



ST. MATTHEW'S EPISCOPAL CHURCH

HILLSBOROUGH, NC.

JANUARY 2024

Rector's Sabbatical: January 15 - April 15

As announced first on December 3, Robert+ is going to take a sabbatical from January 15-April 15. During this time he will not be involved in active ministry. Our Associate Rector, the Rev. Lisa Frost-Phillips will assume the role of interim priest-in-charge, with her hours increasing to full time. Lisa will collaborate with Madeline Liddicoat, our Senior Warden, in leading and administrating the parish. While some of Robert's tasks will be set aside, many responsibilities will be picked up by lay leaders in the parish and by our strong group of clergy associates.

As Robert shared in the Sunday announcement:

"This October I engaged Bishop Sam in discussion about

my ministry at St. Matthew's. On one hand, it's been a particularly challenging year with some traumatic

experiences, following on Covid and then rebuilding the parish coming out of Covid. This has led to some inner tiredness. On the other hand, it's been a super rewarding year, seeing the parish continue to come back to life, and putting more and more systems in place to support and nourish that life. It's been particularly meaningful to accompany you all as you accepted Lisa's and my invitation to grow in faith by widening our awareness of our history. That's been truly amazing, and I'm grateful for how God has moved through this place. The parish feels strong. There is a lot of vitality and interest in the air.

What Bishop Sam and I came to, discussing all this, was that after seven and a half years of full time ministry, I was

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THE ANNUAL PARISH MEETING

Sunday, February 4, 2024 at 9 am

Please plan to join us as we gather in the sanctuary and the Hayden Building for the Annual Parish Meeting. The main purpose of the meeting will be to elect 3 new members of the Vestry and to review the 2024 Budget. The meeting will also be broadcast on the [Worship Zoom Channel](#).

In early January, we will send a packet of information to all members with biographies of the vestry nominees. All in attendance will vote for 3 new members at the annual meeting, and a second vote will break a tie, if needed. Those who cannot attend the meeting may request a mail in ballot for the first vote. Instructions will be provided in the packet.

It's an exciting time at St. Matthews and we hope you will be there to help us move forward into 2024.

- Madeline Liddicoat, Senior Warden

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due for a sabbatical. A sabbatical at 5-7 years is in every rector's contract in the Diocese, and there is a push in the diocese to have all rectors step back after Covid for a time to study, pray, refresh and get a new grounding for the next chapter in ministry. Given how healthy the parish is, and given that we are approaching our bicentennial celebrations, starting in earnest from April 2024, this seemed like an ideal time."

Robert's specific plans for sabbatical include periodic weeks and days of retreat, and plenty of time for study, reflection, exercise and time with his family. He looks forward especially to deeper theological study and writing on spiritual formation.



Join us on
Sunday, Jan 7 at 9:15 am for
VILLAGE CHURCH
 in the Education Building
 Let us celebrate Epiphany at this
 intergenerational service.

Burning of the Greens & Chili Cook-Off Sunday, January 7 at 5:00 pm

Mark your January calendar to begin 2024 with a favorite event at St. Matthew's. Once again we will welcome the New Year with a traditional "Burning of the Greens" bonfire followed by the Chili Cook-Off competition to find the best chili cooks in the congregation. The categories will be for **mild, spicy and vegetarian** chilis, so please label your entries accordingly and bring them to the Fellowship Hall **NO LATER THAN 5:15 pm**--late entries cannot be in the competition. Our distinguished panel of judges will sample all entries while the rest of us sing carols around a roaring bonfire in the parking lot.

That roaring fire will be composed of our old, dry Christmas trees, so bring your trees to the edge of the parking lot any time after January 1st. Our skilled team of tree burners will be on hand to pile them up and send them off in a rush of crackling flame and smoke. We'll sing carols as the trees send sparks skyward, then go inside for chili, cornbread and all the accoutrements for the meal. If your kids aren't into chili, no worries! Chicken nuggets will also be available. Winners of the contest varieties will be announced, ribbons awarded and we'll all go home, full and happy.

- Karen Ireland & Parish Life



A Three-Year Celebration of St. Matthew's Bicentennial Kicks Off in 2024

The New Year ushers in a three-year long celebration of 200 years of ministry at St. Matthew's. Each year of the celebration focuses on a particular time period of our history. In 2024, we will focus on 1750-1850. 2025 will concentrate on 1850-1950, and 2026 will examine our history from 1950 to the present.

