

The Practice of Eucharist

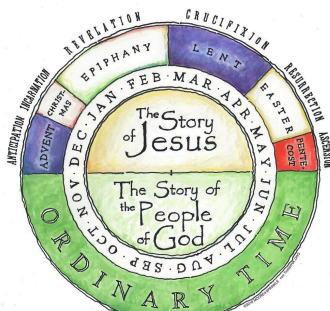
The sacrament of Eucharist was instituted by Jesus at the Last Supper (Luke 22:7-20), practiced by Him after His resurrection (Luke 24:30-35) and given further explanation by the Apostle Paul to the church in Corinth (1 Cor. 11:17-34).

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, May 31
Trinity Sunday

Order of Service

Welcome

Call to Worship

Songs of Praise

Prayers of the People/ Offering

Children's Prayer

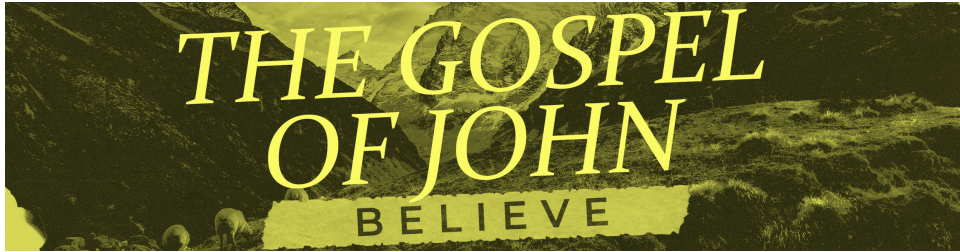
Ministry of the Word

Response in Worship

Communion

(Please check out back of bulletin)

Benediction



How we hear the voice of the Good Shepherd – John 10:1-21

Is it actually possible to hear the voice of the Good Shepherd?

THE question is always _____?

What example does the Prophet Samuel give us?

When was the last time you said, ‘speak Lord your servant is listening’?

What is God’s greatest criticism of His people (Psalm 81)?

How does the Lord speak to us today?

- #1: _____
- #2: _____
- #3: _____
- #4: _____
- #5: _____
- #6: _____
- #7: _____
- #8 : _____
- #9: _____
- #10: _____

How do we discern Jesus’ voice from all the other voices?

- #1: _____
- #2: _____
- #3: _____

#4: _____



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#4: _____

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 3:00-8:00PM.**

We will share a meal for dinner in between our work.
Wear work and paint clothes and come when you can!

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 7th.

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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Financial Snapshot 2026

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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 stylized blue and green wave icon to the left. Below this, the words "Summer Events" are written in a large, flowing purple script font.

Youth Listening Session

We would like to have a listening session with all the parents with youth and all those who are or would like to serve in discipling this generation. We have some major transitions with Isaiah leaving and a big influx of 6th graders next year. Please plan to join us for a soup and salad potluck following the worship service on **Sunday, May 31st 11:30-1:00 PM** (we can grill some hot dogs too!)

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 10 @ Dombach's (1075 Forestvale rd)
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 racheldombach@gmail.com

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Elias' Graduation Party

Friday, June 5 from 5-8pm
1090 Williams St in Helena

Join us as we celebrate the high school graduations of Elias and two of his good friends. Your presence is the greatest gift-please don't feel any expectation to bring something for each graduate. We're excited to gather for food, fellowship, and to celebrate Elias. As he looks ahead, Elias will be attending Capernwray Australia for a year of Bible School. For those who have asked, any monetary gifts given in his honor will go toward his travel and expenses during this incredible opportunity.

We look forward to celebrating together!

Trinitarian Prayer

Good morning heavenly Father,
Good morning Lord Jesus,
Good morning Holy Spirit.

Heavenly Father, I worship you as the creator and sustainer of the universe.
Lord Jesus, I worship you, Savior and Lord of the world.
Holy Spirit, I worship you, sanctifier of the people of God.
Glory to the Father, and to the Son and to the Holy Spirit.

Heavenly Father, I pray that I may live this day in your presence
and please you more and more.

Lord Jesus, I pray that this day I may take up my cross and follow you

Holy Spirit, I pray that this day you will fill me with yourself
and cause your fruit to ripen in my life:
love, joy, peace, patience, kindness, goodness,
faithfulness, gentleness and self-control.

Holy, blessed and glorious Trinity,
three persons in one God,
have mercy upon me. Amen.

~ John Stott

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