

PARACLETE



MARCH 2022

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



Our Lenten journey begins on Ash Wednesday, March 2

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, March 2, as we begin our Lenten journey to Easter. Our in-person service with the Imposition of Ashes will take place at 7 p.m. at the church. This in-person service will be recorded and available for viewing after the fact. This is subject to change; if our technology is in place by that time, we'll live-stream this service. Watch the Spirited Times, your email and/or mobile phone for updates.

2022 Lenten Series

Join us as we “watch and pray” this Lent

Keep watch, dear Lord! With these historic words, the ancient service of Compline draws to a close. (See BCP, page 134.) Using Anglican priest Tish Harrison Warren’s award-winning book, “Prayer in the Night,” we will focus on themes in this prayer for Lent.

With continuing uncertainty around COVID, we will meet via Zoom from 7-8:30 PM on Wednesdays March 9, 16, 23, 30, and April 6. Each session will include a large group teaching led by Valerie Hess as well as small group times. We will end each session by praying Compline.

Through Zoom, we will again partner with St. Paul’s in Hamilton. Feel free to invite friends from other places to join in as well.

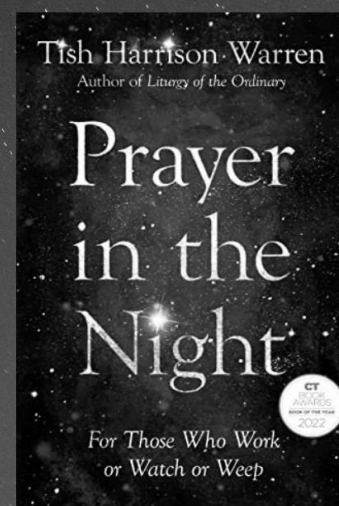
The book is an easy read. Between sessions, participants will be encouraged to read between 25 and 40 pages. There are suggested practices you can do on your own as well as discussion questions we will use for the small group time. You may also choose to reflect on them in a journal. In short, you can engage as much or as little you want.

The book is available through Amazon.com in hardback or Kindle

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2022 LENTEN SERIES
**KEEP WATCH,
DEAR LORD!**
WEDNESDAY EVENINGS, 7-8:30 PM
March 9-April 6

Please join us as we use Tish Harrison Warren's book, "Prayer in the Night," to focus on themes in Compline for Lent. We will meet via Zoom. Please register by March 6 by calling the church office, (406) 542-2167, or emailing office@holyspiritmissoula.org.



OUR STAFF

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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.

HOLY SPIRIT

EPISCOPAL CHURCH

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We Learn, Pray and Act to support refugees

In just a few short weeks, our first pilgrimage to the borderlands will begin. It seems like it has taken such a long time for the pilgrimage to arrive, although it has been less than a year since we first talked about it. Perhaps it seems a long time because so much has gone on around us since we partnered with RGBM last July. The Rev. Dr. Jacqui Lewis says that we live in "hot-mess times" (Richard Rohr's Daily Meditations, February 7, 2022), and such times require us to answer the question, "Who are we to be?" At Holy Spirit we are living that question with courage and faith through our partnership with RGBM. We are to be people who learn, pray, and act to support those who seek refuge in our country. Here are a few ways you can help this month:

LEARN: Visit the Hope Border Institute website (www.hopeborder.org) to learn more about people seeking refuge in the U.S. This website currently features asylum seekers' responses to the question, "What led you to leave your home?" Some of the responses may surprise you.

"Everyone eats; Everyone is clothed; Everyone has a safe and healthy habitat; and everyone is loved." - from the Vision

Statement of Rio Grande Borderland Ministries, Episcopal Diocese of the Rio Grande.

PRAY: During the month of March, please give thanks for our partnership with the RGBM community. Pray for our shared mission to ensure that our migrant neighbors are embraced in the service of justice, the interest of dignity, and the spirit of love. And, please, pray for the members of our diocesan community who will make a pilgrimage to the borderlands on March 7th and March 27th.

ACT: Help us raise money for RGBM. On June 1st Holy Spirit will host a fundraiser for the Rio Grande Borderland Ministries. They need our help, and we need yours! Please contact Audrey Murray (612-968-2108; audreymurray196@gmail.com) if you can lend a hand with set up, clean up, sign up, decorating, food, or any other task you would like to offer up. We are grateful for any and all assistance. Thank you so much! We sincerely appreciate your help.

