



# The Mustard Seed

First Presbyterian Church of Helena, Montana

August 2026



**A group from FPC enjoyed a Senators ballgame July 19.**

## Fall Worship Planning Team to Meet

Our Fall Worship Planning Team will meet on Wednesday, Aug. 12, at noon in the church library.

If you have ideas about worship, please join us!

## Summer Picnic Sunday, Aug. 30

Our summer picnic will be Sunday, Aug. 30, at Kennedy Park in East Helena. We will head that way, instead of meeting for the usual friendship time, after the service.



Plan to bring a dish or dessert to share, along with a chair, as seating is limited. The Congregational Life Committee will provide fried chicken and some refreshments.

We hope you can make it!

## Fall Spiritual Formation Retreat Sept. 10-12

Registration is open for our fall spiritual formation retreat at Glacier Camp. Together, we will explore the purpose and nature of prayer, our struggles with prayer, and a variety of ways to pray.

The retreat begins with dinner on Thursday, Sept. 10, and will conclude by noon on Saturday, Sept. 12. The cost of the retreat is \$330 per room and \$110 per person for meals.

To register, email Pastor Emily at [pastor@fpchelena.org](mailto:pastor@fpchelena.org) and make a check payable to the church. Registration closes on Aug. 31. If you are in need of financial assistance to attend, please contact Pastor Emily. Scholarships are available.

Come enjoy an opportunity to connect with God and one another!

# **ELDERS & DEACONS**

## **FPC Elders**

**John Bryan**

Congregational Life  
Co-Chair

**Dianna Goodman**

Nominating Chair

**Jim Meyer**

Admin Co-Chair

**Butch Plowman**

Buildings & Grounds Chair

**Carol Gneckow**

Mission & Outreach Chair

**Patti Borsberry**

Congregational Life  
Co-Chair

**Matthew Richards**

Admin Co-Chair

**Max Oliver**

(Clerk of Session)

## **FPC Deacons**

**Bonnie Anderson**

**Ward Stiles**

Vice-Moderator

**Vicky Bryan**

**Art Bumgardner**

Moderator

**Rena Bumgardner**

**Ria Caussyn**

**Carole Massman**

**Wanda Jewell**

**Alysia Ryan**



## **Visiting Our Lady of the Rockies**

We traveled to Butte Saturday, July 25, for a great summer adventure to Our Lady of the Rockies. The school bus ride will be replaced by a tram in the very near future.

## **Tim Lanham Memorial Service September 23 at Glacier Camp**

The memorial service for the Rev. Tim Lanham, former Glacier Camp director, will be held at Glacier Camp on Wednesday, Sept. 23, at 3 p.m., followed by a community dinner. Those who stay overnight will be served a breakfast of sausage, biscuits, and gravy in honor of Tim. This was his favorite breakfast.

If you plan to spend the night, the camp is charging a \$100 per person fee for room and board.

Dear friends in Christ,

As I have been designing our fall spiritual formation retreat, I have found myself asking a lot of questions about prayer. What is prayer? Why do we pray? How does God want us to pray? These questions have been intersecting with my own spiritual journey, as my prayer practices have continued to shift over time. I used to think, for example, that it was important to be specific to God about what I was praying for. If I was praying for a friend, I might pray specifically for healing, for an upcoming event in their life to go well, or for God to provide for them in a particular way. If I was praying about my own longings, I might pray specially for an outcome that I was hoping for. I am no longer so convinced that I know what others need or even what I need. I am no longer so convinced that God views this way of praying as more holy or faithful than simply sitting in silence and surrendering to God.



A passage of Scripture that I have been sitting with recently as I have wrestled with these questions is Romans 8:26-27. Paul writes, "The Spirit helps us in our weakness, for we do not know how to pray as we ought, but that very Spirit intercedes with groanings too deep for words. And God, who searches hearts, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God." Maybe prayer is less about asking God for what we want and more about accepting our lack of knowing and entering the mystery of the Spirit's companionship with us in our weakness. Over the past several years of my spiritual journey, my times of prayer have shifted from being full of words to having space for lots of silence. In silence, I can trust that God's wisdom is far greater than mine. In silence, I can open myself to what God might be speaking to me. In silence, I can draw closer to the heart of God.

If you have questions about prayer, struggle with the disconnect between how you think you should pray and what your prayer practices (or lack thereof) actually look like, or are eager to explore different ways to pray, I encourage you to consider joining us on our fall spiritual formation retreat at Glacier Camp from September 10<sup>th</sup> to 12<sup>th</sup>. Together, we will explore our questions, our struggles, and a variety of prayer practices. The best part is that we will get to do this in community with one another, as fellow travelers on the journey of seeking to know God more deeply. I hope to see you there.

