

PARACLETE



NOVEMBER 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



Stewardship Ingathering is November 7

Please complete your financial pledge card and mail it to church by Sunday, November 7, in the envelope that was provided in the stewardship mailing. You can also pledge online at <http://holyspiritmissoula.org/give/pledge/>. You can fill out the online pledge card there.

If you don't want to wait until Ingathering Sunday to make your pledge, you can call the church office at 542-2167 to pledge.

Take heart. Take part.

Thank you for your generous support of our Holy Spirit community!

We joyfully near the end of our 2022 Stewardship Campaign with a Sunday, November 7, ingathering of our pledges. Stewardship is taking care of ourselves, things around us, nature and all that is gifted by God. You, Holy Spirit parishioners, have given generously to care for our parish.

You should have, by now, received our mailings, including a letter from Terri and a pledge card. If you have not

returned your pledge, please consider prayerfully and positively as you prepare your card. Every gift is a blessing to be used in ministering together for God.

So we again remind you to Take Heart, Take Part in your own act of stewardship.

— STEWARDSHIP COMMITTEE



Take heart. Take part.

Send forth your Spirit, O Lord, and renew the face of the earth.

PSALM 104

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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

What are you grateful for?

We enter November with the beauty of fall shifting in the breeze towards winter and the Covid-19 pandemic ever with us. No matter how much we want things to be different, they are what they are. There are grumbings about almost anything. One comment feeds another, and soon we are focused on the darkness and all that hems us in instead of the light that glimmers all around us. What do we do?

The scriptures provide us the answer. Give thanks. In all times and all circumstances, focus on what is there for which to give thanks. In doing so, we are turned away from darkness and toward the light, away from despair and toward the source of life. I think I'll give it a try, and I hope you will too.

Thank you, God, for:

- The smiling face that looked at me as I walked along kicking fallen leaves.
- The grace of leaves turning colors and wafting their way to the ground.
- A roof over my head, daily food, and someone with whom to share a meal from time to time.
- The trust of many, and what I learn from them when I least expect it.

- The joy of being able to watch the world around me and hear its chorus singing.
- The "everything is new" moments that a puppy brings, and the incredible patience of an older dog.
- A new moment, a new hour, a new day and what may surprise me and make me laugh.

Thank you, God, for:

- Your faithful people gathering to pray in person or over the miles.
- Loving sisters; our shared stories; and our parents, grandparents, aunts, uncles, nieces, nephews, grand nieces, grand nephews, cousins and more.
- Friends who are called Staff.
- Singing, music, a bird chittering away, and geese in formation overhead...honking away.

I think I will do this again, and again. I hope you will too.

What are you grateful for?

— WALKING THE WAY WITH YOU,
TERRI+

Advent

What's this about an Advent Festival?

It's that time of year. We begin to think of our annual Advent wreath creations, the greens, the candles, the ribbon. In recent years we have coupled that with other holiday craft stations and a soup lunch. Last year we had handy take-and-make wreath kits in order to make our wreaths at home. This year finds us in a different place...and yet...not the same old place. And so let us introduce the idea of an outdoor Advent festival! The details are not yet solid, but they are definitely *bubbling beneath the surface*. Sunday November 28th (the first Sunday of Advent) envision an outdoor evening gathering

in our courtyard, around fire pits, enjoying hot beverages, listening to minstrel-like singers, travelling the Advent journey along the sidewalks and encountering a story-telling tent, or a simple nature inspired family friendly project (maybe pine cone bird feeders?), and of course a tent with Advent supplies that will support your family to celebrate the season at home. Sound fun? It does to us. We'd love to spend an evening like that with you, our church family. Keep an eye out for more details coming your way in the *Spirited Times*.

— REV. GRETCHEN and REV. TERRI

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 next 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 (usually February or March), 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 Sunday, January 9, 2022, at the 10:15 a.m. service.

Advent Mini-Retreat: How will God be born in you?

Set aside Wednesday evening December 8th and plan to join other members of your church family for this mini-Advent retreat from 6:00 – 9:00 pm. Set the tone for the season of Advent. Allow yourself to exhale and decompress from the pace of daily life. Share a simple meal of soup and bread. Light a candle as we gather in the chancel. Pray. Meditate. Journal. Write some poetry. Explore some creative opportunities with collage, drawing or painting. Feel free to use the time in the way that is most nurturing to you. Make it the Advent retreat that you need. Basic supplies will be provided. We'll bring the retreat time to a close with some sharing about our experience.

