

PARACLETE



MARCH 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



Episcopal
Relief &
Development
Sunday

March 7



ERD Sunday: A day to help children world-wide flourish

Episcopal Relief & Development (ERD) continues to be in close contact with our partners in 44 countries, including the United States, to provide financial and technical support to communities affected by the novel coronavirus (COVID-19). As the pandemic continues to spread, we are particularly aware of the increased vulnerability of children. Episcopal Relief & Development works with communities to ensure that children have access to food, clean water, and quality health care.

To support this work of Episcopal Relief & Development, we will take a special collection on **ERD Sunday, March 7**. You may donate using the coupon that will be in the service leaflet that Sunday or on our giving platform Pushpay. Simply choose "Episcopal Relief & Development" from the list of funds to make your donation.

Thank you for your compassion and prayers. With your partnership, we are working together for lasting change.

From the Rector

Living: on the move and changing

To be living is to be continually changing: gaining new insights; seeing in different ways; carrying old scars and those still painful to the touch; and along the way energized by unexpected joys that all, together, reflect living. Like the stories of God creating from the beginning of the Hebrew scriptures, life involves change. Our stories reflect it, and they contain the full mix of experiences of our lives, individually and as communities. At some point, the change becomes apparent to us, particularly when we collectively share similar experiences. I think of Jesus and the stories shared of his encounters with individuals that not only changed their lives but whose stories continue to form and remold our lives today.

The pandemic has certainly made us more aware of life continually changing, sometimes painfully so; at other times with simple joy. Last month I asked you to begin reflecting on what you've learned over these many months of worshipping and ministering while physically distanced, masked up, and keenly aware of caring for one another in these times. Soon we will begin the transition to gathering in person for worship, and we do so knowing we have all been changed and bring much with us that we have learned and experienced. We will not be going back to the way it was but will gradually begin gathering using the skills and adaptations we've acquired in order to

do so: using masks, socially distant six feet or more apart, and yes, not singing or sharing some sacraments just yet. As more and more people receive their vaccines, we will continue to change how we gather, bringing with us all those things we've learned and experienced from our shared journey into the liturgy, the work of the people as it is called. In some ways it is like the process of physical therapy. After so much time isolated from one another, we yearn for being physically present with one another. And yet, it will feel noticeably strange for a time. Our physical therapy will be the gradual process of loving one another with respect, patience, and continued care for the needs of others, while each of us works our way through the transition. And whenever this process begins, please know that we will continue to find ways to offer our worship services virtually as part of our regular ministry.

For now, we continue to walk through Lent. I pray we will each make time and space to allow God into the vulnerabilities, aches, and struggles of our hearts, so that forgiveness may come with healing and peace. Hope abides and life abundant, even when we struggle to see it.

— FAITHFULLY WITH YOU
ON THE WAY,
TERRI+

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NEWSLETTER

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A new offering for Holy Week Stations of the Cross during Holy Week: an electronic offering

We have a unique opportunity this year to participate in the Stations of the Cross from home. Sign up by sending an email to

office@holyspiritmissoula.org. Indicate that you want to be on the Stations of the Cross email list. Originally created as a slideshow for a Lenten event, these twelve slides each include a station of the cross, a short portion of Scripture,

an image (everything from famous paintings to modern photos) and a reflection question. Once you sign up, we'll send you two slides a day during Holy Week, starting on Sunday, March 28th and ending on Good Friday. A special thanks to Chaplain Zara Renander, a new member of our parish, for sharing these slides with us!



Easter flower donors needed

Help us celebrate Easter with flowers

One of the most vivid and beautiful symbols of the Easter tradition is the return of flowers to our worship. Along with joyous music, beautiful liturgies, and the return of Alleluias, flowers herald the arrival of light and warmth and the promise of renewed life. To make the special services come alive with the color and beauty of these flowers, extra donations are needed and greatly appreciated.

Please contact the church office at 542-2167 if you would like to give toward the Easter flowers. Any amount is most welcome. Gifts can be sent to the church office, and special prayers and memorials will be listed in the Easter bulletin. **In order for your memorial to appear in the Easter bulletin, we need to hear from you by 9 a.m. on Wednesday, March 17.** Thank you in advance for your special help with the Easter flowers.

Deadline for Easter flowers is March 17 at 9 a.m.