— AUDREY MURRAY

SOCIAL CONCERNS COMMITTEE

Lenten Series

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versions:

https://www.amazon.com/Prayer-Night-Those-Work-Watch/dp/0830846794/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1642804404&sr=8-1-spons

Please register by March 6th. Contact Judy in the church office (office@holyspiritmissoula.org) or by calling (406) 542-2167. If you need financial assistance in purchasing the book, please contact Rev. Gretchen (gretchen@holyspiritmissoula.org).

Join us as we "watch and pray" this Lent.

— VALERIE HESS



Lent 2022

Suggestions for families for Lent

Research tells us that religious practices that start in the home are the most likely practices to stick with a child throughout his or her life. So during Lent consider trying a different religious practice at home each week.

1st Week Sunday March 6th

Consider creating a Lenten quiet corner somewhere in your home. Engage your children in creating this space. You might want to include a Bible, other books, musical instruments or CDs, images of nature or items collected from nature, drawing paper, or a journal. Encourage each member of your family to use the space once during the week. You may find it easier to use the space if you start with a prompt like listening to God. Put it at the top of a journal page or on a piece of drawing paper.

2nd Week Sunday March 13th

Practice “passing the peace” every day this week. Engage your child in

determining what time slot during the day this may work best.

3rd Week Sunday March 20th

Make a list of blessings and then sing the doxology every day this week.

*Praise God, from whom all
blessings flow;*

*Praise him all creatures here
below;*

*Praise him above, ye heavenly
host:*

*Praise Father, Son, and Holy
Ghost.*

4th Week Sunday March 27th

Share prayer requests with one another this week.

5th Week Sunday April 3rd

Say the Lord’s Prayer together every day this week.

— THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST

When does Baptism take place at Holy Spirit?

Holy Baptism is full initiation by water and the Holy Spirit into Christ’s Body the Church. Baptism takes place during the Easter Vigil service (Saturday evening, in April), and at a Sunday service about three times a year: the Day of Pentecost (the first Sunday in June this year), the Sunday after All Saints’ Day (early November), and the Feast of the Baptism of our Lord (the first Sunday after Epiphany, in early January). Baptism may also take place when the bishop visits (in December this year), and on a Sunday during the summer on a date to be determined. If you are interested in Baptism for yourself or for your child, preparation needs to take place. Please contact the office at (406) 542-2167 to speak with our rector, The Rev. Terri Ann Grotzinger.

The next date for Baptism will be on Saturday, April 16, at the Easter Vigil service.





Explorations:

Opportunities to cultivate, challenge and live our faith

Other Lenten resources

The Lenten Virtual Borderlands Experience (VBE) series is designed to expose participants to the border crossing experiences of immigrants, including their perilous journey towards the border, their interaction with detention centers, and the work of churches and other organizations that support them. This five-week Lenten VBE series can be done at home alone, with your family, or as part of a congregational study group. Register at this website

<https://zoom.us/meeting/register/tJAqcujurz4uGtY43hJDbc3PYt7B3ddeaGva>

This virtual class is offered four Thursdays in a row, starting on March 10th at 5:00 pm (Mountain Time).

From the United Thank Offering:

The 40 Days of Gratitude Lenten Journal is designed for at-home use for adults to deepen their spiritual practice of gratitude during Lent. Each week, we will focus on practicing gratitude for a specific topic based on scripture. We recommend printing it out double-sided and stapling it on the long edge, so that it functions as a book. Find details related to the 40 Days of Gratitude at

<https://unitedthankoffering.com/wp-content/uploads/2021/10/40-Days-of-Gratitude-4.pdf>

Lenten Meditations from Episcopal Relief & Development. Subscribe to their email meditations or download the entire booklet at <https://www.episcopalrelief.org/church-in-action/lent/>.

ERD's work with Anglican and Ecumenical partners creates sustainable, transformational change in close to 3 million lives around the world each year. This year, the Lenten Meditations will focus on that transformation. These reflections are organized into Episcopal Relief & Development's priorities: Women, Children and Climate, and include a focus on ERD's Disaster Resilience and Response work. These meditations will give you a glimpse into ERD's work happening across the globe.

Never played **Lent Madness** before? Now might be the year. Ask any member of the choir for the "low down" or check out this website to get started <https://www.lentmadness.org/>.

Centering Prayer meets the third Tuesday of the month at 4 p.m.

