

# PARACLETE



SEPTEMBER 2023

HOLY SPIRIT | EPISCOPAL CHURCH

130 South 6th Street East • Missoula, MT 59801 • 406.542.2167 • E-mail: [office@holyspiritmissoula.org](mailto:office@holyspiritmissoula.org) • Website: [www.holyspiritmissoula.org](http://www.holyspiritmissoula.org)

A publication of Holy Spirit Episcopal Church

## WELCOME

BACK TO CHURCH

Sunday, September 17



**Welcome back to Church!**  
**Join us on Sunday,**  
**September 17**

We'll return to two Sunday services (8 am and 10:15 am) on Sunday, September 17. Join us that day as we lift up, celebrate, and bless the ministries of our church. Learn about the breadth of our ministries both within and outside of our church. Get connected with leaders of those groups. Come with an ear for how God may be calling you to become involved. There's a place for everyone at Holy Spirit, in a range of activities that guide and support our worship, programs, and people. As always, there are many rewards for getting involved, and lots of places to do so, whether you're someone who likes to organize teams or prefers a hands-on project. No matter your talent or inclination, there's a place for you at Holy Spirit! Come and check out our ministries and enjoy a time to relax with your church family over lunch in the courtyard immediately after the 10:15 service on September 17.

## From the Acting Rector Grace & Strength

Here we are starting our fourth month of Terri's sabbatical / our sabbatical. I have been asking people to pay close attention to one another and to our life together. I extend my question to all of you. What are you noticing about our Community of Faith right now?

I am aware of much grace and great strength as I have witnessed this body pull together, shift, and move in new ways. What grace to see Worship Coordinators step up into new roles, helping to keep worship running smoothly in the midst of leadership transitions. What grace to see a Worship Enrichment Committee come together to study worship and explore worship practices across The

Episcopal Church that might enrich our experience of worship. What grace to participate in a Teddy Bear picnic organized by Holiday Market volunteers in honor of Vickie Fleischer, a longtime supporter of the Market who passed away this summer. What grace to see new leadership for our ushers and a process for welcoming newcomers established. What grace to see folks enjoying opportunities for creativity in our communal collage project and our summer art classes. What grace to witness the Stewardship Committee coming together. What grace to see the staff trying new things, covering for one another and pitching in, in

*Continued on page 2*



Sufficient  
Grace.  
Perfect  
Strength.

2 Corinthians 12:7-10

## OUR STAFF

### Clergy:

The Rev. Terri Ann Grotzinger,  
Rector

[revterri@holyspiritmissoula.org](mailto:revterri@holyspiritmissoula.org)

The Rev. Gretchen Strohmaier,  
Assistant Priest

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The Rev. Dorcie Dvarishkis,  
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[dorcieed@gmail.com](mailto:dorcieed@gmail.com)

### Organist/Choir Director:

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## NEWSLETTER

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From the Rev. Joan Yetter

## It's become an unintentional pilgrimage of the heart

Dear friends,

When we began this journey together a few weeks ago, I really had no idea what to expect. But parish ministry never disappoints, and neither do the faithful who make up parish communities. In the past seven weeks we have had it all: Memorial services and receptions, baptisms, a highly successful parish picnic, special music during services, visitors joining us for worship, the opportunity for creative expression with a mural project, Eucharistic Visitors extending the feast to the homebound, fellowship at coffee hours, meeting new people and reconnecting with longtime friends.

The Summer Sundays I have spent in your midst have become an unintentional pilgrimage of the heart. In this sacred space I have remembered and reflected, prayed, prepared, and even shed a tear or two. We have had time to get out in nature, hiking and exploring, which always helps me gain perspective. I look forward to having time to more fully process the spiritual aspect of the experience.

It has been delightful to work with Gretchen, Dorcie, Nancy, Judy, Connie, Lori, and Warren, primarily in a tag team fashion, but with trust

and respect established twenty years ago. It was this community who graciously formed me when I arrived at Holy Spirit, and it is truly a privilege to be here once again.

And, then there is the generous hospitality extended to us by Jari Davis, who invited us to squeeze into



her backyard. She had no idea what she was getting into; we have immensely enjoyed many summer evenings in her lovely yard; we will miss our chats and look forward to maintaining the friendship from a more distant zip code.

