HILLSBOROUGH, NC. SEPTEMBER 2023

Dear Sisters and Brothers at St. Matthews,

September 10th is the start of our program year!

The vestry, lay leaders, and staff have been working hard over the summer to prepare for our new program year. While there will be many offerings that fulfill parts of our Strategic Plan (<u>ENGAGE TO GROW 2022-2025</u>), I want to highlight particular programs chosen by the Vestry as our chief priorities for this fall.

PRIORITY 1: ENGAGE the PARISH TO GROW IN LOVE

Wednesday Nights! A big, new initiative is to center our weekday programs on Wednesday nights for fellowship and formation. Each Wednesday night starting Sept 6 the youth choir and adult choir will practice, with a meal in between. Youth Choir is 5:30, Dinner is 6:15, Adult Choir is 7pm. In October, our Newcomer Program will meet on Wednesday nights during Youth Choir time and continue for meal fellowship.

Taco Tuesday will be woven into this, becoming Taco Wednesday, now on the first and third Wednesdays of every month. Taco Wednesday is a full community meal for parishioners and anyone at all. Invite non-church friends for a casual and enjoyable meal for all ages, and a fun time especially for children. On the other Wednesdays of the month, we are going to provide meals at least for the choirs with the hope this will grow into a general potluck for everyone. If you'd like to be involved in organizing a potluck team, setting and cleaning up, contact Vestry person Anne Kenyon.

Start-Up Sunday September 10th Late service returns to 10:30 am

After Labor Day, we will begin the new program year with *Village Church at 9:15 am* for all ages in the Fellowship Hall. Come and learn about formation opportunities for children, youth, and adults.

Please Note that we will be resuming our regular Sunday schedule that day:

- 8 am Holy Eucharist Rite I, without music
- 9:15 am Education Hour / Village Church
- 10:30 am Holy Eucharist, Rite II, with music

Coffee hour in the Fellowship Hall will follow both the 8 and 10:30 am services.

For more information regarding our youth and adult choirs, contact Jason Wright, our Director of Music.

PRIORITY 2. ENGAGING HISTORY TO GROW IN FAITH

For the past four years we have engaged in serious Christian formation in Sunday Forums, Sermons, book studies, and in Hugh and Joseph's Bible studies . We have reflected on the core theology of Christianity: that the God of Jesus Christ is active in history by Spirit and Word. The aim of God's action is to create a new kind of humanity in community to reveals God 's Kingdom in this world – and we get to be a part of this!

Most important for our parish history, we have explored in the *You*, *Redeemed*, and *We*, *Redeemed* Lent programs how this God takes the sin and suffering endemic in our lives, and uses it to inspire new mission in the world – new love, new connection, new grateful selflessness. With our strength in this kind of Christian

Continued on page 2

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Continued from page 1

faith, we can be bold. We can face more truth about ourselves, and more truth about our parish. We need less sugar in the tea of our history to make it palatable. Our history of faithfulness and faithlessness grounds and directs our mission now.

The Rev. Lisa Frost Phillips and Elizabeth Hays are continuing this formation in 2023-2024 with a series of pilgrimages in a context of rich fellowship and group formation. These pilgrimages involve a reckoning with our parish's historical involvement in enslavement, and racial violence, but far from being experiences of guilt, or self-righteousness, they have proven to be moments in which, strangely, we are touched by the Sacred in powerful and unexpected ways. All of us know the Prophet Ezekiel's promise that hearts of stone will, by



God's spirit, be made into hearts of flesh. This is what happens in these pilgrimages programs – humility and compassion are born.

For my part, I will be leading a two forum Sunday formation program on the Holy Eucharist this fall, called **One Bread, One Body.** The point of this is to inspire a deeper engagement with Sunday Eucharist, the central liturgy of Christianity (the one Jesus commanded and goes back to the very first Christians.) We will use the Eucharist, presumed as God's way of meeting us, and us meeting God, as a paradigm for Christian life. This will connect to and amplify our work around our parish history by demonstrating how God call us together, then speaks to us, receives us, integrates us into Jesus, and sends us out into the world. This Sunday Forum program, Sept 17 and 24, 9:15-10:00am in the Fellowship Hall, will develop into the Newcomer evening programs mentioned above.

