

PARACLETE

APRIL 2021

HOLY SPIRIT | EPISCOPAL CHURCH

130 South 6th Street East • Missoula, MT 59801 • 406.542.2167 • E-mail: office@holyspiritmissoula.org • Website: www.holyspiritmissoula.org

A publication of Holy Spirit Episcopal Church



Help plan the future of the church grounds

Holy Spirit Parish is about to begin the process of planning for the future of the landscaped grounds around the entire church. Kent Watson, a professional landscape architect and Vestry member, will be leading this effort. Kent wants your help. If you have the time, interest and dedication to assist in this effort, please contact him directly (kentwla@gmail.com; (406) 721-3500). Follow this link <http://holyspiritmissoula.org/for-parishioners/> to learn more about the project. Preparation of the plan will be the product of a process, whereby the church family and its leaders work together towards its completion this year. The first meeting is planned for April after Easter.

Bishop to visit, in person or virtually, on April 18!

The Rt. Rev. Marty Stebbins, the 10th Bishop of Montana, will make her visitation to Holy Spirit Parish on Sunday, April 18. At the writing of this article, it is still to be determined whether or not we will be gathering in person (with protocols) or virtually as we have been doing, but we will get the word out about all the details around the time this *Paraclete* arrives in your mailboxes. Please mark the date on your calendars!

As chief pastor and teacher of the diocese, Bishop Marty will preside and preach at the service that Sunday. Her presence connects us to Episcopalians beyond our walls, in Montana, in the Episcopal Church, in the Anglican Communion, and back through the Church's history. While most of us will

only see her on Sunday, she will be working hard to learn more about Holy Spirit Episcopal Church by meeting with the Vestry and clergy, hearing and responding to their concerns and questions.

As is the custom in our diocese, an offering for the Bishop's Discretionary Fund will be taken at the service that day. Your checks should be paid to the order of "The Episcopal Diocese of Montana," designating on the memo line 'Discretionary Fund.' Or you can use our giving platform Pushpay to make your donation. Simply choose Bishop's Discretionary Fund from the list of funds available. It is from the Discretionary Fund that pastoral needs are met. Please be generous.



HOLY SPIRIT | EPISCOPAL CHURCH

invites you to join us in welcoming

The Rt. Rev. Martha E. Stebbins
Bishop of Montana
Sunday, April 18, 2021

The bishop will make her annual visitation to Holy Spirit on April 18; it is still to be decided if this visit will be in-person or virtual. Either way, we hope you will plan to join us!

OUR STAFF

Clergy:

The Rev. Terri Ann Grotzinger,
Rector

revterri@holyspiritmissoula.org

The Rev. Gretchen Strohmaier,
Assistant Priest

Gretchen@holyspiritmissoula.org

The Rev. Dorcie Dvarishkis,
Deacon

dorcie@gmail.com

Organist/Choir Director:

Dr. Nancy Cooper

Parish Administrator:

Judy Parock

office@holyspiritmissoula.org

Bookkeeper/Office Assistant:

Connie Gerke

Connie@holyspiritmissoula.org

Technology Specialist:

James Gartner

jameswgartner@gmail.com

Webmaster:

Elizabeth Serviss

serviss7@msn.com

Sexton: Lori Cordis

NEWSLETTER

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**HOLY
SPIRIT**
**EPISCOPAL
CHURCH**

130 South 6th Street East
Missoula, MT 59801

406.542.2167

office@holyspiritmissoula.org

www.holyspiritmissoula.org



From the Rector

Transitioning back to in-person gathering: Step 1 – Preparation

The world around us is beginning to turn towards spring: the sun is shining, the birds are chirping, and people are outside more and more. After a year of the losses and challenges of the Covid-19 pandemic, we are thankful for vaccinations underway and gradual return to more in-person gatherings. All of us are ready for the pandemic to be behind us and to get on with something more normal: to physically gather for worship, fellowship, ministries of all kinds, and to see one another face to face. I know I do.

