



PARACLETE

SEPTEMBER 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



Join us on September 8 for our Fall Kickoff!

After services on Sunday September 8th enjoy special music, artmaking, and lunch in the courtyard while you peruse information tables about the ministries here at Holy Spirit. Learn about ways our members are involved in serving the Church and the community. Hear from participants and be inspired to get involved in new ways.

Are you involved in a ministry already? Would you like to host a table on September 8th and get the word out about ways others could get involved? Please contact Judy at the church office ASAP at office@holyspiritmissoula.org.

**Please join us on
September 8!**

The Social Concerns Committee invites you: Join us for a discussion of four meaningful books at the Book Cafe

Holy Spirit Episcopal Church's Social Concerns Committee invites you to join us in reading and discussing meaningful books. The four books selected are relevant to current issues that challenge our country and community. Choose one or more of the books to read and then join us on September 18 from 6:30 to 8:30 p.m. in the parish hall for a Book Café.

Here are the four meaningful books that we have chosen for our discussion:

- *Enough: Why the World's Poorest Starve in an Age of Plenty*, by Roger Thurow and Scott Kilman
- *White Trash: The 400-Year Untold History of Class in America*, by Nancy Isenberg
- *Dark Money*, by Jane Mayer
How a network of exceedingly wealthy people bankrolled a systematic plan to control the American political system.

- *Rising Out of Hatred: The Awakening of a Former White Nationalist*, by Eli Saslow

How does a Book Café work? Start with light refreshments and time to socialize, then choose a table where a facilitator will lead a discussion of one of the books. We will discuss what the book is about, why it is an important issue, and how we at Holy Spirit, as Christians, can respond to the issue. After a break, you can resume discussing the same book or jump to another table to discuss another of the books. At the end of the evening there will be an optional book exchange where you can trade your book for one of the others.

You can contact Warren Gartner of the Social Concerns Committee with any questions:

317-872-2431

kwgartner@sbcglobal.net



Join us for a

BookCafe

Wednesday, September 18

6:30-8:30 p.m. in the parish hall

OUR STAFF

Clergy:

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

The Rev. Gretchen Strohmaier,
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Gretchen@holyspiritmissoula.org

The Rev. Judy Anderson, Deacon
The Rev. Doug Anderson, Deacon
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NEWSLETTER

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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?

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.

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!



Church School 2019: Learning about the Family of God

Sunday September 8th is Kickoff Sunday. Children (ages 0 through 9th grade) will register in the parish hall, starting at 9:45 a.m. and get their pictures taken in the courtyard. Art supplies will be on hand for kids and adults to illustrate our theme. We'll create a group mosaic of sorts, depicting what *Family of God* means to each of us as individuals. Children and families will worship together at the 10:15 service as we celebrate the start of another school year. After worship there will be special music in the courtyard, opportunities for more art, and lunch. It'll be a morning to reconnect with your Church family.

This summer the Church School Shepherds continued to think about, pray, and discuss the changing needs of our Church School children and their families. Our focus has become integration of children into the life of the parish-at-large, rather than always separating children out into their own programs. A secondary emphasis, opportunities to practice direct service, will also continue this year, and we'll work towards engaging our larger Church family with us in these endeavors. Church School Shepherds also discussed on-going support for the specialized developmental needs of

kids, while also emphasizing the children's part in the larger community of faith. In an effort to support more intergenerational connections (because we know this is how faith is built), and to encourage the "practice" of Episcopal worship, and to lift up the vital role of each member of Christ's body, we are committing to:

- Shared worship on the first Sunday of every month,
- Short lectionary-based story time for children downstairs, followed by shared Eucharist on the second and third Sundays of the month, and
- Special projects, including community-wide service projects, on the fourth/fifth Sundays of the month.

It seems that this fall is the perfect time to be intentionally focused on the *Family of God*. The kids will be challenged to interact with their larger Church family in new ways. They'll spend time learning about the diversity and breadth of God's family in our community and around the world.

See you soon!

– REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST



Calling All Youthful Readers, Ushers, & Musicians!

In an effort to integrate our children into the life of the parish more regularly kids will be sharing worship with adults on the first Sunday of every month. Our hope is to have one school-age reader on that first Sunday. We would also like to involve our children and youth in ushering. They can assist with ushering at most any time.

There are also many opportunities for older children and youth to share instrumental music. If your child has interest in ushering, reading, or music, please contact Rev. Gretchen at gretchen@holyspiritmissoula.org.

– REV. GRETCHEN STROHMAIER
ASSISTANT PRIEST



Here's the Church School schedule for September

Sunday, September 8
Sunday, September 15

Sunday, September 22

Sunday, September 29

Joint Worship: Kids & Adults upstairs together
Children's lectionary Bible story downstairs and shared Eucharist upstairs
Luke 15:1-10 Lost Sheep & Lost Coin
Children's lectionary Bible story downstairs and shared Eucharist upstairs
1 Timothy 2:1-7 Prayer
Service Project



Explorations:

Opportunities to cultivate, challenge and live our faith

Look for details coming soon about these adult education offerings

The Way of Love: Practices for a Jesus-Centered Life

Learn about the Presiding Bishop’s initiative, *The Way of Love*. More than a program or a curriculum, it’s an intentional commitment to a set of practices. It’s a commitment to follow

Jesus: Turn, Learn, Pray, Worship, Bless, Go, Rest. Learn more at <https://www.episcopalchurch.org/way-of-love>.

