



PARACLETE

SEPTEMBER 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

WEDNESDAY GATHERINGS

JOIN US IN THE CHURCH YARD
FROM 12 NOON TO 1 PM
AS LONG AS THE WEATHER
PERMITS

Please wear a mask, bring a
chair and your lunch, and
we'll gather for prayer and
conversation. Please join us!

Join us for our Wednesday Gatherings

Our gatherings under the big Spruce tree in the church courtyard have been a great success! As a result, **we are going to expand this effort to every Wednesday at 12 noon for as long as weather permits.** Gathering under the big Spruce provides plenty of shade and the ease of having many small groups that can change halfway through the time. It's a great way to catch up, meet new friends, and share some prayer too. Bring a chair if you can, and lunch if you like. Come join us!

— REV. TERRI

Please join us!

Update from the Rector
on our response to COVID-19

Sunday services to remain online

We continue to keep our buildings closed and our faith community alive, well, and active in the world. As our Presiding Bishop Michael Curry has said from the beginning, this is a sign of love for one another, a sacrifice to be sure, yet the most loving thing we can do to greatly reduce the spread of the novel coronavirus. The staff and I have met regularly to pray about all of this on a regular basis, and we will continue to do so. Cases continue to rise all across Montana now. Students have returned to school in some fashion across Missoula, and it is uncertain what this will mean for the spread of COVID-19. For this reason, we will continue to conduct worship and coordination of our ministries online, and the buildings at Holy Spirit will remain closed through September and quite possibly longer. The staff will continue to work primarily from home. Rev. Gretchen

Strohmaier and I will be available to you; just call the office and leave a message at 406-542-2167, or email us at revterri@holyspiritmissoula.org or gretchen@holyspiritmissoula.org, and we will get back to you.

As I wrote in my report to vestry this month, I know that there is a weariness setting in now that we realize this virus is not going away anytime soon. Remember that God is with us, the Spirit guiding and Christ in every part of ordinary life. Notice what is most important and treasure it. Tell your loved ones what they mean to you. And may the blessing of God make us patient and persistent, creative, and willing to make mistakes, and above all cause us to love where we thought it wasn't possible. I remain faithfully with you on the way.

— TERRI+

Join us for
online Sunday
worship at
10:15 a.m.



OUR STAFF

Clergy:

The Rev. Terri Ann Grotzinger,
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revterri@holyspiritmissoula.org

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NEWSLETTER

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As we remain at home....

I've been surprised during this pandemic how I have gravitated back to all things foundational. It makes sense. When we are shaken we return to what is familiar, tried and true. If you haven't already, we encourage you to turn to the Book of Common Prayer and the hymnal as resources that have stood the test of time. You might check out:

- Daily Devotions for Individuals and Families, page 136 BCP. These short meditations include Scripture, prayers and a collect, and they are framed around the hours of the day: morning, noon, evening, close of day. Reading these could bring a grounding rhythm to your day.
- Morning Prayer, page 75, noon prayer, page 103 and evening prayer, page 115 are somewhat beefier options. Compline is always a lovely way to close the day, page 127.
- Explore the hymnal. Use the Index of First Lines on page

954 and find some of your favorite hymns to either sing or merely read (the words can be amazing). Here are a couple of less known hymns that Nancy Cooper suggests we look at, as they seem to hold particular poignancy for us at this time. *O God of Earth and Altar*, page 591 and *Dear Lord and Father of Mankind*, page 652.

Don't have a Book of Common Prayer or a hymnal? We have copies you can use. Contact Rev. Gretchen at the church office, 542-2167 and gretchen@holyspiritmissoula.org. Or check out these online hymn resources <https://hymnary.org/> or <https://www.riteseries.org/song/browse/>. Try the electronic version of the Book of Common Prayer <https://www.bcponline.org/>.

— THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST

CHURCH SCHOOL 2020

GOD GOES WITH US

Join us on Kickoff Sunday, September 13, for a special intergenerational worship service online. We invite you to watch, celebrate, and worship as we start another school year, remembering that God goes with us.

