

CLEAN UP DAY!



In Our Prayers

Special Prayers: Maxine Ferguson, Art Gilreath, Loraine Hopgood, Doris Powell, Marlyce Taylor, and Giles Walker. All those who are experiencing the horrors of war and natural disasters.

Medical Treatment: Michael Blanchard, Greg Bolin, Gus Byrom, Carl Carlson, Brian Coplin, Aaron Farnham, Lynn Hays, Karen Senne Hayes, Kathryn Kern, Frank Kromkowski, Kelly Murphy, Donna Randolph, Alexander Weaver, Phyllis Weaver,

To add someone to the prayer list, please fill out the prayer card in the pew backs, call the church office at 442-9883 or email pccofficemgr@gmail.com.



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Welcome to the inaugural [Rural Health Transformation Program \(RHTP\) newsletter](#).

In December 2025, Governor Greg Gianforte and the Department of Public Health and Human Services (DPHHS) were proud to announce a historic \$233 million investment aimed at stabilizing and modernizing rural health care delivery across our state. Awarded by the Centers for Medicare & Medicaid Services (CMS), this funding represents a pivotal moment for Montana’s rural health care providers and the communities they serve.

Our goal is to ensure that every Montanan has appropriate access to the services they need, regardless of their zip code. Through this newsletter, we look forward to sharing our progress, highlighting success stories from the field, and providing the latest updates on how these funds are being put to work for you.

Thank you for joining us on this journey to transform rural health in Montana.



ROBES FOR SALE!



How many of you remember our choir wearing robes? We have 23 robes with stoles of different colors, that have been languishing and gathering dust downstairs. As part of Gail and Lynn’s spring cleaning, we are going to find them a new home where they will be



used and loved. We are going to advertise them, but if you know of a place that is looking for choir robes, let us know!

BIBLE HUMOR

Which servant of God was the most flagrant lawbreaker in the Bible?

Moses. He broke all 10 commandments at once.

Which area of Palestine was especially wealthy?

The area around Jordan. The “banks” were always overflowing.



Last month we were able to provide one night of emergency lodging for a male gentleman and his daughter. We also directed him to Helena area non-profit organizations that may be able to provide longer term assistance.

Helena Food Share contributions are needed! With the rising cost of groceries, local food affordability is of increasing concern. Helena Food Share is especially in need of cold breakfast cereal and canned goods. If you are able to assist, please drop food off at the Food Share building on Boulder Avenue or drop food at the church and we will be sure it gets delivered!

We remain actively involved in the continuing Community Conversation on Homelessness and Lack of Affordable Housing. Some good news is that the Our Place Day Center has reopened at the rear of the Good Samaritan building on North Montana Avenue. Additionally, Family Promise recently held a successful fundraiser at Carroll College to raise additional funds toward their planned, family apartments project on North Cooke Street behind Arby's. More details to come!

Any concerns or suggestions for ongoing needs, please call Gus at (406) 202-8768

Exhibit in the Fireside Room

The new exhibit in the Fireside Room features the art painted by members of the congregation during "Sunday Funday." Peggy Coggeshall and Marcia Warner provided instruction. While this extraordinary fellowship time will not be provided during the summer months, be looking for new programs beginning in the fall.

IF YOU WANT HAPPINESS

“If you want happiness for a day, go fishing.
 If you want happiness for an hour, take a nap.
 If you want happiness for a year, inherit a fortune.
 If you want happiness for a lifetime, help somebody.”

-Chinese Proverb-

Acts of service become a natural expression of Jesus' love. When we serve others, we put others before ourselves, creating a ripple effect of kindness and compassion. As John 13:34 reminds us “Love one another as I have loved you.”

At Plymouth we believe in helping those in our community, whether working to help find solutions for the unhoused, helping others in need of assistance, or working to protect our planet.

Love is the root of true service. This love draws people to Christ and strengthens our bonds as a community.

Let us continue to find ways to serve and love, not out of obligation but from a heart full of gratitude for God's endless love.



Thank you to the congregation from Tommy Williams:

Thank you to everyone at Plymouth for the prayers, cards, kindness, and assistance following my emergency surgery and hospitalization. Your care and support have meant more to me than I can easily say. In a difficult and frightening time, you comforted me, and I found immense peace knowing you were all there for me. I am grateful for each prayer, each note, each kind word, and all the help you gave me along the way.

Your prayers and fellowship have been a big part of my feeling like myself again so quickly.



Who was the greatest comedian in the Bible?

Samson. He really brought the house down.

What excuse did Adam give to his children as to why he no longer lived in Eden?

Your mother ate us out of house and home.

Time to Plant!

Thanks to all of you who contributed to the collection of aluminum cans so that we can partially fill the large planters in front of the church. Once that task is completed, we will cover the cans with ground cloth then soil. By the end of the month it will be safe to plant lovely flowers. If you are interested in providing flowers, you are welcome to do so. Remember that the urns in the front receive full sun. Bring plants close to Sunday the 31st of May; we can store them inside if the weather turns quite cold.

If you would rather make a financial donation for the purchase of plants or soil, that is welcome, too. You can give cash/checks to Jennifer, and she will gladly purchase something on your behalf.

