



The Holy Eucharist: Rite II, Enriching Our Worship 3

The Fifth Sunday after the Epiphany – Migration with Dignity Sunday

February 8, 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.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

THE LESSONS

The People are seated for the lessons.

THE FIRST READING: Isaiah 58:1-12

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.

¹Shout out, do not hold back!
Lift up your voice like a trumpet!
Announce to my people their rebellion,
to the house of Jacob their sins.
²Yet day after day they seek me
and delight to know my ways,
as if they were a nation that practiced righteousness
and did not forsake the ordinance of their God;
they ask of me righteous judgments,
they delight to draw near to God.
³“Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?”
Look, you serve your own interest on your fast day,
and oppress all your workers.
⁴Look, you fast only to quarrel and to fight
and to strike with a wicked fist.

Such fasting as you do today
will not make your voice heard on high.

⁵Is such the fast that I choose,
a day to humble oneself?

Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?

Will you call this a fast,
a day acceptable to the LORD?

⁶Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?

⁷Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?

⁸Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the LORD shall be your rear guard.

^{9a}Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, Here I am.

^{9b}If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,

¹⁰if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.

¹¹The LORD will guide you continually,
and satisfy your needs in parched places,
and make your bones strong;
and you shall be like a watered garden,
like a spring of water,
whose waters never fail.

¹²Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

<i>Reader</i>	Hear what the Spirit is saying to God's people.
<i>People</i>	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.

<i>Reader</i>	Our response to the first reading is a portion of Psalm 112, found in the service leaflet. Please pray it with me.
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PSALM: Psalm 112:1-9

¹Hallelujah!
Happy are they who fear the Lord *
and have great delight in his commandments!
²Their descendants will be mighty in the land; *
the generation of the upright will be blessed.
³Wealth and riches will be in their house, *
and their righteousness will last forever.
⁴Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.
⁵It is good for them to be generous in lending *
and to manage their affairs with justice.
⁶For they will never be shaken; *
the righteous will be kept in everlasting remembrance.
⁷They will not be afraid of any evil rumors; *
their heart is right;
they put their trust in the LORD.
⁸Their heart is established and will not shrink, *
until they see their desire upon their enemies.
⁹They have given freely to the poor, *
and their righteousness stands fast forever;
they will hold up their head with honor.

THE SECOND READING: 1 Corinthians 2:1-12

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.

¹When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. ²For I decided to know nothing among you except Jesus Christ, and him crucified. ³And I came to you in weakness and in fear and in much trembling. ⁴My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, ⁵so that your faith might rest not on human wisdom but on the power of God.

⁶Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. ⁷But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. ⁸None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. ⁹But, as it is written,

“What no eye has seen, nor ear heard,
nor the human heart conceived,
what God has prepared for those who love him”—

¹⁰these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. ¹¹For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. ¹²Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by 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 5:13-20

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.**

[Jesus said:] ¹³“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

¹⁴“You are the light of the world. A city built on a hill cannot be hid. ¹⁵No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

¹⁷“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill.

¹⁸For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. ¹⁹Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. ²⁰For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

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. Gretchen Strohmaier

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 this morning are special intercessions prepared for Migration with Dignity Sunday. Please pray them with me.

God of justice and compassion, be present with us as we celebrate our human family on this Migration with Dignity Sunday. Help us to strive for justice and mercy for all who suffer worldwide as they seek safety and peace.

For your church and its leaders, that they may have wisdom, courage, and strength to stand against systems that oppress, harm, and imprison immigrants physically, mentally, and spiritually.

God, in your mercy.

Hear our prayer.

For The Episcopal Church's members, clergy, and those in formation who are immigrants or have close ties to immigrant communities and now fear for their futures and families. Surround them with support and bring them peace.

God, in your mercy.

Hear our prayer.

For our nation and its leaders, especially those in charge of immigration laws and policy, that they may affirm and act on the truth that all human beings deserve life, liberty, and the pursuit of happiness, and treat migrants with dignity and respect.

God, in your mercy.

Hear our prayer.

For the millions of people who have left homes to search for safety, dignity, and basic human needs. Help each of us to practice empathy by sharing our lives and resources with those who are displaced.

God, in your mercy.

Hear our prayer.

For misconceptions, fears, and ‘otherness’ that keep us separated from each other, forgive us. Help us to build relationships and live out the unity our world so desperately needs.

God, in your mercy.

Hear our prayer.

For the labor, talents, and love that migrating persons bring to our community. May we see them for who they are.

God, in your mercy.

Hear our prayer.

For an end to cartels and gangs that prey on the vulnerabilities of migrating persons. May they repent of the harm they cause, make amends, and find belonging in restorative communities.

God, in your mercy.

Hear our prayer.

And we silently lift to you, God, those close to home and afar who are on the hearts of our church community:

Nora Horton	Marleigh Flanigan	Dan
Joan Chaussee	Bob Simons	Sullivan
Monica Roscoe and Family	Robert and Christine Hadlow	Graham
Nancy Callen	Laura and Cannon	Linda T.
Kathy Adams	Christina Errebo	Lynne
Paula and family	Ann Rennie	Paula
Michael Ayers and family	Diana Plyley	Sam
Family and friends of the Ruybalid family	Lucy Deaton and family	Wanda
Doug Harris’s family	Chris Tweeten	Greg
Peter and Malcolm Smith	Moe	Mary
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 neighbors needing shelter beyond what the Poverello and Meadowlark can offer
For Jim Hicks and Jake Mudrezow, in Hope Rescue Mission’s leadership transition

God, in your mercy.

