

PARACLETE



APRIL 2024

HOLY SPIRIT | EPISCOPAL CHURCH

130 South 6th Street East • Missoula, MT 59801 • 406.542.2167 • E-mail: office@holyspiritmissoula.org • Website: www.holyspiritmissoula.org

A publication of Holy Spirit Episcopal Church



Join us for our John Ellis Intern's graduate recital on April 7

Our John Ellis Intern, Kyle Fuxa, will be giving his graduate recital at Holy Spirit on Sunday afternoon, April 7th at 3 p.m. Kyle, a Nebraska native, received an undergraduate music degree from Gonzaga; he will be graduating this May with a Master of Music degree in organ performance. His recital will include music by J.S. Bach, William Grant Still, Elfrida Andrée, William Albright, and Olivier Messiaen. The recital is free, and all are welcome!

**Sunday, April 7
3 p.m. at
Holy Spirit**

Vestry approves co-rector model of leadership Creating a new leadership model at Holy Spirit

At their March meeting the Vestry voted to approve a new model of ministry for Holy Spirit. Rev. Terri and Rev. Gretchen will become co-rectors, and the change will be official by mid-April. New letters of agreement will be drawn up, and their new job descriptions, dividing all of the rector duties in half, will be clarified and put in writing.

The spark that set this change in motion was our growing deficit. Rev. Terri recognized it was time to do things differently. She boldly suggested that she might cut back to half time. And then she invited Rev. Gretchen to transition out of her (half time) role as the assistant and to share the rector position with her. So both at half time, together they will share

the rector responsibilities. This will eliminate one half time position and help to reduce our deficit. Rev. Gretchen will continue her role as rector at St. Paul's in Hamilton. Rev. Terri may seek additional employment as well.

All of this means our staffing will be leaner, but we hope, pray and trust that it will also enable our clergy to continue in their work, healthy and strong, and that it will refresh our vision of ministry, increase our sense of fun and continue the momentum that we experienced during our sabbatical time. Please pray for Holy Spirit, for our clergy, and for our laity, as we all engage this time of change.

— REV. GRETCHEN & REV. TERRI



OUR STAFF

Clergy:

The Rev. Terri Ann Grotzinger,
Rector
revterri@holyspiritmissoula.org
The Rev. Gretchen Strohmaier,
Assistant Priest
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The Rev. Dorcie Dvarishkis,
Deacon
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Organist/Choir Director:

Dr. Nancy Cooper

Parish Administrator:

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NEWSLETTER

Paraclete, from the Greek meaning 'Holy Spirit,' is published monthly, September through May, by Holy Spirit Episcopal Church. All material is due by the fifteenth of the month preceding the month of publication.

**HOLY
SPIRIT**

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April 7
Both Sunday services

**PARENTING
PLACE
SUNDAY**

Learn about educational and service opportunities

Community Ministries

April 7 is Parenting Place Alms Sunday

Missoula's Parenting Place equips parents and caregivers of children with skills for age-appropriate parenting, trauma awareness, a stronger, healthier family, and community resource access. Their website, www.parentingplace.net, is full of helpful information. Since Parenting Place's founding in 1981, members of Holy Spirit have been in the midst of their circles of support. Learn more about Parenting Place programs and support avenues during

our April 7 Alms Sunday. A special offering will be taken that Sunday in support of Parenting Place and its programs, or you can give via Pushpay or online at holyspiritmissoula.org. To get involved with Parenting Place, please connect with our Parenting Place ministry advocate, The Ven. Dorcie Kafka Dvarishkis, at dorcie@gmail.com and through the church office. Thank you!

Palestinian Art Sale at Holy Spirit

Support artists in Bethlehem at an art sale on April 21 at Holy Spirit

We have an opportunity to support artists in Bethlehem. Rev. Gretchen's niece, who lives here in Missoula, has a long-time family friend in Bethlehem who runs an art collective. Since the war they've had to close. They shipped all of their art to Missoula in hopes that it could be sold, and the proceeds returned to the artists in Bethlehem. On Sunday April

21st after both worship services the art — embroidery, jewelry, hand-carved bowls, hand-painted bowls, and nativity scenes — will be for sale in the parish hall. We recognize the suffering on both sides of this conflict, and we invite you to participate in this local opportunity to help ease some of that struggle.



