Saint Mary Catholic Community

Pastoral Office Hours

Monday—Thursday:

9:00 a.m. to 4:00 p.m.

Friday

9:00 a.m. to 12:00 p.m.

Fr. Tim's Office Hours

Tuesday—Friday:

10:00 a.m.—2:00 p.m.

Office Address:

1700 Missoula Ave.

Helena, MT 59601

Phone and Fax:

Ph: 406-442-5268 | **F:** 406-449-0860

Website:

www.stmaryhelena.org

E-mail:

smcc@stmaryhelena.org

Flocknote (to receive news and

updates from us): Signup here

Livestream

https://www.youtube.com/channel/ UCQR7D-gy6Z3TmeXSQ5Sk45w/ featured

Click here to become a parishioner

Adoration: Tuesday following 12:10 p.m. Mass until 2:00 p.m.

Reconciliation

Wednesday:

4:00—5:00 p.m.

Saturday:

3:00—4:00 p.m.

Mass Schedule

Saturday Vigil Mass:

4:30 p.m.

Sunday Masses:

8:00 a.m. & 10:30 a.m.

Weekday Masses

Tues, Wed & Thurs 12:10 p.m.

Friday Care Center Masses

June 20 – Cooney July 11 – Touchmark July 18 – Cooney



MASSES AT SAINT MARY

Sunday, June 15th—The Solemnity of the Most Holy Trinity

Proverbs 8:22-32; Romans 5:1-5; John 16:12-15 8:00 AM Mass— for the intention of all fathers 10:30 AM Mass— for the intention of all fathers

Monday, June 16th—No Mass 2 Corinthians 6:1-10; Matthew 5:38-42

Tuesday, June 17th
2 Corinthians 8:1-9; Matthew 5:43-48
12:10 PM Mass—for Kirk Wetherbee Jr

Wednesday, June 18th
2 Corinthians 9:6-11; Matthew 6:1-6, 16-18
12:10 PM Mass—for Andreas Van Dies
4:00PM—5:00 PM Confessions

Thursday, June 19th
2 Corinthians 11:1-11; Matthew 6:7-15
12:10 PM Mass—for Dan O'Leary IF
rb: Patricia Wall

Friday, June 20th
2 Corinthians 11:18, 21-30; Matthew 6:19-23
11:00 AM Mass at Cooney
for the intentions of the people at Cooney

Saturday, June 21st
2 Corinthians 12:1-10; Matthew 6:24-34
3:00 PM—4:00 PM Confessions
4:30 PM Vigil— for Mike and Nancy O'Dell and family
rb: Carol Frisch



Sunday, June 22nd—The Solemnity of the Most Holy Body and Blood of Christ

Genesis 14:18-20; 1 Corinthians 11:23-26; Luke 9:11b-17 8:00 AM Mass—for the intentions of the people of the Parish 10:30 AM Mass—for June Tupper rb: Diana Kulow

> Monday, June 23rd—No Mass Genesis 12:1-9; Matthew 7:1-5

Tuesday June 24th—No Mass *Isaiah 49:1-6/Acts 13:22-26; Luke 1:57-66, 80*

Wednesday, June 25th —No Mass Genesis 15:1-12, 17-18; Matthew 7:15-20 4:00 PM—5:00 PM Confessions

Thursday, June 26th—No Mass *Genesis 16:1-12, 15-16; Matthew 7:21-29*

Friday, June 27th—No Mass Ezekiel 34:11-16; Romans 5b-11/Luke 15:3-7

Saturday, June 28th
Genesis 18:1-5; Matthew 8:5-17
3:00 PM—4:00 PM Confessions
4:30 PM Vigil— for June Tupper—
rb: Diana Kulow





Prayer Ministry Sacrifice

As praying stewards and ministering stewards, we are beginning our seasonal movement into the warm, slow days of summer, with its time of refreshment and renewal. As many of our parish ministries have concluded for the summer, so, too, will our observations about parish life for the summer. That does not mean our pray and ministering efforts conclude; they do continue on through the summer, just in a different time and manner. We will be back with parish observations in August, 2025. Enjoy your summer!

