



PARACLETE

FEBRUARY 2020

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



Join us for Bishop Stebbins' first official visitation to Holy Spirit on March 1

Mark your calendars and please plan to join us on Sunday, March 1, when Bishop Marty Stebbins will be with us for her annual visitation to Holy Spirit Episcopal Church and for Confirmation at the 10:15 a.m. service. As chief pastor and teacher of the diocese, she will preside and preach at both services that morning. A special reception for the bishop and the confirmands will follow the 10:15 a.m. service. Please plan to join us!

Community Ministries

Join us for Missoula Interfaith Collaborative Sunday on February 2

What began in 2011 as a desire to engage congregations in creating lasting social change has grown into what we know today as Missoula Interfaith Collaborative (M-I-C). Today, M-I-C is being shaped by stories throughout the community to help us connect and build relationships among families, neighborhoods, and community organizations for effectively tackling the challenges that face our community. Holy Spirit has been a member and financial supporter of M-I-C for several years. We have invited them to join us on Sunday, February 2, to share with us

about leadership training, Family Promise, the Housing Advocate Network, Missoula Works, Recycling Works, the See Them Home Campaign, and more. Their support can help to equip us for building understanding, raising up leaders, and collectively creating meaningful change for the people of our community. Come learn with us and consider what gifts you may have to offer in this ministry.

— ALONGSIDE YOU,
THE REV. DORCIE DVARISHKIS
239-7655 ~ dorcied@gmail.com



Join us on February 2
and learn more about

Missoula Interfaith Collaborative

BUILDING BRIDGES & INSPIRING ACTION

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NEWSLETTER

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Help us prepare for the start of Lent at our Pancake Supper

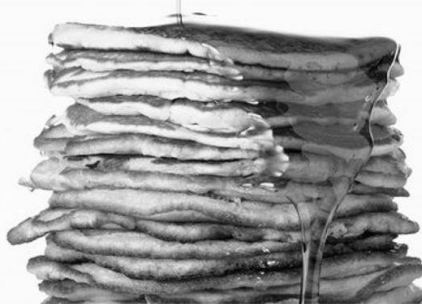
Shrove Tuesday, also known as Fat Tuesday or Mardi Gras, is coming soon on February 25. As a prelude to the Lenten season, it is an Anglican tradition to feast on eggs, butter, and sugar the day before the Lenten period. As always, the men of Holy Spirit will again celebrate this day by hosting a Pancake Supper for all parishioners and guests. Take a night off from shopping for groceries, planning a meal, cooking,

and cleaning up. We will serve **all you can eat** delicious pancakes and sausages, accompanied by syrup, coffee, juice, and milk. The cost is \$5 for adults, \$4 for children 5-12, and free for anyone 4 and under.

Men: Please mark your calendars and sign up for an easy shift of set-up, cooking, serving, or clean-up. Forms are available at the back of the church or at coffee hours.

Shrove Tuesday Pancake Supper

Tuesday, Feb. 25 ▪ 5 p.m. ▪ Parish Hall



Pancakes and sausages served from 5 p.m.-7 p.m.

Cost: Adults, \$5; Kids, 5-12, \$4; Kids, 4 and under, free!

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Our Lenten journey begins on Ash Wednesday, February 26

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 26, as we begin our Lenten journey to Easter. We will have Holy Eucharist with the Imposition of Ashes at 12 noon and at 7 p.m. that day.

Church School

Church School kids learn how to disrupt bullying behavior

The children continue with their monthly schedule sharing worship with their church family on the first Sunday of the month and celebrating a specially designed worship of their own, followed by shared Communion, on the second and third Sundays. In February the fourth Sunday will be devoted to

service-learning. The children will practice techniques for disrupting bullying behavior, learning the Christian practice of standing up for others.

– THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST



Baptism dates announced

The next date for baptism will be at our Easter Vigil service on Saturday, April 11, 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 11 baptism date, Rev. Terri needs to hear from you by March 15.

The remaining dates for baptism for 2020 are the Day of Pentecost, May 31, a possible date in the summer yet to be determined, and on All Saints' Day, November 1. Baptism will take place at the 10:15 a.m. service on those Sundays.



Here's what's happening in February in Church School

- Sunday, February 2** Joint worship: kids and adults upstairs
- Sunday, February 9** Children start downstairs for a lectionary-based Bible story, Matt 5:13-20, *Salt and Light*. Children join the second half of worship upstairs to participate in Eucharist.
- Sunday, February 16** Children start downstairs for a lectionary-based Bible story, Matt 5:21-37, *Jesus teaches about anger*. Children join the second half of worship upstairs to participate in Eucharist.
- Sunday, February 23** Children stay downstairs for a session of service-learning about disrupting bullying behavior.



