



Holy Spirit

Catholic Parish and School

July 22, 2018

Worship Centers: Holy Spirit Catholic Church, 201 44th St. South Holy Family Chapel, 2800 Central Ave.

Parish Offices: 201 44th St. South Great Falls, MT 59405 Phone: (406)452-6491

Parish Office hours: Monday – Thursday 8:30 a.m. – 4:00 p.m., Friday 8:30 a.m. – Noon

Fax: 452-6495

Email: hsparish@holyspiritgf.org

Website: www.holyspiritgf.org

School: 2820 Central Avenue

Phone: 761-5775

Email: jwichman@holyspiritgf.org

web: www.holyspiritgfschool.org

Check out FORMED.org. Our parish code is PGMYJZ

WE, the people of Holy Spirit Catholic Parish of Great Falls, Montana, created by God, centered in Jesus Christ, and empowered by the Holy Spirit, are sharing our journey of faith,

WE are committed to upholding our faith, strengthening our families, and being a joyful people of prayer.

WE strive to be the Lord's presence on earth by welcoming and ministering to all people with compassion and hope. Rev. March 1999

"St Paul says that "the love of Christ compels us," but this "compels us" can also be translated as "possess us." And so it is: love attracts and sends us; it draws us in and gives us to others." - Pope Francis

*Come away by yourselves to a
deserted place and rest a while*

Mark 6:31

Due to the difficulty of finding volunteers to serve,

11:00 ONLY Coffee and Rolls is suspended until September 16th.

8:30 Coffee and Rolls continues.

Sixteenth Sunday in Ordinary Time, July 22, 2018

Holy Spirit Parish Weekend Mass Schedule

Saturday – 4:30 p.m.

Sunday – 8:30 & 11:00 a.m.

Daily Mass Schedule

Holy Spirit Day Chapel:

Tuesdays 5:15 p.m., Wednesdays & Thursdays 8:30 a.m.

Park Place (3200 15th Ave. S) **2nd** Wednesday each month 2:30

Highgate (3000 11th Ave S) **3rd** Wednesday each month 1:30

Holy Family Chapel (2800 Central Avenue) Fridays 8:30 a.m.

Reconciliation: Saturdays - 2-4 pm, Wednesdays 5:30-6:30 pm
or by appointment with a priest.



Holy Spirit Chapel is open for prayer before the Blessed

Sacrament: Monday - Thursday 8:30 a.m. - 4 pm

Friday 8:30 - 12.

Mass Intentions:

Mon., 7/23- 8:30 am - No Mass

Tues., 7/24- 5:15 p.m. - +Jerry Keane r/b M Barick

Wed., 7/25- 8:30 am - +Corrine Nevala r/b Murphys

Thu., 7/26- 8:30 am - +Frances Fauth r/b D McCallum

Fri., 7/27- 8:30 am, HF - +Jewel Prys r/b A Verploegen

Sat., 7/28- 4:30 p.m. - +Roberta Swan r/b B Swan

Sun., 7/29- 8:30 a.m.- Gerald & Alice Huber (sp int) r/b Andersons
- 11:00 a.m.- Parishioners

Readings for next week: 17th Sunday in Ordinary Time

1st Reading: 2 Kings 4:42-44

2nd Reading: Ephesians 4:1-6

Gospel: John 6:1-15

Coffee & Rolls Schedule

July 22: Holy Spirit School

July 29: Cum Christo Group

Bus Schedule:

July 28: Tim Gilligan and Beth Ann Thelen

July 29: Roger and Kathleen Seilstad



What's Happening This Week...

Thursday: RCIA - 7 pm

Sts. P&P

*As a **Stewardship Parish** we are grateful to have parishioners give generously from their heart. This allows us to have **no fee** for **all** of our sacramental and formation programming for our parishioners. It is through your generous **weekly** giving that we are able to offer quality religious formation opportunities to everyone from womb to tomb.*

Please join us to pray the Rosary at 4:45 pm on Tuesday at Holy Spirit, 8 am Thursday and Sunday at Holy Spirit, 8 am Friday at Holy Family, and 4:00 pm on Saturday at Holy Spirit.