Jan Richardson in her book, *In Wisdom's Path*, explores the idea that

Christ was born in a cave and that we each "carry a cave, a hidden place within us, into which God longs to be born." Advent, she claims, is a season to enter the cave of our hearts, to "turn inward and encounter the God who seeks to emerge through us."

Rest assured we will take special COVID precautions with masking and distancing during the evening. Please **sign up by Friday December 3rd** so that we can arrange for food. Call the office at (406) 542-2167 or email Reverend Gretchen at gretchen@holyspiritmissoula.org. Let us know as soon as possible if you need childcare for this event.

— THE REV. GRETCHEN STROHAMIER
ASSISTANT PRIEST





Explorations:

Opportunities
to cultivate,
challenge
and live our
faith

Privilege: What does it look like?

Here at Holy Spirit we are hosting *Sacred Ground*, a video series about race and faith created by The Episcopal Church. And Common Good Missoula, a local non-profit that many of our members are involved with, is also hosting an educational series, *The Truth about Colonization*. As a society we are grappling with race and racism. Accusation, blame and guilt get tossed around. And sometimes folks get red-faced and defensive. We all know that blame and guilt are not helpful and not constructive.

I grew up in an era that responded to race by being *color blind*. I remember adults using these very terms. "I am color blind. I don't see color." And that was the goal. Ignore color and thus, racial differences. Treat everyone the same. As individuals we could feel proud that we did indeed treat everyone the same. And perhaps we did, or maybe we didn't. But what we're learning in the 21st century is that approach of ignoring color doesn't work. We're being asked to shift and try a different approach.

As a generation we didn't create the

current racial tension in our country. It's been a long time coming, over hundreds of years. The difference is that we are being called to recognize it and respond to it in a different way, right here and right now. We are being called to put an end to it. And for many white Americans we didn't even realize race was still a thing. I remember talk when President Obama was elected, that perhaps the issue of racism was behind us.

But there's this thing called privilege. It's become a hot button issue, shorthand for the accusation, blame and guilt. We don't want to go there. We know it's not constructive. But can we peek underneath the politically correct labels and get a clear view of what all this privilege talk is about? I learned about this helpful article by Peggy McIntosh. It's not even that recent. She wrote it in 1989. What I found *eye opening* was her list of skin-color privileges. She's white. She identified privileges that many of us, as white people, also experience. Though I had never really noticed these, nor

Continued on page 5

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

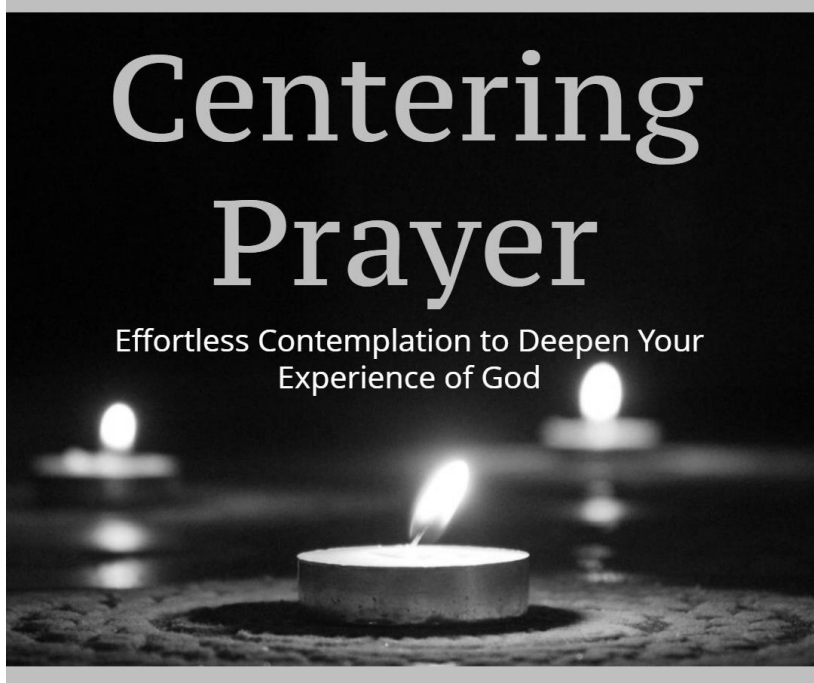
Join us for Centering Prayer in November

Centering Prayer meets again on November 16 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



Privilege

From page 4

would I have called them privileges.
Here are a few of the items on her list:

- I can if I wish arrange to be in the company of people of my race most of the time.
- I can go shopping alone most of the time, pretty well assured that I will not be followed or harassed.
- I can open the newspaper and see people of my race widely represented.
- When I am told about our national heritage or about "civilization," I am shown that people of my color made it what it is.
- I can do well in a challenging situation without being called a credit to my race.
- I have never been asked to speak for all people of my racial group.
- I can be pretty sure that if I ask to talk to "the person in charge," I will be facing a person of my race.
- I can easily buy posters,


postcards, picture books, greeting cards, dolls, toys and children's magazines featuring people of my race.

