The Practice of Eucharist

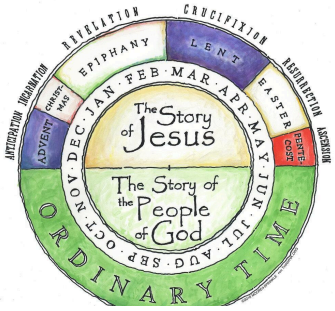
The sacrament of Eucharist was instituted by Jesus at the Last Supper (Luke 22:7-20), practiced by Him after His resurrection (Luke 24:30-35) and given further explanation by the Apostle Paul to the church in Corinth (1 Cor. 11:17-34).

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

headwaters
covenant church

Sunday, March 23
LENT

Order of Service

Welcome

Call to Worship

Songs of Praise

Prayers of the People/ Offering

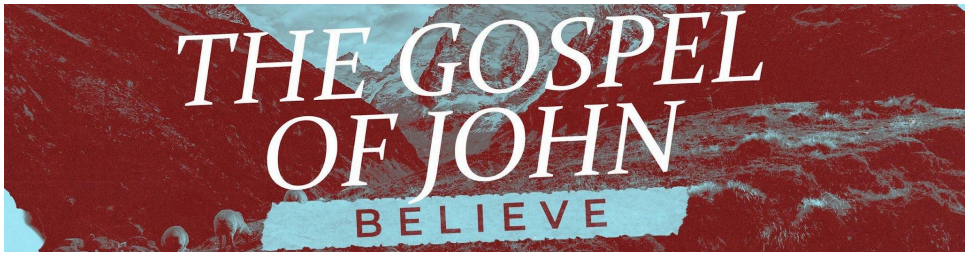
Children's Prayer

Ministry of the Word

Response in Worship

Communion
(Please check out back of bulletin)

Benediction



Life that is LIFE – John 3:1-21

Why is John so careful to mention all the details he does?

How could we sum up what John is on about in chapters 2-4?

What would be a good title for the conversation Jesus has with Nicodemus?

Whenever Jesus begins a sentence with truly, truly what should we do?

Why is it important to pay attention to repeated words of Jesus?

Why is the 'must' here so important?

What does the word 'anothen' mean?

What's the best way to translate it?

Why does Nicodemus come at night?

Why is it so astounding that Nicodemus comes at all?

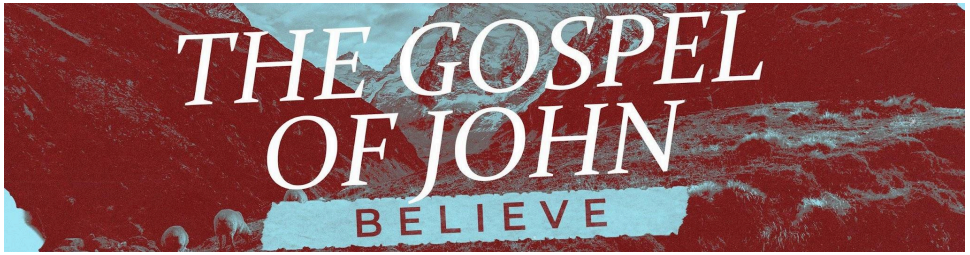
What do we know about Nicodemus?

What's significant in Nicodemus asking 'how' not 'why'?

What 6 ways are there to be 'born again' in Judaism?

What is at the heart of Nicodemus?

How does all this inform the good news of John 3:16?



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Grief Share 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 – **Sunday's, 3:00-5:00pm @ Headwaters**

Good Friday Tenebrae Service

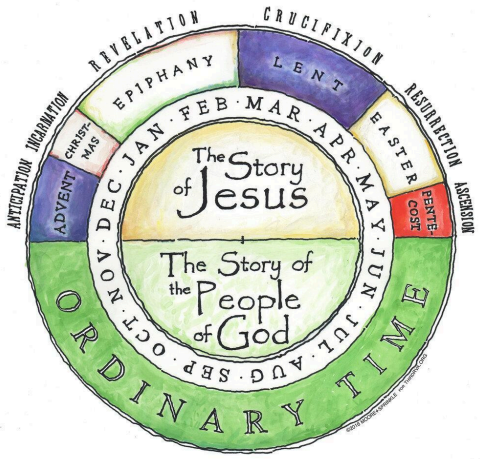
The distinguishing features of Tenebrae are the gradual extinguishing of candles and lights following the reading of Scripture passages until the room is in complete darkness. This service focuses on the passion and death of Jesus with hands-on family-friendly activities. **Friday, April 18, 6:30-7:30 PM**

