



The Holy Eucharist: Rite II, Enriching Our Worship 3

The Third Sunday after the Epiphany
January 25, 2026 • 8 a.m.
HOLY SPIRIT EPISCOPAL CHURCH

Worship lies at the heart of the Christian life. It is in worship that we express our theology and define our identity. It is through encountering God within worship that we are formed and transformed as the people of God. One of the glories of the Episcopal Church is its liturgical worship. Liturgy refers to the patterns, forms, words, and actions through which public worship is conducted.

The people's responses are in bold.

This type of note, offering directions about the service, is called a "rubric," which comes from the Latin word rubrica (red)—referring to a time when these instructional notes were always written in red.

The Word of God

We acknowledge that our worship is taking place in the aboriginal territories of the Salish and Kalispel people.

THE ENTRANCE RITE

Please stand as able.

OPENING ACCLAMATION

The people standing as able, the Presider says

Presider Blessed be the one, holy, and living God.
People Glory to God for ever and ever.

COLLECT FOR PURITY

This prayer was an English rendering of a Latin prayer that began the liturgy in the medieval church before the Reformation. It remains a distinctive part of Episcopal worship to this day.

The Presider may say

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

OPENING ANTHEM

The Gloria, or some other song of praise, centers the service on the God we gather to praise in our worship.

The following is said, all standing

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,

**Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

THE COLLECT OF THE DAY

The collect is the prayer appointed for each Sunday that “collects” or captures the theme of the day or season of the Church year. It summarizes the attributes of God as revealed in the scriptures for the day.

Presider God be with you.
People **And also with you.**
Presider Let us pray.

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE LESSONS

The People are seated for the lessons.

THE FIRST READING: Isaiah 9:1-4

This reading is typically from the Old Testament (Hebrew Scriptures) which Jesus knew and from which he often referred or quoted.

A Reading from the book of the prophet Isaiah.

¹There will be no gloom for those who were in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations.

²The people who walked in darkness
have seen a great light;
those who lived in a land of deep darkness—
on them light has shined.

³You have multiplied the nation,
you have increased its joy;
they rejoice before you
as with joy at the harvest,
as people exult when dividing plunder.

⁴For the yoke of their burden,
and the bar across their shoulders,

the rod of their oppressor,
you have broken as on the day of Midian.

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

THE PSALM

The psalms are prayers that Jesus used and cover every mood of humanity's relationship with God and one another.

Remain seated.

Reader Our response to the first reading is a portion of Psalm 27, found in the service leaflet. Please pray it with me.

PSALM: Psalm 27:1, 5-13

¹**The LORD is my light and my salvation;
whom then shall I fear? ***
 **the LORD is the strength of my life;
 of whom then shall I be afraid?**
⁵**One thing have I asked of the LORD;
one thing I seek; ***
 that I may dwell in the house of the LORD all the days of my life;
⁶**To behold the fair beauty of the LORD ***
 and to seek him in his temple.
⁷**For in the day of trouble he shall keep me safe in his shelter; ***
 he shall hide me in the secrecy of his dwelling
 and set me high upon a rock.
⁸**Even now he lifts up my head ***
 above my enemies round about me.
⁹**Therefore I will offer in his dwelling an oblation**
 with sounds of great gladness; *
 I will sing and make music to the LORD.
¹⁰**Hearken to my voice, O LORD, when I call; ***
 have mercy on me and answer me.
¹¹**You speak in my heart and say, "Seek my face." ***
 Your face, LORD, will I seek.
¹²**Hide not your face from me, ***
 nor turn away your servant in displeasure.
¹³**You have been my helper;**
 cast me not away; *
 do not forsake me, O God of my salvation.

THE SECOND READING: 1 Corinthians 1:10-18

This reading, taken from the New Testament, is typically from a letter (epistle) to the early Church, the Acts of the Apostles, or the Revelation to John.

