



PARACLETE

OCTOBER 2019

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

The Service of COMPLINE

The ancient service of
plainchant and
contemplative prayer



First Sunday of Each
Month
(October ~ June)
8 pm ~ All welcome!

Read details about the
October service in the
article on page 5.

Inquirers Class begins on October 13: Learn more about the Episcopal Church at our Inquirers Class

Want to know more about the Episcopal Church? Have you been attending here and wondering about becoming a member? Do you have questions about why we do what we do, how we live out our spirituality, or any number of other things you may be thinking about as you experience this parish – then this is the class for you!

Brand new or several months or years into your journey here, I invite you to join me between services from 9 a.m. to 9:50 a.m. on Oct. 13, 20, 27, and Nov. 3 and Nov. 10 (if needed) in the church office conference room for what is always a lively discussion. We will use a small but enlightening book

entitled, “A People Called Episcopalians – A brief introduction to our way of life,” by John H. Westerhoff with Sharon Ely Pearson.

Please sign up in advance by emailing me at revterri@holyspiritmissoula.org or calling the Parish Office at 542-2167 so that we will know how many books to order. If for any reason you cannot attend during the time and dates of this class, please let me know of your interest so that I could offer another class at a different time or day.

I look forward to meeting with you!
– REV. TERRI

Grow your faith ADULT INQUIRERS CLASS

Sunday mornings
9 am - 9:50 am
October 13 - November 10
Meet in the Church Office

Please sign up in advance by email Rev. Terri at revterri@holyspiritmissoula.org or by calling the parish office, 542-2167



OUR STAFF

Clergy:

The Rev. Terri Ann Grotzinger,
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NEWSLETTER

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Invite your friends to the Blessing of the Animals on October 6

On Sunday, October 6, we will celebrate St. Francis (his day actually being October 4) and offer a Blessing of the Animals at 3 p.m. in our courtyard. This is one of the simplest celebrations we offer and one that brings people of all ages together, whether Christian or not, to take a moment to lift up the gift of our relationship with other creatures and ask God's blessing upon them.

St. Francis of Assisi is one of the most beloved of our saints. He understood the needs of the poor, and he saw the creatures of the earth—Creation as a whole—as kin. He saw the value of all creatures, not just for our use but in the fact that they were created by God.

St. Francis and the Blessing of the

Animals is the one day we come together, side by side with our companion animals (or a stuffed animal to remember the wild creatures, or a photograph to remember those who have died), and offer thanks and ask God's blessing upon them. So invite your friends and spread the word! Be sure to respect the needs of all those who come: all dogs on leash, cats in carriers, and all other creatures on lead or in a carrier suitable for their needs. We will provide water and some basic treats...and yes, litter, clean-up bags and a can for disposal. We'll even have St. Francis medals for you to take home. Journey and I will see you there!

— REV. TERRI

Blessing of the Animals

Join us for the Blessing of the Animals on Sunday, October 6, at 3 pm in the church yard. All are welcome!

Thank God for volunteers!

A huge thank you goes out to all the volunteers that have stepped up to assist and lead ministry in new ways over the last several months. Tanya Lodahl began coordinating volunteers in the spring, and now two volunteers a week come to the office to do any myriad of projects—everything from cleaning closets to decorating bulletin boards to shopping for supplies. In addition, we now have volunteers that do projects

from home, things like research on adult education topics, exploration of curriculum, and planning for service projects. In recent months Elizabeth Ettenger and Jari Davis volunteered to coordinate the church picnic, and Valerie Hess took on leadership for the women's retreat. It is a joy to see the body of Christ coming together and sharing talents to accomplish God's work in the world! Thank you.

Church School 2019: Focusing on the Family of God

The children continue to focus on our theme, Family of God, as we work to incorporate and integrate them further into the life of our parish. Part of that integration includes having kids participate in the entire worship service upstairs on the first Sunday of each month (all ages Church School through QUEST). The nursery is always open for our smallest parishioners. You'll also notice that this year the kids have name tags just like everyone else, and we'll be working with them to develop the same habits of leaving their name tag here to be stored on the pegboard at the back of the church.

We are also working to enhance our communication with Church School families. Heather Lounsbury, a parent volunteer, will be sending regular emails and/or text messages to keep families up to date about Church School events.

In addition, over the fall Church School shepherds will be focused on storytelling skills. We'll have opportunities for others to join us as we practice telling Bible stories and prepare to lead children's worship which

happens downstairs on the 2nd and 3rd Sundays of the month.

Here is the Church School schedule for October:

Sunday Oct. 6 Joint worship upstairs with kids and adults together; Child intercessor

Sunday Oct. 13 Children start downstairs for a lectionary-based Bible story, Luke 17: 11-19: *Jesus Heals Ten*, with storyteller Rev. Gretchen. Children join the second half of worship upstairs to participate in Eucharist.

