



1315 Central Ave
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Monday – Thursday 8 a.m – 4 p.m.
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Pray, Fast, Alms: Three Pillars of Lent

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18

If you spend yourselves on behalf of the hungry, your light will rise in the darkness. Isaiah 58:10

Traditionally Lent focuses on:

PRAYER Opens our hearts to hear God’s voice more clearly. Prayer reveals hidden areas of sin, strengthens our connection with Him, and helps us pray with pure intentions. It deepens our faith, allowing us to focus fully on God and draw nearer to Him, transforming our hearts in the process.

FASTING separates us from the world and helps us connect with God on a deeper level. When we fast, we set aside a thing or activity for a time to focus on our spiritual connection with God.

ALMSGIVING is the act of filling a material need for someone less fortunate. Giving alms should be sincere, done without seeking attention, and always accompanied by love and kindness. Almsgiving includes not only money but also practical help and respect, reflecting God’s heart to the less fortunate

Prayer and Fasting help us:

- Grow spiritually – draw closer to God and enhance our spiritual sensitivity
- Pray more consistently – intensifies focus, allows us to find meaning and connection with the divine.
- Seek repentance and forgiveness – express sorrow for sin or forgive an injury
- Guidance – seeking divine direction and wisdom
- Self-discipline – improve self-control and consideration for others
- God’s faithfulness – remembering and celebrating God’s presence in our lives

Almsgiving helps us:

- Foster a sense of community and solidarity
- Alleviate poverty and provide essential resources to the less fortunate
- Enhance our own sense of fulfillment and purpose
- Encourage gratitude and appreciation for our own blessings
- Almsgiving strengthens faith and moral values
- Inspire others to contribute and create a ripple effect of kindness



Hands in prayer, tipped chalice, coins and breadcrumbs is a visual reminder of the three pillars of Lent: Pray for all, fast to focus on our connection with God and give with loving kindness.



The misty realm of Giant Springs

Photo by David Herman



"Gathering together to nourish our community."

Our next week to staff FISH-

Week of April 20 - 24

Available? Interested? Want to help?

Dave Herman

davebikeil@bresnan.net know.

Thank you to everyone who attended the annual Loaves & Fishes dinner March 20th, hosted by Our Savior's Lutheran Church. Thank you to those who contributed silent auction items.

This dinner would not have been the success it was without all of those who volunteered.

The dinner & auction raised \$3500!

Thank you again and God bless you for helping to raise funds to feed the hungry in our area!

Presbyterian Women are still accepting donations for the annual June 5-6 Rummage Sale

Time to dig through the overflow and build a donate pile for the annual Presbyterian Women Rummage Sale June 5-6.

The annual sale has returned to First Presbyterian's Faith Village.

(Last day to donate is June 3.)

Donations are being accepted at the church between 9 a.m. and 11 a.m.

Monday through Thursday. However call (406-453-1411) before you bring your stuff just to be sure someone is available to let you in.

If you're bringing something heavy, bring along a someone who can help.



Article No. 21***A Journey of Prayer, Love, and Grace****By Starfish Scholar Rhizza A. Valderama*

As a mother, my heart is filled with so many emotions as I see my daughter, Hanna, finish her Senior High School journey. I still find it hard to believe how quickly the years have passed. It feels like only yesterday when she was still a little girl small, innocent, full of laughter, and holding on to simple dreams. Now, she has grown into a beautiful young woman, and here she is, reaching another important milestone in her life. Time truly flies so fast.

As a pastor's wife, I have always believed that children are one of God's most precious gifts. Raising a child is never easy. It comes with sacrifices, responsibilities, countless prayers, and quiet moments that only a mother can truly understand. There were days of worry, moments of exhaustion, and times when all I could do was kneel in prayer and ask God to guide, protect, and strengthen my daughter. Through every season, God has remained faithful.

That is why this moment means so much to me. Watching Hanna finish Senior High School is not only a great achievement for her, but also a reminder of God's goodness and faithfulness in our lives. He carried her through every challenge, gave her strength in difficult times, and allowed her to reach this special moment. As her mother, I feel nothing but gratitude and pride. Every prayer, every reminder, every word of encouragement, and every sacrifice was worth it.

I am proud of Hanna not only because she finished this chapter of her education, but also because of the person she is becoming. She is growing into a strong, kind, and determined young woman. For a mother, there is no greater

joy than watching her child move forward, mature, and begin to reach her dreams. This moment is deeply emotional for me because I know the effort, perseverance, and faith it took for her to come this far.

Sometimes I look at her and ask myself, where did all the years go? Time has a way of moving so quickly. One day, you are holding your child's hand and guiding every step, and before you know it, she is ready to enter a new season of life and face the world with courage and hope. As much as I want to keep her close, I also understand that this is part of life, and part of trusting God with her future.

To my dear daughter Hanna, congratulations on finishing Senior High School. I want you to know how proud I am of you. This achievement is the result of your hard work, your perseverance, and above all, God's grace. As you move forward into the next chapter of your life, always keep trusting the Lord. Continue to be humble, faithful, and strong. Hold on to your dreams, and never forget that God has a wonderful plan for your life.