May the remaining sabbatical time continue to be rich and meaningful.

— FAITHFULLY,  
JOAN+

## Grace & Strength

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new ways. What grace to see a crew of volunteers work together to make the picnic happen. And there's been so much grace offered by individuals reaching out and offering their time to help as needed with office jobs and other miscellaneous projects.

The result of all of this grace? Strength. There are many, many

shoulders leaning in and carrying this load. That means we have a wide and solid base from which we can draw great strength. Add the Holy Spirit to that mix and who knows what will happen in the next three months of our sabbatical!

— GRACE AND STRENGTH TO YOU,  
MY FRIENDS,  
REV. GRETCHEN+  
ACTING RECTOR



## Holy Spirit Blood Drive

Location: Parish Hall  
130 South 6th Street East

**Thursday,  
September 14  
1 pm - 6 pm**

Sign up online at  
[www.redcrossblood.org](http://www.redcrossblood.org)

## Fall Blood Drive takes place September 14

Our annual blood drive takes place on Thursday, September 14, from 1 p.m. to 6 p.m. in the Parish Hall. Here is what you need to know to be a donor.

- Men who are generally in good health and weigh 110 pounds or more can usually be donors. For women, those 5'6" or taller have the same minimum weight requirements as men, while those **shorter**, must weigh **more** (5'1" – 133 lb., 5'3" – 115 lb.)
- Youth between 16 and 18 must have a parental consent form.
- 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 cannot give blood between July 20 and our blood drive to allow 56 days between donations.

For answers to further questions about eligibility to donate, call Red Cross Blood Services at 1-800-733-2767.

## Five good reasons to donate blood

Our fall blood drive will be held on September 14, 1:00 to 6:00 p.m. in the Parish Hall. Are you looking for a reason to donate? Here are five good reasons:

1. **Helping someone else benefits you, too.** Research has found that helping others can boost your mood, reduce stress, and connect you to others, positively impacting your physical and emotional well-being.
2. **You get a free health checkup.** Before donating blood, a technician will perform a brief medical history and quick physical to check your hemoglobin levels and vital signs, including your pulse and blood pressure. Your blood also is tested for several diseases.
3. **Every blood type is needed.** No matter what your blood type is, it is needed and valuable — and vital to saving a life. If you have a common blood type, there is a higher demand for it and, therefore, a greater need for donors. If you have a less common blood type, there are fewer donors

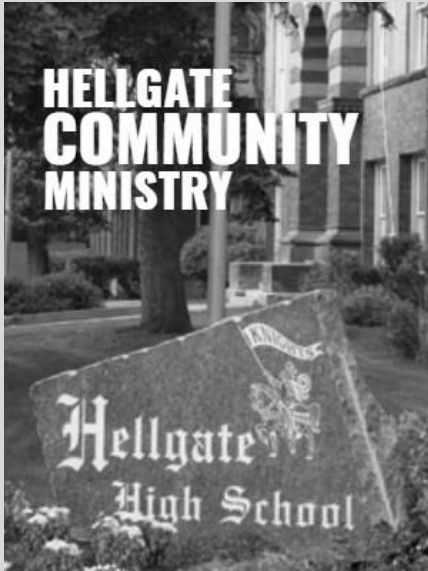
available to give, making it in short supply.

4. **You, or someone you know, may need a blood donation in the future.** It's a fact that every two seconds, someone in this country needs blood, according to the American Red Cross. Choose to give blood because there may come a day when you need blood one day.
5. **You get a calorie free snack!** Your body uses about 500 calories to replace the blood you donate. Thus, the juice and delicious cookie you indulge in after giving blood are a zero-calorie snack.

In recent years, the gap between the number of donors and the need for life saving blood has widened. New donors are needed. You can arrange to donate through the Red Cross website (<https://www.redcrossblood.org/give.html/find-drive>). Or contact Audrey Murray (612-968-2108; [audreymurray196@gmail.com](mailto:audreymurray196@gmail.com)).