A Reading from Paul's First Letter to the Church in Corinth.

¹⁰Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you, but that you be united in the same mind and the same purpose. ¹¹For it

has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. ¹²What I mean is that each of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." ¹³Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? ¹⁴I thank God that I baptized none of you except Crispus and Gaius, ¹⁵so that no one can say that you were baptized in my name. ¹⁶(I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else.) ¹⁷For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power.

¹⁸For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

All stand as able.

THE HOLY GOSPEL: Matthew 4:12-23

This reading is taken from one of the four Gospels (Matthew, Mark, Luke, and John), which depict the life, teachings, death, resurrection and ascension of our Lord Jesus Christ. We stand for the Gospel reading to show the particular importance placed on Jesus' words and actions.

People The Holy Gospel of our Savior Jesus Christ according to Matthew.
 Glory to you, Lord Christ.

¹²Now when Jesus heard that John had been arrested, he withdrew to Galilee. ¹³He left Nazareth and made his home in Capernaum by the sea, in the territory of Zebulun and Naphtali, ¹⁴so that what had been spoken through the prophet Isaiah might be fulfilled:

¹⁵"Land of Zebulun, land of Naphtali,
 on the road by the sea, across the Jordan, Galilee of the Gentiles—
¹⁶the people who sat in darkness
 have seen a great light,
and for those who sat in the region and shadow of death
 light has dawned."

¹⁷From that time Jesus began to proclaim, "Repent, for the kingdom of heaven has come near."

¹⁸As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. ¹⁹And he said to them, "Follow me, and I will make you fish for people." ²⁰Immediately they left their nets and followed him. ²¹As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. ²²Immediately they left the boat and their father, and followed him.

²³Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

People The Gospel of our Savior.
 Praise to you, Lord Christ.

The People remain standing as able.

THE NICENE CREED

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
 he came down from heaven:
by the power of the Holy Spirit
 he became incarnate from the Virgin Mary,
 and was made man.
For our sake he was crucified under Pontius Pilate;
 he suffered death and was buried.
 On the third day he rose again
 in accordance with the Scriptures;
 he ascended into heaven
 and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
 and his kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver of life,
 who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
 and the life of the world to come. Amen.

All remain standing, as able, or sit or kneel.

THE PRAYERS OF THE PEOPLE

We pray for ourselves and particularly on behalf of others. In our prayers we pray for the Universal Church, the nation and all who govern, the welfare of the world, the concerns of our community of faith, including those who are in need or suffer, and for the departed. We are reminded in prayer that we are part of a larger fellowship, the Church—the Body of Christ.

Intercessor The Prayers of the People are guided by Form 4 found on page 388 of the Book of Common Prayer and in the service leaflet. Please pray them with me.

Lord, make us servants of your peace.

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

In the Anglican Cycle of Prayer, we pray for the Anglican Church of Chile. In the diocesan cycle of prayer, we pray for the community of Lewistown and the congregation of St. James' Episcopal Church with Jean Collins as rector. We also pray for Sean Rowe, our Presiding Bishop; and for Marty Stebbins, our Bishop; and for our priests, deacons, and lay leaders at Holy Spirit and across the Diocese, giving thanks this day for the dedicated service of Connie Gerke and praying for her as she transitions to a new position.

Silence

God of love and mercy,

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence

God of love and mercy,

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may steward its resources rightly in the service of others and to your honor and glory.

Silence

God of love and mercy,

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence

God of love and mercy,

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

Today we pray silently for those on our prayer list, and we invite you to take your leaflet home so you can continue to pray for them during the week.

Silence

Bill B.

Bert and Nora Horton

Joan Chaussee

Monica Roscoe and Family

Lew and Robin Mueller

Nancy Callen

Kathy Adams

Paula and family

Michael Ayers and family

Family and friends of the Ruybalid family

Doug Harris and family

Marleigh Flanigan

Jennifer, Mark and Jacob

Bob Simons

Robert and Christine Hadlow

Laura and Cannon

Linda T.