THE WAY OF LOVE: *Practices for a Jesus-Centered Life*

TURN Pause, listen, and choose to follow Jesus

LEARN Reflect on Scripture each day, especially Jesus’ life and teachings

PRAY Dwell intentionally with God each day

WORSHIP Gather in community weekly to thank, praise, and draw near God

BLESS Share faith and unselfishly give and serve

GO Cross boundaries, listen deeply, and live like Jesus

REST Receive the gift of God’s grace, peace, and restoration

Being Mortal: Medicine and What Matters in the End

Join us for a three-week course based on the book *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande. Facilitated by Dr. Sally Scott, Oncologist, Susannah Ries,

Nurse Practitioner, and Reverend Gretchen Strohmaier. Sundays November 10, 17 and 24 after church. The class starts at 11:45 a.m. in the Guild Room. Bring a sack lunch.

We’re looking for storytellers:

Do you enjoy storytelling? Have you worked with Godly Play in the past?

We are looking to enlarge our number of adults who share Bible Stories with our children on the 2nd and 3rd Sundays of the month, downstairs. We currently have a group of six storytellers, but we would like to have a group of at least ten. Experience with Godly Play is not necessary, but it could be helpful. We are not planning on using the Godly Play model exclusively. If you are interested in learning about this opportunity, contact Rev. Gretchen at 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.



Our Compline Series will begin on October 6: Choral Compline at Holy Spirit

The tradition of dividing each day into parts and assembling to pray finds its roots in the Judaic tradition and was embraced by early Christians, especially those in monastic communities. By the fourth century in the Eastern Church and by the sixth century in the Roman Church these “canonical hours” came to include “Compline” as a set of prayers to be said before retiring to sleep each day.

These canonical hours evolved into the Divine (or Daily) Office, services prescribed for daily use in Anglican, Lutheran, Orthodox and Roman churches. In the Episcopal Church the services for the canonical hours of vespers and Compline were conjoined to create Evening Prayer. Then early last century the Church reinstated Compline as part of the Book of Common Prayer’s Daily Office (along with Morning and Evening Prayer).

Compline has long been used to close Lenten programs at Holy Spirit. Over the past five and a half years the Holy Spirit Compline Choir has gathered on the first Sunday evening of each month (October through June)

to present choral Compline in candlelight.

While the Holy Spirit’s choral Compline is based on the text found in the Book of Common Prayer, the service has evolved over the years. The “Night Prayer” from the New Zealand Prayer Book (“Lord it is night. The night is for stillness . . .”) is said from the back of the church to begin the service. The service’s canticles are chanted. The psalm appointed for the day has been added. It too is chanted, often responsively with cantor. Additional music is included, often based on plainchant. Imbedded in the service are meditations, often on texts appropriate to the church season or themes apropos to the contemplative nature of the service. The final moments of the service center on Compline’s central prayer, “Guide us waking and guard us sleeping.” The service lasts less than 30 minutes, although the candlelit church is open for a half an hour before and after the service for quiet prayer.

– KEITH KUHN
COMPLINE COORDINATOR

This year’s Compline series will begin on Sunday evening, October 6th, at 8 p.m. The service will include an opening litany 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 week, and to prepare for the week ahead.

Compline

The ancient service of plainchant and contemplative prayer

First Sunday of the Month, October - June
8 p.m. - All are welcome!



What’s possible with one, and one to another

It’s September, our church time for recommitting or committing anew to ministries that will flow in to, out of, and through Holy Spirit. But unlike the Septembers of nearly the last two decades, this one will also find us considering what we will commit to as we consecrate our new Bishop and refuel our Diocese. In the face of so many opportunities, the choices may feel a bit overwhelming. We trust that we have gifts to offer, but we may be wondering what difference we can truly make as one individual. Blessedly, the scriptures give us example after example of people who were feeling too young, old, inadequate, or ill-equipped for what God was calling them to be and to do. And in story after story, the difference that one person can make in revealing God’s love and grace is crystal clear, as is the multiplier effect when one joins with another and another. So, let us step out in this familiar yet new time, believing that we – as one, and one to another – can and will be more than enough for what God has in store.

Peace and perseverance,
– THE REV. DORCIE DVARISHKIS
239-7655 ~ dorcie@gmail.com



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.



Time to mark your calendars for the 2019 Holiday Market!