Join us for the first two Sunday Forums as we kick-off our bicentennial:

- **Bicentennial Kick-off: Sunday, Jan 14** - The Rev. Robert Fruehwirth, rector, and Chris Peterson, chair of the Bicentennial Committee, along with other members of the committee will be on hand to share some of the many activities and events planned. Mark your calendars - you don't want to miss this!
- **Colonial Hillsborough: Sunday, Jan 21** - Allen Cronenberg will talk about what life was like in Hillsborough and St. Matthew's during colonial times. This forum will provide context for the first year of our Bicentennial Celebration which covers the period from 1750-1850.

Both of these Forums will be in the Fellowship Hall starting at 9:15 am. All are welcome.



January Faith & Arts Event:

Amahl and the Night Visitors: Friday, Jan 12 at 8 pm & Saturday, Jan 13, at 6:30 pm

Paradox Opera will be at St. Matthew's to present a production of Gian Carlo Menotti's *Amahl and the Night Visitors*, reimagined for today's diverse audiences. Set near Bethlehem just after Christ's birth, the opera tells the story of the Three Kings as they follow the star. When they stop for shelter at the home of a young shepherd boy, a miracle occurs. Join us to find out more! More information and tickets are available for purchase online at www.paradoxopera.org.



Calling All Knitters and Crocheters

The Shawl Ministry invites all the parish needle workers to join us in our service project. We are knitting or crocheting mens caps for the Orange County Prison ministry. When prisoners are released, the Chaplain sends each man home with a bag of items aimed at encouraging and supporting their reentry into the community. The Shawl Ministry would like to add the work of our hands and our blessings. Please join us in our endeavors. There will be a basket in the Parish House for your hats.

With much thanks, *Nancy Harris*

Sacred Ground: *New Course starting in January*



In January, St. Matthew's will host Sacred Ground, an Episcopal course-sensitive and prayerful- that creates space for sometimes difficult, always respectful dialogue on race and racism. The course invites participants to walk back through history, reflect on family histories and stories, and important narratives that shape our collective story.

Dr. Joseph Riddick will be facilitating the group. There will be eleven sessions beginning Thursday, January 11, 2024 at 6:30 pm. Each session lasts

for 90 minutes. The other sessions are 1/25, 2/8, 2/22, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16, and 5/23. The group will meet virtually each week on the zoom meeting channel.

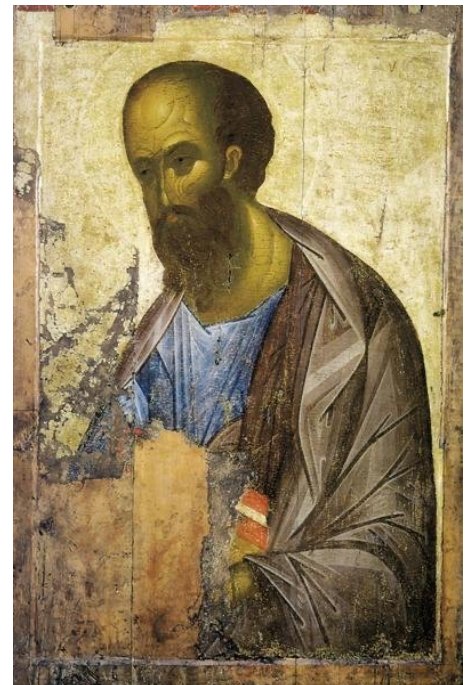
The curriculum consists of a set of documentary films and short videos, available free to registered participants, that are viewed prior to each session. A set of readings and study materials for each session will be sent to participants. There are two books that are required: "Waking Up White" by Debby Irving and "Jesus and the Disinherited" by Howard Thurman.

The facilitator for the course is Joseph Riddick. Dr. Riddick also co-teaches courses at St. Matthew's Church on the Hebrew and Christian Bibles, the History of Christianity, and LivingTheology. Please contact Joseph at jrmcr@msn.com if you are interested.

The Triumph of Grace: Encountering God's Love through Reading Paul's Letter to the Romans.