3. ENGAGING OUR COMMUNITY TO GROW IN LOVE

At the time of this writing, this priority is less specifically defined, but plans are developing fast. The parish fellowship and growth in faith, drives engagement with the people outside St. Matthew's, with the children of God from whom we are divided by choice or chance. Our history with enslavement creates a new humble wonderment: can we be a part of the Beloved Community "down the hill" with the descendants of the enslaved and strategically disempowered? We have made it a priority to re-engage our longstanding relationship with Dickerson Chapel AME church, even we have started planning for public fellowship and worship with historically black churches in northern Orange County. Collaboration on projects will flow from this relationship building, but there is already energy coming from the historically black communities to address the homelessness in northern Orange County where we have no shelters.

This letter has gone on long enough! You will have to read further on our website or in the weekly bulletins and newsletters to get a sense of just how much is going on.

God bless us all this program year!

- The Rev. Robert Fruehwirth, Rector

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Christian Formation: September Happenings

Happy September! I can't believe we're at the beginning of another school year! It's an exciting time, the school supplies, backpacks, and new classmates, it's a time I hold dear to my heart.

I'm really enthusiastic about our upcoming program year. We have planned programs for all to engage in from parents with new babies to children, teenagers, up to our oldest parishioners.

Here are our program offerings for this year:

Parents- Of any age! We have a Mom and Dad's group with monthly/quarterly get togethers. Please email Stephany at formation@stmatthewshillsborough.org to get added to either group's emailing list.

Infants-PreK- Come join us in the nursery, either during formation hour or at either one of the services! There is care provided from 7:55-11:45 am.

K-2- Join us for Godly Play during the Education hour, 9:15-10:15 am in the Education Building.

"Godly Play is a Montessori based approach to spiritual formation that involves storytelling, prayer, art, silence and liturgy which serve as an introduction to the life of faith, the rhythm of worship and religious language."

3rd-5th grade- Join us for Growing in Christ during the Education hour, 9:15-10:15 am in the Education Building.

"Growing in Christ offers structured study materials to third, fourth, and fifth grade participants to expand their knowledge, deepen their faith, and bring more meaning to their overall worship experience."

6th-12th grade- Teens are invited to join us for youth group, which meets regularly from 5-7pm in the Youth Room. We will also actively participate in other church happenings as part of our programing!

We look forward to growing together this year!

- Stephany Lazo,
Director of Christian Formation



Transfiguration

Raiment white and glistening – it sounds like a hierarch in brocade and silver proceeding flanked by acolytes up an aisle of a European church, racks of candles in chapel bays, organ rumbling stones stacked centuries ago.

It was however just you, dirty in peasant clothes up a heap of scrub and rock, disciples drawn back, you talking with Law and Prophecy about a coming death. A messiah who fails, is mute and nailed and dies. And yet light was everywhere, and cloud and terror for prostrate friends.

Let me be borne today by this homily: how flesh gives way to light, disciples fumbling about booths. But the path down the mountain is to the palsied child, the writhing crowd.

r.fruehwirth

8-6-23

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Listening to Their Lives, Finding Our Own: A Pilgrimage Overnight, Saturday, September 16th-17th



Pilgrims from St. Matthew's will visit Somerset Place and do a tour in Edenton focused on the life of Harriet Jacobs on Saturday, September 16. On Sunday, September 17, we will worship together at St Paul's Episcopal Church, enjoy our own exploration of Edenton, and regroup in remembrance of Lydia at the dedication of the State v. Mann historic marker.

A crucial part of our pilgrimage will be the preparatory work: learning about ourselves, learning about Lydia and Harriet Jacobs, and then reflecting and praying on what we learn. Materials will be distributed on Sunday, August 27 after church in the administrative building. Over the course of the three weeks following, pilgrims will have a structure for reading, writing, and praying, working at their own pace. Sunday, September 10, we will gather for a "bring your own lunch" discussion at 12:15 in the fellowship hall (location to be confirmed!) to reflect and share together, before traveling to Edenton the next weekend.

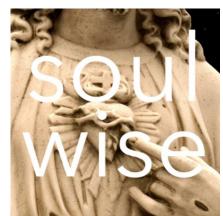
- Lisa Frost-Phillips+

SoulWise

In the summer of 2022, Robert, rector of St. Matthew's, offered a pilot program for Clergy and Lay Leaders across the Diocese called SoulWise. Responding to the state of many leaders following the main brunt of COVID, it invited people into intensive lives of prayer with scripture, written reflection, and meditation, supported by weekly group meetings.

Sponsored by the Diocese and engaging two other therapists/spiritual directors as facilitators (Jehanne Gheith of St. Matthew's and Jan Krause of Chapel of the Cross), the 2022-23 program gathered ordained and lay leaders from across the Diocese. All participants committed to the weekly meeting and 6 hours of spiritual practice per week.