Facts about blood donors

- One donation can save the lives of up to three people.
- The number one reason donors say they give blood is because they “want to help others.”
- Two most common reasons cited by people who don’t give blood are “Never thought about it” and “I don’t like needles.”
- Forty-five percent of people in the U.S. have type O (positive or negative) blood.

Join us at our Spring Blood Drive set for April 4
Roll up your sleeves and help save lives

Holy Spirit Parsh will host its annual spring blood drive on Thursday, April 4, from 1:00 – 6:00 p.m. in the Parish Hall.

People donate blood for a variety of reasons. Some of us give blood because we were asked by a friend. Some know that a family member or a friend might someday need blood. Some believe it is the right thing to do. Some may do it for the cookies and juice. Everyone enjoys the feeling of helping save lives! Whatever your reason, we thank you for signing up to make a donation.

The American Red Cross offers the following suggestions to help you prepare for your blood donation.

Between donations: Eat plenty of iron-rich foods to help replace the iron lost when giving blood. Foods rich in iron include red meat, fish, poultry, beans, broccoli, spinach, raisins, prunes, iron-fortified cereal. Also, foods rich in vitamin C (such as citrus fruit) help your body absorb the iron you eat.

Before donation: Get a good night’s sleep, eat a good breakfast or lunch, and make sure you are feeling well.

Day of donation: Drink extra water and other fluids before and after your appointment. Eat foods containing lean proteins or complex carbohydrates, such as bread, cereal, fruit and lean meat, but avoid fatty foods. After your donation, spend 10-15 minutes at the hospitality table. Have a drink and a snack to rejuvenate yourself. Avoid any heavy lifting or strenuous exercise for the rest of the day.

For your appointment:

- Be sure to bring your donor card or government issued photo I.D.
- Wear sleeves that can be raised above the elbow.

Whether you support our drive by donating blood, asking your friends and family to participate, or volunteering your time, your participation strengthens our community and helps save lives.

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

– ELIZABETH DRUMMOND
 SOCIAL CONCERNS COMMITTEE

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



Holy Spirit Spring Blood Drive

130 South 6th Street East Parish Hall

**Thursday, April 4
 1 p.m. – 6 p.m.**

Sign up online at www.redcrossblood.org or at eadrummond56@comcast.net. Please plan to donate!



I give blood. Will you?

redcrossblood.org | 1-800-RED CROSS



Holy Baptism

Baptism dates announced

The next date for baptism at Holy Spirit Episcopal Church will be at our Pentecost celebration on Sunday, May 19, at the 10:15 a.m. service. If you are interested in baptism at that time, either for yourself or for your child, please call the church office at (406) 542-2167 and ask to speak to Rev. Terri. If you are interested in the May 19 baptism date, Rev. Terri needs to hear from you by April 21.

The remaining dates for baptism for this year are on a date in the summer yet to be determined, on the Sunday after All Saints' Day, November 3, and when the bishop visits (December 15).



A reminder about Rev. Gretchen's schedule

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

Family Worship meets on April 7
Join Family Worship for a spirit-filled time together

Join us for Family Worship on Sunday, April 7th from 4:30-5:30 in the church. This special gathering is a friendly, informal, and loving setting for children to explore our faith through a simple Eucharist, fun and food, with mom and dad in the mix, too. It's also a great way for grandparents to introduce little ones to what church is all about. Family

Worship is just right for pre-school and grade school kids – and for the grown-ups who come with them. All are welcome! It's a wonderful opportunity to reset as we head into spring and the season of Easter. We look forward to having you with us for this spirit-filled time together!

– JODY THOMASSON
 FAMILY WORSHIP TEAM

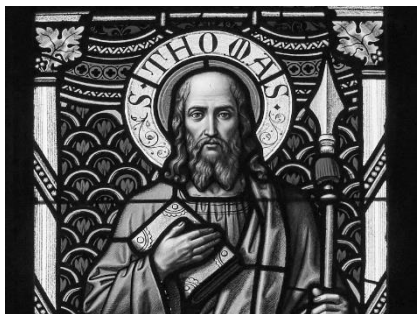
**Family
 Worship
 Service**

Worship designed especially for families of all ages



Sunday, April 7 / 4:30 - 5:30 pm

April 7 at 8 p.m.
**Compline holds up Thomas's
 all be people of light**



There is light within a person of light, and it lights up the whole universe. If it does not shine, there is darkness.