Wit & Wisdom

"Life is thickly sown with thorns, and I know no other remedy than to pass quickly through them. The longer we dwell on our misfortunes, the greater is their power to harm us."

~Voltaire

PARISH STAFF

Fr. Doug Krings

Pastor

Dcn. Bill Medved

Deacon

Dcn. Pete Woelkers

Deacon

Mark Meyer

Parish Administrator

Mary Dupuis

Worship, RCIA (becoming Catholic)

Aubrey Rearden

DRE/ Youth Ministry

Cindy Eultgen

Christian service/ Elem. Formation


Mary Moore-Wingerter

Administrative Assistant

Chuck Osterman

Maintenance

Liturgical Ministers for July 28, 29

	4:30 PM	8:30 AM	11:00 AM
 Holy Spirit Catholic Parish	★ Sub requested ~ log in to Web Terminal and accept the sub		
Bread Baker	V. Adkins M. Frazier-Harris		
Holy Wash		S. Mohler	
Sacristan	S. Mohler	G. Matsko	A. Jaeger
Greeter	S. Dunston ★ J Edgar / V Pedro H. Vacek	Team Collins C. Ingman	J. & H. Houghton P. Reagor G. Wilson
Usher	J. Tarnowski T. Tomich	P. Bahnmler S. Schnider	L. & ME Francis N. St. Claire
Cross	A. Fowell	R. Dean	M. Goulet-Barlow
Altar Servers	C. Hallahan C. Polacek	A. Harris L. Hellyer	B. Mignery Mason Mignery
Reader	M. Lague M. Kostelnik	K. Malby T. Hodges	A. Mignery M. Woelkers
Gifts	Hauk Family	Nunez Family ★	S. Dalen S. & D. Wilson
Extra-ordinary Ministers of the Eucharist	L. Ewalt T. Ewalt Hans Fehres T. Griffith A. Klundt S. McKenna J. McKenna B. Medved P. Medved R. Olmstead M. Ouellette B. Polacek Tracy Rigor G. Tremper A. Trunkle	A. Ambuehl S. Bahnmler J. Durocher L. Durocher R. Hellyer K. Hodges T. Jones ★ S. Kohut Caleb Mee L. O'Neill D. Schwanke J. Schwanke V. Smith H. Smith P. Woelkers	K. Baker A. Bulger P. Byrne K. Byrne J. Byrne V. Flick L. Ginnaty J. Ginnaty H. Houghton C. Huber D. Hudson K. Krattiger M. Matelich ★ E. Miller ★ P. Woelkers

Care for Creation by Recycling

Sheds for Newspapers, Cardboard, and Aluminum are in the Sts. Peter & Paul Center parking lot, near the dumpster.



UPDATED Schedule:

Weekend	Newspaper	Cardboard
3rd (July 20-26)	G. Kushnak	R. Shipley
4th (July 27-Aug 2)	D & P Birkenbuel	C. Nowak

The weekend starts on Friday (shifts are Friday to Thursday).

School Newspapers: Greg Bonilla

**Call Parish Office for information on RCIA,
Adult Formation or Marriage Preparation**

RCIA (Learning to be Disciples of Christ / Becoming Catholic) every **Thursday, 7:00PM, at the Sts. P&P Center**. This week: *Loaves and fishes ~ What was the real miracle?* **Team members: K Nyman-Wendt, M Dupuis**. For initial contact, call Mary Dupuis at the parish offices 452-6491, ext 206.

RCIA Adapted for Children: for children age 7 or older who are not baptized, or baptized in another faith tradition: contact Mary Dupuis at the parish offices 452-6491.