Time in the wilderness changes us. As much as we want to go back to what was, we know that we never really go back. We go forward with all that we've experienced, and our personal and communal stories are already full of new chapters and still more to unfold in the future. We need to prepare ourselves now so that when re-opening begins, we will be ready to support one another through the transition. It is going to feel different. How we shift from pre-recorded services to live services with streaming capabilities will take some adjustment. For a time, there will be protocols in place: mask wearing (vaccination or not), social distancing of 6 feet or more, hand washing and sanitation, and regular cleaning of our buildings. Some activities will be done outdoors. The intention will remain as it

has been all along: to minimize the risk of giving Covid-19 to another while vaccination efforts move forward. We will be mindful of the most vulnerable in our midst, patient, respectful and known by our love shown to one another as we emerge from this long pilgrimage in the wilderness. And too, we will be prepared for the unknowns that may still be ahead, on-going changes sure to come, and taking on opportunities that we are afforded after all of our wandering with the Spirit of God.

The Staff of Holy Spirit has already begun needed preparations for our return. We prayerfully decided to keep worship services in a pre-recorded fashion through Easter, knowing that current protocols would still be in place limiting us to 50 total worshippers. Instead, we will continue our Lenten pilgrimage and year's long journey in the wilderness together, celebrating the Resurrection from wherever we may be as one body in Christ – a sacrament dispersed throughout the world. There are many more preparations underway. We ask that all of you take time to pray for our transition back to in-person gatherings and for the Spirit's guidance to continue as we go forward.

– WITH YOU ON THE JOURNEY,
TERRI+

THE WAY OF LOVE FOR KIDS

Check out our series of videos on the Lent page to help kids get closer to God during Lent



Church School 2021

The Way of Love for Kids

In April we'll finish up the video series for kids about the 7 practices of the Way of Love. If you didn't see them, check out the church's website www.holyspiritmissoula.org or the *Spirited Times* to see the introductory video by Rev. Gretchen about how kids can get closer to God and then the 7 short videos that focus on each of these practices: turn, pray, learn, bless, worship, rest, and go. Each of these

short videos stimulate thought, discussion and action for kids, and parents too. We would love to get feedback. Did your kids or family try any of the practices? Send an email, a photo or a video. We would love to see! Send your photos or videos to gretchen@holyspiritmissoula.org.

— THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST

Things kids can do to take care of the earth:

- 1) Organize a litter drive with friends and family. Pick an area that you have noticed is particularly trashy. It's surprising how much litter you can find even just on a neighborhood walk.
- 2) Be prepared. Carry a grocery sack with you when you are outside enjoying nature. Then you're always ready to help clean up.
- 3) When you discard 6-pack rings, always snip them so no animal gets stuck in it. Better yet, don't use products that require a 6-pack ring.
- 4) For older kids, do a little research and find out how long litter lasts. How long does it take for these items to break down? A piece of paper, a wool sock, aluminum soda can, banana peel, disposable diaper, glass bottle, batteries, plastic bags, plastic soda bottle.

Baptism dates announced

The next date for baptism will be on the Day of Pentecost, May 23. If you are interested in baptism at that time, either for yourself or for your child, please call the church office at 542-2167 and ask to speak to Rev. Terri. If you are interested in the May

23 baptism date, Rev. Terri needs to hear from you by April 25.

The remaining dates for baptism for 2021 are a possible date in the summer yet to be determined, and on the Sunday after All Saints' Day, November 7.