As sacrificing stewards:

Stewardship Gifts/Ordinary Collections:

Fiscal Year 2024-25 Received: 7/1/24 – 5/31/25: \$485,759 Fiscal Year 2024-25 Budgeted: 7/1/24 – 5/31/25: \$489,431 Difference: (Received – Budget): \$ 3,672)

Maintenance Repair Needs and Gifts (FY 2024-25 (7/1/24 - 5/31/25))

Church Skylight Repair (estimate): \$14,465
Church Furnace Replacement: \$12,025
Font Repair (completed): \$17,905
Regular Maintenance & Repair: \$18,720
Current Need: \$63,115
Maintenance & Repair Gifts Received: \$60,985
Difference: (Received – Need) (\$2,130)

Praise God and Thank You for your prayers, your share in ministry, and your sacrificial giving!



Parish Staff and Parish Councils at your service

Father Tim Moriarty
Phone ext. 106 ~ email: tmoriarty@stmaryhelena.org

Deacon Michael Seipp email: mseipp@stmaryhelena.org

Dawn Brannman ~ Faith Formation Director/Youth Minister Phone ext. 107 ~ email: dbrannman@stmaryhelena.org

Beth Carrell ~Pastoral Care Director
Phone ext. 103 ~ email: pastoralcare@stmaryhelena.org

Lori Mleko ~ Elementary RE Coordinator
Phone ext. 102 ~ email: lorimleko@stmaryhelena.org

Joanna Haddon ~ Finance Director
Phone ext. 104 ~ email: jhaddon@stmaryhelena.org

Director of Music and Liturgy: VACANT

Brandon Bloom ~ Maintenance Director
Phone ext. 112 ~ email: bbloom@stmaryhelena.org

Keaton Pettis ~ Communications Coordinator Phone ext. 101 ~ email: kpettis@stmaryhelena.org



Pastoral Council Members: Starla Blank, Mike Blend, Jan Buyske, Ed Glowienka, John Larson, Mary Munger, Casey Molloy, Hal Nelson, Jeff Tobin, Tyson Schulte, and Marelee Cloninger

Finance Council Members: Bruce Baumgart, Dave Brown, Jana Gruber, Julie Johnson, Jerry LaChere, Anna Miller, Lori Murphy-Moullet, and Maureen Stohl.

From Father Tim

"The titles given to the Holy Spirit must surely stir the soul of anyone who hears them, and make him realize that they speak of nothing less than Supreme Being. Is he not called the Spirit of God, the Spirit of truth who proceeds from the Father, the steadfast Spirit, the guiding Spirit? But his principal and most personal title is the Holy Spirit.

To the Spirit all creatures turn in their need for sanctification; all living things seek him according to their ability. His breath empowers each to achieve its own natural end.

The Spirit is the source of holiness, a spiritual light, and he offers his own light to every mind to help it in its search for truth. By nature the Spirit is beyond the reach of our mind but we can know him by his goodness. The power of the Spirit fills the whole universe, but he gives himself only to those who are worthy, acting in each according to the measure of his faith...

The Spirit raises our hearts to heaven, guides the steps of the weak, and brings to perfection those who are making progress. He enlightens those who have been cleansed from every stain of sin an makes them spiritual by communion with himself...

From the Spirit comes foreknowledge of the future, understanding of the mysteries of faith, insight into the hidden meaning of Scripture, and other special gifts. Through the Spirit we become citizens of heaven, we are admitted to the company of the angels, we enter into eternal happiness, and abide in God. Through the Spirit we acquire a likeness to God; indeed we attain what is beyond our most sublime aspirations—we become God."

St. Basil the Great

May we constantly rely on the Gifts of the Holy Spirit of Wisdom, Knowledge, Fortitude, Understanding, Counsel, Piety and Fear of the Lord. Because happy are those who fear the Lord, and walk in His ways. The Holy Spirit has been given to us at our Baptisms and strengthened at the Sacrament of Confirmation. May we always surrender to the Holy Spirit in our lives, to follow the Lord without reservation, and to bring the love of Christ to the world through our prayer, example and perseverance in doing God's will. May the fire of the Holy Spirit be with us now and all the days of our lives!

God bless all of you!

Fr. Tim

Pope's Intentions for June 2025

That the world might grow in compassion

Let us pray that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world.





FORMATIONN &

The Chosen Group

We will not meet on June 19th because of VBS, or July 3rd because the office is closed!

On June 26th we will begin the docuseries "Jonathan and Jesus". This series is about Jonathan Roumie who portrays Jesus in "The Chosen" TV series.

