play or relax, whatever works best for you and your family – we will have s'mores stuff for everyone!

Wednesday, July 27 at the Dombach's from 5-9pm – 1075 Forestvale rd and August 10 and 24

Church Camp Trip

Save the date for our annual church camp trip - **August 19-21**. We are looking to add some new fun with a Saturday night cookoff and more of our usual fun at the lake! This year we will be back at the **Hellgate Campground** on the other side of Canyon Ferry Lake. Please RSVP your site to

Rachel - racheldombach@gmail.com

(We will not have worship service in the building, but out on the lake. Even if you don't camp with us - come out and join us for worship! @ 9:00am)

Living Free Ladies Bible Study

Tuesdays from 1-2pm at Headwaters (June 28-Aug 16)

Questions, contact Rachel Dombach 360-305-8052

or racheldombach@gmail.com

<u>Financial Snapshot 2022</u>		
	<u>1st Qtr</u>	<u>2nd Qtr</u>
Budget –	\$35,000	\$70,000
Tithes –	\$26,555	\$62,564
Expenses –	\$33,632	\$66,288
Over/(Under)	(\$7,077)	(\$3,724)

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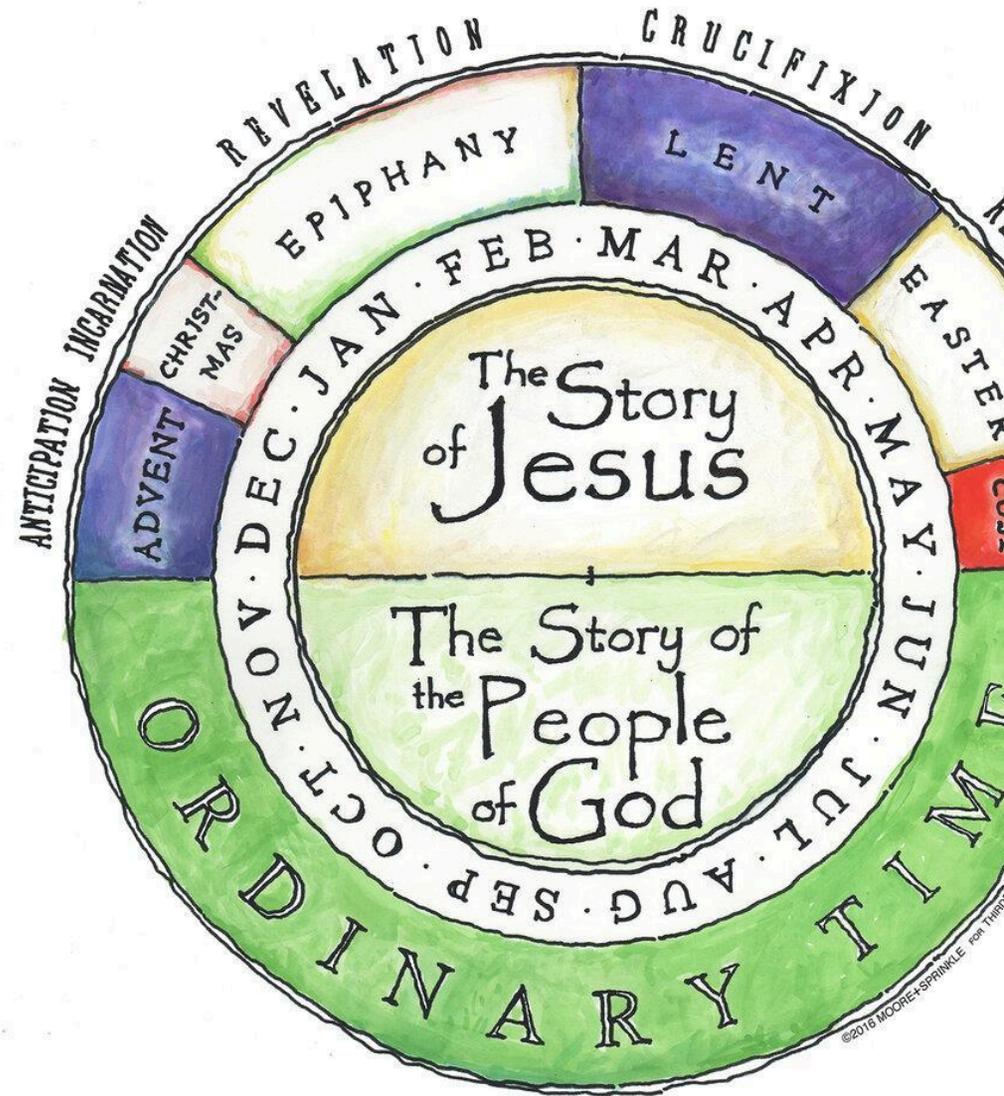
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Headwaters Worship Jam Session

We would love to have any of you who are gifted in playing an instrument or singing to join us as we play together and talk about the upcoming seasons and opportunities for growth in this ministry. Most of all, to jam together! We will host these jam sessions sporadically throughout the season.



Headwaters Current

Headwaters Current provides free household items (bedroom, bathroom, kitchen etc.) to anyone in need. Please Call the church at (406) 324-7273 to set up an appointment or we can gather items you need for pick or delivery.

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