

PARACLETE



JANUARY 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

2021 DIOCESAN CONVENTION EPISCOPAL DIOCESE OF MONTANA

Sign up to be a delegate to Diocesan Convention to be held October 8-10, hosted by St. Luke's and St. Stephen's in Billings. Holy Spirit is entitled to 7 delegates who will be elected at the Annual Meeting on January 31. If you are interested in representing Holy Spirit at the Diocesan Convention, please call the church office, 542-2167, by Wednesday, January 27, 2020.

October 8-10

Billings, Montana

For more information:
(406) 542-2167
www.holyspiritmissoula.org

Sign up to be a delegate to Diocesan Convention

The next Diocesan Convention will be held October 8-10, hosted by St. Luke's and St. Stephen's in Billings. At this convention we will be caring for the business of the diocese. We will elect delegates and alternates to the convention at the Annual Meeting on Sunday, January 31. Holy Spirit is entitled to 7 delegates to Diocesan Convention; alternates are also needed as people's plans change during the year. Our number of delegates changed due to changes made to Diocesan Canons at last year's convention. Any interested parish member who is willing to serve in this capacity should notify the church office at 542-2167 by Wednesday, January 27.

A virtual meeting this year!

Parish begins new year at Annual Meeting on January 31

Please mark Sunday, January 31, 2021, on your calendar as the date we will hold our Annual Meeting! As with most of 2020, we will hold this meeting virtually, and it will be a briefer meeting to conduct the specific voting required to elect new Vestry members and the Parish Representative to the Holy Spirit Memorial Board and review the 2021 budget. More details will follow as we determine what is necessary to effectively handle the annual business of the parish. We will design the worship of the day and the Annual

Meeting in concert with one another, but without the traditional time of fellowship and sharing lunch in the Parish Hall.

Do save the date and plan to attend this very important Annual Meeting. In addition to electing new members to the Vestry, delegates to next fall's Diocesan Convention will also be elected. This is your church meeting, and we hope you will join us virtually to help get the year off to a great start for our parish!

—REV. TERRI

Read more about the Vestry nominees in the Sunday bulletin

The members of Holy Spirit Episcopal Church will be electing four members to the Vestry at the Annual Meeting on January 31. These four will each serve a three-year term. Those accepting nomination to the Vestry are:

John Crowley, Nancy Errebo, Warren Gartner, and Holly Swartz. We will print profiles of the nominees in the January Sunday bulletins and the *Spirited Times*.

HOLY SPIRIT | EPISCOPAL CHURCH

ANNUAL MEETING

A virtual meeting this year!

January 31, 2021



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@holyspiritmissoula.org

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

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Webmaster:

Elizabeth Serviss

serviss7@msn.com

Sexton: Lori Cordis

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.

HOLY SPIRIT EPISCOPAL CHURCH

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Help provide socks and gloves for Missoula's homeless

WARM HANDS, warm feet!



Please donate a pair of men's and/or women's socks and gloves or warm hats

January on the church porch

Bring your donations on January 3, 10 and 17 Socks, gloves and hats needed for homeless men and women

Let's all ring in the new year this month with pairs of socks and gloves and wooly hats and scarves for Missoula's homeless men and women! Because of the pandemic, our annual drive to collect warm accessories for residents of the Poverello Center, the city's shelter for homeless individuals, won't feature our eye-catching, red-and-white-striped box in the parish hall. Instead, more water-tight collection bins will be located on covered porches of generous parishioners throughout Missoula and just outside the Holy Spirit church office. The bins will be available to drop-off your items beginning the weekend of Sunday, January 3, and continuing through Sunday, January 17.

You may leave your donations in a bin outside the church office at 130 South Sixth Street East (be sure not to block the door!) and on Missoula porches of the following parishioners and friends:

Glenn Hladek
1331 Harrison Street

The Ven. Dorcie Kafka Dvarishkis
4323 North Avenue West

Kate Laney
280 Stonybrook Drive

Carol Gordon
454 Kensington Avenue

Thanks to everyone who graciously agreed to house a bin for this important drive. I shall be collecting your donations every week, or more often if the bin is overflowing, so please be generous!