Join [The Rev. Dr. Susan Eastman](#) for an open-ended discussion of Romans, beginning Jan 21 during the education hour, from 9:15-10:15 in the Cooke-Lawrence Room and on the [St. Matthew's Zoom Formation Channel](#).

Romans is probably the most influential and certainly the most challenging of Paul's letters, and it also is full of surprises and insights into Christian faith and life. We'll read through the text, I'll bring in additional commentary and information as helpful for our understanding of the letter, and we'll practice charitable listening with Paul and each other. No homework required - just bring a Bible!



Liturgically Speaking: *Embracing Sacred Rhythms - Reclaiming the Daily Office*



In the Episcopal Church, the concept of the Daily Office holds a unique significance, deeply rooted in the rich tapestry of liturgical tradition. Reclaiming the Daily Office, as understood within the Episcopal tradition, involves a deliberate return to sacred rhythms and practices that have sustained the faithful for centuries. This article explores the spiritual dimensions of the Daily Office, its historical context, and how individuals can reclaim this ancient practice in their contemporary lives.

The Daily Office, also known as the Divine Office or the Liturgy of the Hours, is a set of prayers and readings designed to sanctify different times of the day. Rooted in the monastic tradition, the Episcopal Church has embraced this practice to sanctify time and infuse the daily routine with moments of prayer, reflection, and connection with the divine.

The Daily Office finds its roots in the early Christian monastic communities, where monks would gather at various hours throughout the day to engage in communal prayer and worship. The practice evolved over centuries, becoming a structured liturgy that encompasses morning prayer, noonday prayer, evening prayer, and compline. In the Episcopal tradition, the Book of Common Prayer serves as a guide for these Offices, providing a framework for communal and individual worship.

Reclaiming the Daily Office in Modern Life

Embrace the Liturgical Calendar - The liturgical calendar, with its seasons and feasts, provides a framework for the Daily Office. Reclaiming this tradition involves aligning one's prayer life with the ebb and flow of the liturgical year, recognizing the significance of each season and allowing it to shape spiritual practices.

Establish a Routine of Prayer - Reclaiming the Daily Office requires a commitment to regular prayer. Establish a routine that incorporates morning, noon, and evening prayer. This intentional rhythm helps create a sacred cadence to the day, fostering a sense of continuity with the broader Christian community.

Use the Book of Common Prayer - The Book of Common Prayer serves as a valuable resource for those seeking to reclaim the Daily Office. Utilize its structured prayers, psalms, and readings as a guide for daily worship. The familiarity of these liturgical elements connects individuals across time and space within the Episcopal tradition.

Create Sacred Spaces - Designate physical spaces for prayer within daily life. Whether at home or work, having a sacred space can help signal a transition from the mundane to the sacred, fostering an environment conducive to prayer and reflection.

Engage in Community at St. Matthew's - While the Daily Office can be a deeply personal practice, it is also communal. Both Morning and Compline is offered each week at St. Matthew's. Morning Prayer

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occurs on Wednesdays and Fridays at 8am, with Compline at 8pm Monday - Friday. (See below for more information about these opportunities for communal prayer.). Our Third Sunday Liturgies at 4pm are another way of praying the Daily Office. These services take place during Evening Prayer.

Online Resources

<https://dailyoffice.wordpress.com>

<https://www.dailyoffice2019.com>

Reclaiming the Daily Office in the Episcopal tradition is a journey towards a deeper connection with the divine and a deliberate acknowledgment of the sacred in the midst of the ordinary. By embracing the liturgical calendar, establishing prayer routines, and engaging with the Book of Common Prayer, individuals can rediscover the transformative power of these ancient practices in their daily lives. In the sacred rhythms of the Daily Office, Episcopalians find a source of spiritual nourishment, a tether to tradition, and a means of sanctifying the ordinary moments of life.

Pax, Dr. Jason, Director of Music

The Daily Office at St. Matthew's

As the year begins and we consider making New Year's resolutions, I would like to encourage you to join the St. Matthew's community in praying the Daily Office. We gather on the Zoom Worship channel several times a week to pray together, offering both intercessions and thanksgivings.

Compline is offered **Monday through Friday at 8:30 pm**. This brief service lasts about 15 minutes and is a wonderful way to prayerfully end the day. All are welcome to participate as often as you like. We follow the service in the Book of Common Prayer and have a time of silent or spoken prayer each evening.