Church School 2021

Way of Love practices for families

Turn: Things to do as a family to turn to Christ:

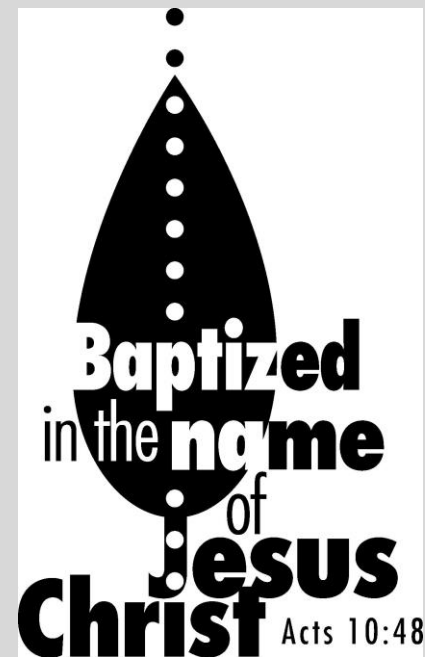
- Share family photos of baptism. Recall what the day was like, who was there, and what happened. What are the memories you share of witnessing the baptism of your child, your sibling, a friend?
- Read Bible stories about Jesus together.
- Wonder together about how Jesus looked, what he ate, what he liked to do, what he didn't like to do, and what he did for fun.
- Go to church together (even virtually) and discuss the rituals and symbols you find there. Ask someone to show you the sacred objects used in worship

that help us get to know Jesus better.

- Take a walk, go to a park, visit a nature center. Where do you see Jesus?
- Share stories and talk about God's kingdom and the principles of love, justice, forgiveness, peace, and acceptance.
- Make Jesus a part of your life every day: pray, talk, listen, answer questions.

During Lent be on the look out for short videos in the *Spirited Times* that will help kids understand and practice all seven steps of the Way of Love!

– 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.



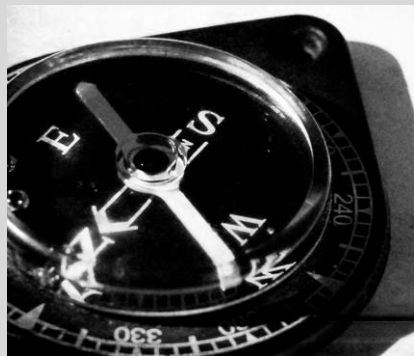
TURN
LEARN
PRAY
WORSHIP
BLESS
GO
REST

Here's what is happening in Church School this month

- Sunday, March 7th
- Sunday, March 14th
- Sunday, March 21st
- Sunday, March 28th

- Intergenerational Virtual Worship
- Virtual Children's Worship
- Virtual Children's Worship
- Virtual Children's Worship

Light of the World
Serve & Follow
Holy Week



Explorations:

Opportunities
to cultivate,
challenge
and live our
faith

2021 Lenten Series

Life Transformed: The Way of Love in Lent

You can still join us. This 7-session series continues during Lent on Thursday evenings from 6:30 – 8:00 p.m. Please contact Rev. Gretchen (gretchen@holyspiritmissoula.org) if you would like the Zoom link in order to participate. You can find a wealth of information about the course and video links and reflection questions for each session on our website www.holyspiritmissoula.org on the Lent information page. You can find that page by scrolling down the homepage. It is the section immediately under the top section.

Our Presiding Bishop, Michael Curry, worked with others to develop the Way of Love. They are 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 they live out Jesus' call to: *Abide in me as I abide in you.* (John 15:4)

Each week Rev. Gretchen and Rev. Dorcie will present one of the seven practices, based in monastic wisdom: turn, pray, learn, bless, rest, worship, and 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 go by. The program is designed for six sessions prior to Easter and then a final session after Easter.

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

– THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST

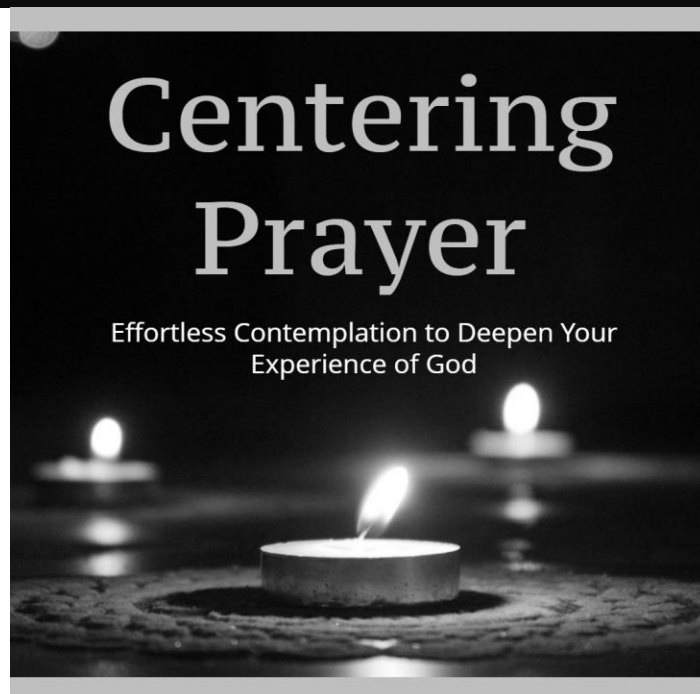
Meets on the second Friday at noon

Join us for Centering Prayer in March

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 March 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!