Christina Errebo

Barbara Behan

Dan

Jeanne

Jone and Jesse

Dan

Sullivan

Graham

Peg

Janel

Paula

Tim

Carol

Wanda

Greg

Mary

Tom Ard
Diana Plyley
Vinnie Colombo
Those on the Buddhist Walk for Peace, with their dog Aloka

Peter and Malcolm Smith
Ann Rennie

Moe
Sam

The staff and patients of Al-Ahli Hospital in Gaza City
Our immigrant and refugee neighbors
Our neighbors who need shelter beyond what the Poverello and Meadowlark can offer
Our Holy Spirit Vestry members

For an end to harm of the innocent, and a just path forward towards peace in war zones.

For your presence to be made real for those who are sick, in any kind of prison, oppressed, addicted, suicidal, fearful, or without enough food, shelter, or sense of community.

And for any other people, needs, and concerns on our hearts today.

God of love and mercy,
Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom. We pray especially today for Dolores Criswell, Diane Swartz and Craig Swartz, and for any others you may wish to remember.

Silence

God of love and mercy,
Hear our prayer.

The Presider adds a concluding Collect.

Almighty God, to whom our needs are known before we ask, help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. ***Amen.***

CONFESSON OF SIN

The Deacon or Presider says

Let us confess our sins to God.

Silence may be kept.

Minister and People

**God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.**
**We have denied your goodness in each other,
in ourselves, and in the world you have created.**

**We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.**

**Forgive, restore, and strengthen us
through our Savior Jesus Christ,**

**that we may abide in your love
and serve only your will. Amen.**

The Priest stands and says

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

THE PEACE

The People stand as able.

Presider The peace of Christ be always with you.
People **And also with you.**

Then the Ministers and the People may greet one another in the name of the Lord.

ANNOUNCEMENTS

SEARCH COMMITTEE PRAYER FOR GUIDANCE

When this prayer is needed, the Presider and People say

O God, by whom the meek are guided in judgment, and light rises up in darkness for the godly; grant us, in all our doubts and uncertainties, the grace to ask what You would have us to do, that the Spirit of Wisdom may save us from false choices, and that in Your light we may see light, and in Your straight path may not stumble; through Jesus Christ our Lord. Amen.

The Holy Communion

THE OFFERTORY

Having listened to the Word of God, affirmed our faith, confessed our sins, received forgiveness and shared in the peace, we are prepared for the drama and miracle of the Holy Communion. At the offertory, we gratefully offer back to God some of what God has given us, symbolically in the bread and wine, and in the money we give.

The Celebrant may begin the Offertory with a sentence of Scripture.

All are invited to make a gift to support Holy Spirit's ministry of sharing God's love with our community and the world by texting HOLYSPIRITGIVE to (833) 714-3270 or by visiting <http://holyspiritmissoula.org/give/>. You may also put your gift in the offering plate or by scanning the QR code below to give to the General Fund:



The altar is prepared for Holy Communion

DOXOLOGY

The People stand as able. All say in unison as the Offering is received and blessed

All things come of thee, O Lord, and of thine own have we given thee.

THE GREAT THANKSGIVING

In the Great Thanksgiving, we do what Jesus himself asked us to do: thank God and recall all that God has done for us in the life, death, and resurrection of Christ. The Great Thanksgiving, or Eucharistic Prayer, is a long prayer with four parts. Each of these four parts corresponds to a different action of Jesus at the Last Supper, where he took, blessed, broke, and gave bread and wine as sacraments of his body and blood. We begin the Great Thanksgiving with the Sursum corda, meaning "Lift up your hearts."

SURSUM CORDA

The People remain standing as able.

<i>Celebrant</i>	The Lord be with you.
<i>People</i>	And also with you.
<i>Celebrant</i>	Lift up your hearts.
<i>People</i>	We lift them to the Lord.
<i>Celebrant</i>	Let us give thanks to the Lord our God.
<i>People</i>	It is right to give our thanks and praise.