MULTI- CHURCH Good Friday Service

Come join us as we worship and hear a special Good Friday word as we worship together with other Helena churches in town. It is a short service you can make during the lunch hour. @ Live Covenant 800 N Hoback – **Friday, April, 18 Noon.**

EASTER WORSHIP SERVICE

Come join us as we celebrate the Resurrection of our LORD and Savior! This worship service centers around the theme of celebration through festive music, the retelling of the resurrection story from God's Word, and celebrating at the Lord's Table. We will also follow the worship service with an Easter Egg hunt and bounce house fun in the gym.
He is Risen! He is Risen Indeed!
Sunday, April 20 – Worship @ 10:00 AM
Easter Egg Hunt @ 11:30 AM



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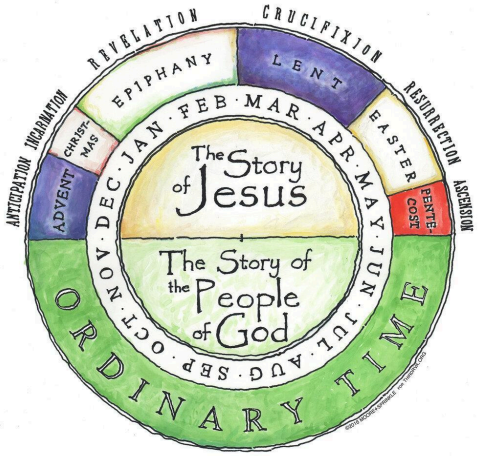

Church Center App

Scan this QR code to download the Church Center App for church directory, listen to sermons and confirm volunteer opportunities!
https://headwaterscovenant.churchcenter.com/home

Children's Church

Children's Church is every other week for kid's preschool-5th grade. We would love more help; if you are interested in serving, please contact Rachel Dombach – 360.305.8052 – Next Children's Church Sunday, March 30th.

Men's Bible Study

When: Join us Mondays @ 6:30am
Where: 1889 Coffee House
The Study: We are working through Ecclesiastes

Men's and Women's Prayer Times

The most important and powerful thing we can do together is to pray.
So come join us as we pray together:
Men's Prayer Tuesday's 7:00am-8:00am
Women's prayer Tuesdays 12:30pm-1:30pm
(If you can't make it for prayer please text or email Pastor Seth with requests)

Life Together

Join us for Wednesday Night Bible Study and Fellowship for all ages. We begin with a shared meal, play a few games and then head to our respective discipleship groups. Closing the evening together with a few songs.
6:00-8:00 PM Wednesday's @ Headwaters.

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.

Financial Snapshot 2025

	January	February
	$13,534	$13,534
Tithes	$18,927	$12,937
Over/(Under)	$5,393	($597)

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Love and Logic

Practice the Love and Logic® approach

Do you find yourself more stressed and frazzled than you'd like to be with your kids? Are you engaging in too many power struggles? Would you like some tangible strategies for the quickly-approaching summertime and the lack of structure that it brings? Have you ever wondered how to teach your kids real-world critical thinking skills and how to give them the gift of problem-solving?

Join us for our 6-week class where we will experiment with the skills offered by the Parenting the Love and Logic Way® curriculum. These skills hold kids accountable in caring ways and they up the odds that parents will raise responsible kids.

You will join others for engaging videos and stories, supportive discussions, and exercises to help lock in the lessons. You will walk away with tangible ideas of how to face challenges with less stress and a healthier relationship with your kids.

Emily Rohem is a Trained Independent Trainer of the Parenting the Love and Logic Way® curriculum with over a decade of experience with the skills, methods, and ideas offered in Parenting the Love and Logic Way®, Love and Logic Early Childhood Made Fun!®, and 9 Essential Skills for the Love and Logic Classroom® curricula, workbooks, and books. She has experience facilitating conversations around real-life examples that parents bring to class and finds that they are rewarding for all attendees.

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