We will meet in the Social Center from 1:00 pm to 2:30 pm!

Please Pray for those attending Legendary Lodge!

Junior High Camp 1

June 15-20

High School Camp 1

June 22-27

May your time at the Lodge fill you with awe and wonder of God's Great love for you!

Our Vacation Bible School, **True North**, will take place in the Social Center June 16-20 from

1:00 pm to 5:00 pm each day! Please pray for all of the adults and teens helping and for all of the children attending!!!!!

Come Holy Spirit!!!!



NCYC

BECAUSE HE IS THE GREAT I AM, I CAN BE EXODUS 3:14

We invite youth in Grades 9-12 to NCYC! Please sign up by July 1st!

NCYC (National Catholic Youth Conference) is a powerfully unique three-day experience of prayer, community, evangelization, catechesis, service, and empowerment for Catholic teenagers (of high school age) and their adult chaperones.

Dates: November 19-23, 2025

-November 19: Travel Day

-November 20-22: NCYC

-November 23: Travel Day

Estimated Cost: \$1,375 per person. Travel is to be arranged by the individual/youth group, and is estimated to be \$600 (airfare, ground transportation, baggage fees, etc.).

Registration is \$675 and includes: NCYC ticket, hotel, one meal each day, snacks, shirt/swag, and more!

Who can go: Grades 9-12 and their adult chaperones

Register **HERE!**

Contact Dawn for more information!

Pastoral Care

I want to sincerely thank this beautiful community for being so receptive to me. For anyone who is an extraordinary minister of Holy Communion bringing Our Lord to the homebound, please let me know if you have not yet been trained on the method for purification of your pix. It is imperative that this be done directly after bringing Communion to the sick, in the Sacristy. You may make an appointment with me by calling the office, or email me at pastoralcare@stmaryhelena.org. Thank you!

Beth

Liturgical Life

Director of Liturgy and Music

Saint Mary Catholic Community is seeking a qualified Director of Liturgy and Music to support the operations of Saint Mary Catholic Community. The Director of Liturgy and Music will provide leadership in the planning, execution and celebration of all parish liturgical celebrations, with responsibility for preparing both liturgical and musical elements. The Director will help the parish worship and celebrate through a balance of contemporary and traditional music styles while encouraging the full, active and conscious participation of the assembly in the liturgy. As a member of the Pastoral Staff, the Director is expected to take an active role in the full life of the parish. Candidates should have a Bachelor's degree or equivalent education/experience in Liturgy, Sacred Music, Pastoral Studies, Theological Studies, or a related field. Strong organizational and communications skills are essential. This is a full-time salaried position, working 40 hours per week, with benefits. Annual salary range is \$39,000 to \$47,500, depending on experience. For a complete job description and list of qualifications for the position, please see our website at ww.stmaryhelena.org. Apply by sending your cover letter, resume and three professional references to jhaddon@stmaryhelena.org. This position will remain open until filled.

Care For Creation and Care For Creation and

Laudato Si' Mi Signore Praise be to you, my Lord

A celebration of the 10th anniversary of Pope Francis' encyclical, Laudato Si'
May 18, 2025
(continued from the bulletin of June 7/8)

CREATION CARE AT CARROLL COLLEGE

The second speaker was Jennifer Glowienka, PhD., Senior Vice President of Academic Affairs and Dean of the College at Carroll College. Jennifer's background in Biology and Conservation Genetics has given her an appreciation of Laudato Si' and the encouragement to do the work of implementing care for creation throughout the entire campus. Although the college has advocated for many years listening to the cry of the earth and the cry of the poor, the faculty and staff is now coming together to make this an entire campus commitment, rather than many individual actions in the different departments. They are working toward an interdisciplinary collaboration across the sciences, community social sciences and pre-professional programs with the aim of educational ecology for all students, creating a sustainability minor and encouraging continued service related volunteer projects throughout our area and the world. Carroll College is also in the process of becoming a registered Laudato Si' University, the first institution of any kind to receive this designation in Montana. They are an inspiration to all families, parishes and the dioceses in our state and country!

