

PARACLETE



FEBRUARY 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

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Our Lenten journey begins on Ash Wednesday, February 17

Ash Wednesday, which marks the beginning of Lent, derives its name from the ancient practice of marking the foreheads of worshippers with ashes from the unused palm branches of the previous year. As the service for Ash Wednesday says:

Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. Amen.

Join us on Ash Wednesday, February 17, as we begin our Lenten journey to Easter. The Ash Wednesday liturgy will premiere at 12 noon on the church YouTube channel and will be available to view any time thereafter.

Lenten Series 2021

Life Transformed: The Way of Love in Lent

Everything is still different! In 2020 we grew weary of commenting on how unprecedented things were, and 2021 has begun with a similar sense of shock and disbelief. There has been and will continue to be much discussion about normalcy. What is normal? Is there any going back to normal? Must we push for some sort of new normal?

As we look back over this last year and try to forge ahead into a new one, we have decided to offer something quite different for our Lenten program in 2021. Why not? Everything else is still different. And it seems that these unsettling times call for a different response and new strategy. We ask you to consider participating in, "Life Transformed: The Way of Love in Lent."

This seven-session course will be

offered via Zoom. As a nod to doing something different, the program will be offered on Thursday evenings, rather than our standard Wednesday night Lenten programs. The Way of Love, as you likely know, is an initiative of our Presiding Bishop, Michael Curry. We will use and adapt the curriculum created by The Episcopal Church.

The Presiding Bishop worked with others to develop the Way of Love. The Way of Love is comprised of ancient practices, because there really is nothing new under the sun, for deepening a Jesus-centered life. The aim of the initiative is to assist Episcopalians as we live out Jesus' call to: Abide in me as I abide in you. (John 15:4)

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Life Transformed: The Way of Love in Lent

Lenten Series 2021

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NEWSLETTER

Paraclete, from the Greek meaning 'Holy Spirit,' is published monthly, September through May, by Holy Spirit Episcopal Church. All material is due by the fifteenth of the month preceding the month of publication.

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From the Rector In the wilderness with God

While we had hoped that the passing of 2020 would bring some relief from the pandemic and some sense of steadiness in daily life, we now know better. Vaccinations for COVID-19 have begun, and yet the virus continues to take lives in record numbers around the world. National turmoil remains, and there is much work to be done. While we wait for the resolution of so many things, we continue to walk with God in what feels like the wilderness with many a mile ahead.

I know very few hikers who hike nonstop without a pause along the way to take in the surroundings. This month seems like a good time to be intentional about taking in the journey as opposed to letting an unknown destination over an unknown timeframe bring us to staring at our feet plodding along. The light shines we say in Epiphany, and the darkness has not overcome it! It's time

to look, listen, and take note. I invite you to join me in reflecting on all that has been happening since last March.

What have you learned? What surprised you? What new tools have we discovered? What do you not want to forget or lose? What have you missed most and why? What have you picked up and put in your pocket as a reminder of this time? What would you like to leave behind? These are just questions to get us started, and you may have others to add. Now is the time to do this, not waiting until the last minute. Send me an email at revterri@holyspiritmissoula.org, or write me a note to the parish office, as I'd like to hear from you, and I'll summarize what we're discovering. I look forward to it!

— FAITHFULLY WITH YOU ON
THE WAY,
TERRI+

Spirit of the Rockies

Spirit of the Rockies is a literature and short story review course from Emmaus Campus Ministry looking at the ways that different people have understood their relationships with the land, animals, other people and the divine within our regional landscape from a wide array of cultural and historical perspectives. Led by Pastor John Lund, Rai Combs, and Celeste Yeager. Open to all ages and perspectives and friends of Emmaus. This course will include a reading packet for all participants (free) and will meet weekly all through February. Contact John Lund at john.lund@mso.umt.edu

