

PARACLETE

FEBRUARY 2026

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

A Prayer for Our Homeless Sisters and Brothers

Loving Creator of all, Hear our prayer for all women and men, boys and girls who are homeless this day. For those sleeping under bridges, on park benches, in doorways or bus stations. For those who can only find shelter for the night but must wander in the daytime. For families broken because they could not afford to pay the rent. For those who have no relatives or friends who can take them in. For those who have no place to keep possessions that remind them who they are. For those who are afraid and hopeless. For those who have been betrayed by our social safety net. For all these people, we pray that you will provide shelter, security and hope. We pray for those of us with warm houses and comfortable beds that we not be lulled into complacency and forgetfulness. Jesus, help us to see your face in the eyes of every homeless person we meet. Empower us to work for justice and peace through words and deeds, and through the political means we have. Give us open hearts to greet and meet the homeless people in our neighborhoods. In your name we pray. Amen.

PUBLISHED BY THE CHURCH
PENSION GROUP

Answering the call: POV Overflow at Holy Spirit

You have likely heard that Holy Spirit has been invited to participate in the POV overflow program. Rev. John Daniels from First United Methodist Church reached out this fall, inviting Holy Spirit to consider this opportunity to serve our community. After consultation and brainstorming with the staff and Vestry we have chosen to move forward with this program. A subgroup of the Vestry has been hard at work planning for these potential guests. We have two weeks that we will be "on call", February 1-7 and February 22-28. Any night during those two weeks when the Poverello Center has reached its capacity and the weather is 10 degrees or colder, we will host guests from the POV (up to 20 people), and they will sleep in the parish hall. They will be vetted by POV staff and supervised overnight

by staff from the Missoula Interfaith Collaborative.

Twenty-one volunteers from Holy Spirit have signed up to help with this initiative! Two volunteers will welcome guests in the evening at 8 pm and make sure the building is secure. Two volunteers will arrive at 7 am to make coffee and serve some light breakfast treats. Rev. Gretchen and Rev. Terri will rotate being one of those morning volunteers. Guests will leave by 8 am, and the volunteers will do a walk-through making sure everything is in order for the day.

We feel good about the work that has been done to prepare for these guests and for the loving support of the congregation to help provide for members of our community. It will be challenging, no doubt, but we believe it is the right thing to do.

— REV. GRETCHEN



OUR STAFF

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Co-Rector
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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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Shrove Tuesday Pancake Supper is February 17 Flip into Shrove Tuesday!

Get ready to feast, laugh, and loosen your belt a notch — **Shrove Tuesday** is almost here! Also known as **Fat Tuesday** or **Mardi Gras**, it's the traditional Anglican moment to use up all the eggs, butter, and sugar before Lent... and what better way than with a mountain of pancakes?

As always, the mighty men of Holy Spirit will be manning the griddles and serving up an all-you-can-eat Pancake Supper for parishioners and guests. Give yourself the night off from grocery lists, meal planning, and dishes. We've got you covered with:

- Fluffy pancakes (yes, **gluten-free options too!**)
- Savory sausages
- Syrup, coffee, juice, and milk

The griddles fire up at **5:00 p.m.** in the Parish Hall, and we'll keep the goodness coming until **7:00 p.m.** **Cost:**

- \$6 for adults
- \$4 for children
- Free for kids 4 and under

Come hungry, come happy, and come ready to celebrate Shrove Tuesday in the tastiest way possible.

— JESSE JAEGER, COORDINATOR

Volunteers needed for our Shrove Tuesday Pancake Supper

Men of Holy Spirit are invited to help carry on our Shrove Tuesday tradition on **February 17**. Volunteer shifts run from **3:30–7:30 p.m.** for setup, serving, and cleanup.

Sign up using the QR code in the service leaflet or on the sheet in the parish hall. Questions? Contact **Jesse Jaeger** at 406-207-3372 or jesse.jaeger@gmail.com.

ASH WEDNESDAY

FEBRUARY 18

SERVICES AT 12 NOON AND 7 PM

HOLY SPIRIT | EPISCOPAL CHURCH

130 South 6th Street East / Missoula, MT 59801 / 406.542.2167 / www.holyspiritparish.org / office@holyspiritmissoula.org

Our Lenten journey begins on Ash Wednesday, February 18

Ash Wednesday marks the beginning of Lent, a season of reflection, renewal, and preparation for Easter. The day takes its name from the ancient practice of placing ashes on the foreheads of worshippers — ashes traditionally made from the palm branches of the previous year. As the Ash Wednesday liturgy reminds us:

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.