The Celebrant continues

All thanks and praise
are yours at all times and in all places,
our true and loving God;
through Jesus Christ, your eternal Word,
the Wisdom from on high by whom you created all things.
You laid the foundations of the world
and enclosed the sea when it burst out from the womb;
You brought forth all creatures of the earth
and gave breath to humankind.

Wondrous are you, Holy One of Blessing,
all you create is a sign of hope for our journey;
And so as the morning stars sing your praises
we join the heavenly beings and all creation
as we shout with joy:

SANCTUS

The Sanctus (Holy, Holy, Holy) is the hymn of praise that never ceases before God and is based on Isaiah 6:3.

Celebrant and People

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

The people kneel or stand as able.

We recall God's acts of salvation history. The presider says the "Words of Institution" that Jesus said at the Last Supper. At the Memorial Acclamation we remember Christ's death, resurrection, and promise to return at the end of the age. During the prayer, the Holy Spirit is invoked to bless and sanctify the gifts of bread and wine.

Then the Celebrant continues

Glory and honor are yours, Creator of all,
your Word has never been silent;
you called a people to yourself, as a light to the nations,
you delivered them from bondage
and led them to a land of promise.

Of your grace, you gave Jesus
to be human, to share our life,
to proclaim the coming of your holy reign
and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer,
you have freed us from sin,
brought us into your life,
reconciled us to you,
and restored us to the glory you intend for us.

We thank you that on the night before he died for us
Jesus took bread,
and when he had given thanks to you, he broke it,
gave it to his friends and said:
"Take, eat, this is my Body, broken for you.
Do this for the remembrance of me."

After supper Jesus took the cup of wine,
said the blessing, gave it to his friends and said:
"Drink this, all of you:
this cup is the new Covenant in my Blood,
poured out for you and for all
for the forgiveness of sin.
Do this for the remembrance of me."

And so, remembering all that was done for us:
the cross, the tomb, the resurrection and ascension,
longing for Christ's coming in glory,
and presenting to you these gifts
your earth has formed and human hands have made,
we acclaim you, O Christ:

Celebrant and People

**Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!**

The Celebrant continues

Send your Holy Spirit upon us
and upon these gifts of bread and wine
that they may be to us
the Body and Blood of your Christ.

Grant that we, burning with your Spirit's power,
may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ,
and in the fullness of time gather us
with [blessed _____, and] all your people
into the joy of our true eternal home.
Through Christ and with Christ and in Christ,
by the inspiration of your Holy Spirit,
we worship you our God and Creator
in voices of unending praise.

The Great Amen is when the congregation with a unified great voice concurs with all that the presider has prayed. It is the only "Amen" in all capitals found in the Book of Common Prayer, signifying the greatness of the congregation's response.

Celebrant and People

Blessed are you now and for ever. AMEN.

THE LORD'S PRAYER

We pray together the prayer that Jesus taught his disciples to pray. The link between our daily bread and the spiritual food we receive in the Eucharist is an ancient connection.

The Celebrant then continues

Let us pray in the words our Savior Christ has taught us,

People and Celebrant

**Our Father, who art in heaven,
 hallowed be thy Name,
 thy kingdom come,
 thy will be done, on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
 as we forgive those who trespass against us.**

**And lead us not into temptation,
 but deliver us from evil.**

**For thine is the kingdom,
 and the power, and the glory,
 forever and ever. Amen.**

THE BREAKING OF THE BREAD

The Celebrant breaks the consecrated Bread.

A period of silence is kept. Then may be sung or said

FRACTION ANTHEM

Celebrant We break this bread to share in the Body of Christ.

People **We who are many are one body, for we all share in the one bread.**

INVITATION

The Celebrant says

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

DISTRIBUTION

The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.