Once again, we are looking for warm socks, hats, scarves and gloves (store-bought, hand-knit, or re-gifted) to help provide warmth for our homeless brothers and sisters who spend many hours of their days outside in our chilly winter weather. Please remember: socks should be made from wool or synthetic material such as Thermolite. Please NO cotton. Cotton does not keep out the cold and fails to wick away moisture, making feet feel cold and damp.

Thanks, as always, for your help with this critically important drive.

Questions? Please email Lucia Solorzano Work,
lucia.solowork@gmail.com.

— LUCIA SOLORZANO WORK
SOCIAL CONCERNS COMMITTEE



Church School 2021 Epiphany for kids

Are you looking for ways to help your child experience the season of Epiphany? Consider these teaching points from the Building Faith website (www.buildfaith.org). They have lots of great resources for supporting faith at home.

We celebrate Epiphany, the arrival of the three wise men, on January 6th, but the season lasts until Lent. The exact length varies year to year based on the date for Easter. As a parent I have appreciated this after-Christmas celebration. So much gets shoved into the one day of Christmas, and expectations are often *over the top*. Spreading out the holiday can help us all savor the meaning and significance of Jesus' birth.

Here are three points worthy of discussion and focus with your children:

- The wise men were paying attention. They saw the star and recognized that it was a sign (Matthew 2:2).
- The wise men trust God's guidance. They leave home and

travel a long way even though they don't know exactly where they are going. Even more, they learn in a dream not to return to King Herod, and so they go home by another road (Matthew 2:12).

- The magi, or wise men, humbled themselves before a baby king. And this king they found in a barn, lying in a food trough. Even though this was not the scene they were likely expecting, they knelt down and offered gifts fit for a king in a palace.

This lovely story reinforces the concept we touch on every year in Church School: Jesus turns everything upside down, doing just what we don't expect. This can be a challenging but important concept for our children to learn.

— THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST

Here's what is happening in Church School this month

Sunday, January 3

Intergenerational Virtual Worship

Sunday, January 10

Virtual Children's Worship with Rev. Gretchen
Jesus the Word

Sunday, January 17

Virtual Children's Worship
Jesus' Baptism

Sunday, January 24

Virtual Children's Worship with Rev. Gretchen
God Calls Samuel

Sunday, January 31

Virtual Children's Worship
Jonah



Kings' Cake: An Epiphany tradition

And while you're thinking about Epiphany, why not make a Kings' Cake this year? To simplify the process I have sometimes baked a cake mix in a Bundt pan. The cake comes out looking like a crown, and that's a great start. The idea is to hide something in the cake. I often will wash a plastic ring (that looks like a gold band) and cut a slit into the cake and push the ring in after the cake is already baked. A little drizzle over the cake hides any sign of the ring. Cut the cake and the person who finds the "crown" is king or queen for the evening. Some families really get into this, making a royal robe of sorts, and creating a paper crown with homespun jewels. The royalty gets special treatment for the evening but has one assignment: declare what have been some of the most important points of the last year.

— REV. GRETCHEN



Explorations: Opportunities to cultivate, challenge and live our faith

Bearing Witness

New book study begins in January

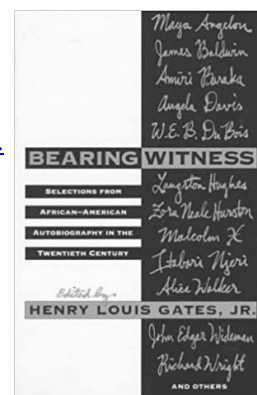
HSP invites you to a new online book study, starting Wednesday evening at 7 p.m., on January 6, and continuing for five more Wednesdays, ending on February 10. Our book, *Bearing Witness*, edited by Henry Louis Gates, is an anthology of excerpts from the autobiographies of well-known black writers, such as Maya Angelou and James Baldwin. It's difficult to understand white privilege until we comprehend what painful life experiences we have been spared simply by being white. Reading the testimonies of these writers about what it was like growing up black in the United States will help all of us to understand this. This book study will give us a chance to be together this winter, as well as continue our parish work around American racism. Those parishioners who were part of the book study last spring on *Leadership in Turbulent Times*, by Doris Kearns Goodwin, had a wonderful time, so we want to again be together in this special way of interesting discussions—this

time on a most noteworthy collection of lives.