Join us for Centering Prayer in March

Centering Prayer meets again on March 15 from 4-5 p.m. We will be returning to the comfort of the Guild Room and following the COVID guidelines of spacing, fresh air and masking. This ancient meditation style called Centering Prayer is simple and easy to learn if it is new to you. The leader will be gently leading the group into and out of a 20-minute silent time.

We will meet on the third Tuesday of every month from 4-5 p.m. If you have any questions, please call Jennifer Dousset at 406-880-1680 or Willie Hoffer at 541-815-9609.

Centering Prayer

Effortless Contemplation to Deepen Your Experience of God



From the Creation Care Ministry Keeping a Creative Journal

“Strange as it may seem in this era of high technology, the use of a personal journal is re-emerging as one of the most powerful of today’s tools. It speaks to the need for “high touch” and is available to help support an expanding quest for personal as well as organizational and corporate creativity.” – Dr. Bill Hammond, The Creative Journal.

Journals generally come in three categories; a diary for recording personal history, a field notebook to record natural events and phenology, and the creative journal – an idea catching tool for recording creative ideas and expressions. All have value, and you can make your journal a hybrid of each.

On March 19 the Creation Care Ministry is offering a journaling

workshop where you will have the opportunity to make your own journal and participate in journaling activities to get you started, as Dr. Hammond says, “bonding to your journal.” We will use writing prompts, create your own “rules” for your journal, try out tools to use in journal writing and capturing moments, and learn simple ways to keep your journal entries fresh and creative.

The workshop will take place at church, both indoors and out. We will start at 1:00 pm and end by 3:00 pm. Please contact Warren Gartner to sign up at 317-872-2431 or kwgartner@sbcglobal.net.

– WARREN GARTNER

CREATION CARE MINISTRY



Episcopal
Relief &
Development
Sunday
March 6



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 COVID-19. As the pandemic continues, 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.

We invite you to learn about ERD’s work with children, and ONE THOUSAND DAYS OF LOVE

(<https://www.episcopalrelief.org/1000daysoflove/>), our grassroots Church-wide campaign dedicated to expanding Episcopal Relief & Development’s programs that improve the lives of children. Research shows that the first 1,000 days for children are critical in setting a foundation that affects their ability to grow, learn, and thrive over their lives. Globally 155 million children under six are not reaching their full potential due to inadequate nutrition and health care.

To support this work of Episcopal Relief & Development, we will take a special collection on ERD Sunday, March 6. The opportunity for a special collection will be available on Holy Spirit’s website and giving app. Simply choose “Episcopal Relief & Development” from the list of funds to make your donation. You may also donate at the Sunday service on March 6.





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 (406) 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 23.** Thank you in advance for your special help with the Easter flowers.

Special music planned for March 6 Women composers featured

On Sunday, March 6th, Holy Spirit will join with congregations throughout the United States and Great Britain, celebrating International Woman's Day (the 8th) by featuring music by women composers during the service. The event is co-sponsored by the American Guild of Organists and the [British] Society for Women Organists, which is an outgrowth of the Royal College of Organists. Nancy Cooper is the Director of the

AGO National Task Force for Gender Equity and spearheaded the AGO's participation in this important event. Our service that day will highlight a Shaker hymn, the text and tune of which were written ca. 1867 by Sister Polly Rupe, who lived at the Shaker settlement in Pleasant Hill, Kentucky. Music by women composers will also be included as the prelude and postlude.

– DR. NANCY COOPER
ORGANIST AND CHOIR DIRECTOR



March 8 at 7:30 p.m. at the Music Recital Hall All are invited to Nancy Cooper's Faculty Recital

On Tuesday, March 8th (International Women's Day), Nancy Cooper's faculty recital will take place in the Music Recital Hall on the UM Campus at 7:30 p.m. The program is entirely comprised of music written by women. It will also include the premiere of Cooper's own transcription of a concerto written by

Wilhelmine von Bayreuth, unpublished music by Yvonne Desportes, and other works by Cécile Chaminade, Elizabeth Stirling, Elsa Barraine, Florence Price and Cecilia McDowall. Tickets will be available through [griztix.com](https://www.griztix.com); watch *Spirited Times* for a link, which will be forthcoming.

Community Ministries

An invitation to recall and reauthor the stories that shape us

At a recent Retreat with Bishop Marty, Deacons used Edward Wimberly's book entitled Recalling Our Own Stories – Spiritual Renewal for Religious Caregivers. Its premise is that for religious caregivers – lay and ordained – to be effective and faithful to our calling, we need to regularly revisit and reconnect with our original call. We can do this by diving more deeply into the myths that shape us – myths being the stories we tell about beliefs and convictions we hold about ourselves, our relationships to others, our roles in life, and our ministries.