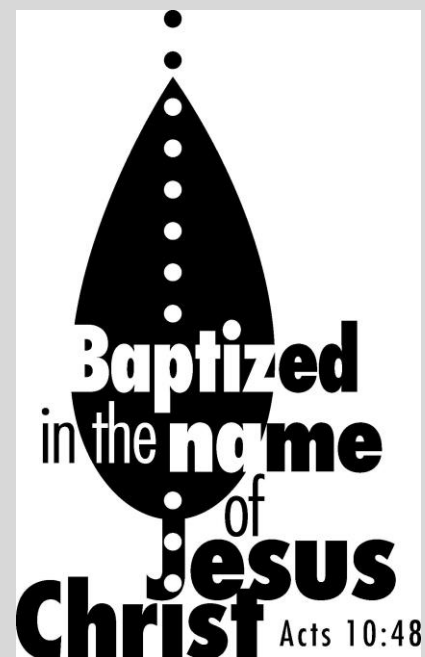
Church School 2021

Kids and the Way of Love

The practices of the Way of Love are relevant for children too. During Lent additional children's videos will be created to assist our kids as they too consider how to draw closer to Jesus as they: turn, learn, pray, bless, rest, worship and go. Watch for these videos

with some projects that you can do together as a family at home to honor the season of Lent.

— THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST

**Baptism dates announced**

The next date for baptism will be at our Easter Vigil service on Saturday, April 3, at 7:30 p.m. 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 April 3 baptism date, Rev. Terri needs to hear from you by March 7.

The remaining dates for baptism for 2021 are the Day of Pentecost, May 23, a possible date in the summer yet to be determined, and on the Sunday after All Saints' Day, November 7. Baptism will take place at the 10:15 a.m. service on those Sundays.

Here's what is happening in Church School this month

Sunday, February 7th
Sunday, February 14th
Sunday, February 21st
Sunday, February 28th

Intergenerational Virtual Worship
Virtual Children's Worship with Charlotte Orr
Virtual Children's Worship with Rev. Gretchen
Virtual Children's Worship with Katie Nederhoed

Transfiguration
Noah's Ark
Abraham & Sarah



Explorations:

Opportunities
to cultivate,
challenge
and live our
faith

Continued from page 1

Life Transformed: The Way of Love in Lent

Each week Rev. Gretchen, Rev. Dorcie and others will present one of the seven practices, based in monastic wisdom: turn, pray, learn, bless, rest, worship, go. What makes these particular sessions different is that they will be coupled with themes of Scripture from the Easter Vigil service. Participants will be preparing to experience Easter as the weeks progress. The program is designed for six sessions prior to Easter and then one final session after Easter.

In addition to a short teaching piece each week, participants will break into small groups to discuss a specific Way of Love practice and the themes of Scripture. Each small group will have a facilitator. Each session closes with a brief liturgy. Additional practices for use at home will be suggested each week, as well as a variety of additional resources for deepening one's spiritual life.

Interested? Please do pray about participating in these sessions. Visit this website

<https://www.episcopalnewsservice.org/2018/07/06/79th-general-convention-july-5-sermon-by-presiding-bishop-michael-curry/> to watch a 30-minute video of Presiding Bishop Michael Curry as he introduces the Way of Love.

Who: Friends and members of Holy Spirit and St. Paul's (Hamilton). Do consider inviting others to join us wherever they live since this will be offered via Zoom.

What: Six sessions before Easter and one session after Easter.

When: Thursdays, 6:30 to 8:00 p.m., on February 18 & 25; March 4, 11, 18 & 25; and April 15

Where: Zoom

How: Contact Gretchen to sign up at: gretchen@holyspiritmissoula.org or 542-2167 ext. 203. **Please sign up by Sunday February 14th.**