The six sessions will be led successively by Bill Earhart, Warren Gartner, Glenn Hladek, and Carla Mettling. Carla Mettling has copies of the book for \$6, or you can order your own copy online at Amazon. You may reach Carla at 203-7177 or carlamettling@gmail.com to arrange to pick up a copy.

Please note that this book is out of print, but Amazon still has a number of copies from which you may order. Be sure to type in Gates' name as well as this title on Amazon's site, and then click on "Paperback." If you are interested in joining us, please let Carla know so that the Zoom invitation will be sent to you on January 6.

— CARLA METTLING

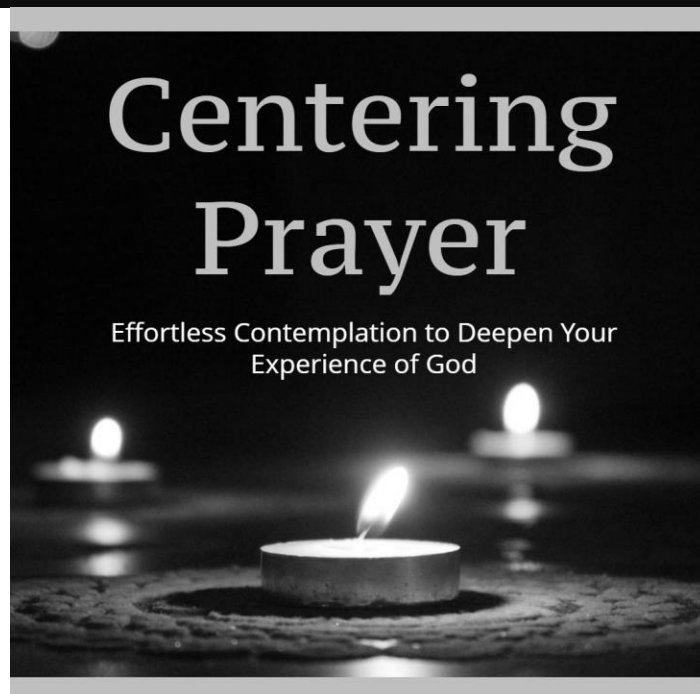


Meets on the second Friday at noon Centering Prayer resumes online gatherings in January

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 first sitting will be on January 8, 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!



Community Ministries

In witness to your love at The Parenting Place and Hellgate High School

Love. It needed to look a lot different for much of 2020, and you made it so. You blended safely distanced hands-on service where possible with even greater generosity and strength of voice to support the increased needs revealed in this pandemic. The support of Holy Spirit, enhanced by individual parishioners and friends, allowed for more than \$2,000 and nearly 50 volunteer hours to become love revealed in Parenting Place programs this year. We are now witness to their families and staff having an improved base for classes and neighborhood garden, a Study Hub, and a new lease arrangement to welcome Planet Kids families on site.

Hellgate High School presented us with a perfect storm of limited Family Resource Center access possibilities and accelerated need. Stirred in what we learned from Hellgate's Tracy Ledyard

and our ministry coordinator, A'Lisa Scott, Holy Spirit and generous individuals provided for more than \$2,700 to be lovingly disbursed in gas cards, support for year-end and holiday needs for students, and boosts to Sparkle laundry and Compass/Shear Prophecy haircut services. Parishioners are also at the table to help address the housing challenges that plague many Hellgate students and families.

Your support bears witness to love of God and neighbor. Thank you for making love so real in a year that has led us into different kinds of relationships and response.

— GRATEFUL TO AND FOR YOU,
THE VEN. DORCIE KAFKA
DVARISHKIS
dorcied@gmail.com ~
406-239-7655 text/cell

Martin Luther King Jr. Day

Holy Spirit is a sponsor for the MLK celebration here in Missoula this year on Monday, January 18. The focus for this year's event comes from this MLK quote: "And I must say tonight that a riot is the language of the unheard. And what is it America has failed to hear? . . . It has failed to hear that the promises of freedom and justice have not been met. And it has failed to hear that large segments of white society are more concerned about tranquility and the status quo than about justice and humanity." The year's celebration will feature great speakers, musicians and the youth art and essay contest, all in a digital platform. The speakers include:

Samantha Francine, a Whitefish native with a love for the Flathead Valley. She's a social justice activist and public speaker with a passion to see real change in her community and the world.