All who seek God and a deeper life in Christ are welcome to receive Holy Communion. Please receive the bread in open and outstretched hands and respond to receiving Communion by saying “Amen.” Gluten-free wafers are available; please make your need known to the minister. Receiving the bread only is full participation in the Eucharist. Wine is also available, and you may drink from the common cup or dip your wafer in the intinction cup. If you prefer to receive a blessing instead, please indicate your choice by crossing your hands across your chest. Those who wish to have Holy Communion brought to them at their seat should notify an usher.

PRAYER FOR SENDING FORTH EUCHARISTIC VISITORS

When this prayer is needed, the Celebrant and People say

In the name of Holy Spirit Episcopal Church we send you forth bearing these holy gifts, that those to whom you go may share with us in the Communion of Christ's body and blood. We, who are many, are one body, because we all share one bread, one cup. Amen.

POST-COMMUNION PRAYER

After Communion, the Celebrant says

Let us pray.

The People may join in saying this prayer

**God of abundance,
you have fed us
with the bread of life and cup of salvation;
you have united us
with Christ and one another;
and you have made us one
with all your people in heaven and on earth.
Now send us forth
in the power of your Spirit,
that we may proclaim your redeeming love to the world
and continue for ever
in the risen life of Christ our Savior. Amen.**

BLESSING

The priest blesses the people, saying

The blessing of God Almighty, Creator, Redeemer and Sustainer, be upon you and remain with you for ever.
Amen.

The Deacon, or the Celebrant, may dismiss the people with these words

DISMISSAL

Let us go forth in the light of Christ.
People **Thanks be to God.**

THE FLOWERS ON THE ALTAR are given to the glory of God and in loving memory of Diane Swartz and Craig Swartz, by Gary and Holly Swartz.

♦ ♦ ♦

Participants in the Service

<i>Presider</i>	<i>The Rev. Gretchen Strohmaier</i>
<i>Celebrant</i>	<i>The Rev. Terri Ann Grotzinger</i>
<i>Deacon</i>	<i>The Ven. Dorcie Dvarishkis</i>
<i>Lector/Lay Eucharistic Minister</i>	<i>Michael Irwin</i>
<i>Usher</i>	<i>Greg Scarff</i>
<i>Altar Guild</i>	<i>Lori Cordis, Elaine Brown, Beverly Maas</i>

GROW WITH US

Everything we do at Holy Spirit, including today's in-person and online services, is made possible because of people like you. We rely on your donations to make our mission and ministry possible. In these challenging times, your support is needed more than ever. If this service has been meaningful for you, we encourage you to give as you're able to help Holy Spirit continue to serve our community and the greater world. Visit <http://holyspiritmissoula.org/give> or give on our church app or text **HOLYSPIRITGIVE** to **(833) 714-3270** to give on your smartphone. Thank you in advance for your generosity.

WE WELCOME THOSE NEW TO OUR WORSHIP!

Newcomers and guests are always welcome at Holy Spirit Episcopal Church. Our service today uses the service leaflet, and a service leaflet is also available online. The QR code to access the bulletin page of the website is available in the pews. Just scan it with the camera on your phone. We hope you will take a moment to complete the blue Visitor's Card found in the pew and place it in the offertory plate as it passes.

JOIN US FOR THE ANNUAL MEETING TODAY

Everyone is invited to participate in the Annual Meeting scheduled to begin around 11:30 a.m. this morning. A light meal will be served at the cost of \$5 per person. We will elect new representatives to Vestry, Memorial Foundation, and Delegates to Diocesan Convention. Please join us!

To help things flow smoothly, cashiers will be available at **both** ends of the parish hall. Please feel free to use either station.

MEET THE NOMINEES FOR VESTRY

The members of Holy Spirit Episcopal Church will be electing four members to the Vestry at the Annual Meeting on January 25. These four members will each serve a three-year term. Those who have accepted nomination to the Vestry are Patti Beckley, Anne Geiger, Mary Beth Jourdonnais, and Leslie McShane.