(Gospel of Thomas)

As spring lengthens our days suggesting the hope of the risen Christ, so the candlelight of compline pushes back the darkness. This month's service begins with a 15th century chant setting of the story of Doubting Thomas. The mediations of the evening will be drawn from the gnostic text of the Gospel of Thomas presenting Thomas' incarnational idea of the Kingdom of God. The choral offering will be "We walk by faith."

– KEITH KUHN, COMPLINE COORDINATOR

Join us for a new book study in May
Support to caregivers and those living with dementia and Alzheimer’s

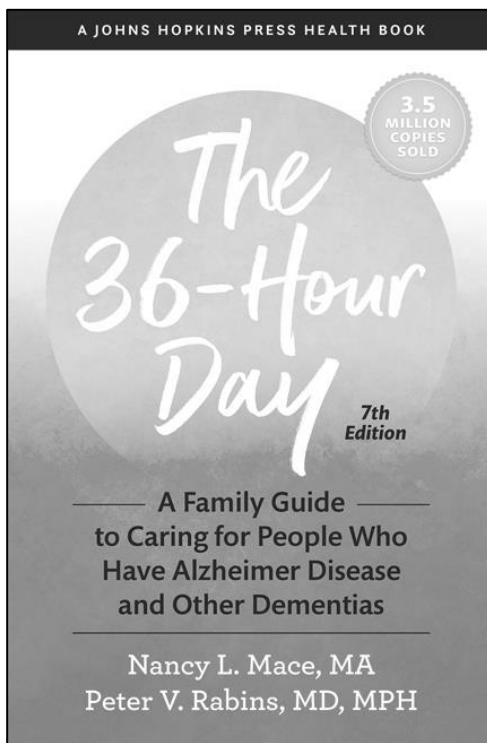
What a well-spent time listening to Prof. Dan Doyle and Dr. Dick Blank representing Dementia Friendly Missoula and Missoula Aging Services on March 13th. There was much to learn, and the handouts provided resources for further study. Gary and Holly Swartz and I invite you to delve into the subject through a book study at their home May 15, 22, 29, and June 5 and 12, Wednesday evenings, 6:30pm-8:00pm.

One of the classic books for caregivers is *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementia*. 7th Edition. Johns Hopkins University Press. *The 36-Hour Day* has been an essential resource for families who love and care for people with Alzheimer disease. Whether a person has Alzheimer disease or another form of dementia, he or she will face a host of problems. *The 36-Hour Day* will help family members and caregivers address these challenges and simultaneously cope with their own emotions and needs.

Featuring useful takeaway messages and informed by recent research into

the causes of and the search for therapies to prevent or cure dementia, this edition includes new information on

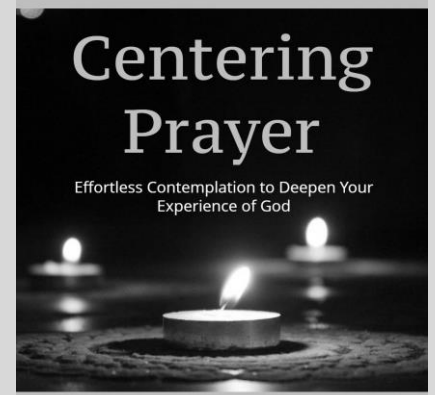
- devices to make life simpler and safer for people who have dementia
- strategies for delaying behavioral and neuropsychiatric symptoms
- changes in Medicare and other health care insurance laws
- palliative care, hospice care, durable power of attorney, and guardianship
- dementia due to traumatic brain injury
- choosing a residential care facility
- support groups for caregivers, friends, and family members



Because we are meeting in a home, the size of the book study group is limited to 13 people, plus the leaders. Please call the office at 406-542-2167 to sign up for this study so that we know who is coming. The book is available through most book sellers.