This year, we will gather for **Holy Eucharist with the Imposition of Ashes at both 12 noon and 7 p.m.**

We invite you to join us at either service as we begin our Lenten journey together, turning our hearts toward the hope and promise of Easter.

ERD Sunday – a day to remember those in need

We invite all Episcopalians to gather on **February 22, Episcopal Relief & Development Sunday**, to pray for people facing poverty, disaster, and disease, and for communities working to overcome inequality with their own resources and expertise. Each year, Episcopal Relief & Development (ERD) facilitates healthier, more fulfilling lives for more than **3 million people** worldwide through long-term programs focused on **Women, Children, and Climate**.

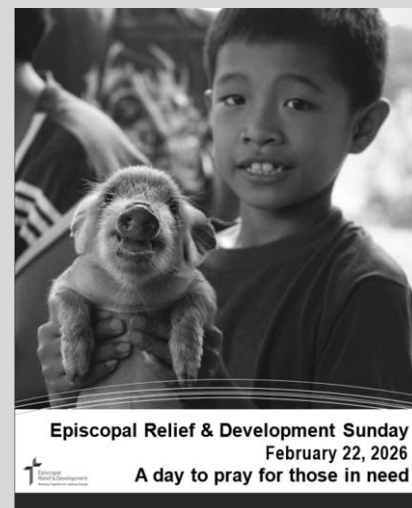
We will be taking a special offering at both services on February 22 in support of ERD's mission to assist people impacted by poverty worldwide. All gifts from our offering will be designated to Episcopal Relief & Development's **Global Needs Fund** which enables ERD to reach those most in need around the world. You can support this work by making a donation in one of the special envelopes provided in the pews that day or by donating on our giving platform Pushpay. Just choose **"Episcopal Relief & Development"** from the dropdown menu of funds.

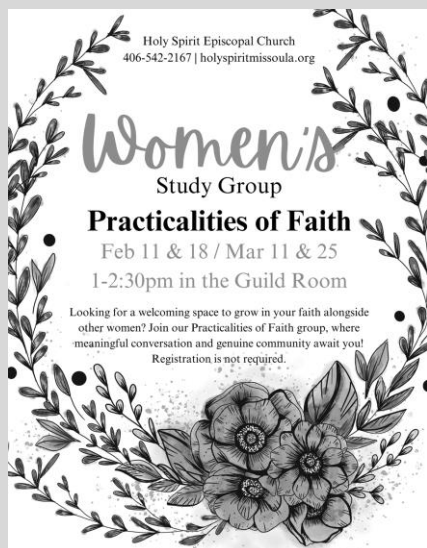
Christian Fasting: A misunderstood gift

As Holy Spirit continues its commitment to learning about food insecurity and related issues, our Lenten theme this year is **fasting**. Though often misunderstood, fasting is one of the most powerful practices for deepening our faith. While it has traditionally meant abstaining from food, Christian fasting reaches far beyond "giving up chocolate for

Lent." When approached with intention, it invites us to examine what truly motivates us and to make space for God in new ways.

Join **Valerie Hess** on **Saturday, February 21, from 10:00 to 11:30 a.m.** in the Parish Hall for a thoughtful conversation about what Christian fasting is — and what it isn't.





Women's Group: Living Our Faith Together

Looking for a space to reflect, connect, and grow in faith with other women? Come join the *Practicalities of Faith* group, a welcoming circle led by Julie Benson, where heartfelt conversation and spiritual companionship flourish. Whether you're navigating life's joys or challenges, this group offers a gentle place to share, listen, and explore how faith shapes our everyday experiences.

All women are welcome—bring a friend, bring your questions, and come just as you are. No preparation needed, just a spirit open to connection.

Upcoming gatherings:
February 11 & 18
March 11 & 25
1-2:30 p.m. in the Guild Room

Drop in for any of these sessions—no registration required. Whether you're new to Holy Spirit or a longtime parishioner, we'd love to have you.

Come be part of a supportive community where faith meets real life, and where women encourage one another to live with purpose, grace, and joy.