- I can be sure that if I need legal or medical help, my race will not work against me.

These are a few of the privileges, unearned and invisible, that we as white Americans have access to everyday. These privileges are like an "invisible and weightless knapsack of special provisions, maps, passports, codebooks, visas, clothes, tools and blank checks," that allow us to more easily navigate life. When I think of privilege, I think of big things: money, education, access to housing and employment. Part of what this article opened my eyes to was the myriad of small ways that we experience privilege on a day to day basis that consistently gives us a "leg up." It opened my eyes to the daily grind and extra effort involved in being outside of the mainstream of our society. To access the whole article go to

https://psychology.umbc.edu/files/2016/10/White-Privilege_McIntosh-1989.pdf

– THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST



Belong

Great Food and Friends • Queer and Trans Affirming • Come as You Are



Reframe


Asking Big Questions • Centering Jesus' Story of Dignity and Liberation for All

Act

Community Organizing • Environmental and Racial Justice • Serving Neighbors

ecmum.org

 /EMMAUSCAMPUSMINISTRY  /EMMAUSUM



A partnership of ELCA Lutherans, Episcopalians, United Church of Christ, and Methodist churches, welcoming of all perspectives.

What is Emmaus Campus Ministry?

Emmaus Campus Ministry at The University of Montana is an extension of this congregation.

Our focus is on community, conversations, questions, experience, and faith lived out in daily life. We welcome people of all faiths, beliefs, and backgrounds. We also welcome all LGBTQ+ students and young adults and deeply value our relationships with Jews, Muslims, Buddhists, Native Americans and everyone else.

We meet weekly on Wednesday nights in small groups for dinners and conversations about life and faith.

We also host many service projects, guest speakers, social events, retreats, interfaith events, and advocacy trainings throughout the school year. In addition, we have several student peer ministers who are available to talk and listen as well as a full-time campus pastor who is available for pastoral care.

Come and join us as we try and figure out our role in the world!

532 University Avenue
<https://www.ecmum.org/>



Tell me more about the Rio Grande Borderland Ministries

Rio Grande Borderland Ministries (RGBM) is an established program of the Episcopal Diocese of the Rio Grande serving the borderlands of New Mexico and far West Texas. RGBM has been engaging with long-term systemic needs on the border for decades by working collaboratively to provide humanitarian support to vulnerable people in our border communities. RGBM staff help to ensure that their migrant neighbors are embraced in the service of justice, the interest of dignity, and the spirit of love. The compassionate response of RGBM is simple—to feed, shelter, and care for their neighbors on both sides of the border. The ministry supports shelters for vulnerable communities on both sides of the US/Mexico border, serving asylum seekers, unaccompanied minors, and indigenous persons in the border communities of Ojinaga, Juarez, and Palomas, Mexico.

To learn more, check out their website at <https://riograndeborderland.org/>.

RIO GRANDE
BORDERLAND



How you can help the Rio Grande Borderland Ministries

Holy Spirit's parish partnership with Rio Grande Borderland Ministries is an opportunity to deepen our connection to the rest of the Episcopal Church and to become part of a sustainable effort to support the basic human needs of migrants on our southern border. The partnership is also an opportunity to reconnect with the stories that we learn in our church. In his blog post, RGBM Canon Lee Curtis observes that economic opportunity is no longer the primary driver of migration to the United States. Rather, most migrants come to our country seeking safety. Yes, safety. That reminds us of the Gospel of Matthew, where the Holy Family sought asylum in Egypt because Joseph and Mary feared for baby Jesus' safety. Jesus was a child migrant. Jesus' family were asylum seekers in pursuit of safety.

Human migration is far older than the Jesus story. It is a phenomenon that is always born of desperation, and it often causes conflict. As Christians we have clear direction to help the desperate, to treat all people with respect, and to welcome with dignity all those who seek our shelter, food, and refuge. Our Baptismal Covenant instructs us to serve Christ, a child migrant, in all persons, to strive for justice and peace among all people, and to respect the dignity of every human being.