CHECK YOUR EMAIL FOR YOUR YEAR-END FINANCIAL STATEMENT

You should have received your Year-End Financial Statement in your email or by US Mail. If you haven't done so, please check your statement carefully for any errors and report those to the church office at (406) 542-2167. **Please retain your year-end financial statement for tax season.**

BE PART OF THE WELCOME: SIGN UP FOR COFFEE HOUR

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 hosted Coffee Hour or would like someone to partner with you, Sue and Diane are always available to help and “show you the ropes.”

Hosts are encouraged to provide simple items that can be served on a napkin—cheese and crackers, fruit or veggies, cookies or bars. Donut holes are always popular. If you would like to contribute to Coffee Hour but are physically unable to shop, please speak with Sue, who can purchase the necessary items and arrange for Coffee Hour to be hosted on your behalf.

Sign-up sheets are waiting for your signatures. Thank you for considering taking part in this small but meaningful ministry.

Sue Lowery: slower14@gmail.com

Diane Rasmussen: dianerasmussen@gmail.com

THE GIFT THAT IS THE BOOK OF COMMON PRAYER

Join me Tuesday, January 27, 6 p.m.–7:30 p.m. as we delve into the practicalities of the Book of Common Prayer (BCP): the treasure trove it is to us and the many ways it can be used beyond Sunday worship time. Whether you are a cradle Episcopalian or new to the word Episcopal, come engage the BCP with me! ~Rev. Terri

MEN OF HOLY SPIRIT CHURCH: VOLUNTEER FOR THE SHROVE TUESDAY PANCAKE DINNER!

Shrove Tuesday is just around the corner, and we are looking for men at Holy Spirit to sign up to help out. It is the tradition of Holy Spirit Church for the men of the church to serve up a delicious pancake dinner for Shrove Tuesday. This year Shrove Tuesday is February 17th, with volunteer shifts starting at 3:30 PM to set up, starting to serve pancakes at 5:00 PM, and clean up done by about 7:30 PM. To sign up scan the QR code below or look for a sign-up sheet in the parish hall. If you have any questions, feel free to contact Jesse Jaeger at 406-207-3372 or jesse.jaeger@gmail.com.



CELEBRATE SHROVE TUESDAY WITH A BELLY FULL OF PANCAKES!

Shrove Tuesday, also known as Fat Tuesday or Mardi Gras, is coming soon on February 17th. As a prelude to the Lenten season, it is an Anglican tradition to feast on eggs, butter, and sugar the day before the Lenten period. As in years past, the men of Holy Spirit will again celebrate this day by hosting a Pancake Supper for all parishioners and guests. Take a night off from shopping for groceries, planning a meal, cooking, and cleaning up. We will serve all-you-can-eat delicious pancakes (including gluten free options) and sausages, accompanied by syrup, coffee, juice, and milk. Hot pancakes will be ready to eat starting at 5:00 PM in the Parish Hall and

we will continue to serve until 7:00 PM. The cost is \$6 for adults, \$4 for children, and free for anyone 4 and under.

JOIN OUR WOMEN'S GROUP: LIVING OUR FAITH TOGETHER

Looking for a welcoming space to grow in your faith alongside other women? Join our **Practicalities of Faith** group, where meaningful conversation and genuine community await you. All women are invited—bring a friend and experience support and inspiration together.

The group, led by Julie Benson, will meet on the following dates in the Guild Room from 1-2:30 p.m.:

January 29

February 11 and 18

March 11 and 25

Please come as you are available! Registration is not required.