Dr. Carlton P. Byrd, the Senior Pastor of the Oakwood University church in Huntsville, Alabama. He is also the speaker/director of the Breath of Life Television Broadcast for the Seventh-Day Adventist Church in North America. A very active participant in the community, Dr. Byrd founded the Berean Outreach Ministry Center in Atlanta, GA, which housed a food pantry, clothes' closet, barber shop, hair salon, and fitness center. Additionally, under Dr. Byrd's leadership during his pastorate at the Atlanta Berean Church, the United States Department of Housing and Urban Development (HUD) awarded a \$5.2 million grant to the church, and the church constructed a 50 apartment Senior Citizens' Housing Facility for church and community Senior Adults alike.



We're thankful
for you!





A Blessing of Homes

Gertrud Mueller Nelson in her book, *To Dance with God*, reminds us that Epiphany is a time to think about a house blessing. Here's a simplified version:

Leader: Peace be on the house.

All: And on all who live here.

Leader: You used the light of a star to show all nations and peoples your only-begotten son, O God. Allow us to know you and to recognize the epiphanies in our lives.

All: All nations will walk in your light and kings in the brilliance of your splendor.

Leader: Bless, O Lord, this household and family. Help us to live in the shelter of this house in peace and health. Inspire us to learn and grow here so that we may contribute to the peace and health of the world around us. Make our house a haven for friends and visitors. Enlighten us with the brilliance of your Epiphany star so that as we leave this house we might clearly see our way to you in our work and in our play.

All: For yours is the kingdom and the power and the glory forever and ever. **Amen.**

It's traditional to close the blessing with the sign of the cross and to use chalk to write the initials of the three wise men (Caspar, Melchior, Balthasar) over the main doors of the house. Their initials are framed by the numbers of the new year. This is what it might look like over your door: 20 CMB 21.

Bob Beckley's experience with the coronavirus My COVID-19 journey

The year 2020 has certainly been a challenging one. A virus known as the coronavirus emerged early in the year and turned into a worldwide pandemic. This pandemic reached a magnitude not seen since the Spanish flu of 1918/1919. This deadly virus eventually reached my home in Missoula, Montana.

Last month I started to feel a little bit off my game. Not sick, just a little bit off. I didn't think much about it. I do admit that I was getting a bit of COVID fatigue having to stay home more than I wanted, but that's today's reality. When my family and I do go out, we wear facemasks, practice social distancing, and it seems like we can't pass by a sink without washing our hands. We also have and use hand sanitizers and disinfectant wipes that we carry in each of our vehicles.

Mid-November, on my birthday, I went from feeling a little bit off to feeling sick. Something was definitely wrong. I got tested for COVID-19 the next day, and the day after the test result came back positive.

Despite the positive test result, I didn't feel that bad. No fever, loss of taste or smell. I just felt tired, and my blood oxygen levels were in the low 90's to upper 80's. Not bad. Seems like I had a telemedicine visit with my doctor every day or two trying to judge how I was doing.

I honestly felt fine, just tired, and as more days passed my blood/oxygen levels were getting lower. My wife was getting more and more worried, and my response was to become more and more obstinate, insisting I just needed more rest and sleep.

Late one afternoon I had another telemedicine visit with my doctor who expressed concern but didn't feel I needed to go to the hospital, at least not right then. Several hours passed, and my blood oxygen levels dropped to the low 80's. It was time to go to the emergency room.

I of course was resistant, thinking I could just sleep it off. My wife, knowing better, got me into the car, and we were

off to Saint Patrick's hospital.

St. Pat's hospital was wonderful. They admitted me right away, and within a few hours after arriving I was in my own room in the COVID ward. They started me on supplemental oxygen and the appropriate medications. I was in the hospital for a total of seven days and was fortunate that I never needed to be transferred to the intensive care unit or needed to be placed on a ventilator.

I don't remember much of those first few days in the hospital other than how attentive the doctors, nurses and staff were. The "St. Pat's team" provided outstanding care, and I could feel that I was getting better. My first real moment of clarity came on either the third or fourth day in the hospital when I woke up to "God's New Morning."