Here's what is happening in Church School this month

Sunday, April 4th
Sunday, April 11th
Sunday, April 18th
Sunday, April 25th

Easter!
Doubting Thomas
Great Commandment
Good Shepherd

led by Deacon Dorcie Dvarishkis
TBA
led by Rev. Gretchen Strohmaier
led by Karen Gartner



Explorations:

Opportunities
to cultivate,
challenge
and live our
faith

Creation Care Spirituality

Celtic Christianity has long emphasized our God-given goodness, and in the tradition of St. Patrick there is an awareness that all created things, carry within them the grace and goodness of God. St. Patrick's Breastplate hymn, in our 1982 hymnal, is unique in the way that it invokes the strength of God through the energies of the elements:

*"I bind unto myself today
The virtues of the star-lit heaven,
The glorious sun's life-giving ray,
The whiteness of the moon at even,
The flashing of the lightning free,
The whirling wind's tempestuous
shocks,
The stable earth, the deep salt sea,
Around the old eternal rocks."*

The words of this hymn are so striking because they speak not just of the beauty of creation at a superficial level, but rather they make a more profound statement. St. Patrick's hymn implies that God exists within creation itself. And when we look to God for strength, we might access that strength through creation—a star-lit heaven, a ray of sun, the white moon, a flash of

lightening, a whirling wind, the stable earth, a deep sea and old eternal rocks! It might sound strange to our theological ears, but I think as Montanans we know this experience; we carry this experience within us.

I think we know this on an intuitive level, if not an explicit one. We live in Montana. For many of us that has been an intentional choice. We are here because we value the beauty and the wide-open spaces. We're awed by the wild ruggedness of the Mission Mountains. We are soothed by the grandeur of Flathead Lake. We are filled with wonder when we spot a grizzly bear at Glacier. We breathe in peace as we cast a salmon fly on Rock Creek. We recognize that the whole world is the "house of God" and the whole thing is shot through with divinity. Celtic Christianity teaches that nature is a window to the divine, and creation is a sacred text in which the presence of God is revealed.

Our traditions and texts are full of imagery from nature. We are steeped in baptismal waters. A star from heaven led the way to baby Jesus. We think of

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Human disconnection from nature

One of the problems contributing to our lack of care for our planet is our disconnection from it. Let's celebrate and savor the beauty of this place where we live. Plus, it's a safe way to spend time with others: outside! Do you have ideas of ways you would love to share nature together with your church family? In the past we have done bird walks, wildflower walks, tree walks, hikes, garden tours, and picnics. What strikes you? How do you savor nature? How might we do that together? Reach out to Rev. Gretchen at

gretchen@holyspiritmissoula.org or Karen Gartner from the Creation Care Ministry Team at kwgartner@sbcglobal.net.



Taking a more active role as Creation Caretakers

As we move into the Easter season, beyond Holy Week and the festivities of the resurrection, we'll continue to celebrate that new life. Our focus will turn to creation and our new Creation Care Ministry. This spring we'll focus



on taking a more active role as creation caretakers. On April 25th the Creation Care Ministry team will host a container gardening workshop in the courtyard. Don't miss the details about this event in a separate article in this newsletter.

This group is helping us underscore our role as stewards, reminding us that man (and woman) were put in the Garden of Eden to work it and keep it (Gen 2:15).

Our Creation Care team reminds us that our planet is under great stress through population growth, climate change, pollution, loss of habitat, endangered species and human disconnect with nature. These are just a few of the indicators of that stress. The Creation Care team recognizes these are large problems but that even small steps can help to make a difference. Check out the church's website

www.holyspiritmissoula.org and look under the Ministries tab to learn more about all kinds of practical steps you can take to reduce your carbon foot print. The team has organized suggestions on everything from mindful shopping, to ways you can save the planet room by room in your house. Learn about what you can do in the kitchen when it comes to food procurement, preparation, dining and clean up. Check it out!



Container Gardening Workshop

1-3 pm in church courtyard
Sunday, April 25

Container Gardening workshop planned for April 25

On April 25, the Sunday closest to Earth Day, the Creation Care Committee is putting together a Container Garden Workshop from 1-3 pm in the church courtyard. We'll have soil, compost, containers, seeds and plants (flowers and vegetables) all available for free, and members of the committee will be on hand to help you put them together. We'll also be on hand to help you with your own gardens, whether you are a newbie or have lots of experience and want to try something new. Whether you're interested in trying straw bale gardening, square foot garden or companion planting, we'll have someone to help you out.