BOOK STUDY: *FOOD FOR THOUGHT*

Starting January 24, Sara Streeter and Carla Mettling will lead a 5-week book study "Food for Thought" where participants will read Mark Bittman's *Animal, Vegetable, Junk* and Sophie Egan's *How to be a Conscious Eater*. Bittman follows the ways people got their food throughout history, from being hunter-gatherers, to farmers, to cash crop workers, to junk-food consumers, and how such practices shaped their societies and lives. Egan, on the other hand, focuses on making us informed food shoppers who foster the planet, farmers, animals, and ourselves by the choices we make in food shopping.

The group will meet in the Guild Room on Saturday morning from 10 to 11:30, from January 24 to February 21. Those interested should get these books and start reading. The study will conclude with a special Conscious Eating Potluck for the whole parish, on Wednesday evening, March 4.

Please let us know that you are interested in joining the book study by emailing Sara Streeter at streetersaras@gmail.com.

FOOD BANK MINISTRY OPPORTUNITIES

January Food Bank Donations

We thank you for your continued generosity with food bank donations. To begin the New Year, we are focusing on **shelf-stable essentials for babies**. Please consider bringing diapers of all sizes, wipes, baby shampoo, lotion, powder, formula, baby food, infant cereal, biscuits, toddler snacks, and juice boxes.

CHRISTIAN FASTING: A MISUNDERSTOOD GIFT

Since Holy Spirit parish has committed to learning more about food insecurity and related issues, this year the theme for Lent is fasting. Fasting is often misunderstood and yet is one of the greatest faith-deepening tools we can engage with. Traditionally, it has involved abstaining from food, though it is deeper than "giving up chocolate for Lent." Rightly engaged with, fasting encompasses far more than food and goes right to the heart of what really motivates us. Join Valerie Hess on Saturday, February 21st, from 10 to 11:30 in the Parish Hall for a discussion on what Christian fasting is and isn't.

ROLL UP YOUR SLEEVE AND DONATE AT OUR WINTER BLOOD DRIVE!

Holy Spirit Parish will host its **annual winter blood drive on Thursday, February 12, from 1:00 – 6:00 p.m. in the Parish Hall**. The demand for Red Cross blood services remains high. Blood is essential to help patients survive surgeries, cancer treatment, chronic illnesses, and traumatic injuries. While the need is constant, a very small percentage of age-eligible people donate blood yearly.

Here's our chance to help the American Red Cross make sure that supply meets demand.

How can you participate?

- **Roll up your sleeve and donate.** You can sign up for an appointment to donate blood at www.redcrossblood.org or by contacting Audrey Murray (audreymurray196@gmail.com or **(612) 968-2108**).
- While you're signing yourself up, invite a family member or friend to join you. Share this lifesaving gift together.
- **Help at the blood drive.** We need volunteers to help register donors and to serve refreshments. We also need people to provide those simple refreshments (cookies, cheese and crackers, fruit.) **Please contact Audrey to sign up.**

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

FAMILY PROMISE DONATIONS—SWITCHING GEARS

A big thank you to the Holy Spirit parishioners who donated their gently used kitchen utensils, towels, and bedding to Family Promise for the families finding new housing and moving out of the Meadowlark. You have been so generous that the limited Family Promise storage areas are now full. So for now, we are asked to donate only the (mostly) perishable items that comprise their “Welcome Baskets,” such as paper towels, garbage bags, soap, or cooking oil.

If you'd like to put together one of the 4 baskets—Kitchen Supply, Toiletry/Bathroom, Cleaning, or Food Staples—please click on this link to find a list of the various items in each basket or find the list on the HSP webpage: https://s3.amazonaws.com/account-media/16947/uploaded/f/0e20590650_1763085925_family-promise-donations-listjust-neighbors-closet.pdf. Paper copies will also be in the back of the sanctuary. If you want to donate some of the items but not a full basket, that is fine too. Then contact me and I will pick up what you have or arrange to get it from you: carlamettling@gmail.com, 406-203-7177.

Thanks for your support of this important ministry—helping to stabilize newly-housed Missoula families.
 Carla Mettling
 HSP Family Promise Coordinator