Sunday Oct. 20 Children start downstairs for a lectionary-based Bible story, Luke 18: 1-8: *The Widow & the Judge*, with storyteller TBA. Children join the second half of worship upstairs to participate in Eucharist.

Sunday Oct. 27 Special Project: Craft

— REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST



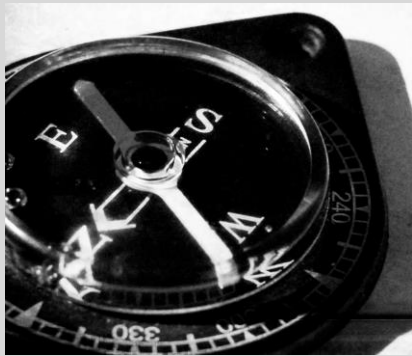
Come and share your storytelling gifts with our children

Are you interested in telling stories? Do you have experience sharing Bible stories with children? Maybe you have participated in Godly Play at another church? You are invited to participate in special sessions this fall to practice Bible storytelling skills as we prepare new leaders for children's worship. Twice a month kids will start worship downstairs with their own short lectionary-based Bible story. Then children will go upstairs for the second half of worship to participate in Eucharist. This year we are working to enlarge our number of storytellers. Please consider this joyful ministry. Contact Reverend Gretchen if you are interested at 542-2167 or gretchen@holyspiritmissoula.org.

We will host a couple of training opportunities this fall to learn about the nuts and bolts of sharing Bible Stories with kids. As always, background checks and Safeguarding God's Children training will be required of anyone working with our children.

— REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST





Explorations:

Opportunities to cultivate, challenge and live our faith

Women's Retreat 2019: The Life of the Body: Physical Well-Being and Spiritual Formation

Calling all Holy Spirit women and friends! Save October 25-27 on your calendar and plan to be at Camp Marshall on Flathead Lake for our annual women's retreat. Join Holy Spirit member and retreat leader Valerie E. Hess who recently moved to Lolo from Boulder, CO. Valerie is an author, speaker, and church musician. She will help us look at how we might live more wholly integrated in body, mind and spirit. During our time together we will seek to answer:

- What is the role of my body to my Christian faith, now and after death?
- What does Jesus coming in the flesh mean to my day-to-day life?
- What is the difference between self-care and self-indulgence?
- How is what I eat a theological statement?
- Why is it important to care for the earth if we say we follow Christ?

Continued on page 5



Join the conversation about Being Mortal

Join Reverend Gretchen, Oncologist Dr. Sally Scott, and Nurse Practitioner Susannah Ries, both members of our parish, for a 3-week class based on the book, *Being Mortal: Medicine and What Matters in the End* by Atul Gawande. Learn about themes from the book, see clips from the documentary, and learn from the experience of these health care professionals. The class will address finding meaning at the end of life, dealing with the uncertain future, navigating communication with health care providers, and completing and using advance directives. The book will serve as a backdrop for the class, providing examples and context. Reading the book is not a requirement for participation.

The class meets on Sundays after the 10:15 service from 11:45 a.m. to 1:15 p.m. in the Guild Room on November 10, 17, and 24. Light refreshments will be provided. Please register for the class by contacting Rev. Gretchen at the church office, 542-2167 or gretchen@holyspiritmissoula.org.

#1 NEW YORK TIMES BESTSELLER

Atul Gawande

Being Mortal

Medicine and What Matters in the End

"Wise and deeply moving" — OLIVER SACKS

PICADOR

Continued from page 4:
Women’s Retreat 2019

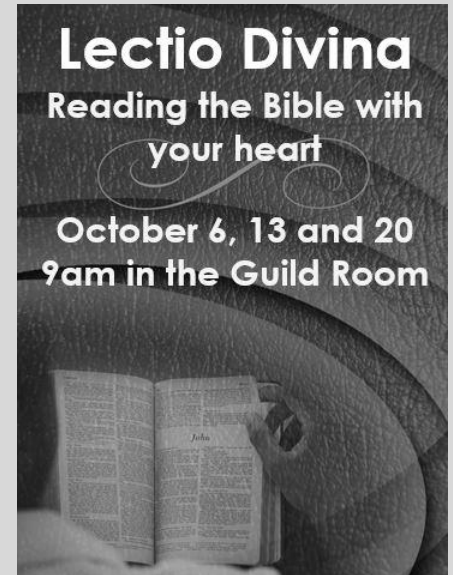
These and other questions will be explored through words and activities using Valerie’s book, *The Life of the Body: Physical Well-Being and Spiritual Formation*. Valerie will offer it and her other two books for sale (cash and check only) at the retreat.