Young Adult Ministry

Aubrey Rearden 452-6491 ext. 207 aubrey@holyspiritgf.org
Cell Phone: 868-6713 (call or text)

Hops & Hope

With the summer brings a break to our regular Thursday gatherings, if you are interested in hosting a summer young adult event please contact Aubrey 868-6713 and we will help you get the word out!

Youth Ministry

Aubrey Rearden 452-6491 ext. 207 aubrey@holyspiritgf.org
Cell Phone: 868-6713

Youth Group Sunday Nights 6:30-8:15 pm



Watch this space for Summer Youth Ministry Opportunities.



Congratulations to the Class of 2018. May God Bless you and keep you safe in all of your life's adventures!



High School Bible Study meets each Wednesday @ Schulte's Coffeehouse from 6:45-7:30am, everyone is welcome! Same time same great place all Summer long!!!!

Elementary Faith Formation

Kody Diekhans 452-6491 pianokody@holyspiritgf.org

We had another very successful year in Elementary Faith Formation and we are excited to begin another season in September.

Watch this space for information in the coming weeks!

Holy Spirit School

Jim Wichman - Principal Melissa Hallahan, Vice-Principal
Jackie Wicke, Administrative Assistant
Colette Longin, Development Director, clongin@holyspiritgf.org
761-5775 www.holyspiritgf.org

SUMMER HOURS! June 4-August 10. Our front office is open Monday-Thursday from 10:30 am-1:30 pm. EXCEPT for the week of July 4th! Normal hours (7:30 am-3:30 pm, Mon-Fri) resume on Monday August 13th. School tours are always available by appointment, at any time of the day...just call the school to set one up! 761-5775.

Are you wondering about a new school experience for your child? HSCS could be the ticket! We have so many opportunities for students, including competitive sports programs, Science Club, Junior Toastmasters, and field trips for all ages! We enjoy weekly Mass, community service projects, praying together and playing together! Our students head into High School with the foundations of faith, knowledge, and service from their well-rounded education at HSCS. And, with smaller class sizes, our teachers really get to know their students! We have an amazing village of parents, staff, students and alumni and we invite your child, and you, to come be part of it! For more information on the school, please visit our website holyspiritgfschool.org.

Interested in making HSCS a beneficiary of your charitable donations? There are many ways to make that happen! Through the HSCS Endowment Trust, Scholarships, Dare-To-Dream, and more. You can make a difference in a child's life! Visit us online to donate, or for more information, call Colette at the school.

Christian Service

Cindy Eultgen 452-6491 ext. 208 cindy@holyspiritgf.org

Blessed are they who mourn, for they will be comforted.
Matthew 5:4



Grief has no time limit, the Holy Spirit Parish Bereavement Team and Fr. Doug are here to support you in the multifaceted expressions in grieving the death of your loved one.

Support Group—for those who are grieving the loss of a loved one. *It doesn't matter how long it has been*, all are welcome. Tuesday, **July 24 at 7 pm in the RCIA room at Sts. Peter & Paul**. Anyone seeking conversation and support is welcome on the 4th Tuesday of every month.



Fellowship Dinner Saturday, July 28 after Mass. Stay for a meal and get to know someone you have never met before! Serving will begin after the closing song, and takeouts are for bus riders and previously arranged. Please contact Pam Noble at 788-2564 for more information. Free Will Offering. Beyond covering the expenses of the meal, the proceeds have been used for Christian Justice Issues. Through education, immersion experiences, prayer, and small group study, over the past 10 years, parishioners have made an intentional effort to learn about issues that affect poverty and respond. Kiva was one way they have implemented their ideas. Do you Kiva? Microloans at your choice. Information located at the pockets by the front doors.