We hope you will join us!
 – REV. TERRI+

Space is limited for this book study. Please call the church office at (406) 542-2167 or email us at office@holyspiritmissoula.org to sign up.



Join us for Centering Prayer on April 16

All are welcome to a circle of silent prayer. Centering Prayer is a meditation process that invites us to an inner sacred space to quiet our minds, open our hearts and take rest in the Love of God.

We begin by sitting in a circle in an attitude of openness of mind and heart. A leader will direct the circle to breathe deeply and to open one’s heart and mind for the presence of God. A reading will be given, a chime will be rung, and the silence begins. We sit in this Holy silence for 20 to 25 minutes, and then another chime will ring, calling us quietly to return to the presence of others. The leader will offer a closing prayer or reading. At this point, some will choose to leave in silence. Others may remain for the rest of our time to ask questions or offer their experience of “sitting” in this Holy silence. We then leave at 5pm.

We meet in the Guild Room at Holy Spirit. We gather at 4pm and leave at 5pm every third Tuesday of the month. **We will meet on Tuesday, April 16.**

If you have any questions, you may contact Willie Hoffer at 541-815-9609 or by e-mail at rockhaven12@bendroadband.com. Blessings as you go.

Stay connected with the Holy Spirit app

Keep up to date on upcoming events, access Sunday worship, see the latest newsletter or service leaflet, or submit a prayer request – all that and so much more! This is also a convenient way to make electronic donations by ACH (bank account) or credit or debit cards in addition to making and managing recurring gifts.

Get a link to download the app by texting **HOLYSPIRITAPP** to **(833) 714-3270**. Be sure to put your caps lock feature on; that will bypass the auto-correct feature on your phone and ensure that the code is entered correctly! You may also download the app directly in the Apple iTunes App Store or on Google Play.

Be sure to opt in to receive push notifications!



HOLY SPIRIT PARISH SPRING MARKET



Come by any time from 9am to 2pm on Friday or Saturday at
130 South 6th Street East, Missoula

**MAY
10 & 11**

Upscale clothing, jewelry, vintage and collectibles, books, home decor and kitchenware, sporting goods and much more!

The Spring Market 2024 is just weeks away!

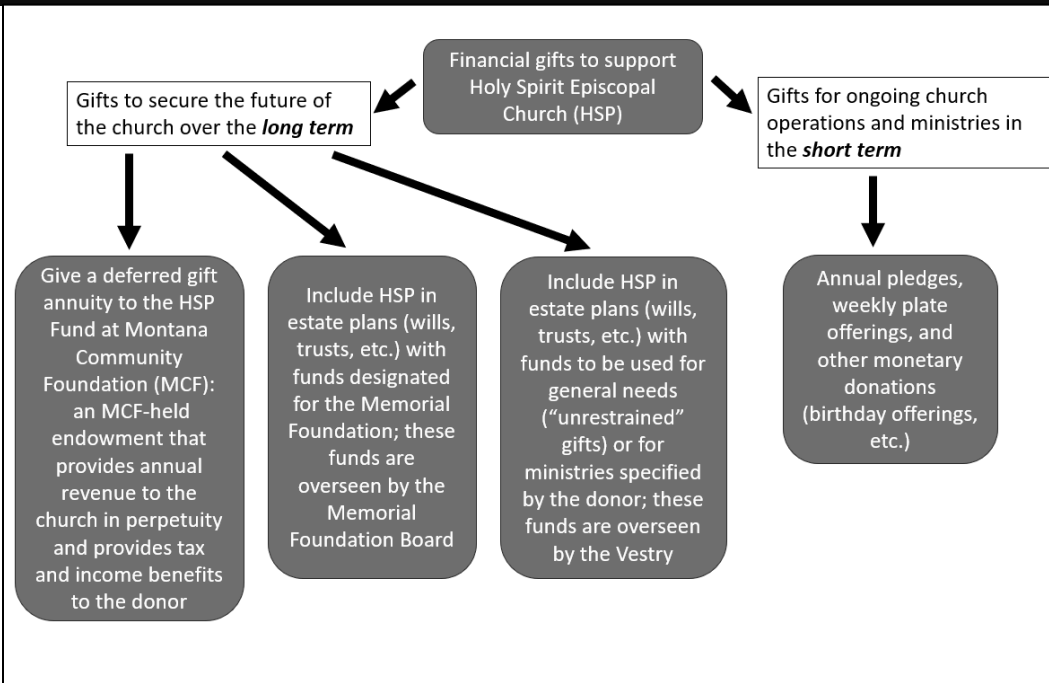
Start with just one drawer. Then, a shelf. Next, a closet. Those boxes in your basement, garage, and storage unit. Soon, you'll have caught the positive energy that will make this year's Spring Market a festive time for all who participate. Refer to the following list of needed donations and begin your spring sorting/cleaning today! Bring your items to the church from Sunday, May 5 through Tuesday, May 7. *Please* do not bring any donations before then – we just don't have the room. Ask your friends, relatives, and neighbors for their no-longer-needed re-saleables, too! A great way to spread the energy. Spring Market sale dates are Friday and Saturday, May 10-11. Watch for more information in the weeks ahead. Questions? Please contact