Explorations:
Opportunities
to cultivate,
challenge
and live our
faith

Continuing in February
**It's not too late to join in these
classes!**

*The Good Book Club reads the
Gospel of John*

It's not too late. Pick up the book of John and start reading! And keep going. Savor the book, reading a chapter at a time. The goal is to read the entire book before Lent begins (February 26th). As you do so you'll be joining with other Episcopalians and Anglicans around the globe. You can find all sorts of resources to support your efforts at <https://www.goodbookclub.org/>. Join with others reading John on Sunday mornings between services at 9:15 a.m. in the Guild Room. Barbara Barmeyer and Betsy Holmquist are facilitating lively conversation and reflection on this rich book of the Bible.

*Great Themes of Scripture: Old
Testament by Richard Rohr*

Deacon Anita Rognas is leading this Thursday evening book study from 6:30 - 8:00. The class continues through February 20th.

"Remember you are dust, and to dust you shall return." We hear this reminder as we kneel at the Communion rail on Ash Wednesday each year. It can be a cue to understand our rightful place in the world. It underscores the importance of humility, but I think it can also call us to reconsider our connection to the natural world. In February we have two other opportunities to consider our connection to this earth:

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THE
GOOD BOOK
CLUB

**Deepen your experience of
God with Centering Prayer**

Centering Prayer is offered twice a month at Holy Spirit by Willie Hoffer and Jennifer Dousset. Centering Prayer is a meditation process that invites us to enter an inner sacred space to quiet our minds, open our hearts, and take rest in the Love of God. You will be gently led into the silence. No experience needed!

The Centering Prayer Group, led by Willie Hoffer and Jennifer Dousset, meets on the first Friday and third Tuesday of the month. That means that our next gatherings are **First Friday, February 7, at 12-1 p.m. and Third Tuesday, February 18, 4:30-5:30 p.m.** Come to either or both sessions!

If you have any questions, please call Jennifer Dousset at 406-880-1680 or Willie Hoffer at 541-815-9609.

A Centering Prayer workshop is planned for Saturday, March 7, from 9 a.m. to 11 a.m. here at the church. Stay tuned for more details!



Join us for Compline on February 2 at 8 p.m.
**Celebrate the Light of Epiphany in
 the quiet of Compline**

*Now, as we see the lights of evening,
 we raise our voice in hymns of praise;
 worthy are you of endless blessing,
 Sun of our night, Lamp of our days. (from Phos hilaron*)*

*Phos hilaron (“O Gracious Light”) is known as the “Lamp-lighting hymn”. It dates from the early 4th century and is the earliest known Christian hymn (recorded outside of the Bible) still in use today.

Please join us in celebrating the light of Christ in the candlelight of Compline on Sunday, February 2, the fourth Sunday after Epiphany at 8 p.m. The service meditations will center on litanies of Epiphany and of the night. The choir will begin the service with a setting of Phos hilaron and chant the 84th Psalm (“How dear to me is your dwelling place”).

– KEITH KUHN, COMPLINE COORDINATOR



Continued from page 4
**It’s not too late to join in these
 classes!**

The Big Climate Change Event

Takes place February 19th at 7:00 p.m. at the Wilma Theater. “You will learn [from Professor Rob Davies of Utah State University] that it is an emergency. And that it’s not impossible and there are things we can do. And we will feel good and motivated and fired up and ready to make a difference and do what’s necessary.”

Faith and Climate Action presents

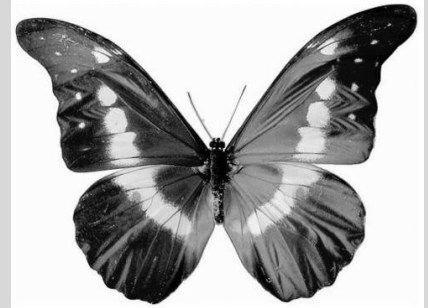
Climate Conversations

These are monthly gatherings on the intersection of climate change and spirituality. The next meeting takes place on February 25th at 6 p.m. at St. Paul Lutheran Church with a presentation by U of M professor Dan Spencer entitled, *Deep Time: The Journey of the Universe and the Human Response*.

– THE REV. GRETCHEN STROHMAIER
 ASSISTANT PRIEST

Holy Spirit Giving Grants

We'll pay you to flutter your wings



**You can help those in need.
 And we'll help you!**

**You can help those in need.
 And we'll help you with a
 Butterfly Grant!**

Your Holy Spirit Social Concerns Committee seeks to broaden our impact by supporting causes embraced by our parishioners. Toward that end, we intend to once again fund small grants (up to \$300) and invite our parishioners to submit proposals using the brief application form found on the church website at <http://holyspiritmissoula.org/outreach/butterfly-grants/>. We look forward to learning about your interests at the local, state, national, or international level.