Welcome to Plymouth's Summer Read Program

For many years now, Plymouth has recommended a book to read during the summer months, usually to expand our understanding of a project or mission in which we are engaged. Last year we explored climate change; the year before, the unhoused. Because this year marks the semiquincentennial (250th anniversary) of the Declaration of Independence and the American Revolution, we plan to take a look at the history in Montana of marginalized neighbors and how they have been treated in decades past. It will be interesting! We have been given permission to copy six excerpts or essays from a well-known and respected magazine (not identified by request) which will be assembled in a portfolio for you to take and read at your leisure. In the late summer and early fall, local historians will lead discussions about the articles. A sign-up sheet will be available on the table in the narthex. There is no cost, but it is important to register your interest so that we can anticipate the number of copies to provide. As usual, the event and read are open to the public, so invite friends.



The United Church of Christ Daily Devotional:

Created by the Still Speaking Writer's Group by The Pilgrim Press, the Daily Devotional grounds our daily faith.

To subscribe:

<https://www.ucc.org/daily-devotional/>

There is also a box on that webpage to search previous devotional messages.



The stairs and ramp to the daycare got a much needed tune-up last week.

Happy late May Birthdays to:
25 Terry Tatchell
27 Steve Mandeville
28 Shelly Likness
29 Dewey Skelton

And Happy Early June Birthdays to:

2 Koket Fowler Troglia
5 Rosanna Skelton



Your church council, Left to Right: Gus Byrom—Outreach and Social Justice, Caryn Adolph—Intern, Lynn Bolin—Moderator, Gail Tronstad—Treasurer, Kendall Larson—Administrative Assistant, Marcia Lauer—Buildings and Grounds, and, of course, Pastor Charles. Not shown: Tommy Williams—Intern and Jeanne Wolf—Secretary.



Christy Bowyer, Coalition for Animal Rights

There are moments in life when silence becomes heavy. A man sits alone, burdened by thoughts he cannot speak, the air around him thick with exhaustion and despair. Then, without announcement or ceremony, a soft presence enters. A small, fluffy dog, unaware of the complexity of human suffering yet deeply attuned to it, trots in with a wagging tail and bright eyes. No words are exchanged. None are needed. The dog presses close, nuzzling gently, insisting on connection. And somehow, slowly, the darkness begins to loosen its grip on the man.

This is not fiction. It is a quiet, everyday miracle that unfolds in homes across the world.

What that moment captures is something science is still trying to fully explain: the profound, often life-altering power of animal companionship. Pets do not simply live with us. They live for us in ways we rarely deserve.

Across cultures and continents, stories continue to surface of animals stepping into the fragile spaces of human life and holding people together when everything else falls apart. In one widely shared account, a person battling severe depression described how a rescued puppy became the only reason they continued living. They had planned to give the dog away before ending their life, but something shifted. The responsibility, the presence, the silent dependence of that animal created a thread they could not cut. "He's the reason why I get out of bed," they wrote.

Another person recounted surviving a suicide attempt because their dog literally broke through barriers to alert others and bring help. What followed were eleven more years of life, years that would never have existed without that animal's intervention.

These are not just emotional anecdotes. They are reflections of a deeper biological and psychological bond. Studies show that interacting with pets can reduce stress hormones like cortisol, increase oxytocin, the hormone associated with love and bonding, and improve overall mood and emotional regulation.

Even in structured research, the pattern is clear. A large survey by the American Psychiatric Association found that 86 percent of pet owners believe their animals have a positive impact on their mental health, and most consider them full members of the family.

But beyond emotional support, animals have proven time and again that they are capable of something even more extraordinary: saving human lives.

History holds powerful examples.

During the September 11 attacks, a guide dog named Roselle calmly led her blind owner down 78 floors of the World Trade Center to safety, navigating chaos, smoke, and fear without hesitation.

In another account, a dog named Henry leapt onto a black bear attacking his owner, taking the risk upon himself to drive the animal away and save a human life.

There are stories of dogs detecting seizures before they happen, alerting families to fires in the middle of the night, or standing guard over vulnerable children. One search-and-rescue dog located a missing toddler lost in a forest, turning what could have been tragedy into relief.

These are not isolated miracles. They are expressions of loyalty shaped by thousands of years of shared existence between humans and animals.

Yet, the impact of pets is not limited to dramatic rescues. Often, their greatest contribution is quieter but just as powerful.

They create connection in a world increasingly defined by isolation. A walk with a dog becomes a conversation with a stranger. A shared smile. A reminder that we are not alone.

You're Invited!

Bible Study:

Every Tuesday

9:00 a.m.

Fireside Room

Sandwich Ministry:

Second & Fourth

Wednesday of the
month. 9:30 a.m.

Kitchen

Chime Choir:

Tuesdays, 1:30 p.m.

Sanctuary

Women's Fellowship

Tuesday, May 26

Overland Express

Lunch at 11:30

All Women Welcome!

Cleaning Crew

Saturday mornings

Contact Kathe to
volunteer:

603-860-4539 or
kathe@simonshome.
org



Plymouth
Congregational Church

United Church of Christ
400 S. Oakes St. Helena, MT 59601

PLEASE
PLACE
STAMP
HERE

Plymouth's Mission is to nurture our congregation and the wider community with acts of love and a vision of God's image in all things.



Office Hours

Pr. Charles Wei: 9:00 a.m.—1:00 pm
Tuesday—Thursday,
and by appointment

Administrative Assistant
Kendall Larson:
9:00 a.m.—1:00 p.m. Mon—Fri

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Email: pccofficemgr@gmail.com

Also: [www.facebook.com/
plymouthcongregational](https://www.facebook.com/plymouthcongregational)

Sundays

10:00 a.m. Worship Service
In Person and Online



The lawn mowers have arrived!