

## The Practice of Eucharist

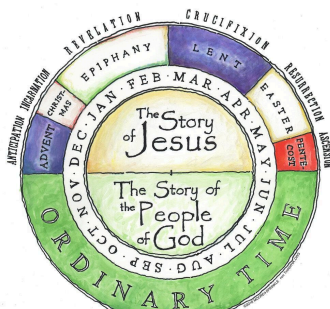
The sacrament of Eucharist was instituted by Jesus at the Last Supper (Luke 22:7-20), practiced by Him after His resurrection (Luke 24:30-35) and given further explanation by the Apostle Paul to the church in Corinth (1 Cor. 11:17-34).

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](http://www.helenaheadwaters.org)



Sunday, April 6  
LENT

**Order of Service**

**Welcome**

**Call to Worship**

**Songs of Praise**

**Prayers of the People/ Offering**

**Children's Prayer**

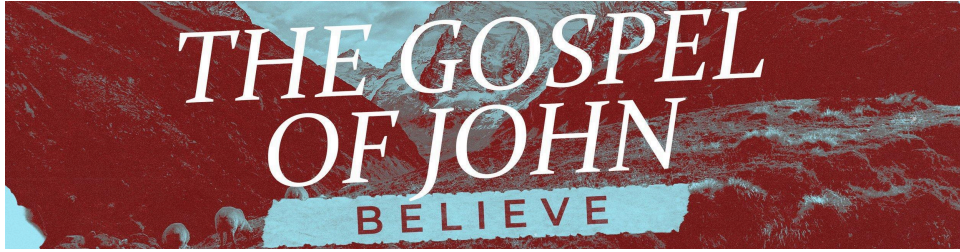
**Ministry of the Word**

**Response in Worship**

**Communion**

(Please check out back of bulletin)

**Benediction**



**Women who became a well – John 4:1-42**

What is the main theme of this story?

What might be a sub theme?

What happens before this text in John 3 that sheds light to this theme?

What is the irony going on here?

How does the overture, John 1:1-18 shed light to what's going on here?

How does this picture of Jesus speak a word to our weariness and exhaustion?

In his thirst Jesus ends up being the one who \_\_\_\_\_

Why does she come to get water at the hottest time of the day?

What brilliant way does Jesus begin this conversation?

What expectations of Jesus does she have?

What is the relationship between Jews and Samaritans?

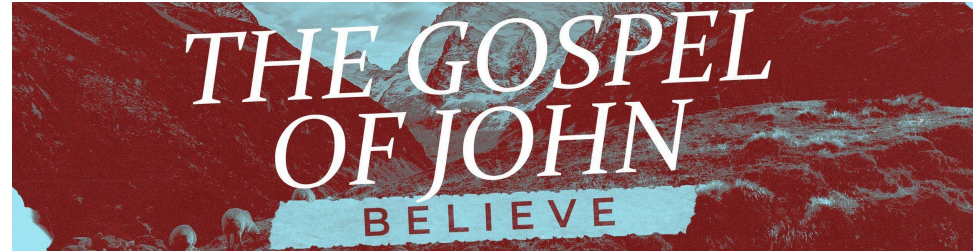
How does this hatred speak volumes to this conversation between Jesus and this woman?

What does this mean for those who get close to Jesus?

What's the incredible dignity Jesus gives women here?

What is Jesus' response to this woman's thirst?

How does Matthew 11:25-30 speak to our thirst?



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What brilliant way does Jesus begin this conversation?

What expectations of Jesus does she have?

What is the relationship between Jews and Samaritans?

How does this hatred speak volumes to this conversation between Jesus and this woman?

What does this mean for those who get close to Jesus?

What's the incredible dignity Jesus gives women here?

What is Jesus' response to this woman's thirst?

How does Matthew 11:25-30 speak to our thirst?

### **Grief Share**

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](http://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!

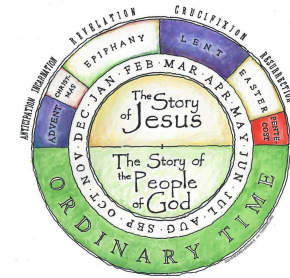
**Sunday, April 20 – Worship @ 10:00 AM**

**Easter Egg Hunt @ 11:30 AM**

### **All Church Camp Trip**

Save the date for our annual church camp trip - **August 15-17**. 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](mailto:racheldombach@gmail.com)



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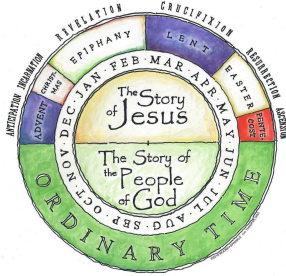
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**Church Center App**

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**Children's Church**

Children's Church is every other week for kid's preschool-5<sup>th</sup> 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 30<sup>th</sup>.

**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.

<b><u>Financial Snapshot 2025</u></b>		
	<b><u>January</u></b>	<b><u>February</u></b>
	\$13,534	\$13,534
Tithes	\$18,927	\$12,937
Over/(Under)	\$5,393	(\$597)



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### 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 Roehm 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.

**Cost: \$40 for individuals; \$55 for couples (scholarships available)**  
**Thursdays, April 10th through May 15 – 6:00-8:00 PM**  
**@ Headwaters Covenant Church – 1030 Choteau St.**



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