Church School Kickoff 2020

God goes with us

Kick-Off Sunday is September 13th, and though we won't be meeting in person, we will celebrate the beginning of another Church School year with a special intergenerational worship service online. Designed specifically with kids and families in mind, we invite you to watch, celebrate, and worship, as we start another school year, remembering that *God Goes with Us*.

Our Old Testament lesson for the day is the story of Moses and the Israelites crossing the Red Sea. You might want to read the story ahead of time with your family, Exodus 14:19-31. In the story we learn that God went both before and behind the Israelites on their journey out of Egypt, travelling with them and keeping them safe. In these times of strange uncertainty, it is a comforting reminder to hold: *God Goes with Us*.

In the Exodus story God goes with the people in a pillar of cloud. It may be fun and helpful for children to imagine God going with them to school, in the hallway, in the classroom, on the

playground. What creative shape do they imagine God might take in those places?

What can you expect this fall? As we wait and learn how this virus will respond to schools opening up, we will continue to offer online options for children and families. As long as the building remains closed, we will offer a mix of intergenerational worship experiences along with some children's messages, designed just for kids, like we did last spring. At this point we anticipate offering intergenerational worship the first Sunday of the month and then offering children's messages on the other Sundays. This pattern may change as we strive to be responsive to needs as they emerge.

Please do not hesitate to reach out and let us know of what is most helpful for you and your family at this time.

— THE REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST

Camp Marshall continues to offer programming through the fall

As we continue to navigate COVID-19, we are making changes that we hope you will be excited about. While traditional programming is currently at a halt, we are looking at new ways to serve our Episcopal families:

Small Groups: We will continue our online meetings with small groups this fall. To learn more log into the camp's webpage (www.campmarshallmontana.org) and follow the link to Youth Ministry Calendars. There you will find the dates and times for our small groups. Groups include Elementary, Middle/High School, Young Adult, and Parent Support Groups.

Looking ahead to our fall and winter: We will be hosting two events online, one this fall (the weekend of October 9th and 10th) and the other in early winter (January 16th). Currently we are also looking ahead to April 16-18 with the hope that we will have a vaccine by then and will be able to have an in-person youth conference.



Baptism date announced

The next date for baptism will be Sunday, November 1, at the 10:15 a.m. service. If you are interested in baptism at that time, either for yourself or for your child, please contact Rev. Terri at 542-2167. The deadline for the November 1 baptism date is October 5.



Explorations:

Opportunities
to cultivate,
challenge
and live our
faith

Coming in September Holy Spirit offers True Colors training series

Black Lives Matter. As people of faith we shout a resounding YES of course, and yet we know that inequalities and injustices continue to persist in our society. Additionally, we are not only paralyzed about what actions will help, we may unwittingly be contributing to the injustice.

True Colors White Allies is a program that provides the opportunity to take an up close and personal look at race and to think together with members of your church family about how we can respond in both personal and systemic ways. Learn about the history of racism and the structures and systems that support racism through weekly group discussion and optional reading assignments outside of class time.

True Colors White Allies: Created for white-identity people who are interested in self-exploration, ending guilt, understanding invisible prejudices, deconstructing individual and institutional racism, and

strengthening active allyship. This safe space provides room for we white people to make honest mistakes and to struggle with our own prejudices and misunderstanding without burdening or causing further harm to people of color. The *True Colors White Allies* series provides an opportunity for participants to examine their relationship to racism, exploring the ways whiteness operates on individual, interpersonal, cultural, and institutional levels. This series bridges theory, critical reflection, and practice and aims to prepare participants to continue their own life-long learning regarding deconstructing white dominance while developing the tools to be leaders in empowering others to do the same. **The 8-week series will be weekly in the parish hall on Thursdays from 6:00-8:00 p.m. beginning on September 3, 2020 and ending October 22, 2020.**

Continued on page 5

Learn more about the Episcopal Church at Inquirers Classes!

Are you wanting to know more about the Episcopal branch of Christianity? Perhaps you have been joining us online for Sunday worship, or you moved into town recently, and you want to know how to become a member. You may already be a member and just want to learn more or ask some questions. Consider this your invitation to participate in what we call Inquirers Classes. I will be offering these classes online via Zoom on Tuesday evenings, September 15, 22, 29, and October 6, from 6 p.m. to 7:30 p.m.