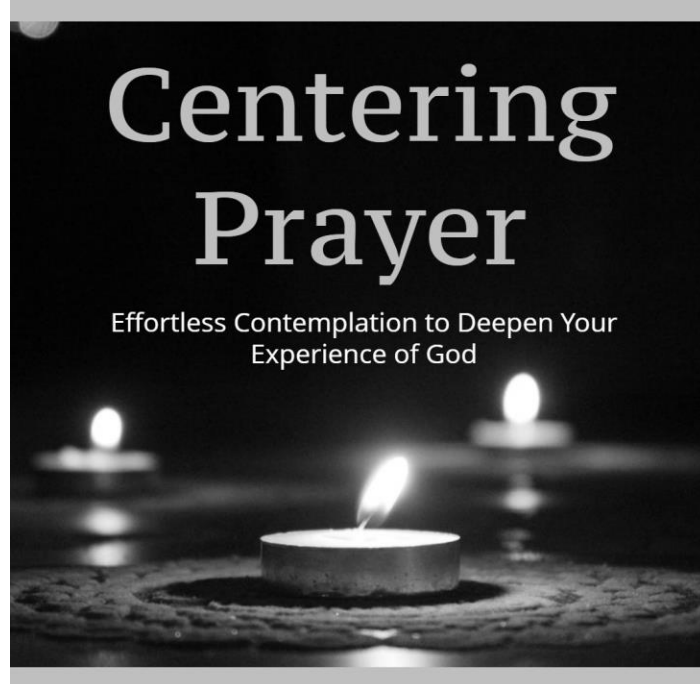
Meets on the second Friday at noon

Join us for Centering Prayer in February

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 February 12, 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!



Centering Prayer

Effortless Contemplation to Deepen Your Experience of God

Community Ministries

MIC leading our community in Wrestling with the Truth of Colonization

Our anti-racism work will take another step forward in February and March as the Missoula Interfaith Collaborative (MIC) leads the community in five sessions entitled *Wrestling with the Truth of Colonization*. Moving with indigenous leaders from Missoula, Washington, Oregon, Australia, New Zealand, and Canada, a MIC and international team has developed a training opportunity for helping organizations led predominantly by white leaders in better understanding our own personal and institutional histories as settlers and colonization and its myriad impacts as we work to find meaningful ways forward with our indigenous brothers and sisters. The local MIC team includes Casey Dunning, Joe Chrastil, Rebekah Cochrane, Rai Combs, Lisa Davey, Laura Folkwein, Kaylie Ines, John Lund, Crystal Whiteshield, and Marilynn Zimmerman.

The five sessions will be offered virtually at both 11AM to 1PM, and 6 to

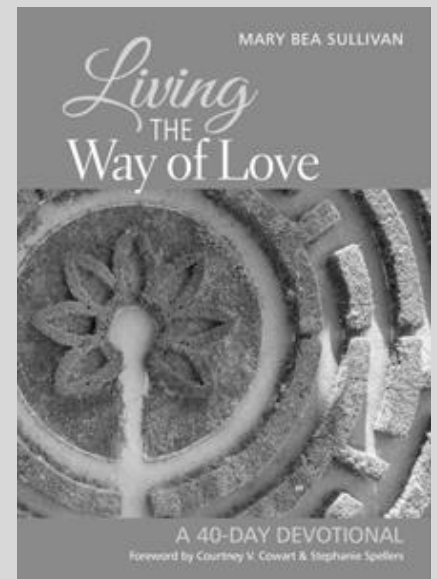
8PM on the Mondays and Wednesdays of February 24, and March 1, 3, 8, and 10. Our goal is to turn out 12 to 20 members from Holy Spirit and all MIC-member congregations to join with other Common Good Missoula and regional/national participants.

As the granddaughter of homesteaders and having grown up near Rocky Boy Reservation, I am taking this opportunity to wrestle more deeply with my history and the history of our Episcopal churches in Montana. Please bring your own stories and a willingness to wrestle and join us in this important work. For more information and to register, please reach out to me at dorcied@gmail.com or 406-239-7655. Thank you for considering this opportunity.