Morning Prayer is offered on **Wednesday and Friday mornings at 8:00 am** and lasts about 30 minutes. We read scripture from the daily lectionary, share joys and concerns, and pray together. If there's a remembrance of a particular saint that day, we often learn a bit about them. It's a great way to check in with a small community a couple of times a week, and we have formed some great friendships over the years. All are welcome to join us.

Finally, a time of **Morning Silence** is offered on **Tuesday mornings at 7:30 am**. This contemplative time does not follow the liturgy of a particular office. Instead, different participants facilitate a time for meditation with readings or prayer, and the gathering lasts about 20 minutes.

All of these gatherings take place on the **St. Matthew's Zoom Worship channel**. Please consider taking part in one or more of these offerings in 2024. You are always welcome to be a part of these prayerful communities. - Jill Hofler

Church Emergency Preparedness: AEDs Installed

As our church family grows and our facilities are being used more frequently, the vestry has begun to examine our preparedness for emergencies. One such emergency would be an individual having a sudden cardiac arrest. To help our parish be better prepared for such an event, the Vestry authorized the purchase of **two automated external defibrillators (AEDs)** which have been installed - one in the parish house (above the fire extinguisher which is next to the side door) and one in the Hayden building (in the hallway outside the kitchen).



The chance of survival from cardiac arrest decreases each minute treatment is delayed. The use of an AED is essential to treatment. While the AEDs we purchased can be used by anyone without any prior training, we are planning opportunities for our community to become more familiar with our AEDs as well as CPR. Look for additional announcements as we firm up plans. In the meantime, please take a moment note the location of our AEDs and become familiar them by viewing this video: https://www.youtube.com/watch?v=J_lmwURMHgo. As noted in the video, here are the basic steps to follow if the AEDs need to be used:

1. Call (or instruct someone to call) 911. Ideally a bystander can place the call while you stay with the person in distress.
2. Retrieve the closest AED by opening the door to the box and removing the device.
3. Turn on the AED and follow the directions.

NOTE: We do not currently have pads for children, but the adult pads can be used on a child by placing one pad between the nipples on the chest and one between the shoulder blades on the back.

- Deb Brandon

Northern Orange MLK, Jr. Memorial Celebration



This year's theme is "Honoring Our Past as We Celebrate Our Future." Highlights include oratorical and banner competitions, and a **banquet at Lee's Chapel Missionary Baptist Church on Saturday, Jan 14, at 4:00 pm**. Tickets are \$25 per person and the dress is semi-formal. We also need a couple of volunteers from St. Matthew's as this is a community-wide celebration and we're all pitching in to help make it happen. If you would like to attend the banquet or volunteer in some way, please contact Geraldine Fleming (ghfleming@bellsouth.net). She also has t-shirts and sweatshirts for sale marking the celebration. This is a wonderful opportunity to



The Parish Office will be closed on Monday, January 15, in observance of the Martin Luther King, Jr. Holiday



