

The Practice of Eucharist

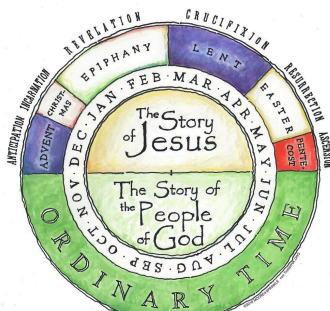
The sacrament of Eucharist was instituted by Jesus at the Last Supper (Luke 22:7-20), practiced by Him after His resurrection (Luke 24:30-35) and given further explanation by the Apostle Paul to the church in Corinth (1 Cor. 11:17-34).

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



Sunday, February 22
Lent

Order of Service

Welcome

Call to Worship

Songs of Praise

Prayers of the People/ Offering

Children's Prayer

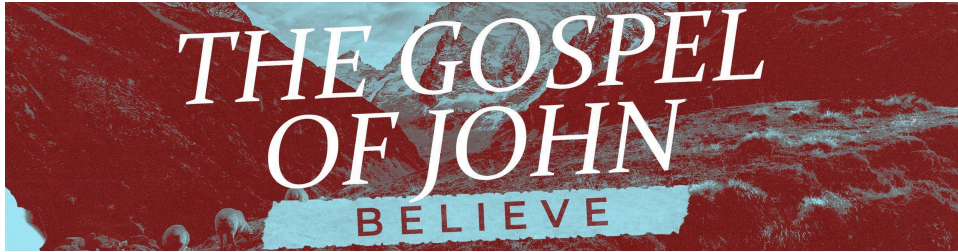
Ministry of the Word

Response in Worship

Communion

(Please check out back of bulletin)

Benediction



Jesus Attracts and Repels: John 7:1-13

What does Jesus say about how the world feels about him?

What ought we to expect in our experience as Jesus followers?

#1: Jesus teaches us about the world's _____

What do Jesus' brothers say to him?

What does the word 'world' mean?

What is a difference from the Christian and world mindset?

What are some implications?

How are you living?

What example do we see embodied by Jesus?

#2: Jesus teaches us about the world's _____

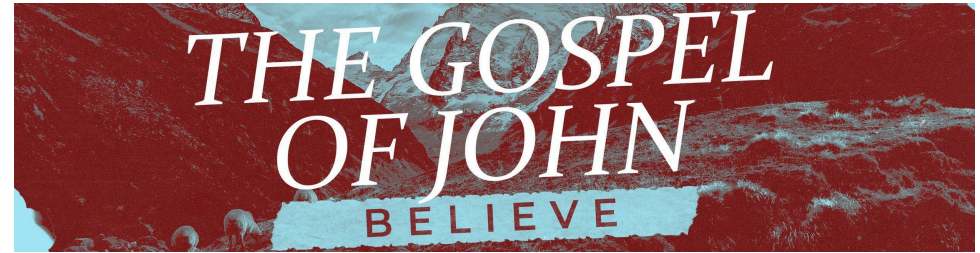
What ways have you experienced the world's hatred?

How does Jesus attract and repel?

#3: Jesus teaches us about _____

What reward can we cling to?

How can we take heart when we feel isolated in our faith?



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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, February 22 - May 24 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 Rachel Dombach – 360.305.8052
Next Children's Church Sunday, February 22nd.

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.



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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.

Headwaters Annual Meeting

Thank you for everyone's feedback and discussion concerning our 2026 budget. We have updated the 2026 budget with an increase to Pastor Seth's salary. We will have another vote on Sunday, February 22 following the worship service to discuss and approve the proposed adjustments. If you have not received or looked at the new 2026 budget and notes on the salary increase, please find them on the welcome table.

We will also vote to add Luke Dutton to the Leadership Team.

Headwaters Covenant Church Rummage Sale

Do you have any still usable items your family is finished using (clothes, books, toys, kitchen, outdoor, shop/garage, office, and functional digital devices etc.)? Would you be willing to donate them to our HCC Rummage Sale in early May? If so, start collecting stuff now! We're planning the community rummage sale for Friday and Saturday, May 8 and 9. The collection days when you bring your donation items to church will be Wednesday and Thursday, May 6 and 7. Eventually we'll need volunteers to help sort items Wednesday/Thursday, help during the sale Friday/Saturday, and help clean-up Saturday afternoon. Be on the lookout for more information coming as the sale date approaches. The point person for this event is Kelley 461-0008 if you have any questions.



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Wednesday Night Bible Study and Fellowship for all ages

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6:30-6:45pm **Games in the Gym for Everyone**
6:45-7:45pm **Discipleship Groups**
- Pre-K-5th Grade Bible Study
 - 6th-12th 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 – 5th 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.



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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.

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Meal Train for Williamson's

Hello Family & Friends. Anvil is having shoulder surgery. We would love for you to support their sweet family during her recovery with a delicious meal. Thanks so much! Sign up through our E-pstle (our mid-week newsletter – join through our website @ helenahdwaters.org)

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