— ON THE JOURNEY WITH YOU,
THE VEN. DORCIE KAFKA
DVARISHKIS
dorcied@gmail.com ~
406-239-7655 text/cell



Other Lenten Resources



Living the Way of Love

Perhaps the seven sessions of Life Transformed aren't practical for you. Consider purchasing this devotional book as a way to dive deeper into the Way of Love on your own. *Living the Way of Love* offers forty brief reflections about the seven Jesus-centered practices identified by Presiding Bishop Michael Curry in "The Way of Love" initiative. Sullivan tells stories from her own and others' experiences as a starting point for discussion about how to seek and find a deeper connection to God. Each reflection ends with questions designed to spur further discussion and assist readers in making the practices their own.

This 40-day devotional book, *Living the Way of Love*, by Mary Bea Sullivan is available at the church office for \$13. Please write your check to Holy Spirit Church and contact the church about pick up.

Check out this Way of Love Lenten calendar

It suggests practices, coupled with Scripture, for every day of Lent.

https://episcopalchurch.org/files/documents/wol_lenten_calendar_2021.pdf

The need is constant.
The gratification is instant.
Give blood.



Holy Spirit Winter Blood Drive

130 South 6th Street East
Parish Hall

Thursday, Feb. 25
1 p.m. – 6 p.m.

Sign up online at
www.redcrossblood.org or at
audreymurray196@gmail.com or
bpbeckley@gmail.com
Please plan to donate!



I give blood. Will you?

redcrossblood.org | 1-800-RED CROSS

Facts about blood donors

- One donation can save the lives of up to three people.
- The number one reason donors say they give blood is because they “want to help others.”
- Two most common reasons cited by people who don’t give blood are “Never thought about it” and “I don’t like needles.”
- Forty-five percent of people in the U.S. have type O (positive or negative) blood.

Blood Drive set for February 25

Donate at our Winter Blood Drive

Holy Spirit Parish will once again support the American Red Cross by hosting a winter blood drive. The drive will be in the Parish Hall on Thursday, February 25th, between 1:00 and 6:00 p.m. The Red Cross usually sees a seasonal drop in blood donations due to holidays and winter weather. But this year, due to the pandemic, thousands of Red Cross blood drives have been canceled as community organizations and businesses restrict access to their locations. Our contribution is critical.

Did you know that the Red Cross supplies about 40% of the nation’s blood supply? Donated blood is used for serious injuries, surgeries, childbirth, anemia, blood disorders, cancer treatments, and many other life saving therapies. In addition, the Red Cross is now a source of “convalescent plasma” used to treat COVID-19. Individuals who have recovered from COVID-19 have antibodies that protect against the virus. Blood donated by COVID-19 survivors is processed to remove blood cells, leaving behind liquid, called plasma, and antibodies. This convalescent plasma can be given to patients with COVID-19 to boost their ability to fight the virus. Currently there is a national shortage of convalescent plasma. Please consider giving blood if you or someone you know has recovered from COVID-19. To be eligible to give convalescent plasma an individual must be:

- In good health and generally feeling well.
- Have a prior, verified diagnosis

of COVID-19, but are now symptom-free and fully recovered from COVID-19 and at least 15 days from last date of symptoms.

If you haven’t had COVID-19 and are interested in donating blood, here’s what you need to know:

- You must be in good health and feeling well.
- You must weigh at least 110 pounds.
- If you are not yet 18 years old, you must have a consent form signed by your parent or guardian. Additional height and weight restrictions apply to those 18 years or younger. Please check with the Red Cross for eligibility.
- The most frequent exclusions are for those who have traveled in certain foreign countries or have low iron (hematocrit count).

Sign up for an appointment to donate blood using the Red Cross online scheduling system at www.redcrossblood.org, or by contacting Patti Beckley (406-396-1837; bpbeckley@gmail.com) or Audrey Murray (612-968-2108; audreymurray196@gmail.com). As usual, we need volunteers to register donors and serve refreshments. To volunteer, please contact Patti or Audrey. We hope to see you at the Holy Spirit Parish Blood Drive!



Holy Spirit Blood Drive

Location: Parish Hall
130 South 6th Street East

Thursday, February 25
1 pm - 6 pm

Sign up online at
www.redcrossblood.org or at
audreymurray196@gmail.com
or at bpbeckley@gmail.com!