We have two requests for things to save – one is clean gallon milk jugs (to keep your plants warm until June) and the other is styrofoam peanuts (the kind that don't dissolve in water; test a few by putting them in water for a few minutes) or pieces of packing styrofoam that can be cut up. These will make the bigger containers easier to move around. If you have favorite containers that you'd like to use, feel free to bring them along!

Continued from page 4 Creation Care Spirituality

Jesus as the vine, and ourselves as the branches. There are countless images of sheep. We know the Holy Spirit as a dove, wind, and fire. We celebrate Communion with gifts from the earth: bread and wine. These are just a few examples.

Oswald Chambers writes,

Nature to a saint is sacramental. If we are children of God, we have a tremendous treasure in Nature. In every wind that blows, in every night and day of the year, in every sign of the sky, in every blossoming and in every withering of the earth,

there is a real coming of God to us if we will simply use our starved imagination to realize it.

Taking care of creation is not just practical. It's not just about saving our planet. It's also about saving our soul. Want to learn more about Celtic Spirituality? Check out J. Phillip Newell's book, *Listening for the Heartbeat of God: A Celtic Spirituality*.

Look for a creation care book study coming your way this spring. Watch the *Spirited Times* for details.

– THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST



Join in April's opportunities for strengthening families with The Parenting Place

In April, the blue pinwheels for prevention will again be spinning. They catch the winds of support that The Parenting Place (PP) has been stirring in western Montana since 1981. They are here to remind us that our childhood experiences shape us for a lifetime. Building knowledge, relationships, and a sense of community with families is key, and you can join with PP to be an amazing engine for this important and lasting work:

- Virtually attend PP's programs for the Exchange Club every Thursday in April, noon to 1PM. Contact me at 406-239-7655 for program topics and Zoom links.
- Register for an Adverse Childhood Experiences (ACEs) training class.
- Donate less-needed furniture and large appliances to Donation Warehouse (donationwarehouse.net, 406-240-4042), a PP business partner whose

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Learn more about recycling...and recycling glass

In the February *Paraclete*, Tracey Gage asked that we "please help our world be a better place for our children, grandchildren, nieces, and nephews...to be able to breathe clean air, see glaciers, clean rivers and lakes, and to appreciate having clean water to drink."

Recycling is an especially important way that we all can contribute to this goal! First, recycling reduces trash; second, recycling reduces the energy and the CO2 emissions needed to produce whatever is being recycled; and third, recycling is something we can do! We don't have to run a company or start a new "green energy" operation or get involved in the politics of climate change. We just have to be conscientious and make the effort...**recycling is, indeed, something we all can do!**

Unfortunately, we have a lousy track record in the United States. According to the Environmental Protection Agency (EPA), the average person creates around four-and-a-half pounds of trash every day, or about 1.5 tons in a year! The EPA also estimates that of the solid waste people throw away, 75 percent of it is recyclable, even though only about 33 percent of it actually is recycled. We can do better!

Fortunately, here in Missoula there is a lot we can do about this gap between 75%

thrown away and 33% recycled. One specific example is glass!

Why Recycle Glass?

Put very simply, glass is virtually 100% recyclable and can be recycled endlessly without loss in quality or purity, and recycled glass can be substituted for up to 95% of raw materials used to make new glass. In addition, CO2 emissions are reduced by 5% for every 10% recycled glass, so there is a significant energy savings as well. And we have a lot of potential savings: US's roughly 33% glass-recycling rate pales in comparison to the 90% recycling rate in Switzerland, Germany, and other European countries.

How to Recycle Glass?

Fortunately, recycling glass is easy in Missoula and at Holy Spirit!