Sign up to host Coffee Hour Building community, one cup at a time

Coffee Hour after church is an important ministry for building community and fostering fellowship. It allows parishioners to connect, offer mutual support, welcome newcomers and deepen relationships in a relaxed setting, which reinforces church unity and belonging. Sign-up sheets for parishioners to host Coffee Hour can be found in the Parish Hall on the serving table (on Sunday) or on the counter (weekdays). If you have never done Coffee Hour or need someone to help you, Sue and Diane are always available to do it with you and, if necessary, "show you the ropes". The focus of Coffee Hour is on a relaxed setting so hosts

are encouraged to either bake or purchase items that could be served on a napkin such as cheese/ crackers, fruit/ veggies or cookies/ bars. Donut holes are always popular, for example. If you would like to contribute to Coffee Hour but are physically unable to, talk to Sue who will purchase the necessary treats and arrange for Coffee Hour to be done on your behalf. Sign-up sheets are waiting for your signatures so please consider taking part in this small but important ministry.

— SUE LOWERY

slower14@gmail.com

DIANE RASMUSON

dianerasmuson@gmail.com



Join us for the "You-Won't-Miss-the-Meat" Potluck on March 4!

The Wholly Fun Committee invites you to the **"You-Won't-Miss-the-Meat Potluck"** on **March 4** at Holy Spirit, as a follow-up to the "Food for Thought" book study.

Bring a favorite dish featuring **rice, beans, pasta, vegetables, or fruit** to share. Members of the book study will provide the desserts.

After dinner, enjoy a lively **food-themed trivia quiz** with questions about food facts in Scripture, food idioms in English, and fun food facts

from history. Expect great prizes and fun for all ages.

Watch for more details in the *Spirited Times*, the Service leaflet, and the *Paraclete*. We'll gather at **5:30 in the Parish Hall**.

Looking for inspiration? A collection of terrific recipes are posted on the church webpage here:

<http://holyspiritmissoula.org/news-updates/vegetarian-recipes-for-conscious-eating-potluck/>.

Rector Search Update

Continuing the Journey Toward Our New Rector

The Search Committee continues to accept applications from candidates for our new rector. Given the huge competition for rector candidates, we are reviewing the applications as they are submitted.

After a tabulated screening review of the application, the Search Committee decides whether to offer the candidate a Zoom interview. If the Search Committee wants additional information, we may schedule a second Zoom interview. Should the applicant sufficiently impress the committee, the candidate may be asked to come to Missoula for an in-person interview, including an opportunity to preach. The Vestry and the congregation will all get a chance

to meet the candidate during their Missoula visit. The Search Committee will then decide whether to recommend the candidate to the Vestry, which makes the final hiring decision.

If you know of a potential candidate or someone who might know a potential candidate, please direct them to the Rector Applicant page of the Holy Spirit website (<https://episcopalnewsservice.org/jobs/rector-1283/>), or they can write to rectorsearch@holyspiritmissoula.org.

— BILL DRUMMOND
SEARCH COMMITTEE CHAIR

What Is Being Revealed

Your annual gift helps Holy Spirit build community, belonging and life-giving faith.

Everything that happens at Holy Spirit is brought to you by you.

Thank you!



Gooooaaaaa! Thank You for a Great Stewardship Campaign

Thanks to the generosity and commitment of our parishioners, we have surpassed our goal of \$420,000, with total Annual Gifts reaching **\$446,165.96**.

Particularly encouraging is the number of new Annual Gifts—**16 in all**—which reflects the continued vitality and engagement of our parish community. Annual gifts support 80 percent of our total budget, so this outpouring truly is momentum for everything we do.

Overall, this year's campaign reflects a deepening commitment to the mission and ministry of Holy Spirit. The breadth of participation, the number of increased gifts, and the strong total all speak to a parish that is engaged, generous, and hopeful about the work we are doing together. Thank you!

— MOLLY BOWLER
SENIOR WARDEN

Goody
wonder...

Wondering Our Way through Lent

Discovering Lent through the eyes of Godly Play

Our Godly Play stories in February will lead us to Lent and the Mystery of Easter. Come journey in wonder with us for a portion of the 10:15AM worship service. For more

information and to complete a registration form, please connect with Deacon Dorcie at church or through the church office.

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.