More about Valerie, our retreat leader. She wrote *Spiritual Disciplines Devotional: A Year of Readings* and co-authored *The Life of the Body: Physical Well-Being and Spiritual Formation* (the book on which this retreat will be based) and *Habits of a Child’s Heart: Raising Your Kids with the Spiritual Disciplines*. Her hobbies include cooking, knotting pearls, and playing American Mah Jongg. She and

her husband have two daughters and two grandsons.

Are you interested in getting involved with the retreat? Here are some volunteer opportunities:

- Lead an afternoon optional activity like knitting, jewelry making, printmaking, nature journaling, yoga, meditative hiking, dancing, clay, watercolors, birding.
- Lead a hymn sing.
- Lead prayers at mealtime.
- Organize registration and room assignment.
- Organize group game(s).
- Create welcome bags for participants.



Practicing Lectio Divina

Lectio Divina is a traditional Benedictine practice of scriptural reading, meditation, and prayer intended to promote communion with God and to increase the knowledge of God’s word. It does not treat Scriptures as texts to be studied, but as the Living Word.

Join Tracey Gage on three Sundays in October – October 6, 13, and 20 – between the worship services from 9:00 to 10:00 a.m. in the Guild Room to learn about this ancient tool and to practice it together.

Lectio Divina is:

- Reading Scripture
- Reflecting
- Responding through prayer
- Resting in God
- Responding in Action



Baptism date announced

The remaining date for baptism for 2019 is the Sunday after All Saints’ Day, November 3. Baptism will take place at the 10:15 a.m. service on that Sunday.

Choral Compline at Holy Spirit:
Compline returns on October 6 at 8 pm

*I arise today
 Through God’s strength to pilot me;
 God’s might to uphold me, God’s wisdom to guide me,
 God’s eye to look before me, God’s ear to hear me,
 God’s word to speak for me, God’s hand to guard me,
 God’s way to lie before me, God’s shield to protect me.*

This year’s Compline series will begin on Sunday evening, October 6th, at 8 p.m. The service will include brief meditations based on the words of St. Patrick, the fifth century “Apostle to Ireland.” Please join us in this peaceful and prayerful way to mark the end of the day and to prepare for the week ahead.

– KEITH KUHN, COMPLINE COORDINATOR

We’ll pray our good-byes at Compline on November 3

On Sunday evening, November 3rd, we will hold a special Compline service to remember and pray our good-byes to the Holy Spirit parishioners who have died over the past year.

– KEITH KUHN, COMPLINE COORDINATOR

Time to get crafting for the Holiday Market. Join the Holiday Market Craft Group!

Let's get Crafty! Join the Holy Spirit Crafters on Fridays from 10 a.m. – 12 p.m. in the Parish Hall when available or upstairs in the church office through November 1st. There's still time to join in the fun! Come any Friday and stay as long as your schedule allows. Step-by-step instructions on making holiday decorations and ornaments for the Holiday Market are provided. No experience is necessary. This is a great way to meet other parishioners. For more information about the Craft Group, contact Sue Lowery at 546-8401 or smorasco@centric.net.



Join us on Friday mornings, 10 a.m. to 12 noon, now through November 1. Meet in church office.



HOLIDAY MARKET

HOLY SPIRIT | EPISCOPAL CHURCH
130 South Sixth Street East | Missoula, MT 59801 | 406.542.2167

Crafts • Antiques • Ornaments • Quilts • Collectibles • Jewelry • Raffle • Silent Auction
Lunch served on Friday, 11:30 am – 1 pm

Friday, November 8, from 9 am – 4 pm
Saturday, November 9, from 9 am – 1 pm

Holiday Market set for November 8 and 9: Countdown to Holiday Market 2019

Although this year's Holiday Market is still a few weeks away, you don't have to wait a single day to begin taking part. It's time for donations! And here's what's needed: Christmas-themed décor, decorations, books, table linens, candles, etc.; Craft, Pet, and Griz items; Jewelry; Art – photography, prints, originals, sculptures; Re-giftable "gifts"; and the market notables – Antiques and Vintage treasures. We ask that all your donations be in excellent or original condition. Bring your Market donations to the church anytime through Sunday, November 3. Please have *all Holiday Market items in closed boxes and take them downstairs* below the coat racks in the hallway outside the Guild Room. Pick up a donation tax receipt that will be downstairs where you will leave your boxes.

We will be signing up volunteers to work throughout Market Week in the Parish Hall on Sunday October 20, 27, and November 3 (Conga Line Sunday). From set up to take down, from displaying to pricing, from working the sale to providing lunches for volunteers – there is a place for EVERYONE in our church family to take part in this

tremendous week of outreach and Holy Spirit Ministry. Market doors are open from 9 a.m. to 4 p.m. on Friday, November 8. Invite a friend or neighbor to join you at Friday's luncheon from 11:30 a.m. – 1 p.m. Saturday's market, November 9, runs from 9 a.m. – 1 p.m. Two days. Eleven hours of Missoula's finest holiday shopping for everyone on your list.