In less than two months Friday and Saturday, November 8 and 9 will be here. And that can only mean one thing – Holy Spirit's incredible Holiday Market! And today is the perfect time for you to begin thinking about the many ways you can participate in this beloved community event. Besides helping set up, run and attend the market – your donations are critical. Handcrafted items of all kinds, antiques, art, jewelry, collectibles, holiday decorations, vintage treasures, Christmas-themed books, and new or nearly new "re-giftables." (Please save all rummage until next spring.) We also need items for the raffle and silent auction. Please contact Diane Rasmuson at 493-6192 before October 1 if you have an item you think would help raise extra funds in the raffle or silent auction. Lots more information on the Market in the weeks ahead. For now, be sure you have the dates for this year's sale marked on all your calendars. Get busy with your crafts. Start sorting through your no-longer-treasures. Pledge to help make the 2019 Holiday Market one for the books.

– BETSY HOLMQUIST

Holiday Market November 8 & 9

Additional Area Coordinators needed for 2019 Holiday Market

In 2018 the Holiday Market was in danger. Changing lifestyles of younger congregants and aging of our stalwart crew led to fewer volunteers; plus, the Market had become too much for any one person to chair. This could be a \$14,000 hit to the budget and the loss of a community-favorite Holiday sale.

The Market succeeded last year because individual volunteers accepted responsibilities for smaller department areas. The workload was shared among many, and no one was overwhelmed. To continue this model in 2019 additional area coordinators will be needed.

Holiday Market Areas with Coordinators:

***Advertising & Marketing: Betsy Holmquist; needs someone with online skills to help grow this area**

Antiques: Catherine Durand, Marva Gallegos

Art Gallery: Sarah Towle, Barb Morrison

Cashiers and supplies: Wendy Kuhn and Barb Hosier

***Christmas decorations and linens: Kate Laney; additional help needed**

Craft Group: Sue Lowery, plus a trusty group of volunteers

Jewelry: Bonnie Lee, Pam Diamond, Mary Porter and Ann Blair

Kickoff Sunday table: (promotion of signage) Jari Davis

Luncheon: Lani Brewer, Mary Tromly, Barb Kennedy

***Noel's Novelties (i.e. re-giftables) needs coordinators**

Raffle and Silent Auction: Diane Rasmuson, Jeanne Clark, Holly Swartz, Bonnie Tyro

Sanctuary open: Bill Earhart, Carla Mettling

Set-Up Crew: Bob Brewer, Tracey and John Gage, Diane Rasmuson

***Tear-Down Crew: needs guy coordinators**

***Workers' Lunch: needs a coordinator (Monday to Thursday)**

The lifeblood of the Holiday Market is the many people who donate their treasures and the volunteer worker bees who donate whatever time they can to come help. *We need you more than ever and are thankful to you all.* Information about donations and sign-up sheets for these volunteers will be forthcoming closer to the time. *However, if you feel you can become more involved in helping to run this event, please talk to me or any of the coordinators.* We will be most grateful for the additional commitment; it might even be fun, and it will certainly help the Holiday Market to survive and perhaps even to grow.

– DIANE RASMUSON 406-493-6192 (ddrasmu@charter.net)

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 starting September 6th through November 1st. 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.

Semi-annual blood drive planned for September 26 at Holy Spirit

You can give a life-saving gift to someone using only about an hour of your time. The blood drawing itself takes only 15 minutes, after which there will be juice and snacks available to give you a boost toward replacing that blood. More than one-third of adults nationwide are capable of being donors, yet only about 8% actually take the time to do so.

We will be signing up donors after the 8:00 and 10:15 services on September 8th, 15th and 22nd for the drawing on September 26th. Look for the sign-up sheets in the parish hall. There are 23 donor spots available between 1:00 and 6:00 p.m. on the day of the drawing.

Here is what you need to know to be a donor:

- People who are generally in good health and weigh more than 110 pounds can usually be donors.
- Those under age 18 must have a parental consent form. Additional height and weight restrictions apply to 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.
- Low iron (hematocrit count) is another exclusion factor.

If you are a regular Red Cross donor, you must allow 56 days between donations, so if you have donated blood after August 1st, you will not be able to donate on September 26th. For answers to further questions relating to donating blood, call the Red Cross at 1-855-210-1278.

Volunteers are needed to help register donors and serve refreshments to donors afterwards. We also need some cheese and crackers plates. If you would like to volunteer some time or donate cheese and crackers, please call Kate Laney, 801-440-3811 or Kate_Laney@me.com. Thank you.

– KATE LANEY, BLOOD DRIVE COORDINATOR
SOCIAL CONCERNS COMMITTEE

YOU CAN SAVE A LIFE GIVE BLOOD

Holy Spirit Blood Drive

Location - Parish Hall
130 South 6th Street East

**Thursday, September 26
1 pm - 6 pm**

Sign up after church beginning
September 8!

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 our table at Kickoff Sunday on Sept. 8 and read about this key book on housing.

– CLEM WORK

(Look for the summaries of the book *Evicted* in upcoming issues of the *Spirited Times*, our e-newsletter. The summaries will also be posted on the website, holyspiritmissoula.org.)

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GIVING JUST GOT EASIER

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to begin