If you live within the Missoula city limits, one option is to contract the services of Recycling Works, which offers curbside pick-up. Recycling Works is a non-profit started by the Missoula Interfaith Collaborative, which Holy Spirit has supported since it began. They are the only option for

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Meets on the second Friday at noon Join us for Centering Prayer in April

Many of us miss “sitting” in a silent meditation time with others, and so we will gather once more in a new way. We will meet once a month on the second Friday at noon. **Our next sitting will be on April 9, 2021.** Our prayer time will last 30-45 minutes.

We will be using “Google Meet” which is very similar to “Zoom.” Go to your internet browser and enter “<https://meet.google.com/irr-zwaa-rrq>”

to begin the process of joining the group at the scheduled time.

This Holy time is open to all. If you are unfamiliar with the Centering Prayer process, we assure you it is quite easy, and we will guide you through it as we sit. For any questions, please call Jennifer Dousset (406-880-1680) or Willie Hoffer (541-815-9609). Peace to you all!

Continued from page 6 Learn more about recycling...

recycling glass in Missoula, and they have been doing a great job, growing recycling significantly in our community. You can get more information at www.recyclingworksmt.org, including costs and pick-up schedules (which are monthly for residential recyclers).

However, as a parishioner at Holy Spirit, you have a second option: to join the Holy Spirit families who are already recycling glass through our own program. Our program started 18 months ago, with six families participating, and today we have more than doubled the number of families to 13. So...what are the benefits to using the Holy Spirit program, instead of working directly with Recycling Works?

- First, recycling with Holy Spirit is less expensive – \$6.30/month for whatever volume of glass you have, versus either \$9.95 or \$12.95/month depending on the size of container you need.
- Second, Holy Spirit glass is picked up biweekly instead

of monthly.

- Third, and most important, you join other Holy Spirit families in a community effort, an effort which is a small but important step toward making our community “a better place for our children, grandchildren, nieces, and nephews”!

Please look for information on what and how to recycle with Holy Spirit in every issue of the *Spirited Times*, or contact the church office or Jim Wiley (jameswiley2455@gmail.com).

So please recycle your glass, and also recycle your paper and plastic and aluminum and tin cans, as well. Look for more information on recycling in general at www.makeitmissoula.com/community/going-green-and-recycling/missoula-recycling-guide/, and do your part to improve our Care of Creation.

You can find more ideas for Creation Care on the Holy Spirit website...look for Creation Care in the Ministries section!



Continued from page 6 Join in April's opportunities for strengthening families with The Parenting Place

resales generate more than \$10,000 **every month** for PP programs.

- Purchase a batch of pinwheels and “plant” a pinwheel garden in April to spark neighborhood conversations about PP programs and impact.
- Make a gift to PP during Missoula Gives May 6-7, where all gifts are welcome, and gifts from new donors help us to meet a special \$10,000 Muralt challenge.
- Connect with PP and Donation Warehouse's Facebook / Instagram pages for learning and support opportunities.

As a program participant and your Holy Spirit PP Community Ministry coordinator, I have witnessed firsthand the value of PP's work. To be a part of these winds of support for our families and children, contact me, and we will help you to move with us!

– ALONGSIDE YOU,
THE VEN. DORCIE KAFKA
DVARISHKIS
dorcied@gmail.com ~
406-239-7655 text/cell

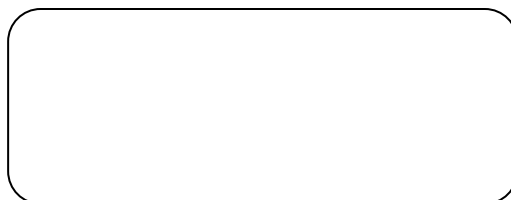
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RETURN SERVICE REQUESTED



Container Gardening Workshop

**1-3 pm in church
courtyard**

Sunday, April 25

We'll have free soil, compost,
containers, seeds and plants, and
we'll help you put it all together.
Please join us!