Stewardship



“The Lord is my shepherd; I shall not want.” (Ps. 23) Our homeless families struggle with needing and wanting. As a family of God we have these homeless brothers and sisters who find the testimony of our lives relevant to their finding their way out of poverty. At the very least we can offer a little of our time or a box of cereal to give them a safe place to sort out their needs and wants. Thank you for the constancy of your service not only to Family Promise but in the wide range of services we provide at Holy Spirit Parish. We would love to work alongside you at the Monsignor House. If you have been thinking about this please call Kathie & leave a message @ 781.5033.

Eagle Scout Project

Thanks to Caimin Boland and his Boy Scout Eagle Project we have three new planters in the Holy Spirit Parish Community Garden. The project consisted of about 25 hours of planning and about 65 hours of working. Caimin raised more than \$475 for the cost of the project and was able to assemble the required materials donated by the City of Great Falls, United Materials and Boland Well Systems. His project will double the size of the garden significantly increasing the amount of vegetable production. Caimin would like to thank Jacob and Caleb Mee, Troy Child, Boland Well Systems, and Parishioners of Holy Spirit for their help with the project.

Worship

Mary Dupuis 452-6491 ex. 206 mdupuis@holyspiritgf.org

Liturgical Bits and Bytes: Kisses What is it about kissing at Mass? The priest kisses the altar. Twice. The deacon or priest kisses the Gospel book. We kiss each other at the Sign of Peace. The newly married may show their love “in an appropriate way.” What’s going on? The custom of Christians kissing goes clear back to the New Testament. Paul, by no stretch a romantic, urged Christians to greet one another with a holy kiss (Rom 16:16), and Peter suggested a kiss of love (1 Pet 5:14).

Kissing the altar first appeared in the fourth century. People used to kiss the threshold of the building they entered in respect. At Mass the kiss switched to the altar, which symbolized Christ, the cornerstone of the church. By the middle ages most altars contained relics of martyrs so the kiss honored them as well. Today the priest greets the people with “The Lord be with you,” but he also greets the altar—the presence of Christ, and the holy place where Mass will follow.

Kissing the Gospel book carries a similar meaning. We recognize the presence of Christ in the book that speaks good news. The kiss of the altar at the end of the Mass is the farewell counterpart of the entrance kiss.

From the third century, a kiss of peace was given to new Christians after baptism. Today, when the bishop offers peace to the newly confirmed, he imitates that baptismal ritual. A priest who confirms the newly baptized at Easter might offer the same greeting.

Strangely, the rite of marriage doesn’t always invite the couple to kiss. If the wedding takes place at Mass, they’ll get a chance at the Sign of Peace along with the rest of the assembly. If there is no Mass, the rite never alludes to the kiss. But since the introduction encourages local adaptations, a little improvisation might help.

When at Mass, prepare to pucker. Paul Turner
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Milestones

Holy Spirit parish welcomes Caroline Marie Smith, daughter of Chris and Melinda, who was baptized this weekend. We also welcome Brad and Michelle Nieset and their children Woodrow, Margaret, Harriet and Augustus who joined our parish this week. Welcome!

Courtesy Announcements

The Right to Life group will have a booth at the State Fair. They are looking for people to help at the booth. A ticket will be given to you for admission to the fair. If you are willing to help, please contact Barb Going at 727-4878. They will have 2 people for each shift.

Saint Anthony Parish is pleased to announce the Eucharistic Conference will be held in Laurel, MT, August 5-10. The theme is “The Splendor of Truth”, celebrating the 50th anniversary of *Humanae Vitae: God’s Vision for Marriage, Love and Life*. Special guest speakers include Bishop Michael Warfel and many distinguished presenters from the *Priestly Fraternity of St. Joseph*. Now is the time to unleash the power of this teaching for the healing of our society. The Eucharistic Conference promises to be intellectually, liturgically and spiritually enriching. Please visit santanthonycatholicchurch.org for more information.