HEALTHY EATING for a HEALTHY PLANET

Dave Krainacker, MD, a specialist in Lifestyle medicine and Nina Heinzinger, PhD, gave a brief, sometimes startling description of the average American diet, how it is affecting our earth and what we, as individuals can do to make changes that benefit the health of the planet and our own health. We learned in the average American diet, 60-70% of calories come from processed foods, we consume on average 130 pounds of sugar per year and that in our country we eat an average of 200 pounds of meat annually, nearly three times the per capita amounts of the rest of the world. In addition to being detrimental to our health, beef production is responsible for 200 times the amount of greenhouse emissions as the production of plants and vegetables. In order to switch to a healthier, grain centered diet, Dave and Nina suggested several resources to help with recipes and nutritional information. These include:

- www.forksoverknives.com
- nutritionfacts.org
- nutritionstudies.org
- straighupfood.com

Nina concluded by offering these encouraging words, "One way to make a positive impact on the earth every day is to choose to eat plants instead of animal products."

LEAVING ROOM FOR THE WILD WORLD

Steve McEvoy is a parishioner who has taken the words of Laudato Si' to heart. As a practitioner of a sustainable lifestyle, he has been encouraged by the words of Pope Francis that have brought the environmental issues of loss of biodiversity and species, as well as concern about the exploitation of the earth's resources to the forefront of our thinking. For Steve, being a responsible steward of his land has been a commitment to restoring his land to good health, and returning a part of it to nature. One beautiful contribution is the creation of a pond that now attracts both migratory and nesting birds, some of which have been endangered in the past and now can be seen stopping at the pond during their migration. As Pope Francis has reminded us, "We are connected to all creation". For Steve, this has meant making changes for the better when and where he can with the gifts he has been given.

Thank you to all the speakers for sharing the ways they care for God's creation.

You can watch the entire presentation at:

https://www.youtube.com/watch?v=zHYPfjUm9EM

JUBILEE GARDEN...

HONORED... Jubilee Garden was the recipient of the ServeMontana Award.

The Montana Governor's Office of Community Service and the Montana Commission on Community Service celebrates extraordinary citizens who selflessly give back to their communities. At the ceremony, our Jubilee Garden was recognized for the many volunteers who serve at the garden to produce thousands of pounds of fresh produce (5500 lbs in 2024). Partnering with Helena Food Share, Jubilee Garden has become a key player in addressing hunger in Helena. The commitment to providing fresh food embodies the belief that food is a basic human right. For nearly a decade, this dedication has made an impact on the health and well-being of families in the Helena area.





THE EVER GROWING...

We have sung: "We till the earth, we tend the ground, sowing hope and peace..." (Curtis Stephen) What a beautiful way to describe our Jubilee Garden. The plots have been tilled, the ground nourished, seeds sowed, and plants placed. A place of hope... a place of peace.

What's Ever growing? The plots are PLANTED with vegetables for the gardeners and their families and for our ongoing support of Food Share.

The **Memorial plot is blooming**. Planted by parishioners and members of the bereavement group in loving memory of loved ones. And there's always room for more flowers.

WE INVITE PARISHIONERS TO COME AND PLANT AN ANNUAL IN MEMORY OF A LOVED ONE <u>OR AS</u> WE HEAL FROM THE PAST YEAR PLANT A FLOWER OF HOPE.

PLOTS AVAILABLE – Two small, raised plots (4' x 10') are available. Here's your chance to grow your own healthy, nutritious food for you and your family. If interested call Joe Beausoleil 406-431-3158 FUN...FOOD...FRIENDS

Gardening is a great activity for everyone... a learning experience for families. Gardening serves our community in raising "tons" of food for Food Share.

If you garden at Jubilee you will have the **support** of the "best" Garden Manager/Master gardener in Helena. You will meet the "friendliest" gardeners who love to **plant, get dirty,** harvest, and soak up the sun. Plots are available.

NEEDED- The Garden can ALWAYS use help...harvesters all season, "Weed Wackers". Join the "fun".

Come on Wednesdays from 6pm to 7 pm and Sundays from 11:30 to 1pm through the end of June then Sundays from 10am to noon after that due to the Mass time change on Sundays.

In this JUBILEE Year come to the Jubilee garden, a place of peace and HOPE. "One is near God in the Garden."



Shortened Office Hours

Parish Office hours will be shortened from Wednesday, June 18th through Monday, June 16th due to VBS and staff vacations. Office hours will be 10:00 AM-12:00 PM and will return to normal operating hours on Thursday, June 19th.