Welcoming with dignity is the mission of RGBM and at the heart of Holy Spirit's Parish Partnership with RGBM. Here are some opportunities to learn about our Episcopal Church borderlands

ministry and the reality of migration from people who live and work on the border every day:

- Subscribe to the biweekly video blog produced by the staff at RGBM. (<https://riograndeborderland.org/videos>)
 - Sign up for the RGBM Community Call on the first Friday of each month. (<https://riograndeborderland.org/volunteer>)
 - Share your hopes, dreams and creative ideas for the Holy Spirit/RGBM Parish Partnership with members of the Social Concerns Committee.
 - Seriously consider participating in the Holy Spirit Parish Listening Pilgrimage in 2022. Our objective is to discern ways in which Holy Spirit Parish can support RGBM relief, advocacy and development ministries. A FAQs document is available on the Holy Spirit website (<http://holyspiritmissoula.org/ministries>). To express interest or ask questions, contact Audrey Murray (612) 968-2108 or audreymurray196@gmail.com, or Clem Work (406) 544-8795 or clem.work@gmail.com.
- AUDREY MURRAY
SOCIAL CONCERNS COMMITTEE

Creation Care Ministries

Why everyone should think about food waste

Earlier this summer I opened a carton of grape tomatoes and saw a picture and bio of the person who helped get those tomatoes to me. It made me think of the people planting, harvesting and packaging all our food to get it shipped to our grocery stores.

Whenever I have made and sold a handcrafted item that I've spent quite a while working on, I wonder what happens to that item after someone buys it. Did they wear or use the item? Or did it just get tossed aside and forgotten about?

It's the same when buying food. Someone labored hard to produce the food and get it to our stores. If we eat it, it was used as intended. If we end up tossing the wilted or spoiled food into the garbage, all that person's effort was for nothing.

But that's not all—an astonishing 30-40% of all food produced in the United States gets wasted. Think of the energy and fossil fuels that are burned to run the machines to plant, to fertilize, to harvest, to slaughter, to truck, and to package it. That's a big increase to the carbon footprint of our food.

In an article from 2019 in Medical News Today, 'Food waste contributes to greenhouse gas emissions and

wastes the water and other resources it takes to grow the food. The World Resources Institute note that reducing food waste by half would benefit the environment significantly by reducing the need for land, water, and other resources to grow food. The World Resources Institute state that cutting food waste in half would lower greenhouse gas emissions by 1.5 gigatons (1.5 billion metric tons) of carbon dioxide equivalent per year by 2050.'

The article also outlines several ideas to reduce food waste. Check them out in the column to the right.

In the US we take for granted that we will be able to purchase the kind of food that we want when we want it. We don't tend to think about the value of that purchase, the work, water and energy that went into getting it into our kitchen. Let's begin taking steps to reduce our environmental impact. It's time to start thinking about that!

Link to the Medical News Today article:

<https://www.medicalnewstoday.com/articles/327325#avoid-buying-too-much>

— SUE LOWERY
CREATION CARE MINISTRY



Ideas to reduce food waste:

- 1. Avoid buying too much.** Create a weekly menu, shop at home before heading to the store by checking the pantry to see what is needed, then purchase only what is on the list.
- 2. Check the dates.** Sell By and Best By dates are mostly intended for the grocery stores. For the consumer, the product may be fine long after those dates. If it smells, looks or tastes good, then it is usually fine to eat. But when in doubt, throw it out.
- 3. Use up leftovers,** freeze extra items, try pickling or canning, and make broth from animal and/or vegetable scraps. When dining out, order only what you intend to eat or can take home for another meal. Pack up leftover dinners to create a lunch for tomorrow. And compost what must be tossed.
- 4. First in – First out (FIFO).** Organize the fridge, freezer and pantry so newer foods are in the back, using up older items first. Remember to use the frozen and canned goods so carefully prepped and saved.
- 5. And another thought - consider the containers the food is packaged in.** Try to shop at farmer's markets. Bring your own shopping bags, including small mesh bags for produce. Purchase items in bulk, then replenish and reuse the empty jars.



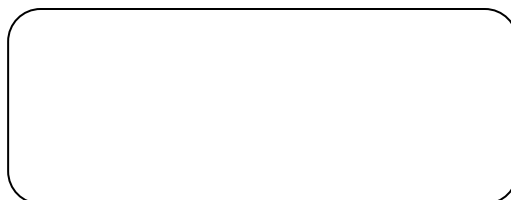
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RETURN SERVICE REQUESTED



STEWARDSHIP 2022

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PSALM 104