SoulWise, representing the bulk of Robert's diocesan service obligation, continues in 2023-24, from late September to late March. The main difference this year is that the facilitator group is seeking to establish clusters of SoulWise practitioners, in Triangle-based parishes to allow for more in-person meetings. People are invited in by their rectors. The task remains the same: an hour of spiritual practice six days a week plus the weekly meeting for group spiritual direction and formation in the practices. The St. Matthew's group has one or two slots remaining. For more information, see this information sheet.



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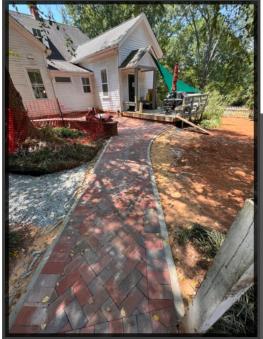
Rectory Report from the Junior Warden

Construction work continues at the Rectory. The upstairs windows have been replaced and most of the interior work has been completed. There is still some work to be done underneath the house, but the crawl space has been dried out and sealed. The foundation has been reinforced as needed with new footings and support placed under the bedroom floor. On the exterior, French drains have been installed around the house and a patio installed to aid in water flow away from the house. We expect to see the current projects moving toward completion by the end of September. At that point, we will reassess to determine if we can complete other parts of the project that have been deferred.

It is exciting to see the progress! A special thanks goes to Jeff and Kelly Hopper for their hands on management of this project. It is amazing to see how much the Hopper's have given in volunteer time and talent to St. Matthew's! Their footprint is all over our campus.

If you have a pledge outstanding from the capital campaign, please consider this a gentle reminder that fulfilling that pledge sooner rather than later will be extremely helpful in ensuring we have the money on hand for payments as soon as the work is complete.

- Charlie McCamy, Junior Warden



A General Thanksgiving

On behalf of my family, rector's family for generations to come, and the parish as a whole, I want to thank everyone who has supported the reconstruction of the rectory's foundation, the sealing of the crawlspace, and the rebuilding of the downstairs bathrooms and a sitting room as their floors were removed to address issues in the crawlspace. Jeff and Kelly Hopper are most be thanked for the generous gift of their expertise, time, and energy. I thank everyone who has supported and continues to support the Rectory Capital Campaign, especially David Hays who chaired it, Julia Workman who continues to track the pledge income carefully. Thanks goes out to the Vestry for their leadership, especially past and current Junior Wardens, Chris Peterson and Charlie McCamy, who planned and oversaw this project. I thank Dorothy Wood and Sara Brewer for keeping an eagle eye on the reception and disbursements of funds for this project. And I thank the parish as a whole for your prayers, enthusiasm, and support. We have stabilized the rectory for at least another century, and I speak from experience when I say that will be invaluable to your future rectors, especially one with children, to have a rectory right next to the church. Living in central Hillsborough, sharing in the walkable lifestyle and local community is a marvelous gift that would not be financially possible for many clergy families without the rectory. Jane and I are thrilled with the new interior spaces, that the mold issues have been remedied, that the floors no longer flex under our feet, and that the crawlspaces are sealed. We love

> the new bathrooms and are grateful to all of you.

THANK YOU!

- Robert+

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Liturgically Speaking: The Voluntary



In each week's bulletin, the word voluntary is listed at the start of the liturgy? What is a voluntary?

The term "voluntary" in the context of a church service has historical origins dating back to the development of liturgical music, particularly in the context of organ music. The history of the word "voluntary" is closely tied to the evolution of music in worship settings. Here's a brief overview of its history:

Medieval and Renaissance Periods In the early centuries of Christianity, liturgical music was primarily vocal and

centered around chants and hymns. However, by the Medieval and Renaissance periods, the use of musical instruments, particularly the organ, began to play a more prominent role in church worship.

Emergence of Organ Music With the growing use of the organ in churches, composers and organists started to create instrumental pieces specifically for the organ. These pieces were often played before, during, or after certain parts of the church service. The word "voluntary" began to be used to describe these instrumental compositions.

The Term "Voluntary" The word "voluntary" comes from the Latin word "voluntarius," meaning "of one's own will" or "voluntary." In the context of church music, a voluntary was a piece that the organist played at their own discretion, as opposed to prescribed parts of the liturgy. This term indicated that the piece was optional and not an integral part of the formal liturgical structure.

Baroque Period The Baroque era (17th and early 18th centuries) saw significant advancements in organ music and composition. Organ voluntaries became more elaborate and sophisticated, often showcasing the technical skills of the organist. Composers like Johann Sebastian Bach and Dieterich Buxtehude contributed to the development of the organ voluntary as a recognized genre.

