

The Practice of Eucharist

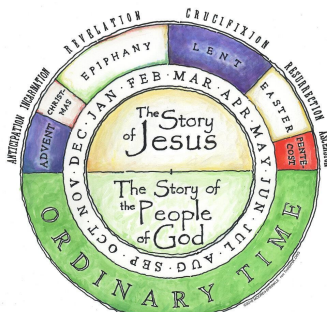
The sacrament of Eucharist was instituted by Jesus at the Last Supper (Luke 22:7-20), practiced by Him after His resurrection (Luke 24:30-35) and given further explanation by the Apostle Paul to the church in Corinth (1 Cor. 11:17-34).

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, June 14
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



Our Words Matter, Like a Lot – Proverbs 10:18-19, 32; 12:13-14, 17-18; 13:3; 15:1-2,4,7; 16:23-24, 28; 18:8, 20-21; 24:23-26; 25:11-12, 15

3 categories that all the proverbs on words fall under:

#1: _____ of our words

In what ways can words destroy life?

How do words affect the speaker of them?

Why are words from the outside so important?

#2: _____ of our words

#1: _____ speech over deceptiveness

#2: _____ speech over harshness

#3: _____ speech over carelessness

#4: _____ speech over gossip

#5: _____ speech over impulsiveness

#3: How can our words be healed and bring healing?

How does Jesus expound on the Proverb 16:23 (Mt 12:33-34)?

How are our words healed?

What does Pentecost show us?

Not only is Jesus' speech and example great, but what does he do for us?



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Proverbs: Skill in the Art of Godly Living

Sermon Series this summer! Join us this summer as we unpack timely words and practical life implications from this great book of wisdom, Proverbs.

Grief Share

Grieving the death of a loved one? Find support and healing at GreifShare. GriefShare 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

Sundays, from 1:30-3:30pm @ Headwaters

Children's Church

Children's Church is every other week for kid's preschool-5th grade. We are continuing children's church through the summer and would love more help; if you are interested in serving, please contact Shelby Dutton 406.459.7517.

Next Children's Church Sunday, June 21st.

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 7:30am-8:30am

Women's prayer Monday's 12:30pm-1:30pm

@ Headwaters Prayer Room

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.



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Financial Snapshot 2026

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Income –	\$16,208	\$20,782	\$12,467	\$12,080	\$14,701
Budget –	\$14,905	\$14,905	\$14,905	\$14,905	\$14,905
Over/(Under)	\$1,303	\$5,877	(\$2,438)	(\$2,825)	(\$204)

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The logo for Headwaters Covenant Church Summer Events. It features the church's name in a green sans-serif font at the top, with a small blue and green wave icon to the left. Below this, the words "Summer Events" are written in a large, flowing purple script font.

Church Cleaning and Painting Day

Please plan on joining us for a cleaning, weeding, painting and deep cleaning of the church on

Wednesday, June 17 from 3:00PM-8:00PM.

We will share a meal for dinner in between our work (Potluck style).

Wear work and paint clothes and come when you can!

Summer Life Together

Join us this summer as we connect and share life together! We will have a BBQ, yard games, and a campfire perhaps. Please bring something to share, or just come to hang out and play or relax, whatever works best for you and your family. This is a time to connect, share life, and enjoy one another.

Every other Wednesday throughout the summer from 5-9pm

June 24 @ Dutton's (7786 Hoge dr)

July 8 @ Lewis' (3750 Meadowlark dr)

July 22 @ Boyd's (158 Saddle Mountain dr)

August 5 @ Eikenbary's (1921 Lodgepole rd)

Annual Lake Day

Save the date for an afternoon of sharing life together out at the parallel lakes at the Syvrud's! We will have yard games, boat for water skiing and tubing! So, bring a sun shade and water toys, paddle boards, life jackets and prepare for fun! Headwaters will provide hotdogs and hamburgers and drinks. Please bring a side dish or dessert to share. **Saturday, July 18th – 10:00am – 4:00pm**

4010 Bouy Blvd. (2 miles North of Costco)

All Church Camp Trip

Save the date for our annual church camp trip - **August 14-17**. With so much success, we will again have a Saturday night smoke meat cookoff, plus 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

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Summer Bible Studies

Men's Bible Study

When: Join us every Monday @ 6:30am

Where: 1889 Coffee House

The Study: We are working through the Gospel of Mark

If you have any questions, please contact

Pastor Iain Boyd 843.855.0795 or pastoriainboyd@gmail.com

Summer Men's Proverb Study

When: Join us every Tuesday @ 6:30am

Where: City Brew on Montana Ave.

The Study: We will be working through the daily devotional on Proverbs by Tim Keller. Talk with Pastor Seth if you would like to join us and get a copy of the devotional. (It is the same devotional we gave out last year.)

Summer Women's Bible Study

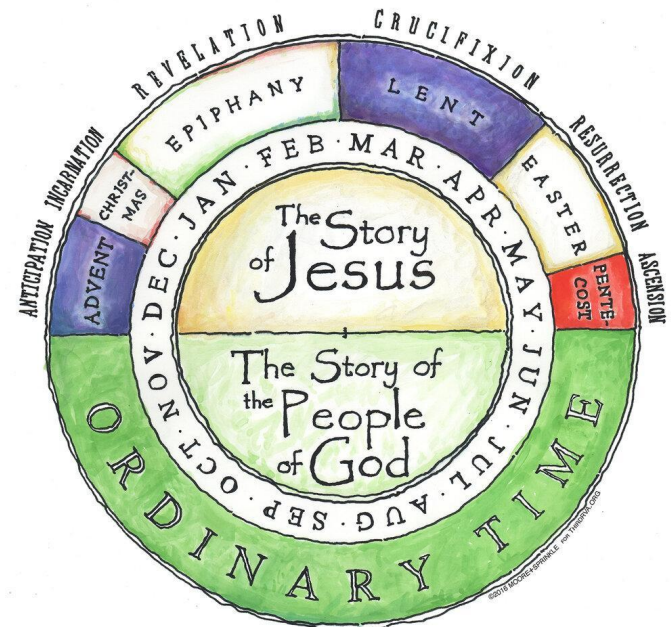
Join us every Monday as we work our way through the study of the letters of 1,2,3 John, ABIDE by Jen Wilkin. Please let Angie R know if you would like a physical or digital study guide.

If you have any questions, please contact

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Monday Evenings 6-7:30pm

505 5th Ave



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