Grace and peace,

*Emily Cowser*

The Rev. Emily Cowser

# AUGUST 2026

| Sun                                                                                           | Mon                                                              | Tue                                                                                                | Wed                                                                                                                                                | Thu                                        | Fri | Sat |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|-----|-----|
|                                                                                               |                                                                  |                                                                                                    |                                                                                                                                                    |                                            |     | 1   |
| 2<br><b>10 am</b> Worship<br>w/Communion<br><b>11 am</b> Social<br>Time                       | 3<br><b>5 pm</b><br>Xpress<br>Singers                            | 4<br><b>Noon</b> Bridge<br><b>7 pm</b> Al Anon<br><b>5:30 pm</b><br>Scouts                         | 5<br><b>6:30 pm</b> Bridge                                                                                                                         | 6<br><b>Noon</b> Bridge<br><b>7 pm</b> AA  | 7   | 8   |
| 9<br><b>10 am</b> Worship<br><b>11 am</b> Social<br>Time<br><b>11:15 am</b><br>Deacons        | 10<br><b>1 pm</b><br>Mission<br><b>5 pm</b><br>Xpress<br>Singers | 11<br><b>Noon</b> Bridge<br><b>1 pm</b> Admin<br><b>7 pm</b> Al Anon<br><b>5:30 pm</b><br>Scouts   | 12<br><b>10 am</b> Buildings &<br>Grounds<br><b>Noon</b> Fall Worship<br>Planning Team<br><b>1 pm</b> Congregational<br>Life<br><b>6:30</b> Bridge | 13<br><b>Noon</b> Bridge<br><b>7 pm</b> AA | 14  | 15  |
|                                                                                               |                                                                  | Spanglish Summer Camp                                                                              |                                                                                                                                                    |                                            |     |     |
| 16<br><b>10 am</b> Worship<br><b>11 am</b> Social<br>Time                                     | 17<br><b>5 pm</b><br>Xpress<br>Singers                           | 18<br><b>Noon</b> Bridge<br><b>1:30</b> Session<br><b>7 pm</b> Al Anon<br><b>5:30 pm</b><br>Scouts | 19                                                                                                                                                 | 20<br><b>Noon</b> Bridge<br><b>7 pm</b> AA | 21  | 22  |
| 23<br><b>10 am</b> Worship<br><b>11 am</b> Social<br>Time                                     | 24<br><b>5 pm</b><br>Xpress<br>Singers                           | 25<br><b>Noon</b> Bridge<br><b>7 pm</b> Al Anon<br><b>5:30 pm</b><br>Scouts                        | 26<br><b>6:30</b> Bridge                                                                                                                           | 27<br><b>Noon</b> Bridge<br><b>7 pm</b> AA | 28  | 29  |
| 30<br><b>10 am</b> Worship<br><i>Church Picnic<br/>at Kennedy<br/>Park in East<br/>Helena</i> | 31<br><b>5 pm</b><br>Xpress<br>Singers                           | Registration for fall Spiritual Formation<br>Retreat closes Aug. 31.                               |                                                                                                                                                    |                                            |     |     |

## August Birthdays



4th Jim Meyer  
4th Jill Cook  
6th Darlene McNay  
12th Kay Warren  
17th Joan Reiman

22nd Levi Clausen  
24th Karen Witte  
24th Vic Reiman  
26th Patti Borsberry  
31st Butch Plowman



## August Anniversaries

3rd Jim & Charlotte Meyer  
13th Levi & Kristen Clausen  
13th Melissa Stiles & Ryan Hannahoe  
16th Joe & Britta Steffens  
18th Bob & Merle Korizek

18th Vic & Joan Reiman  
20th Joe & Tonna Strasko  
25th Art & Rena Bumgardner  
30th Mark & Dianna Goodman

## Milk Campaign for Helena Food Share Begins

In 2025, with 23 schools participating, there were 41,090 kid packs distributed through Helena Food Share. The unit price was \$0.55 for the milk making the total just under \$22,600. Awesome statistics.

This year, First Presbyterian will join Our Redeemer's Lutheran, St. John's Lutheran, New Life Lutheran, Plymouth Congregational and St. Peter's Episcopal churches in their milk campaign. The Hunger Team is hoping to order enough milk for at least 41,000 kid packs for the 26/27 school year.

Here at First Presbyterian, we'll do what we can to contribute to this campaign. We will start collecting donations in August and conclude in early September. Thanks to everyone who will help support this wonderful event. More information will be coming to you. Contact Carol Gneckow, (406) 422-9914.



# WANTED!

### LOOKING FOR

**Three people to tell their stories  
at our Church picnic on Sunday, Aug. 30.**

**You can talk about your history, your  
family, Church activities, or anything  
that's on your mind.**

**Five minutes maximum.**

**Email Barb if you're interested —  
[Barb640@hotmail.com](mailto:Barb640@hotmail.com).**

**First Presbyterian Church**  
535 North Ewing Street  
Helena, MT 59601

**[www.fpchelena.org](http://www.fpchelena.org)**

**Sunday Service 10 a.m.**  
**Weekly Sermon on HCTV Cable Channel 189**  
**Wednesdays at 6 pm & Saturdays at 9 AM**

**OFFICE HOURS**  
**Monday - Friday**  
**9:00 a.m. - 1:00 p.m.**

**406-442-4775**

**[admin@fpchelena.org](mailto:admin@fpchelena.org)**

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*Growing in Faith,  
Supporting One Another,  
and Sharing Christ's Love*

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