What's required? I need you to sign up by sending me your name, email address, and mailing address to revterri@holyspiritmissoula.org so that I can get you a small booklet I use to provide us background from which to work. You will be sent a Zoom invitation to link in via computer, tablet, or phone. We at Holy Spirit think the Episcopal Church has much to offer as a community in which to explore and live out your faith. I look forward to hearing from you!

— REV. TERRI GROTZINGER

Grow your faith ADULT INQUIRERS CLASS

Tuesday evenings
6 pm - 7:30 pm
September 15 - October 6
Classes online via Zoom

Please sign up in advance by email Rev. Terri at revterri@holyspiritmissoula.org

Stewardship 2020

Well done! Let us stay the course

Our parishioners have remained faithful and dedicated to Holy Spirit as we ascended the mountain of stewardship in 2020. Even in these most challenging of times, you have continued to support the parish in varying ways, and we are thankful and humbled by your generosity, concern, and compassion. And so we say to all of you, **WELL DONE, WELL DONE.**

During this time of change and uncertainty, many things are different for Holy Spirit Parish, but most expenses in the budget continue. Regular pledge payments have been maintained by many, and some have been able to give extra which is so much appreciated. However, there is also great concern that there are members who have lost jobs or had hours reduced, making it difficult to maintain pledges. We do know there is hardship, and we keep everyone in our prayers as they care for themselves and their families.

The Stewardship Ministry continues to look ahead and envision our path for the coming year. While we do not know what lies ahead for our parish, we stand firm in our conviction that our members are dedicated and faithful, and together we will **STAY THE COURSE.**



Continued from page 4

Holy Spirit offers True Colors training series

This 8-week series, facilitated by Heidi Wallace, the Executive Director of Empower Montana, is a commitment of both time and money. The fee for participation is \$125. Scholarship funds are available; no one will be turned away due to lack of funds. Please speak with Rev. Gretchen about financial concerns. The group size is capped at 15 to maintain social distancing in the parish hall, but several members of the church have already expressed interest in becoming trainers in the program. This would allow Holy Spirit to offer

this workshop series in the future for members of the parish, to include everyone who has an interest in better understanding "white privilege". Register through the link below: <https://www.empowermt.org/holy-spirit-true-colors-training-series/>

Wondering about why we would host a group for white people only? Check out this blog post by our own Professor Tobin Miller. <http://tobinmillershearer.blogspot.com/2020/06/the-discipline-and-practice-of-white.html>

**Join us for a Virtual Coffee Hour each Sunday**

You have been receiving an email on the Saturday or Sunday just prior to our virtual Sunday worship service which gives you "one-click" access to worship and the service bulletin. **Now you will also find in that email a "one-click" access to our virtual "Bring your own Coffee Hour" at 11:30 a.m.** You will have time to leave the worship service, grab a cup of coffee, and return to your email invitation to click in. You will initially be muted but visible until after your host welcomes you, teaches you a bit about how to participate, and then breaks everyone into smaller random groups so that you can get to know one another and have a visit. The Host will then bring everyone back for a final wave goodbye.

Everyone in your household is invited. If you are unable to get access, please email the office (office@holyspiritmissoula.org) and let us know so that we can help you before the next week. Don't get discouraged.

See you soon!

— TERRI

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



Holy Spirit Fall Blood Drive

130 South 6th Street East
Parish Hall

Thursday, Sept. 24
1 p.m. – 6 p.m.

Sign up online at
www.redcrossblood.org or at
audreymurray196@gmail.com.
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.

Holy Spirit Fall blood drive scheduled for September 24

We need your help. The American Red Cross has a higher than usual need for donors right now. Between March and June of 2020, COVID-19 closures resulted in the cancellation of 37,000 blood drives and hundreds of thousands of donation appointments. While the supply of donated blood has substantially diminished, the need for blood has remained constant. Donated blood is a lifesaving, essential part of caring for medical patients. On September 24th, between 1:00 and 6:00 p.m., Holy Spirit will support the American Red Cross by hosting our annual fall blood drive.