No Mass

There will be no Mass the week of June 23–27, 2025. The Church proper will be closed due to refinishing work being done on the Sanctuary and choir area floors in the Church. Help is needed on Friday, June 27, from 9:00 – Noon for dusting of pews following the floor refinishing.

Please call Larry Smith with any questions (406) 558–9018.

Sacred Heart Mission, 125 Walsh Street in Wolf Creek will have their annual Mass on Saturday, June 28th at 4:00 pm. All are welcome.

New Mass Times!

Beginning July 5th

Saint Mary Mass Times:

⇒ Weekday Masses: Tuesday and Thursday at 12:10 PM

⇒ Saturday Vigil: 4:00 PM
⇒ Sunday Mass: 9:00 AM

⇒ Adoration: Tuesday following 12:10 PM Mass until 2:00 PM

⇒ Reconciliation: Tuesday 3:30–5:00 PM

Our Lady of the Valley Mass Times

Beginning June 15th

⇒ Weekday Mass: Wednesday at 6:00 PM

⇒ Saturday Vigil: 6:00 PM (<u>After August 17th)</u>

⇒ Sunday Masses: 11:00 AM & 6:00 PM (6:00 PM ends after August 17th)

⇒ Adoration: Wednesday 4:00– 5:45 PM

⇒ Reconciliation: Wednesday 4:00–5:45 PM



Parish Directory Update

Staying connected means we are better equipped to serve our community!

So, to ensure we stay connected, we're updating our parish directory. It's a huge job and we need your help!

Fill out the Parish Directory Update Connection Card you received in the mail with your up-to-date contact information or click HERE to complete the electronic card.

Thanks for helping us strengthen our ability to communicate with our parishioners, because you matter to us!



This year's *Bishop's Gala* will take place on **Friday, October 10**, and all proceeds will support essential improvements at **Legendary Lodge**—particularly updates to the cabins, which urgently need chinking, new windows, roofing, decking, and improved beds. Each parish has been asked to donate a themed basket for the silent auction. Saint Mary's themed basket is **Viva Italia!** Parishioners are asked to donate items for this basket. The minimum asking price for each basket is \$350. The baskets are due back to the Diocesan office by August 15th. The following are suggestions for the basket, all of which are asked to be brand name, not generic:

Pasta bowl set, gourmet pasta, sauce, imported olives, olive oil, balsamic oil, aged parmesan, Italian apron, Italian oven mitt set, Italian cookbook, pizza stone, countertop pizza oven, fresh herb starter kit, bottles of fine Italian wine. If you would prefer to donate money and let us shop, we would gladly accept your cash at the basket table!

These are suggestions for the basket but anything having to do with Italy and food is welcome. Starting June 22nd the basket will be in the gathering space after each Mass to collect items donated. If you have any questions, please contact Jan Buyske at buyske8@yahoo.org or call (406) 450-0595.

Thank you in advance for help in making Saint Mary's auction basket one of the best!

SEMINARIANS

FOR THE DIOCESE OF HELENA

2024-2025

Dcn. Dillon Armstrong Carter Anderson

Shae Bills Matt Keck

John Cooney Anthony Olmes

Riley Helgoe James Semling

Carson Gorton Kaleb Mitchell

Jake Smith Brett Rotz

Jamie Severson

-Please Continue to pray for our Seminarians-

We Pray for all those serving in the Military

Natasha Walker Nathan Mill Marcus Peter Christopher Casne Tyler Eierdam Andrew Welch Ed Eve, Jr Colby Smith Jack Cotter Cody Gleich Andrew McGuffey David Beatty Jackson Haddon Nicholas T Nelson Stephen Ceo Tristan Anne Driessen Lucas Robson **Daniel Mattingly**

By the grace of God may peace reside in every human heart and in all the world. If you would like to add or remove a name, please call the Parish Office on 406-442-5268.



Blessing Box



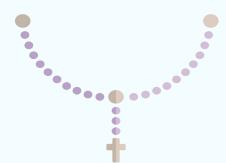
We are in need of food: granola bars, trail mix, nuts, individually-wrapped jerky. Anything than can be eaten without utensils. Also, small bottles of water are welcome. Thank you so much for your continuing support of the Blessing Box.