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



Holy Spirit Winter Blood Drive

130 South 6th Street East
Parish Hall

**Thursday, February 12
1 p.m. – 6 p.m.**

Sign up online at
www.redcrossblood.org or contact
Audrey Murray at
audreymurray196@gmail.com.
Please plan to donate!



I give blood. Will you?

redcrossblood.org | 1-800-RED CROSS

Holy Spirit’s Winter Blood Drive set for February 12 Let’s roll up our sleeves, Holy Spirit!

Holy Spirit Parish is partnering once again with the Montana Red Cross to host our annual **Winter Blood Drive** on **Thursday, February 12**, from **1:00–6:00 p.m.** in the Parish Hall.

Winter is one of the hardest times of year for the Red Cross to collect enough blood. Storms, illness, and seasonal travel all reduce donations — even as the need stays constant. **Every two seconds, someone in the U.S. needs blood**, whether they’re recovering from an accident, undergoing surgery, or receiving treatment for cancer. A single donation can help save more than one life.

By giving blood this February, you’re offering hope to patients across Montana. The Red Cross supplies more than 30 hospitals and medical centers in our state, and your donation helps ensure that blood is available the moment it’s needed.

You can schedule an appointment at www.redcrossblood.org or contact

Audrey Murray at (612) 968-2108 or audreymurray196@gmail.com.

Basic Eligibility

- In good health and feeling well
- At least 110 pounds
- Donors under 18 must bring a signed parental/guardian consent form
- Additional height and weight requirements apply for donors 18 and younger

For eligibility questions, call **1-800-RED CROSS (1-800-733-2767)** or visit **RedCrossBlood.org**.

Whether you donate blood, invite a friend to join you, or volunteer at the event, your participation strengthens our community and helps save lives. Thank you for being part of this life-giving ministry.

We look forward to seeing you at the Holy Spirit Parish Blood Drive.

— AUDREY MURRAY
SOCIAL CONCERNS COMMITTEE

Sign up to donate at www.redcrossblood.org today!

If our first response to the receipt of gifts is gratitude, then our second is reciprocity: to give a gift in return.

Robin Wall Kimmerer



Thank you, Holy Spirit. Let's keep the generosity going!

Thank you, Holy Spirit, for your generosity. In 2025, our parish donated **2,355 pounds of food** to the Missoula Food Bank—a remarkable gift to our neighbors.

For February, we're focusing on "**Potluck Favorites**" to help stock the shelves with hearty, versatile staples. Please consider donating:

- Noodles
- Tuna
- Cream soups
- Beans
- Canned vegetables
- Rice
- Stuffing mix
- Instant potatoes

Every item you share helps nourish a family in our community. Thank you for continuing this ministry of care.

– KATHY BERMAN
FOOD BANK MINISTRY



Community Ministries Moving in Gratitude and Reciprocity during Lent 2026

The Episcopal Church is inviting our focus on Gratitude and Reciprocity during this Lenten season, leaning into Robin Wall Kimmerer's book "The Serviceberry: Abundance and Reciprocity in the Natural World."

The serviceberry is common to the traditional food of Robin's Potawatomi tribe, and in its abundance, she sees a metaphor for giving for all living beings. The Church writes that in the Native way, there is no me, but we: Sustenance is not just for the individual, but for the community. Robin asserts that we can only flourish when that flourishing is mutual. She notes, "If our first response to the receipt of gifts is gratitude, then our second is reciprocity: to give a gift in return" in thankfulness rather than obligation, to

fuel a healing and thriving cycle of mutual blessing. "Gratitude and reciprocity are the currency of a gift economy, and they have the remarkable property of multiplying with every exchange, their energy concentrating as they pass from hand to hand, a truly renewable resource."

In our ministries of "we" with The Parenting Place, Hellgate High School, Missoula Interfaith Collaborative, and beyond, let's see what abundance is nurtured by moving in gratitude and reciprocity.

Alongside you,

– THE VEN. DORCIE KAFKA
DVARISHKIS
dorcied@gmail.com ~
406-542-2167 church office

HOLY SPIRIT PARISH

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RETURN SERVICE REQUESTED



Shrove Tuesday Pancake Supper

Tuesday, Feb. 17 ■ 5 p.m. ■ Parish Hall



Pancakes and sausages served
from 5 p.m.-7 p.m.

Cost: Adults, \$6; Kids, 5-12, \$4;
Kids, 4 and under, free!

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