Marva Gallegos: (406) 546-1611; marvagallegos@gmail.com.

Remember – Spring Market is NOT a rummage sale. We need your best (clean, unbroken, and usable) items from the list below:

- Vintage and Boutique Clothing – women's and men's
- Accessories and Jewelry
- Home Décor
- Glassware & Kitchen
- Linens
- Books (no manuals, encyclopedias, or tapes)
- Sport and Camping Equipment
- Luggage
- Pet Accessories
- Gardening & Outdoor / Healthy
- Plants
- Small Furniture

Bring your donations to the church from Sunday, May 5 through Tuesday, May 7. Please do not bring any donations before then.



Financial Giving Chart for Holy Spirit Episcopal Church

Butterfly Grants are back!

Your Holy Spirit Social Concerns Committee seeks to broaden our impact by supporting causes embraced by our parishioners. Toward that end, we intend to once again fund small grants (up to \$300) and invite our parishioners to submit proposals using the brief application form found on the church website at www.holyspiritmissoula.org. Click on “Butterfly Grants” under the Ministries tab on the website. We look forward to learning about your outreach interests at the local, state, national, or international level.

Grant application deadlines are:

- June 1, 2024
- September 1, 2024
- December 1, 2024

We will respond to your request within 30 days of the submission deadline.

– HOLY SPIRIT SOCIAL CONCERNS COMMITTEE



From the Holy Spirit Memorial Foundation
An introduction to Planned Giving

Planned giving is sometimes called the “how” of giving. It naturally follows the “why” – the motivation or reason we want to give to a cause in the first place. As Episcopalians we all have our own personal reasons for wanting to make a planned gift to support the organizations and ministries that are meaningful to us.

Throughout Holy Spirit’s history, caring parishioners have provided support beyond annual pledge offerings with planned gifts. These gifts, large and small, reflect each parishioner’s life values and dedication to supporting Holy Spirit Parish and our ministries. These planned gifts are also investments that can sustain our community of faith and service well into the future.

In future editions of the *Paraclete* and the online *Spirited Times* we will share the different ways you can participate in planned giving to our

Parish through immediate, deferred or life income gifts. These brief articles will be intended to give you a basic understanding of planned giving options.

The accompanying flow chart provides a brief introduction to how various financial gifts provided to Holy Spirit support our parish. The options include short-term gifts for ongoing church operations and ministries, as well as planned gifts to help secure the financial future of the church over the long term.

Please be on the lookout for more detailed articles about these options in the coming months. And as always, feel free to contact our clergy and staff for assistance with any questions.

– On behalf of the Holy Spirit Memorial Foundation Board,
STEVE SHELLY AND SCOTT JOURDONNAIS

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YOU
CAN
SAVE A
LIFE

**GIVE
BLOOD**

**Holy Spirit
Blood Drive**

Location - Parish Hall
130 South 6th Street East

**Thursday, April 4
1 pm - 6 pm**

Sign up at redcrossblood.org or
contact Elizabeth Drummond at
eadrummond56@comcast.net