—AUDREY MURRAY  
SOCIAL CONCERNS COMMITTEE





### Let's restock the Hellgate High School's Family Resource Center!

Our neighbors at the Hellgate High School Family Resource Center would appreciate a boost in supplies for the new school year. Here's what is most needed:

- Gym shorts, longer style
- Sweatpants, with elastic at the ankle
- Feminine products
- Snack bars
- Ramen noodle cups
- \$25 gas cards
- \$25 Kohls/Walmart/Target cards

You can bring your gifts by the church office, and Hellgate Ministry Coordinator A'Lisa Scott and Rev. Dorcie Dvarishkis will arrange for delivery. Thank you for your support!

To learn more about our Hellgate neighbors and ways to get involved, please plan to join us on September 10 for Hellgate Family Resource Center Alms Sunday.

– THE VEN. DORCIE DVARISHKIS

## Community Ministries Back-to-School essentials

As students begin a new school year, their excitement and nervousness are held by a community who sees the significant challenges they face:

- Difficulty re-accessing Medicaid coverage for healthcare
- Loss of access to free and reduced-cost school meals
- Expense of school needs
- Concerns with bullying
- Fear of gun violence
- Montana's high rates of expressed teen sadness/hopelessness and suicide attempts

We appreciate those who are providing some of the tangible essentials needed – stuffed backpacks, clothing, computer use, and the like. I am also grateful for the people and organizations working to bolster their protective factors. And there are advocates working on the variety of issues that challenge their well-being. It takes us all working together to build a community that can help to expand their safety nets and sense of empowerment for the year ahead.

One essential worth extra consideration is our children's spirituality. In reading the work of psychologist Dr. Lisa Miller and serving as a church schoolteacher, I see truth in the scientific link Dr. Miller makes between spirituality and children's health. In her book "The Spiritual Child," data shows that children who have a positive, active relationship to spirituality are 40% less likely to use and abuse substances, 60% less likely to be depressed as teenagers, and have significantly more positive markers for thriving, including an increased sense of meaning and purpose.

How might we encourage an ever-growing sense of spirituality in the children around us? Here are a few ideas:

- Listen – to their stories, their fears, their excitement, and their disappointments.
- Spend time with them in nature or other places that help them continue to develop

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## Family Worship set for September 17

# Sharing God's love in a multi-generational community

The Family Worship Team at HSP includes Kara Hanson and Jody Thomasson, co-leaders, and Katie Nederhoed, Meredith Mehne, and Rev. Dorcie Dvarishkis.

Our goal is: "Sharing God's love in multigenerational community: cultivating curiosity about our life of faith within a safe, inclusive and clergy supported environment."

All God's children of various ages are welcome to join us to share in fun, laughter, and awe on September 17<sup>th</sup>, October 15<sup>th</sup> and November 12<sup>th</sup>.

Worship is at 4:30PM, for one hour of singing, prayers, lessons, Eucharist, activities, and snacks. Please join as you are able!

On September 17<sup>th</sup> we will be celebrating "Fall into Family Worship." Join us at 5:30PM, following the worship service, for food and fun, and all generations, all families are welcome. Watch for details in the *Spirited Times*.

—JODY THOMASSON

CO-LEADER, FAMILY WORSHIP



### Baptism dates announced

The next date for baptism at Holy Spirit Episcopal Church will be at our All Saints' celebration on Sunday, November 5, at the 10:15 a.m. service. If you are interested in baptism at that time, either for yourself or for your child, please call the church office at (406) 542-2167 and ask to speak to Rev. Gretchen. If you are interested in the Sunday after All Saints' Day baptism date, Rev. Gretchen needs to hear from you by October 8.

The remaining date for baptism for this year is the Sunday when the bishop visits (December 3).



### A reminder about Rev. Gretchen's schedule

Just a reminder about Gretchen's schedule. She divides her time between Holy Spirit and St. Paul's in Hamilton, serving half time at both parishes. Monday and Tuesday she devotes to St. Paul's. Wednesday and Thursday she does Holy Spirit work. Friday and Saturday are her days off, and on Sundays she rotates between the two churches. Typically, Rev. Gretchen preaches one Sunday a month at Holy Spirit.



## Back-to-School essentials

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a sense of wonder and connectedness.

- Ask open-ended questions to help them reach a workable next step. Ask what their inner compass might be telling them

about productive ways to move forward.