This year's Raffle and Silent Auction items are among the best ever. You may purchase raffle tickets and place your auction bids the same three Sundays as listed above. Wine and "Death by Chocolate" gift baskets will again be featured in the Raffle. Please consider donating a lovely bottle of wine or some luscious chocolate goodies in the donation basket by the notice board in the Parish Hall for these baskets. This is your Holiday Market. Your participation and donations are the foundation of this incredible week. Thank you in advance for all you are able to do to make this wonderful week the success it can be.

– BETSY HOLMQUIST
HOLIDAY MARKET MINISTRY

Community Ministries: Donut holes pave the way for Hellgate Sunday on October 20

Curiosity over donut holes brought them in – Hellgate students, parents, staff, neighbors and dogs – and hot chocolate, coffee, and the things we had in common helped them to stick around for a few moments on their way those first days of school. From our parking lot corner, we helped anxious freshmen find the school entrance, celebrated with a fourth-generation Hellgate family from Clinton, “thumbs up”ed with teachers and parents, cheered on the new seniors, served up more smiles than snacks, and answered “Which church are you from?” for several who didn’t realize there was one right across the street.

Each one is our neighbor, with their unique stories and challenges to face this school year. On October 20th Hellgate Sunday will help us to shine a light on a few of their stories and stretch our knowledge and love of neighbor beyond what the donut holes sparked. Thank you to our Hellgate Ministries Coordinator A’Lisa Scott and her team for leading us in this multi-faceted neighborhood outreach. See you all October 20th!

On the move with you,
– THE REV. DORCIE DVARISHKIS
239-7655 ~ dorcied@gmail.com

Social Concerns Committee: Advocating for affordable housing

A roof over one’s head is a pretty basic necessity, isn’t it?

But for a growing number of Missoulians, that roof is in peril. The average cost of a home is \$305,000, up more than 40 percent in a decade. Not only are more people priced out of home ownership, but the share of Missoulians who rent, already at 50 percent, will continue to grow. Nearly half of these renters are spending more than 30 percent of their take-home pay on housing—the current standard for affordable housing. Unaffordable rents lead to too little of everything else because, as sociologist Matt Desmond put it, “The rent eats first.” When people have a safe and affordable place to live, many other problems (such as unemployment, ill health, and lack of food) are lessened.

That’s why Holy Spirit, spearheaded by the Social Concerns Committee, is going to be advocating for affordable housing. We will be putting out more information in the coming months and

plan to hold a forum in the fall, all with the purpose of enlisting your energy in this crucial ministry.

But we are not alone. Missoula Interfaith Collaborative (MIC) held sessions on affordable housing in the past year and made recommendations to the Missoula City Council, which has incorporated many of those suggestions in its housing plan. And the National Episcopal Church has passed resolutions urging parishes to support affordable housing.

Look for Missoula housing stories on paper houses in the pews in the coming weeks, and read about this key book on housing, *Evicted*, by Matthew Desmond, posted on the church website, holyspiritmissoula.org. The summary is in three parts, covering the housing problem, the people’s stories, and the solutions proposed. Links to the summaries will also be in upcoming issues of the *Spirited Times*, our e-newsletter.

Thank you, thank you!

I wish to thank Holy Spirit, and everyone in the congregation who has and continues to support Habitat for Humanity of Missoula. This year the Social Concerns Committee provided a grant of \$500.00 which was matched by a member of the parish and got us off to a wonderful start. Then over twenty church members purchased tickets for the eighth annual Stay Home for Habitat Raffle which totaled \$940.00. Unlike last year when we had a winner, we were not as fortunate this year. So, the total amount HSP contributed to Habitat this year was \$1,940, a new record. Also, Bob Deaton organized a workday at the home site for members of the parish. Later this fall, lunches will be provided for onsite workers.



Another supportive year by HSP, and I thank everyone who was involved. Your support will allow us to finish homes 56 and 57 which will provide homes to single parents, each with one child. Our mission is to provide affordable home ownership in Missoula, and your contributions are vital to our success. So, again thank you, thank you from Habitat of Humanity of Missoula.

Blessings,
Bob Brewer

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ANNUAL
WOMEN'S
RETREAT
OCT 25-27
2019

THE LIFE OF THE BODY
PHYSICAL WELL-BEING AND SPIRITUAL FORMATION
VALERIE E. HESS, AUTHOR AND RETREAT LEADER

Set aside a weekend and join us at Camp Marshall on beautiful Flathead Lake for this Women's Retreat. To register contact Rev. Gretchen at (406) 542-2167 or gretchen@holyspiritmissoula.org.