



The Holy Eucharist: Rite II, Enriching Our Worship 3

The Fourth Sunday after the Epiphany

February 1, 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.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, 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: Micah 6:1-8

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 Micah.

¹Hear what the LORD says:

“Rise, plead your case before the mountains,
and let the hills hear your voice.

²Hear, you mountains, the controversy of the LORD,
and you enduring foundations of the earth;
for the LORD has a controversy with his people,
and he will contend with Israel.”

³“O my people, what have I done to you?

In what have I wearied you? Answer me!

⁴For I brought you up from the land of Egypt,
and redeemed you from the house of slavery;
and I sent before you Moses,
Aaron, and Miriam.

⁵O my people, remember now what King Balak of Moab devised,
what Balaam son of Beor answered him,

and what happened from Shittim to Gilgal,
that you may know the saving acts of the LORD.”

⁶“With what shall I come before the LORD,
and bow myself before God on high?
Shall I come before him with burnt offerings,
with calves a year old?

⁷Will the LORD be pleased with thousands of rams,
with ten thousands of rivers of oil?
Shall I give my firstborn for my transgression,
the fruit of my body for the sin of my soul?”

⁸He has told you, O mortal, what is good;
and what does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God?

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 Psalm 15, found in the service leaflet. Please pray it with me.

PSALM: Psalm 15

¹**LORD, who may dwell in your tabernacle? ***
who may abide upon your holy hill?
²**Whoever leads a blameless life and does what is right, ***
who speaks the truth from his heart.
³**There is no guile upon his tongue;**
he does no evil to his friend; *
he does not heap contempt upon his neighbor.
⁴**In his sight the wicked is rejected, ***
but he honors those who fear the LORD.
⁵**He has sworn to do no wrong ***
and does not take back his word.
⁶**He does not give his money in hope of gain, ***
nor does he take a bribe against the innocent.
⁷**Whoever does these things ***
shall never be overthrown.

THE SECOND READING: 1 Corinthians 1:18-31

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.

¹⁸The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. ¹⁹For it is written,

“I will destroy the wisdom of the wise,
and the discernment of the discerning I will thwart.”

²⁰Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? ²¹For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. ²²For Jews demand signs and Greeks desire wisdom, ²³but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, ²⁴but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. ²⁵For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

²⁶Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. ²⁷But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; ²⁸God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, ²⁹so that no one might boast in the presence of God. ³⁰He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, ³¹in order that, as it is written, “Let the one who boasts, boast in the Lord.”

Reader Hear what the Spirit is saying to God’s people.

People **Thanks be to God.**

All stand as able.

THE HOLY GOSPEL: Matthew 5:1-12

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.

The Holy Gospel of our Savior Jesus Christ according to Matthew.

People **Glory to you, Lord Christ.**

¹When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ²Then he began to speak, and taught them, saying:

³“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴“Blessed are those who mourn, for they will be comforted.

⁵“Blessed are the meek, for they will inherit the earth.

⁶“Blessed are those who hunger and thirst for righteousness, for they will be filled.

⁷“Blessed are the merciful, for they will receive mercy.

⁸“Blessed are the pure in heart, for they will see God.

⁹“Blessed are the peacemakers, for they will be called children of God.

¹⁰“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

¹¹“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹²Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

The Gospel of our Savior.

People **Praise to you, Lord Christ.**

The People are seated at the invitation of the preacher.

THE SERMON

The Rev. Terri Ann Grotzinger

The sermon directly follows the Gospel because it is to be grounded in the scriptures. It illuminates the scriptural readings and relates them to daily life.

The People stand 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.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

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 Church of England. In the diocesan cycle of prayer, we pray for the community of Livingston and the congregation of St. Andrew's Episcopal Church with Kristin Orr 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 special thanks this day for our new bookkeeper, Jackie Espinoza, and our 2026 Vestry.

Silence

God of love and mercy,
Hear our prayer.

Blessed are the peacemakers, for they shall be called children of God. 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.

Blessed are the meek, for they shall inherit the earth. 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.

Blessed are the merciful, for they will receive mercy. 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.

Blessed are those who mourn, for they will be comforted. 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 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.