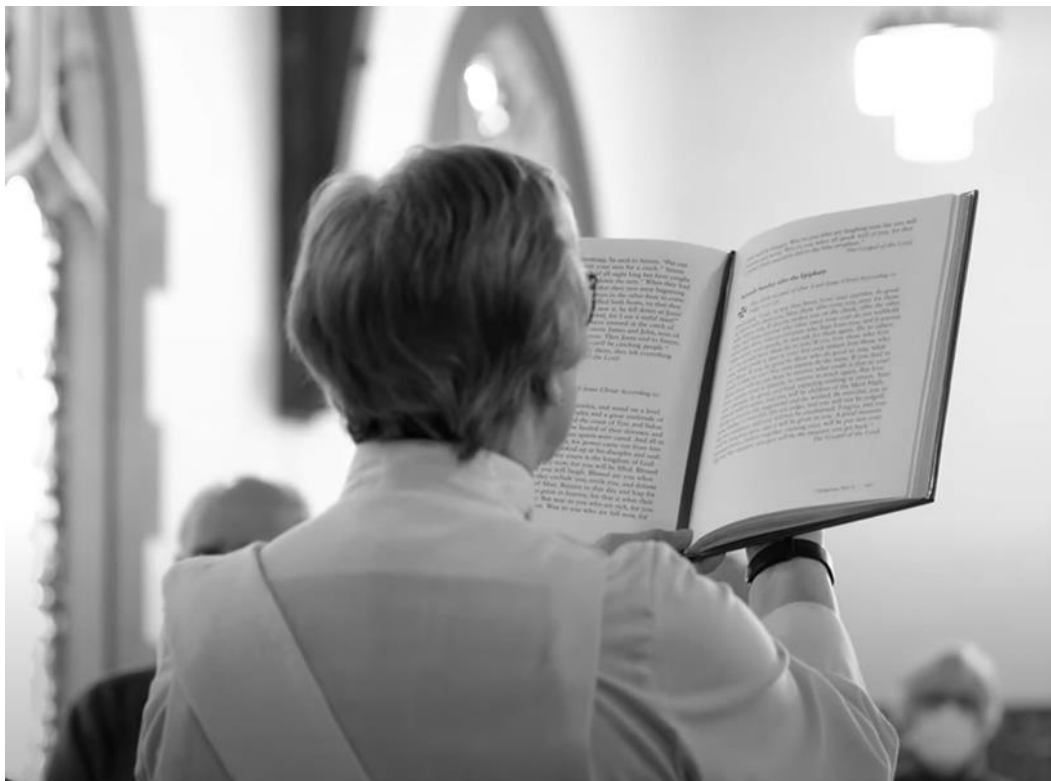
Our myths are often rooted in our families of origin. To understand their aiding or hindering influences, Wimberly encourages the use of genograms. We begin by looking back two generations into our biological/constructed family, at the people and the relationships therein,

and how they have shaped our personal and ministry myths/stories.

Reflecting on these myths, we may recognize themes, evaluate if they still hold truth for us, look for where God is moving in them, and determine if they are now aiding or hindering our ability and passion to live into our call today. We are then better equipped to edit or reauthor – with God and in community – those aspects where change may be needed.

Wimberly's book proved valuable as we considered our stories and encourage those alongside us. May it be such a gift for you, too.

– LEARNING AND SERVING
ALONGSIDE YOU,
THE VEN. DORCIE KAFKA
DVARISHKIS
dorcied@gmail.com ~
406-542-2167, church office



Holy Spirit Giving Grants
We'll pay you to flutter your wings



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

**HOLY SPIRIT
BUTTERFLY GRANTS**

Do you have an idea for an outreach project?
You can apply for a Butterfly Grant from the
Social Concerns Committee.

Butterfly Grants are back!

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 www.holyspiritmissoula.org. Click on "Butterfly Grants" under the Ministries tab on the website. We look forward to learning about your outreach interests at the local, state, national, or international level.

Grant application deadlines are:

- March 1, 2022
- June 1, 2022
- September 1, 2022
- December 1, 2022

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

– HOLY SPIRIT SOCIAL
CONCERNS COMMITTEE

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2022 LENTEN SERIES

KEEP WATCH, DEAR LORD!

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March 9-April 6

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