Worried about giving blood during the pandemic? The Center for Disease Control (CDC) encourages people who are well to continue to donate blood, and the American Red Cross has implemented safety and infection control measures specifically for COVID-19. Each blood drive follows CDC recommendations that will keep donors and staff safe. These measures include:

- Checking temperatures of staff and donors before entering a drive to make sure they are healthy.
- Providing hand sanitizer for use before the drive, as well as throughout the donation process.
- Following social distancing between donors including entry, donation, and refreshment areas.
- Ensuring face masks or coverings

are worn by both staff and donors.

- Routinely disinfecting surfaces, equipment, and donor-touched areas.
- Wearing gloves and changing gloves often.
- Using sterile collection sets and an aseptic scrub for every donation.

Due to COVID-19, our fall blood drive sign up process will be slightly different. Donors are asked to sign up for an appointment using the Red Cross online scheduling system at www.redcrossblood.org, or by contacting Audrey Murray at 612-968-2108 or at audreymurray196@gmail.com. As usual, we need volunteers to register donors and serve refreshments. To volunteer, please contact Audrey (612-968-2108; audreymurray196@gmail.com).

Not sure if you can be a donor? Here’s what you need to know:

- You must be in good health and feeling well.
- You must weigh at least 110 pounds.
- If you are not yet 18 years old, you must have a consent form signed by your parent or guardian. Additional height and weight restrictions apply to

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Holy Spirit Blood Drive

Location: Parish Hall
130 South 6th Street East

Thursday, September 24
1 pm - 6 pm

Sign up online at
www.redcrossblood.org or at
audreymurray196@gmail.com!

Community Ministries Being church

Jean Bowman, a beloved parishioner who passed away a handful of years ago, was fond of saying that anywhere she went in the community, chances were good that she would cross paths with a fellow Episcopalian. As faithful a presence as Jean was at worship and many church activities, she was equally so at St. Pat's, Partnership Health Center, Missoula Aging Services, Five Valleys Land Trust, and with elected officials, families needing legal counsel, and nonprofits rallying for a stronger community. For Jean, church was at Holy Spirit and everywhere else she set foot.

In these pandemic days when we need to worship and be church in new ways, I find great hope in remembering

Jean's observation. Being church has always called us out of the sanctuary and into our neighborhoods, into our community, to Helena for Diocesan and legislative work, and beyond. Some of how we live out our love of neighbor may need to change, but we still move as a church family, and church can happen everywhere we set our feet. If you want to explore some of the ways we are being church in the community, let's talk!

— IN GRATITUDE FOR OUR HOLY SPIRIT FAMILY,
THE VEN. DORCIE KAFKA
DVARISHKIS
dorcied@gmail.com ~
406-239-7655 text/cell

BE THE CHURCH

*Protect the environment. Care for the poor.
Forgive often. Reject racism.
Fight for the powerless.
Share earthly and spiritual resources.
Embrace diversity. Love God. Enjoy this life.*

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Holy Spirit blood drive scheduled for September 24

those 18 years or younger.
Please check with the Red
Cross for eligibility.

The most frequent exclusions are for those who have traveled in certain foreign countries or have low iron (hematocrit count).

Remember, if you are a regular Red Cross donor, you must allow 56 days between donations, so if you donated

blood after July 30, you will not be able to donate on September 24th. For answers to further questions relating to donating blood, call the Red Cross at 1-855-210-1278.

Please plan to give at the blood drive.

— AUDREY MURRAY
FALL BLOOD DRIVE COORDINATOR
SOCIAL CONCERNS COMMITTEE



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.

Be sure to opt in to receive push notifications!

HOLY SPIRIT

EPISCOPAL CHURCH

130 South 6th Street East
Missoula, MT 59801-4222

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RETURN SERVICE REQUESTED



TRUE COLORS TRAINING SERIES

In partnership with EmpowerMT Holy Spirit Episcopal Church is offering a True Colors Training Series, a holistic approach to skill-building in an effort to end racism and white supremacy.



Group meets every Thursday, 6 pm-8 pm,
September 3 through October 22 in parish hall
Cost \$125 per person / Scholarships available
Register at <https://www.empowermt.org/holy-spirit-true-colors-training-series/>