Grant application deadlines are March 1, 2020, June 1, 2020, September 1, 2020, and December 1, 2020.

Last year’s grants included assistance to these causes:

- Welcome Back – a program supporting returning prisoners and helping them to re-integrate into the community
- Funding for personal care products for the Poverello Center
- Creative Mood Play Program – workshops for caregivers and for those with brain injuries



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.

Coming in Lent 2020

Race & Faith: respecting the dignity of every human being

Beginning on Wednesday, March 4, join us on the five Wednesday evenings of Lent to hear speakers share their thoughts on topics such as the history of racism, privilege, and reparations. We'll end the series with a final session focused on practical communication skills, giving us tools to discuss race with friends, family, and acquaintances. U of M history professor and Director of African-American Studies Tobin Miller Shearer will lead off our series, speaking on both March 4th (about history of racism) and March 11th (about privilege). Judith Heilman, Executive Director of the Bozeman-based Montana Racial Equity Project, will speak about reparations on March 18th. Look for more details to come in the *Spirited Times* and the Sunday bulletin.

Are you interested in “setting the stage” for Lent? Consider reading one of these books or articles or explore the online clips of the Seattle Times Project: Under Our Skin.

- *Where Do We Go from Here?* by Martin Luther King Jr.
- *Beyond the Messy Truth* by Van Jones
- *Dear White Christians: For Those Still Longing for Racial Reconciliation* by Jennifer Harvey
- *So You Want to Talk about Race* by Ijeoma Oluo
- The Case for Reparations by Ta-Nehisi Coates in *The Atlantic*
<https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>
- The Seattle Times Project: Under Our Skin
<https://projects.seattletimes.com/2016/under-our-skin/#>



A word about Lenten Potlucks this year

After thoughtful consideration and discussion, we've decided to reformat our Lenten programs. **The Lenten series will not include a potluck meal this year.** Please do give us feedback about this change as we are open to reinstating the potlucks next year, based on what we hear from you. This

year we encourage you to eat at home and then join us for the evening educational presentation at 7:00 p.m. in the nave. The program will run until 8:15, and we'll close with a brief Compline service. Childcare will be available.

Holy Spirit's blood drawing takes place on February 24, 1 pm-6 pm

The church's next blood drawing with the American Red Cross takes place on Monday, February 24th, this year, and donors are always needed. Although blood products can be used in a variety of ways, whole fresh blood is required for some life-saving procedures such as transfusions.

We have always met our goal of registering parishioners and friends for all 21 available slots. Over the past 20 years, we have donated about 300 units of whole blood. Let's keep that great tradition going!

For a successful blood drive, three or more volunteers are needed for 1-2 hour shifts between 1 p.m. and 6 p.m. on

February 24 to register donors and to host the recovery and refreshments table. We would also appreciate a few donations of baked goods or a cheese and cracker plate for the donors.

To register or to volunteer to assist with the drawing, please contact Anita Rognas, coordinator, at 208-305-4022 or at anita.rognas@gmail.com. There will also be sign-up sheets at the church door after the 10:15 a.m. services and at coffee hour for several weeks before the blood drawing. You may also contact the church office at 542-2167 to register to be a blood donor.

What do I need to do to give blood?

Q.: Who can donate blood?

A.: The basic eligibility requirements are:

- Donors must weigh at least 110 pounds.
- You must be in general good health.
- Those under 18 are encouraged to donate, but a parent must sign a consent form.
- You must not have donated blood in the last 56 days (That means you have not donated blood since December 29th, but thanks anyway!).
- People who have traveled in certain foreign countries, have had hepatitis, HIV, or certain other conditions, take certain medications, or have had recent body art by needle must check with the American Red Cross Blood Services at 1-800-733-2767 or redcrossblood.org.

Q.: What else do I need to know?

A.: Bring a picture ID or your Red Cross donor card with you.

- Be sure to eat a good meal and drink plenty of fruit juice or water before you donate. Beverages with caffeine are not a good choice.
- Wear clothing with short sleeves or with sleeves that can easily be raised above your elbow. We don't want anyone having to strip down to his or her skivvies!
- Plan to stay after donating for at least 15 minutes and enjoy a snack and a healthful drink in the hosting area to be sure you are okay.

More specific information about donor eligibility is available by contacting the American Red Cross Blood Services at 1-800-733-2767 or redcrossblood.org.

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



Holy Spirit Winter Blood Drive

130 South 6th Street East
Parish Hall

**Monday, February 24
1 p.m. – 6 p.m.**

Sign up will begin after church services, starting February 2. 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.

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**YOU
CAN
SAVE A
LIFE**

**GIVE
BLOOD**

**Holy Spirit
Blood Drive**

Location - Parish Hall
130 South 6th Street East

Monday, February 24
1 pm - 6 pm

Sign up after church beginning
February 2!