Bill B.
Nora Horton
Joan Chaussee

Marleigh Flanigan
Jennifer, Mark and Jacob
Bob Simons

Dan
Sullivan
Graham

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

Tom Ard

Diana Plyley

Those on the Buddhist Walk for Peace, with their dog Aloka

The families of Renee and Alex, and the people of Minnesota

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 Meadlowlark can offer, as we enter into our first week of offering shelter from the cold

For Jim Hicks and Jake Mudrezow, in Hope Rescue Mission's leadership transition

Robert and Christine Hadlow

Laura and Cannon

Linda T.

Christina Errebo

Barbara Behan

Dan

Jeanne

Jone and Jesse

Peter and Malcolm Smith

Ann Rennie

Peg

Janel

Paula

Tim

Sam

Wanda

Greg

Mary

Moe

Lynne

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

For your love to be made real through us 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, Sandar Win, Carol McQuade, and Bert Horton 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.***

CONFESSION 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 thanksgiving, by the people of Holy Spirit Episcopal Church.



Participants in the Service

<i>Presider, Celebrant and Preacher</i>	<i>The Rev. Terri Ann Grotzinger</i>
<i>Deacon</i>	<i>The Ven. Dorcie Dvarishkis</i>
<i>Lector/Lay Eucharistic Minister</i>	<i>Judy Parock</i>
<i>Usher</i>	<i>Jody Thomasson</i>
<i>Coffee Hour Host</i>	<i>Anne Geiger</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 COFFEE AFTER THE 8 A.M. SERVICE TODAY

Join us in the Guild Room today after the 8 a.m. service for a cup of coffee and a cookie and a chance to get to know the other 8 a.m. service participants a little better. We plan to have a Coffee Hour on the first Sunday of the month for the 8 a.m. service folks. Please let us know if you would like to help!

POVERELLO OVERFLOW HOSTING — FEBRUARY 2-8

Holy Spirit is scheduled to provide overnight overflow space for guests from the Poverello Center during the week of **February 2-8**, should temperatures drop below **10 degrees**. While the forecast suggests that conditions

may remain too warm for the program to be activated this week, our parish remains prepared and ready to welcome guests whenever the need arises.

We are deeply grateful for the dedicated volunteers who have stepped forward — those who would greet guests each evening alongside staff from the Missoula Interfaith Collaborative, and those who stand ready to prepare coffee and light breakfast treats in the morning. Please keep this ministry, and our neighbors who rely on it during the coldest nights, in your prayers.

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.**

ROLL UP YOUR SLEEVE — OUR COMMUNITY NEEDS YOU

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.

Right now, the Red Cross is facing a **critical blood shortage**, and hospitals are struggling to keep enough on hand for patients in need. Blood saves the lives of people undergoing surgeries, cancer treatments, chronic illness care, and emergency trauma — but only a small percentage of eligible donors give each year. This is a moment when **our parish can make a real difference.**

How You Can Help

- **Donate blood.** Make an appointment at www.redcrossblood.org or contact **Audrey Murray** (audreymurray196@gmail.com or 612-968-2108). Even one donation can help save more than one life.
- **Bring someone with you.** Invite a friend, neighbor, or family member to donate alongside you.
- **Volunteer at the drive.** We need help welcoming donors, serving refreshments, and providing simple snacks (cookies, cheese and crackers, fruit). Contact Audrey to sign up.
- **Get help signing up.** Audrey will be in the Parish Hall with her laptop **after each service on Sunday, February 1**, ready to create accounts for new donors and schedule appointments for returning donors.

Let's come together as a parish and help ensure that the Red Cross can meet the urgent need in our community.

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

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.:

February 11 and 18

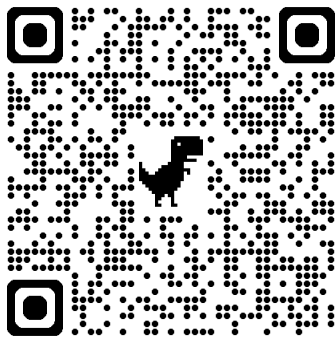
March 11 and 25

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

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.



SHROVE TUESDAY PANCAKE SUPPER – COMING SOON!