Legendary Lodge Volunteers

Legendary Lodge is in need of volunteers, 18 or older, for four of the camps this summer. The Lodge is willing to take as much time in a week as you are willing to give. For more information, go to the Legendary Lodge website, and look for the volunteer application. The camps needing help are:

Junior High 1: June 15 - 20 High School 1: June 22 - 27 High School 2: July 13 - 18 Little Girls: July 27 - August 1











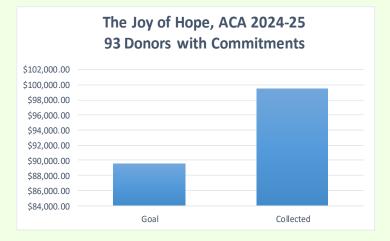
63.65% of Goal

Committed:	\$532,896.00
Collected:	\$193,032.00

Largest Pledge: \$50,000.00
Largest Contribution: \$15,000.00



Funding the Ministry of the Diocese of Helena



111.10% of Goal

Goal	\$89,600.00
Collected	\$99,498.00

Largest Pledge:	\$2,000.00
Largest Contribution:	\$57,903.00

Parish Support

Easing the load on our Parishes with Human Resource Services, Catholic Communications and Safe Environment Training.

Mark Your Calendars!

- ♦ Sunday June 15th: 8:00 am Mass; 10:30 am Mass
- ♦ Monday June 16th: No Mass; 9:30 am Prayer Group; 1:00 pm 5:00 pm VBS; Office Hours 10:00 am 12:00 pm
- ◆ Tuesday June 17th: 12:10 pm Mass; 6:45 am Men's Prayer Group; 1:00 pm-5:00 pm VBS; Office Hours 10:00 am-12:00 pm
- ♦ Wednesday June 18th: 12:10 pm Mass; 4:00 pm 5:00 pm Confessions; 1:00 pm – 5:00 pm VBS; Office Hours 10:00 am – 12:00 pm
- ◆ Thursday June 19th: 10:00 am− 3:00 pm Quilters; 12:10 pm Mass; 1:00 pm− 5:00 pm VBS
- ♦ Friday June 20th: 11:00 am Mass at Cooney; 1:00 pm 5:00 pm VBS
- ♦ Saturday June 21st: 3:00 pm 4:00 pm Confessions; 4:30 pm Mass
- ♦ Sunday June 22nd: 8:00 am Mass; 10:30 am Mass
- ♦ Monday June 23rd: No Mass; 9:30 am Prayer Group
- ◆ Tuesday June 24th: No Mass; 6:45 am Men's Prayer Group
- ♦ Wednesday June 25th: No Mass; 4:00 pm-5:00 pm Confessions
- ♦ Thursday June 26th: No Mass
- ▶ Friday June 27th: No Mass
- ♦ Saturday June 28th: 3:00 pm − 4:00 pm Confessions; 4:30 pm Mass









The Jubilee Prayer

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel.

May those seeds transform from within both humanity and the whole cosmos in the sure expectation

> of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven.

May that same grace spread the joy and peace of our Redeemer throughout the earth.

To you our God, eternally blessed, be glory and praise for ever.

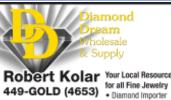
Amen.

Franciscus





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In downtown Helena

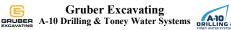


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The Helena We Adore Him Team

invites you to spend a Holy Hour with Jesus each week! Here's how:

- Sign up for a free account at: Helena.WeAdoreHim.com
- Choose the hours you would like to pray at Trinity Chapel on the Carroll College campus from 5AM to
- 3. Make changes or find a substitute at the same website.
- 4. Need two adorers scheduled per hour so that Jesus is protected and never left alone, so SPREAD THE WORD!!!

Jesus wants to spend more time with you... SIGN UP TODAY!!!



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CSSM's counseling program has served clients from over 20 communities in Montana and is ready to serve you!

- Our counselors are Catholic and welcome faith as a part of any counseling session, although it does not have to be. They have experience with clients from many different backgrounds, cultures, and ages. We are here for everyone.
- We specialize in many areas, including grief, trauma, anxiety, depression, relationship/marriage, and perinatal concerns
- You can meet with us from your computer, tablet, or cell phone from anywhere in Montana. If you're in Helena or Billings, you can meet in-person with a counselor.
- We want to be a good match, so the first session is free. If you choose to continue, we accept insurance, Medicaid, Medicare, and private pay, with a sliding fee scale and other discounts

To get started, call (406)442-4130 and select option '2' or send us a message at www.cssmt.org.