

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 17

Pentecost

Order of Service

Welcome

Call to Worship

God is our refuge and strength,
always ready to help in times of trouble.

**So we will not fear, even if earthquakes come,
and the mountains crumble into the sea.**

Let the oceans roar and foam.

Let the mountains tremble as the waters surge!

The Lord Almighty is here among us;

The One True Living God is our fortress.

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:

Don't be intimidated, Pray – Psalm 3

What do the first two Psalms prepare us for?

What is so striking about the details we have in the biblical narrative?

What is the context of this Psalm?

What type of prayer is this?

Who do you turn to first – especially in crisis and hard situations?

After David addresses one true living God, what comes next?

What do his enemies mock him with?

How does David boost his confidence?

What is David's assurance as he calls out to God?

How does the story of Elijah reiterate this truth?

How is David able to declare 'I lay down and rise up again'?

David knows not to bank it all on worldly strength. How does Psalm 33 illustrate David's faith in Psalm 3?

How does David's seemingly harsh final petition exemplify his trust?

How does David conclude his prayer?



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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

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.

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

Annual Lake Day

Save the date for this amazing day out at the Syvrud's (4010 Buoy Blvd) for fun, fellowship, food and lots of playing in the lake!

TODAY following worship, Sunday, July 17

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

Financial Snapshot 2022

	<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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Church Camp Trip

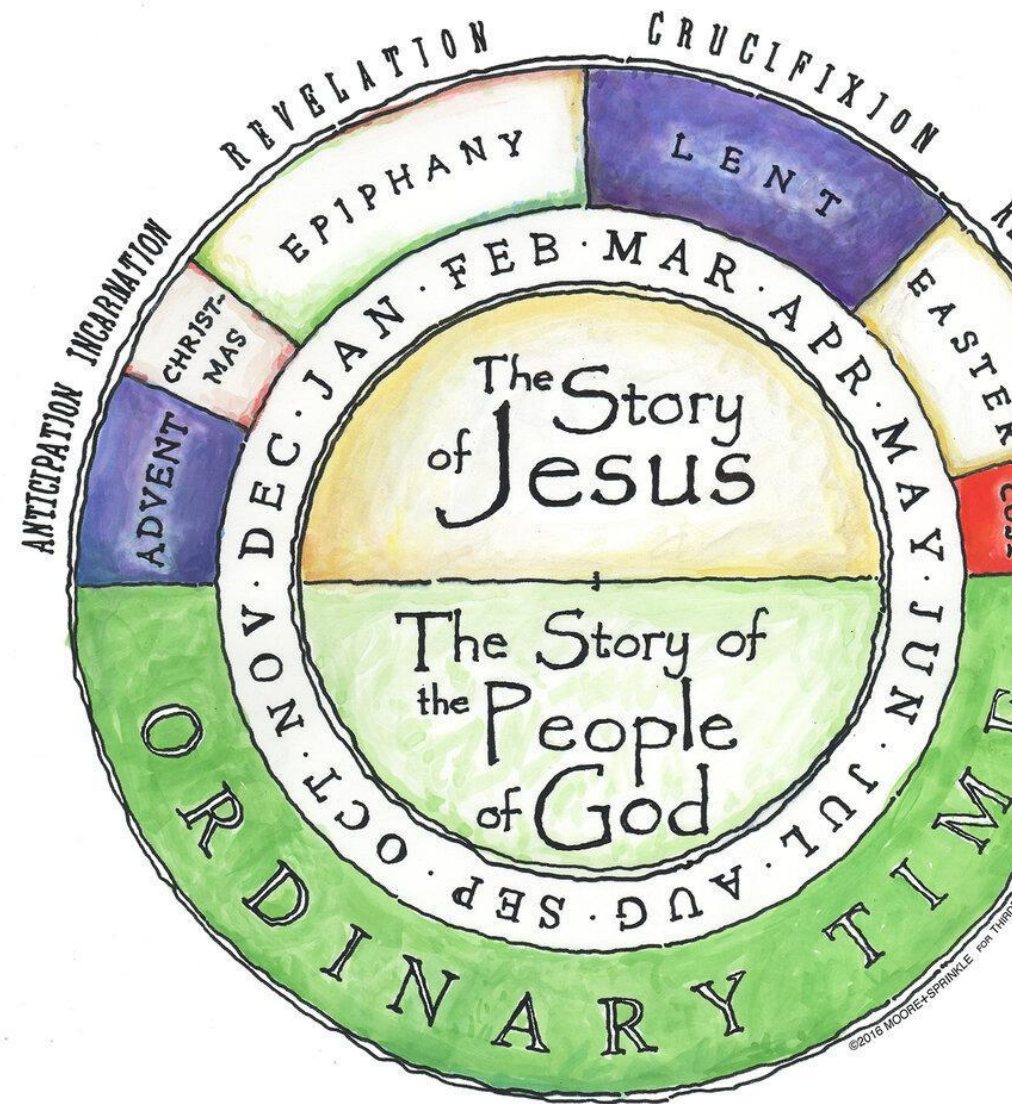
Save the date for our annual church camp trip - **August 19-21**. We are looking to add some new fun with a Saturday night cookoff and more of our usual fun at the lake! This year we will be back at the Hellgate Campground on the other side of Canyon Ferry Lake. Please RSVP your site to

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)

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.



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