Hear our prayer.

The Presider adds a concluding Collect.

Merciful God, in your compassion forgive us our sins both known and unknown and in your mercy hear all our prayers. **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.

<i>Presider</i>	The peace of Christ be always with you.
<i>People</i>	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

<i>Celebrant</i>	We break this bread to share in the Body of Christ.
<i>People</i>	<i>We who are many are one body, for we all share in the one bread.</i>

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.

DISMISSAL

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

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

Presider, Celebrant and Preacher	<i>The Rev. Gretchen Strohmaier</i>
Deacon	<i>The Ven. Dorcie Dvarishkis</i>
Lector/Lay Eucharistic Minister	<i>Leslie McShane</i>
Usher	<i>Greg Scarff</i>
Altar Guild	<i>Lori Cordis, 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.

MIGRATION WITH DIGNITY SUNDAY — FEBRUARY 8

Today we join congregations across The Episcopal Church in observing Migration with Dignity Sunday, a time to lift up the church's commitment to immigrant justice and to pray for all who journey in search of safety, opportunity, and hope.

The Migration with Dignity framework, adopted by the 81st General Convention, affirms six core principles rooted in scripture and Christian theology: freedom of movement, personal security, equality, basic quality of life, access to essential services, and civil and political rights.

As we mark this day, we give thanks for the ministries of welcome and accompaniment throughout the church and recommit ourselves to learning, advocacy, and prayer on behalf of migrants and refugees everywhere.

In solidarity with those who have made these journeys, we will offer our own walk on Sunday after church. All are welcome to join. We'll leave the church at noon and walk across BearTracks Bridge, ending at the federal courthouse on Broadway. If you prefer to drive, you can meet us at the courthouse at 12:30. Together we will remember those who have lost their lives in the migration process and close our time with a prayer vigil.

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.

The national blood supply remains at **critically low levels**, made even worse in recent weeks by severe winter weather across much of the country. Canceled blood drives and reduced donor turnout have left hospitals struggling to keep enough blood and platelets on hand for patients in need. This is a moment when our parish can make a real and immediate 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.

Let's come together as a parish and help ensure that the Red Cross can meet this 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

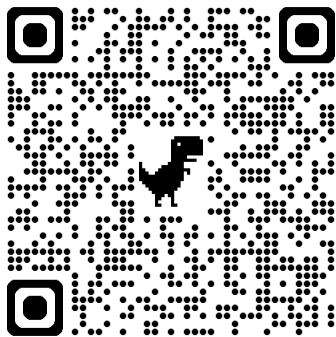
March 11 and 25

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.

Please note the updated time and location.

Join Valerie Hess on **Saturday, February 21, from 9:00 to 10:30 a.m. in the Guild Room** for a thoughtful conversation about what Christian fasting is — and what it isn’t. We are grateful to Valerie for adjusting the class time and space to accommodate other parish needs that day.

FOOD FOR THOUGHT BOOK STUDY — NOW UNDERWAY

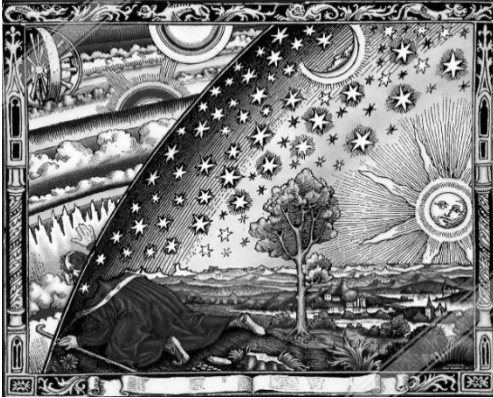
Our five-week **Food for Thought** book study, led by **Sara Streeter** and **Carla Mettling**, began on January 24 and continues through February 21. Participants are exploring Mark Bittman’s *Animal, Vegetable, Junk* and

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 next Saturday**.

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



Coming on Sunday, February 22nd

POETRY 3: Stone and Star

I have seen the burden God has laid on the human race. He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end. (Eccl)

The Worship Enrichment Committee presents poems by Rilke, Gilbert, Frost and Wilbur that explore the tension between our mortal and divine selves.

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.

SUPPORTING THE FUTURE OF CAMP MARSHALL

Camp Marshall is committed to ensuring that cost is never a barrier to anyone. Much of that is possible through donations to scholarships or the general fund. As we prepare for another great summer, we must also take into account rising food costs, paying our excellent staff, and of course, the maintenance of the beautiful grounds, buildings, and equipment. If you are a member of the diocese of Montana, an alumnus, or just a friend of the camp, we ask that you consider how you might provide for the future of Camp Marshall.

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

Molly Bowler

Lance Collister

Glenn Hladek

Charlie Swannack

2027

Julie Benson

Keith Kuhn

Beverley Sherman

Jim Taylor

2028

Patti Beckley

Anne Geiger

Mary Beth Jourdonnais

Leslie McShane