Continued Use As church music evolved through different musical periods, the use of the voluntary remained a part of organ repertoire. The term continued to refer to optional instrumental pieces played during transitions or reflective moments in the church service.

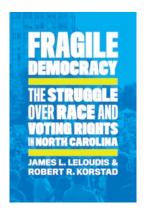
Modern Usage In modern times, the term "voluntary" is still used to describe organ or instrumental pieces played in church services. While the repertoire has expanded to include various musical styles, the term retains its historical connotation of being optional and enhancing the worship experience rather than being a required part of the liturgy.

Why does a date come after the composer's name? Listing dates after composer's names in church bulletins or programs serves to provide important historical context and information about the composers whose works are being performed during a worship service or a musical event

Overall, the history of the word "voluntary" reflects the evolving role of music in worship and the recognition of instrumental compositions as a valuable and expressive element of the church service.

- Pax, Dr. Jason, Director of Music

Greetings from The Racial Justice and Reconciliation Committee!



Our fall topical series will center on our elections process in North Carolina. We're very excited to share our program with you. Both of these presentations will be part of the regular Sunday Forum, which is offered on Sunday mornings at 9:15 am in the Fellowship Hall.

On Sunday, Oct 1st, at 9:15 am in the Parish House, our own Jamie Cox, Chairperson of the Orange County Board of Elections, will lead a workshop and discussion of NC elections structure, context, and recent NC Supreme Court decisions that aggravate the concept of free and fair elections.

This October 1st presentation will preface our fall book seminar on *Fragile* Democracy: The Struggle Over Race and Voting Rights in NC by James

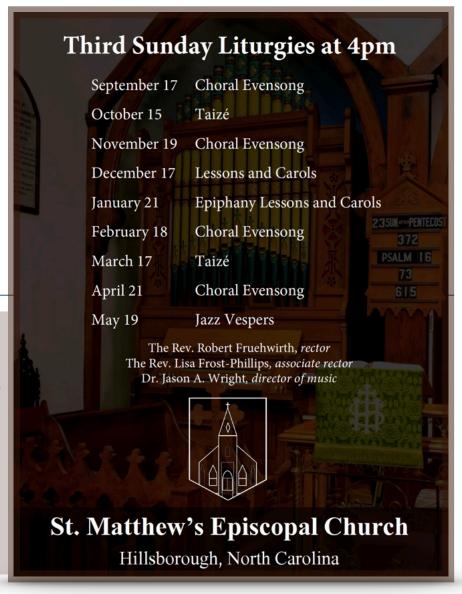
Leloudis and Robert Korstad. We intend to conduct this zoom seminar on a Thursday evening in October, specific date to be determined. Two copies of the book will be available to sign out in the Graebner Room. Additional copies are available for purchase from the Purple Crow bookstore, possibly at a discount.

On Sunday, Oct 29th, at 9:15 am in the Fellowship Hall, we will host a Sunday Forum consisting of a panel presentation and continue our discussion on Free and Fair Elections. Jamie will assemble a panel of NC elections experts to build upon the October 1st event as well as the themes of the Fragile **Democracy** book study. We look forward to a vigorous discussion of these challenging issues.

- Jeff Thompson

Mark your calendars for the third every third Sunday during the 2023-24 program year as we gather with parishioners and members of the community for a series of evening services. Traditional Choral Evensong will alternate with various other liturgies throughout the year.

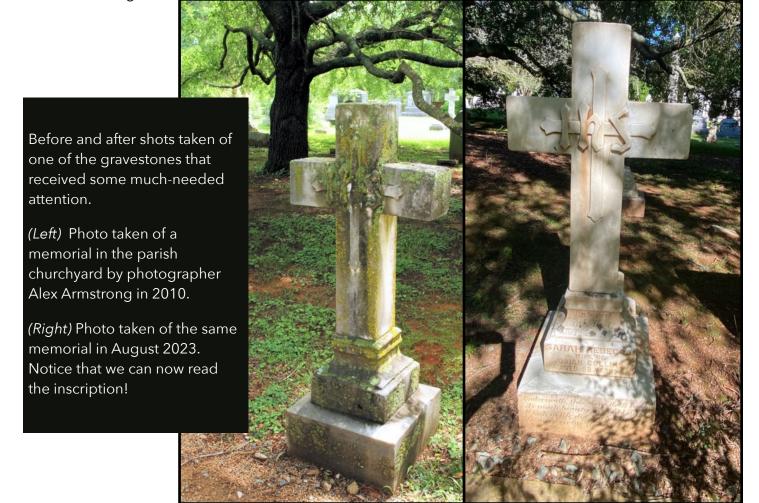
Contact Jason at music@stmatthewshillsborough.org for more information.