Creation Care Ministry Learn more about a new ministry at Holy Spirit – Creation Care

I would love to introduce you all to a relatively new ministry that you may not be aware of. Thanks to Kate Laney's persistence, we now have The Creation Care Ministry here at Holy Spirit. Recycling, reusing, reducing, repairing, recognition and responsibility are the six R's that summarize our stance on slowing climate change.

My family was introduced to and started recycling while living in Germany in 1993. The community was expected to recycle, compost, and use public transportation. In hindsight this was all a concerted effort to help the environment.

The city of Hanover provided one relatively small trash container that was emptied every two weeks. The grocery stores provided bins where you could remove packaging, before even leaving the store, to be recycled. Compost bins for produce extras, such as cornhusks, were also provided. One rule they had in Germany was to idle your car no more than three minutes. We had one car but took public transportation on most trips.

We continued to recycle and to be conscious about our environment when we moved back to the US in 1995. Making efforts to find where to recycle was something we were willing to do.

Gardening has been a big part of our lives, and composting is a part of that process. Recycling Works has a

program to pick up compost weekly, which we are happy to do. They also haul our glass away once a month. To me it is worth the money to do my small part in slowing climate change.

Upon moving to Missoula, I had NorthWest Energy come to our house and do an energy audit with recommendations on how to conserve water and energy. They even wrapped our water heater and provided low flow showerheads, all free of charge.

There are several places here in Missoula that you can take cardboard, newspapers, magazines, tin cans, aluminum cans, milk jugs, #1 plastic PETE, and office paper. Plus if you don't have the ability to collect it, separate it, and haul it, you can have Republic Services come around and pick it up for a fee.

My message to you is, please help our world be a better place for our children, grandchildren, nieces, and nephews. I want them to be able to breathe clean air, see glaciers, clean rivers and lakes, and to appreciate having clean water to drink.

To learn more, please see the Creation Care information under the Learn tab on Holy Spirit's website (holyspiritmissoula.org).

– TRACEY GAGE
CREATION CARE MINISTRY



Stay connected with the Holy Spirit app

Keep up to date on upcoming events, access sermons, forms/registrations for events and other activities, see the latest newsletter or bulletin, or submit a prayer request – all that and so much more! This is also a convenient way to make electronic donations by ACH (bank account) or credit or debit cards in addition to making and managing recurring gifts.

Get a link to download the app by texting **HOLYSPIRITAPP** to **77977**. Be sure to put your caps lock feature on; that will bypass the auto-correct feature on your phone and ensure that the code is entered correctly! You may also download the app directly in the Apple iTunes App Store or on Google Play.

Check out our new **CREATION CARE MINISTRY**

Holy Spirit is taking a more active role as Creation Caretakers. Join the discussion on how this ministry will take shape.



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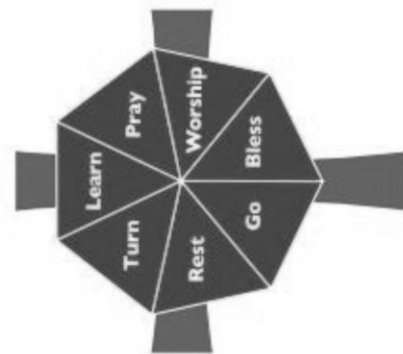
RETURN SERVICE REQUESTED



Life Transformed: The Way of Love in Lent

Episcopalians everywhere will share in this special Lenten journey.

Each week, we will turn, learn, and pray our way through the desert, toward resurrection life with Jesus.



THE WAY OF LOVE
Practices for Jesus-Centered Life

episcopalchurch.org/wayoflove

JOIN US!

Sign up by February 14

LOCATION:

Online via Zoom

DATES:

February 18 & 25
March 4, 11, 18 & 25
April 15

TIMES:

6:30 pm to 8 pm

CONTACT:

The Rev. Gretchen Strohmaier
gretchen@holyspiritmissoula.org
or call 542-2167