What is the Way of Love?

Here is a synopsis of the seven practices.

Turn: *Pause, listen, and choose to follow Jesus.*

Like the disciples, we are called by Jesus to follow the Way of Love. With God's help, we can turn from the powers of sin, hatred, fear, injustice, and oppression toward the way of truth, love, hope, justice, and freedom. In turning, we reorient our lives to Jesus Christ, falling in love again, again, and again.

Pray: *Dwell intentionally with God daily.*

Jesus teaches us to come before God with humble hearts, boldly offering our thanksgivings and concerns to God or simply listening for God's voice in our lives and in the world. Whether in thought, word, or deed, individually or corporately, when we pray, we invite and dwell in God's loving presence.

Learn: *Reflect on Scripture each day, especially on Jesus' life and teachings.*

By reading and reflecting on Scripture, especially the life and teachings of Jesus, we draw near to God, and God's word dwells in us. When we open our minds and hearts to Scripture, we learn to see God's story and God's activity in everyday life.

Bless: *Share faith and unselfishly give and serve.*

Jesus called his disciples to give, forgive, teach, and heal in his name. We are empowered by the Spirit to bless everyone we meet, practicing generosity and compassion and proclaiming the Good News of God in Christ with hopeful words and selfless actions. We can share our stories of blessing and invite others to the Way of Love.

Rest: *Receive the gift of God's grace, peace, and restoration.*

From the beginning of creation, God has established the sacred pattern of going and returning, labor and rest. Especially today, God invites us to dedicate time for restoration and wholeness – within our bodies, minds, and souls and within our communities and institutions. By resting, we place our trust in God, the primary actor who brings all things to their fullness.

Worship: *Gather in community weekly to thank, praise, and dwell with God.*

When we worship, we gather with others before God. We hear the Good News of Jesus Christ, give thanks, confess, and offer the brokenness of the world to God. As we break bread, our eyes are opened to the presence of Christ. By the power of the Holy Spirit, we are made one body, the body of Christ sent forth to live the Way of Love.

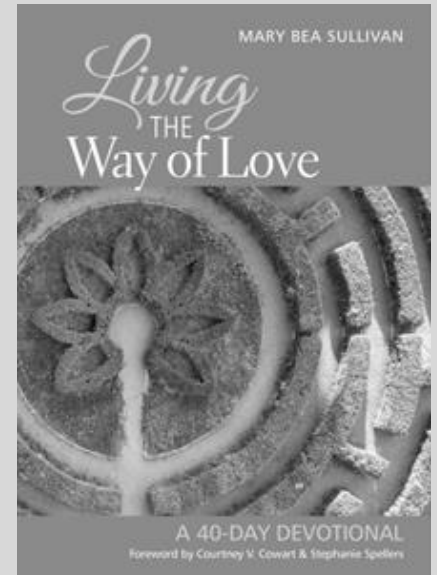
Go: *Cross boundaries, listen deeply, and live like Jesus.*

As Jesus went to the highways and byways, he sends us beyond our circles and comfort, to witness to the love, justice, and truth of God with our lips and with our lives. We go to listen with humility and to join God in healing a hurting world. We go to become Beloved Community, a people reconciled in love with God and one another.

Want to learn more about following the Way of Love? See The Episcopal Church's website:

<https://www.episcopalchurch.org/way-of-love/>

If time or circumstances don't allow you to participate in the series...



Consider this Lenten devotional book, *Living the Way of Love*

We still have some left, and you can “dive in” at any point during Lent. Separate from the 7-session series, this devotional is focused on the Way of Love practices, giving you common language with those who are participating in the series, and with other Episcopalians around the country. These are available at the church office for \$13. Arrange with Rev. Gretchen for pick up: gretchen@holyspiritmissoula.org.

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. Rotating through each practice so that each is covered once a week, going deeper into the practice throughout the forty days, each reflection ends with questions designed to spur further discussion and assist the readers in making the practices their own.

THE WAY OF LOVE
Practices for Jesus-Centered Life



Creation Care Ministry helps us become better Creation Caretakers

As Christians, we are asked to care for creation and to be good stewards of the Earth. Today, as the population grows and spreads across the Earth, we see an Earth under stress, Climate change, pollution, loss of habitats, endangered species and a disconnect from Nature are just some of the indications of this stress.

As gardeners in this Eden of Montana, Holy Spirit is taking a more active role as Creation Caretakers. We will post new ideas of how you can help each week on the Creation Care Ministry page of the website, <http://holyspiritmissoula.org/ministries/creation-care/>. You can learn more about:

- What and where to recycle
- Your Carbon Footprint
- A Creation Care Personal Action list
- How to shop with our environment in mind

We hope you find these suggestions helpful as we all work to slow the effects of climate change. Be sure to check back weekly!