JANUARY 2024

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 The Holy Name 10a Archives 8:30p Compline (W)		2 7:30a Morning Silence (W) 10:30a Liturgy Meeting (PH) 11:30a Staff Meeting (PH) 8:30p Compline (W)	3 8a Morning Prayer (W) 12p Eucharist (Chr) 5:30p Taco Wednesday (Fell) 7:00p Parish Choir 8:30p Compline (W)	4 7p Personnel 8:30p Compline (W)	5 8a Morning Prayer (W) 8:30p Compline (W)	6 The Epiphany 9a Shawl Ministry
SUNDAY						
7 Baptism of Our Lord 8a Eucharist, Rt I (Chr) 9:15a Village Church 10:30a Eucharist, Rt II (W & Chr) 12p Newcomer's Committee (PH) FeST Planning Group Lunch 5p Tree Burning & Chili Cook-off	8 10a Archives 6:30p Hebrew Bible Study (F) 8:30p Compline (W)	9 7:30a Morning Silence (W) 10:30a Liturgy Meeting (PH) 11:30a Staff Meeting (PH) 8:30p Compline (W)	10 8a Morning Prayer (W) 12p Eucharist (church) 5:30p Junior Choir 6:15p Choir Dinner (Fell) 7:00p Parish Choir 8:30p Compline (W)	11 5:30p Pilgrim's Dinner 8:30p Compline (W)	12 8a Morning Prayer (W) 8:30p Compline (W) 8p Amahl & the Night Visitors	13 9:30a Parish Life 8p Amahl & the Night Visitors
14 Epiphany 2 8a Eucharist, Rt I (church) 9:15a Education Hour 10:30a Eucharist, Rt II (W & chr)	15 10a Archives 5p Daughters of the King (PH) 6:30p Hebrew Bible Study (F) 8:30p Compline (W)	16 7:30a Morning Silence (W) 10:30a Liturgy Meeting (PH) 11:30a Staff Meeting (PH) 6p Vestry 8:30p Compline (W)	17 8a Morning Prayer (W) 12p Eucharist (church) 5:30p Taco Wednesday (Fell) 5:30p Junior Choir 7:00p Parish Choir 8:30p Compline (W)	18 Confession of St. Peter, Apostle 8:30p Compline (W)	19 8a Morning Prayer (W) 8:30p Compline (W)	20
21 Epiphany 3 8a Eucharist, Rt I (church) 9:15a Education Hour 10:30a Eucharist, Rt II (W & chr) 2p Safe Haven for Caregivers 4p Epiphany Lessons & Carols	22 10a Archives 5p Daughters of the King (PH) 6:30p Hebrew Bible Study (F) 8:30p Compline (W)	23 7:30a Morning Silence (W) 10:30a Liturgy Meeting (PH) 11:30a Staff Meeting (PH) Bicentennial Cmte (PH) 8:30p Compline (W)	24 8a Morning Prayer (W) 12p Eucharist (church) 5:30p Junior Choir 6:15p Choir Dinner (Fell) 7:00p Parish Choir 8:30p Compline (W)	25 Conversion of St. Paul, Apostle 8:30p Compline (W)	26 8a Morning Prayer (W) 8:30p Compline (W)	27
28 Epiphany 4 8a Eucharist, Rt I (church) 9:15a Education Hour 10:30a Eucharist, Rt II (W & chr) 7p Women's Singing Circle (Chr)	29 10a Archives 6:30p Hebrew Bible Study (F) 8:30p Compline (W)	30 7:30a Morning Silence (W) 10:30a Liturgy Meeting (PH) 11:30a Staff Meeting (PH) 8:30p Compline (W)	31 8a Morning Prayer (W) 12p Eucharist (church) 5:30p Junior Choir 6:15 Choir Dinner (Fell) 7:00p Parish Choir 8:30p Compline (W)	Parish Office Hours Monday thru Thursday 8:30 am to 12:30 pm 919-732-9308 welcome@stmatthewshillsborough.org		



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**Sacred Heart Concert
& Community Sing**
*Sunday, February
25, 7:30 pm*

Faith and Arts along with
The Bicentennial
Celebration and The Women's Singing
Circle will present a **Sacred Harp Concert and
Community Sing**. This will be the third offering of the
newly invigorated Faith and Arts programming. We
are so glad for its return.

The Sacred Harp is a hymnal first published in 1844
and includes music written and collected from 1770
through 1820. This dovetails nicely first year of the
parish's Bicentennial Celebration, 2024, which
focuses on the years 1750-1850. The hymn book uses
"shape note" singing, thus called because the musical
notation uses note heads in distinct shapes to aid in
sight-reading. All are welcome - donations gladly
accepted.

- Mary Rocap



Dinner Group Sign-ups!

One of St. Matthew's favorite traditions
begins anew each year: Dinner Groups!
Groups are usually made up of 8 people
and meet several times a year, taking turns
to meet for dinner at each others' houses or
go to a local restaurant or do something
completely different, like having a picnic at a
local park--the group can be as creative as
they want! A team "captain" is assigned to
each group to hold the first meeting and
help plan future get-togethers.

Sign up sheets for Dinner Groups will start in
January. Look for sign-up sheets in the
Parish House lobby after January 1st. More
information will be available in the coming
weeks. To learn more about dinner groups,
please contact Karen Ireland or Carolyn
Carlson. They would be happy to talk to
you.

- Karen Ireland & Carolyn Carlson