The Great Falls Catholic School System is seeking a full-time Advancement Director to supervise three part-time staff, fundraising, marketing, recruitment, branding, major gift development, alumni giving, and grant writing to begin early in the 2018-19 school year. Five years experience in the field with a Bachelor’s Degree or higher preferred. If interested please contact Principal Phillip VanDenBrink at 216-3344 or email him at pvandenbrink@greatfallscentral.org.

Great Falls Catholic School are hosting the 2nd annual Mike Diekhans Memorial Golf Tournament to be held at the Meadow Lark Country Club on Friday September 7, 2018. Team entry forms are available at greatfallscentral.org/golf-tourney or call Kris Warren at 406-855-7417. All proceeds go to fund grades 5-12 athletic programs. There is limited space so sign up early.



Great Falls Central Catholic High School is looking for host families for the 2018-19 school year. This is a great opportunity to host an international student from Europe, China, South America, Africa or many other countries!

For more information on this awesome experience please contact Kyler Baker, International Program Director at 216-3344 or by email at kbaker@greatfallscentral.org.

Saint Michael Radio ~ *FM 97.1
“Sharing the Splendor of Truth”

Coping with Grief and Loss: Get Support

The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it is important to express them when you are grieving. Sharing your loss makes the burden of grief easier to carry. Wherever the support comes from, accept it and **do not grieve alone**. Connecting to others will help you heal.

Finding support after a loss

- **Turn to friends & family members** – now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Draw loved ones close, rather than avoiding them, and accept the assistance that's offered. Oftentimes, people want to help but don't know how, so tell them what you need – whether it's a shoulder to cry on or help at home.
- **Draw comfort from your faith** – Embrace the comfort of the rituals of faith. Spiritual activities that are meaningful to you – such as praying, meditating, attending Mass – can offer solace. If you are questioning your faith in the wake of the loss, talk to Fr. Doug or other members of the parish.
- **Join a support group** – Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. Peace Hospice is a good resource.
- **Talk to a therapist or grief counselor** – If your grief feels like too much to bear, call a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.

Blessed are they who mourn, for they will be comforted. Matthew 5:4

Bereavement Support Group

4th Tuesday of every month Tuesday, July 24 at 7 pm
in the RCIA room at Sts. Peter & Paul



Holy Spirit Parish, 201 44th St. S. 452-6491 Great Falls, MT

(printed with permission from the Archdiocese of Boston Grief Workbook)



Common Symptoms of Grief

While loss affects people in different ways, many people experience the following symptoms when they're grieving. Just remember that almost anything that you experience in the early stages of grief is normal – including feeling like you're going crazy, feeling like you're in a bad dream, or questioning your religious beliefs.

- **Shock and disbelief** – Right after a loss, it can be hard to accept what happened. You may feel numb, have trouble believing that the loss really happened, or even deny the truth. If someone you love has died, you may keep expecting them to show up, even though you know they're gone.
- **Sadness** – Profound sadness is probably the most universally experienced symptom of grief. You may have feelings of emptiness, despair, yearning, or deep loneliness. You may also cry a lot or feel emotionally unstable.
- **Guilt** – You may regret or feel guilty about things you did or didn't say or do. You may also feel guilty about certain feelings (e.g. feeling relieved when the person died after a long, difficult illness). After a death, you may even feel guilty for not doing something to prevent the death, even if there was nothing more you could have done.
- **Anger** – Even if the loss was nobody's fault, you may feel angry and resentful. If you lost a loved one, you may be angry at yourself, God, the doctors, or even the person who died for abandoning you. You may feel the need to blame someone for the injustice that was done to you.
- **Fear** – A significant loss can trigger a host of worries and fears. You may feel anxious, helpless, or insecure. You may even have panic attacks. The death of a loved one can trigger fears about your own mortality, of facing life without that person, or the responsibilities you now face alone.
- **Physical symptoms** – We often think of grief as a strictly emotional process, but grief often involves physical problems, including fatigue, nausea, lowered immunity, weight loss or weight gain, aches and pains, and insomnia.