Waking up, I felt good. Not just any good, but epiphany good. I don't know if there is any better description to say how good I felt. It was at that moment I knew I was going to be ok and recover from my bout of COVID-19. But my thoughts weren't on recovery; they were on that overwhelming feeling of good that words just can't do justice.

Hospitals aren't the most exhilarating place to be. Over the next few days I spent a lot of time thinking about feeling good.

Before retiring, I chose a career that many would describe as exciting or adventurous. This of course means it also came with an element of danger, risk, and potential for injury. I have been knocked in the dirt more times than I can remember and live with the residual aftereffects of those injuries which remind me every day of the choices I made. Despite the injuries, I look back on those days fondly and wouldn't change a thing.

That brings me back to feeling good. While that initial "feeling good epiphany" I felt in the hospital has faded, the message hasn't. Feeling good is feeling good and something we need to acknowledge and be thankful for.

Continued on page 7

Continued from page 6 My COVID-19 journey

When I wake up in the morning and start my day, I usually feel pretty good. There may be some aches and pains, but all in all I generally feel pretty good. The problem is, feeling good has become normal. I've come to expect it. Because "feeling good" is my normal, I also don't give it the recognition it deserves. I get up and move throughout the day, engage, participate and usually accomplish whatever was on the day's agenda because I have been blessed with the ability to do so. That ability is based in a large part on how I feel. When I feel good, I'm on the move and things get done. But because it was my normal, I was taking feeling good for granted.

If you feel good, don't take it for granted; acknowledge that blessing. If feeling good is your "normal," if you feel good without giving it a second thought – that's an over-the-top blessing that needs to be acknowledged and re-acknowledged every chance you get. Good health doesn't come with a guarantee; it will come and go many times throughout our lives.

I was lucky on my COVID journey, especially because I am now in the high-risk category. The trail was rough and rocky, but it was relatively short compared to many, and my family and I had help and support all along the way. In many ways it was rougher and harder on my family than me. I was in the hospital getting the care I needed. My family couldn't come see me and were

left with the stress and anxiety of waiting for the daily phone calls from my doctor and me to give them updates.

Though I feel great now, my doctor says full recovery is still months away. I wasn't sick that long, but this virus is deceptive and can take its toll quickly. The damage done will take time to be repaired and healed.

We are now on the cusp of a vaccine and hopefully the beginning to the end of the COVID-19 virus, but we still have a long way to go. Many have not or will not fare as well as I have, and my heart and prayers go out to them. I know how fortunate I am.

I also remember from my work life and those days in the field that everything is a team effort. We do not operate in this world alone but have support all along the way. That support comes in many forms and from many people, some known but many unknown. All are working on your behalf, all working for your good.

Despite our current self-imposed pandemic isolation, today's divisive politics, social unrest and seemingly endless wars and poverty, there is still good in this world. Good that often goes unrecognized and is being held and carried by those we will never know. Good that's waiting for us in our time of need. Another type of good that we also need to acknowledge.

– BOB BECKLEY
HOLY SPIRIT PARISH



We're updating our Prayer List

An important part of our worship at Holy Spirit is the opportunity to pray by name for people in need. We pray for members of our congregation and for many others for whom our prayers are requested. **On January 3, we will make a fresh start with the Prayer List included in the Sunday Prayers of the People.** In order to keep our prayers current and meaningful, we are asking for your help. If there is someone whose name you would like to have on the list, please give that information to Judy Parock (office@holyspiritmissoula.org). The renewed list will include only the names which have been sent to us and the names of our shut-in parishioners. We will renew the list again in six months' time. People may remain on the Prayer List for as long as necessary because we know and understand that many needs are ongoing. However, when someone is ready to be removed from the list, we ask that you let us know. Thank you for your help and for your understanding.

– JUDY PAROCK



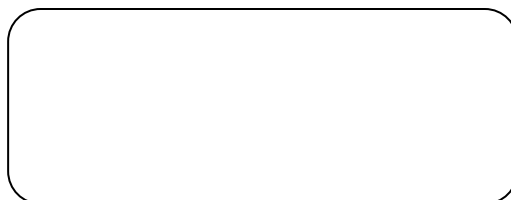
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ANNUAL MEETING

A virtual Annual Meeting this year
Stay tuned for details

January 31, 2021