No matter how fast time passes, you will always be my little girl. I thank God for every memory, every lesson, and every blessing that came with raising you. Today, I celebrate your success with a grateful heart, and I pray that the Lord will continue to guide you, protect you, and lead you in every step you take.

Congratulations, Hanna. We are so proud of you, and we love you very much.

***"I have no greater joy
than to hear that my children
are walking in the truth."***

3 John 1:4

**Note from the
Social Hall Kitchen:
Meal preparation for the
Seder Meal will begin
10 a.m. April 2**

APRIL PENSAMIENTOS

Pastor Risa Paul

All my Friends: Past, Present, Eternal

Lent is almost over. I've been thinking about a little book by Francis Schaeffer "The Mark of a Christian" The mark of a Christian is not how many Bible verses we can recite. Nor how many Bible classes we have attended. Church attendance is not the mark of a Christian; nor is faithful and generous giving when the offering is passed. Volunteering to wash dishes and serve in the kitchen is fantastic and we need those people, but it is not the mark that sets us apart as Christian.

No, the mark that sets us apart as Christians is found in two Gospel passages in John.

John 13:34-35 "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Jesus tells us that everyone can use our love - or lack of it, as a mark by which to judge if we are disciples of His or not. He gives us a new command to love one another as He has loved us. But Jesus goes further in the prayer from John 17:21-23 "that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one - I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me."

You see, the world comes to know that Jesus is who He claims to be when it sees our love for each other, our love

for our brethren, our unity. Unity is not uniformity... but it is a mark by which the world can measure the message of Jesus and its truth.

And this is the beautiful part of this story. I often think about the people I know in Guatemala. I think about the people I know in Indiana. I think about the people I know in the Philippines. I miss them. And I know if I were there, I would be missing Great Falls and the people I know here.

But I also know that there will come a day and a time when people of every tribe and tongue and nation will gather to express our worship and praise "Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!" This is the song and the story of this Divine Romance.

We were chosen in Him before the foundation of the world. He pours his love on us in such abundance that it overflows to all around us until we all - those we know and those we do not yet but love because He loves us and loves them, with unveiled faces are transformed into his image, from glory to glory. And the story never ends.

Coffee at Miss Kitty's with Pastor Risa

Join us for coffee and conversation

Miss Kitty's Coffee Cafe

Thursdays 8:30 to 9:30 a.m.
2501 6th Ave N, Great Falls

Happy Birthdays

We're updating the Birthday list!

Please let us know month and day of your birthday!

The *Pressbyterian* is a monthly publication of First Presbyterian Church of Great Falls
Deadline for submissions: 20th of each month
Send pictures or story ideas our way
Email articles, ideas and/or pictures to:
secretary@firstpresgfmt.org
Subject: NEWSLETTER
For images, please include the name of photographer and any information you'd like added to the newsletter.

First Presbyterian Church Operating Fund Activity Report March 2026

	Actual YTD	Budget YTD
Revenue	\$57,714.43	\$ 56,327.14
<u>Total Expenditures</u>	<u>43,498.75</u>	<u>50,213.82</u>
Net Operating Revenue	\$ 50,213.82	\$ 6,113.32

FIRST PRESBYTERIAN CHURCH OF GREAT FALLS

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PASTOR RISA PAUL

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MONDAY - THURSDAY 8:30 A.M. TO 12:30 P.M.

FRIDAY 8:30 A.M. TO NOON

EMAIL: secretary@firstpresgfmt.or

Calendar for APRIL:

- 1 **Wednesday** 10:00 a.m. Galatians-Deep Dive
- 2 **Maundy Thursday Passover** 8:30 a.m. Coffee @ Miss Kitty's Seder Dinner (Reservation required) 6:00 p.m.
- 3 **Friday** 7:00 p.m. Good Friday Service
- 5 **Sunday** **EASTER - Communion** Easter Appetizer Coffee Hour
- 7 **Tuesday** Noon Souler Energy Mission Property 3:15 p.m. 4:00 p.m.
- 8 **Wednesday** 10:00 a.m. Galatians-Deep Dive 11:30 a.m. My 1 Word/Sack Lunch
- 9 **Thursday** 8:30 a.m. Coffee @ Miss Kitty's 10:30 a.m. Grandview Service
- 12 **Sunday** 11:30 a.m. Spiritual Life: Liturgy and Prayer
- 14 **Tuesday** 10:00 a.m. Iris Service 3:00 p.m. Finance/Worship
- 15 **Wednesday** 10:00 a.m. Galatians-Deep Dive 1:00 p.m. Outreach 6:00 p.m. Mid Week Ministry
- 16 **Thursday** 8:30 a.m. Coffee @ Miss Kitty's 6:30 p.m. Session
- 18 **Saturday** 10:00 a.m. Presbyterian Women
- 19 **Sunday** 11:30 a.m. Spiritual Life: Liturgy and Prayer
- 20 **Monday** 10:30 a.m. NEWSLETTER DEADLINE
- 22 **Wednesday** 10:00 a.m. Galatians-Deep Dive
- 23 **Thursday** 8:30 a.m. Coffee @ Miss Kitty's
- 28 **Tuesday** 5:30 p.m. Deacons
- 29 **Wednesday** 10:00 a.m. Galatians-Deep Dive
- 30 **Thursday** 8:30 a.m. Coffee @ Miss Kitty's