- Share ways that you nurture your faith and spirituality.

Thank you for all the ways you are supporting the essentials needed by our children and families.

—ALONGSIDE YOU,

THE VEN. DORCIE KAFKA  
DVARISHKIS

[dorcied@gmail.com](mailto:dorcied@gmail.com)

406-542-2167 church office

## What are you thankful for?

Our Fall Ingathering for the United Thank Offering (UTO) will take place on Sunday, October 1, at both services. Special envelopes will be in the pews that day for your donations, and you can bring your Blue Boxes to church and place them in the basket at the back of the church.

The monies raised from the thank offerings are given back in the form of grants in support of programs within the dioceses of The Episcopal Church and the Anglican Communion that address compelling human needs and supporting the alleviation of poverty.

### The UTO Prayer

*Gracious God, source of all true joy; accept we pray, these outward signs of our profound and continuing thankfulness for all life. Keep each of us ever thoughtful for all the blessings of joy and challenges that come our way. Bless those who will benefit from these gifts through the outreach of the United Thank Offering. This we ask through Him who is the greatest gift and blessing of all, Jesus Christ. Amen.*



## From the Vestry Transportation resources for church members

It is no secret that church populations have been aging since the 1970s, creating many issues as to how to nurture and grow membership. A problem that arises for many of us now is how to continue being able to participate in worship and community at our church when our own mobility becomes compromised. It is a serious issue for the larger organization but is vitally serious for we who are facing the growing limitations of age ourselves. It is well known that the loss of community with its social relations and support hastens decline as we age; as well, the losses due to age confine and limit our own power to maintain social contacts.

The Vestry has been thinking together to address this issue. When family or friends are not a viable option, and one cannot afford *Uber* or other such providers, there are essentially two free resources available, depending upon the individuals' limitations:

### Mountain Line—ADA Paratransit

One must complete an application to support ADA (Americans with Disabilities Act) stipulations. This would be similar to what is required to obtain a Handicap Placard for your car. This provides point-to-point service, from your doorstep to the Church. The hours of operation on Sundays are 8:45am—8:45pm.

### Holy Spirit Resources

**RIDERS:** When ADA Paratransit is not an option, the Vestry will help to match up riders with potential drivers from the congregation. This will be a two-step process. Parishioners need to contact the church office, and provide the following information:

- **name and contact information**
- **Assistive devices, such as walker or wheelchair that would require a vehicle**

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# Centering Prayer

With Willie Hoffer

Meets the third Tuesday  
of each month from  
4pm-5pm in the Guild Room

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

## Join us for Centering Prayer

All are welcome to a circle of silent prayer on September 19 from 4-5 p.m. in the Guild Room. Centering Prayer is a meditation process that invites us to an inner sacred space to quiet our minds, open our hearts and take rest in the Love of God. 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 meet on the third Tuesday of every month from 4-5 p.m. If you have any questions, please call Willie Hoffer at 541-815-9609.

## Transportation resources

Continued from page 6

### large enough to accommodate

This information will be passed to the Vestry who will try to match up need with appropriate volunteer drivers from the congregation.

**DRIVERS:** The concern for drivers is their own ability to assist another person with limited mobility to be able to enter and exit their vehicle. As to personal liability, basic auto insurance should definitely include coverage against uninsured and *underinsured* drivers. You can

consult the Vestry regarding any questions.

**Notes for dropping rider off at church:** at the moment the Vestry recommends pulling into the alley from 6<sup>th</sup> Street toward 5<sup>th</sup> behind the church office and dropping your rider off at the sidewalk, then proceeding through to exit or CAREFULLY backing out onto 6<sup>th</sup>; however, choose an option you are sure is safe.

Maps and information about Mountain Line transit options will be provided for further information. Nearly all lines run on Sunday. The Mountain Line **shuttle service does not operate** on Sunday.

—TANYA LODAHL AND JIM WILEY  
VESTRY MEMBERS

## Stay connected with the Holy Spirit app

Keep up to date on upcoming events, access Sunday worship, see the latest newsletter or service leaflet, 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 **(833) 714-3270**. 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 PARISH

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# WELCOME

## BACK TO CHURCH

### Sunday, September 17

### PLEASE JOIN US!



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