**Creation Care Ministry
Dreaming of Spring**

In the last *Paraclete* Tracey Gage introduced a new ministry at Holy Spirit – Creation Care. As she pointed out, one of the main goals of the ministry is to help slow climate change. The article had several steps we can take to lessen our individual environmental impacts. These are also compiled on the Creation Care page of the Holy Spirit website (under the Ministries tab).

One of the easy ways to slow climate change is to plant a garden. It can be either a flower or vegetable garden or both. Advantages of a garden include:

- Plants capture carbon from the atmosphere through respiration. Carbon is one of the leading causes of global warming.
- Gardens provide cover and food for wildlife.
- Gardens provide aesthetics to inspire and reduce stress.
- Gardens are quiet, contemplative spaces.
- Bacteria in soil activate brain cells to produce serotonin, similar to antidepressants.
- Vegetables from your garden reduce the need for food transportation, processing and

packaging, all of which contribute to climate change.

- Composting unused plant parts reduces waste and creates topsoil.
- Food from your garden contains only the chemicals and additives you choose to add.
- Gardening with children can teach them responsibility, self sufficiency, and important science lessons, like food chains.
- Extra food produced can be shared to help feed the hungry.
- Growing your own food saves money.

This time of year is perfect to begin thinking about your garden. Start with thinking where you will locate your garden. It should be close to a water source and get plenty of sun, unless you are planting shade-loving plants like ferns. Measure your space and research how closely you can plant the plants you want so you know how many plants you will need. Survey your family to see what types of vegetables they like, and you may want to experiment and try

Continued on page 7



The impact of Butterfly Grants

For several years, the Social Concerns Committee has sponsored Butterfly Grants – an opportunity for Holy Spirit parishioners to have a positive impact on our community and our world. Examples:

- Paying for trucks to take unsold Rummage Sale items to the Fort Belknap Reservation, where our “leftovers” are put to use and appreciated
- Partly sponsoring a young teacher in Uganda, changing the lives of many students there whose families do not know either reading or writing...a helping hand to redirect the life of the young teacher
- Helping returning citizens from prison in Missoula who are without personal funds, covering expenses such as initial cell phone coverage, clothes to begin a job and application fees for an apartment

- Sponsoring Creative Mood Play workshops for caregivers and their clients, people with brain injuries or other mental health issues
- Helping Mountain Home Montana by using Butterfly Grant funding to convince a local retailer to provide goods at cost for support of unwed mothers and their families
- Purchasing supplies for “hygiene kits” provided to the Poverello Center

The list goes on... So, what ideas do you have which can positively impact our community? Submit a Butterfly Grant request to make your idea a reality! More information about Butterfly Grants and the application form are available by clicking on “Butterfly Grants” under the Ministries tab on the website, www.holyspiritmissoula.org.



Butterfly Grants are back!

Your Holy Spirit Social Concerns Committee seeks to broaden our impact by supporting causes embraced by our parishioners. (See the story to the left for some of those causes.) 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 www.holyspiritmissoula.org. Click on “Butterfly Grants” under the Ministries tab on the website. We look forward to learning about your interests at the local, state, national, or international level.

Grant application deadlines are:

- March 1, 2021
- June 1, 2021
- September 1, 2021
- December 1, 2021

We will respond to your request within 30 days of the submission deadline.

– HOLY SPIRIT SOCIAL CONCERNS COMMITTEE

Continued from page 6 Dreaming of Spring

one new vegetable each year. If gardening with children, give them a bed of their own to plan, plant and care for.

If your space is limited, container gardens are a great option. Most any container will work (empty food containers, even kiddie pools) as long as you provide drainage. Talk to other gardeners, they love to share what they have learned. Many groups have social media sites where they share information, and sometimes they share extra plants. You can order seeds online or from catalogs, or you can support local businesses and buy seeds or seedlings from hardware stores,

garden centers, etc. Also check your local library. Missoula and Stevensville have a seed library where you can get free seeds.

If you want to get going right away, you can start seeds indoors. You will need grow lights that can be adjusted in height, seed starter containers and potting soil. Then in the midst of winter, you can enjoy signs of the coming spring.

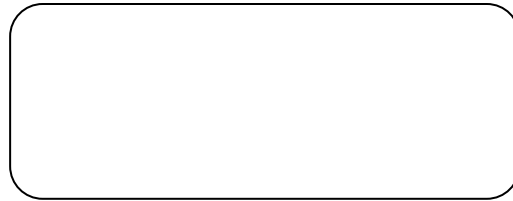
Karen and Warren Gartner have been gardening for years, so if you have any questions, please feel free to contact them at kwgartner@sbcglobal.net.

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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

To register, contact The Rev. Gretchen Strohmaier at gretchen@holyspiritmissoula.org or call 542-2167.