Shrove Tuesday — sometimes called Fat Tuesday or Mardi Gras — arrives on **February 17**, and with it comes one of Holy Spirit’s most beloved traditions. On the eve of Lent, Anglicans have long gathered to enjoy the last of the eggs, butter, and sugar before the season begins.

Once again, the men of Holy Spirit will host an **all-you-can-eat Pancake Supper** for parishioners and guests. Give yourself a break from meal planning and dishes and come enjoy:

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

The griddles fire up at **5:00 p.m.** in the Parish Hall, and supper will be served until **7:00 p.m.** **Cost:** \$6 for adults, \$4 for children, and free for kids 4 and under.

Come share good food, warm company, and the joy of beginning Lent together.

ASH WEDNESDAY SERVICES — FEBRUARY 18

Ash Wednesday invites us into the holy season of Lent, a time of reflection, renewal, and preparation for Easter. We will gather for **Holy Eucharist with the Imposition of Ashes** at **12 noon** and again at **7 p.m.**

You are warmly invited to worship at either service as we begin our Lenten journey together, turning our hearts toward God’s mercy, hope, and promise.

CHRISTIAN FASTING: A MISUNDERSTOOD GIFT

As part of Holy Spirit’s commitment to learning more 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 look closely at 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.

FOOD FOR THOUGHT BOOK STUDY — NOW UNDERWAY

Our five-week **Food for Thought** book study, led by **Sara Streeter** and **Carla Mettling**, began on January 24 and continues through February 21. Participants are exploring Mark Bittman’s *Animal, Vegetable, Junk* and Sophie Egan’s *How to Be a Conscious Eater*, reflecting on how our food choices shape our lives, our communities, and the planet.

Because the group has grown beyond the capacity of the Guild Room tables, the study will **meet in the Parish Hall for the next three Saturdays.**

On **Saturday, February 21**, when Valerie Hess offers her presentation on Christian fasting, the book study group will **find another time for their final session.**

The study will conclude with a parish-wide **“You-Won’t-Miss-the-Meat” Potluck on Wednesday, March 4** — all are warmly invited to take part in that celebration.

FOOD BANK MINISTRY OPPORTUNITIES

February Food Bank Donations

For February, we’re focusing on “Potluck Favorites” to help stock the shelves with hearty, versatile staples. Please consider donating the following: 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.

RESULTS OF ANNUAL MEETING

Thank you for everyone who came and participated in last Sunday’s Annual Meeting. At the Annual Meeting last Sunday **the following people were elected as Delegates to the 2026 Diocesan Convention:** Alice Caplins, Mark Dvarishkis, Michael Irwin, Jesse Jaeger, Debbie Sheppard, and Jeannie Warner. **Those elected as Alternates to Diocesan Convention were:** Jim Wiley, Bruce Bowler, Molly Bowler, Lucy Deaton, and Zona Lindemann. **Elected to three-year terms on the Vestry were:** Patti Beckley, Anne Geiger, Mary Beth Jourdonnais and Leslie McShane. Sara Streeter was elected as the **Parish Representative to the Memorial Foundation Board.** Molly Bowler will be the **Senior Warden** for 2026, and Jim Wiley was elected as Treasurer for another year.

For those who did not attend last Sunday’s meeting, you can still access the reports online here: <http://holyspiritmissoula.org/for-parishioners/>. Please note that the links will be active for a limited time after the Annual Meeting. You may wish to save a copy of the reports to your computer. The Annual Reports are also on the Holy Spirit app so you can see them on your phone. A few paper copies of the reports will also be available in the literature rack at the entrance of the church.

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

HOLY SPIRIT VESTRY

The Rev. Gretchen Strohmaier, Co-Rector
The Rev. Terri Ann Grotzinger (retired), Co-Rector
Molly Bowler, Senior Warden
Charlie Swannack, Junior Warden
Leslie McShane, Clerk of Vestry
James Wiley, Treasurer

Vestry Members, listed with the year their terms expire:

2026	2027	2028
Molly Bowler	Julie Benson	Patti Beckley
Lance Collister	Keith Kuhn	Anne Geiger
Glenn Hladek	Beverley Sherman	Mary Beth Jourdonnais
Charlie Swannack	Jim Taylor	Leslie McShane

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