News from the Churchyard Guild

Our Churchyard Gravestones are all cleaned! Maybe some of you have noticed that our gravestones have been lovingly shined in the last 2 years. In July of 2021, our churchyard guild had its first training as gravestone cleaners. Our trainers were Hilary and Michael Verville, local experts on repair and care of gravestones. We learned that we needed water and soft brushes to get rid of mold, lichen, and dirt. No Clorox, no heavy scrubbing necessary. After getting off as much dirt as possible in this manner, they were sprayed with D-2 solution. Some of the gravestones needed serious repairs and the Vervilles helped with this task. Others required leveling and we called on Ron Bartholomew of Durham Marble to assist. We learned to respect the massive size and weight of some of these stones. As we moved around the graveyard cleaning each section, we learned to better appreciate the different types of stone (marble, granite, fieldstone, brownstone, sandstone) and to acquaint ourselves with the souls who lie below. Some of the stories have been sad, but our church offers a uniquely beautiful resting place for many who have passed on. This past week we were delighted to learn that we have finally completed cleaning all the gravestones in the churchyard: first pass is finished. Many thanks to Charlie McCamy, our fearless leader and all the helper bees along the way (Martha McCamy, Susan and Bob Shelton, Greg Kolb, Carson Burke, Deb Kodros, Phyllis Wright, Jim Churton, Sharon and Ken Billings, Pelham Jacobs). One of our helpers, Ann Kenney, sadly passed away and now is buried in the churchyard.

- Sharon Billings



RECOGNITIONS AND TIDBITS

Special Thanks To...

- * Nancy Harris for leading the effort to make pillows to give to patients at the UNC Cancer Center;

 A pile of pillows from the sewing members of St Matthews was donated to the UNC Cancer
- Pelham Jacobs and all who came to the Parish Work Day;
- * Martha McCamy, Susan and Bob Shelton, Greg Kolb, Carson Burke, Deb Kodros, Phyllis Wright, Jim Churton, Sharon and Ken Billings, Sharon Billings, and Pelham Jacobs for cleaning gravestones in the churchyard;
- Charlie McCamy, Sharon Billings, Pelham Jacobs, and Deb Brandon for their helping ensure the accuracy of the availability of gravesites in the churchyard;
- * David Hays, Blythe Thompson, Charlie McCamy, Chris Peterson, Jeff & Kelly Hopper, and all who made the rectory renovations possible;
- Jason Wright and Stephany Lazo for putting together the music program for children;
- * Karen Ireland and Parish Life for the ice cream social on Back to School Sunday; and



*All ushers, lectors, Lay Eucharistic Ministers, acolytes, coffee hour hosts, Zoom masters, offering counters whose faithful service enriches our worship.

PARISH OPERATING BUDGET STATUS					
as of the end of:	July 2023		58%		
EXPENSES:	Budgeted	Spent	%		
Work Outside the Parish	\$73,844	\$44,352	60%		
Maint. & Improvements	\$72,770	\$44,718	61%		
Clergy-related	\$197,826	\$109,723	55%		
Administrative	\$105,226	\$64,245	61%		
Christian Ed. Program	\$56,972	\$28,723	50%		
Worship-related	\$59,725	\$28,900	48%		
Total Expenses:	\$566,363	\$320,661	57%		
INCOME:	Budgeted	Received	%		
Plate/Gift Offerings Received	\$67,000	\$47,962	72%		
Pledge Payments	\$484,267	\$335,266	69%		
Other	\$23,100	\$21,488	93%		
Total Income:	\$574,367	\$404,715	70%		

A Pile of Pillows

A pile of pillows from the sewing members of St Matthews was donated to the UNC Cancer Center. The pillows are given to men, women and children who are undergoing treatment and surgery for cancer. The pillows are used as a cushion between the surgical site and a seat belt. Many patients use the pillows to help them when they sleep or as part of breathing therapy. The members of St Matthews are supporting Betty Whitney's Heart to Heart Ministry.

If you would like to make a pillow, it is easy peasy. A simple rectangle gently stuffed with fiber fill is what we are making. The pillow my son received is in a basket in the Parish House. We also welcome donations of material.

Shout out to Judy Anderson, who is our most productive pillow maker. Her heart pillows have received great acclaim at our donations centers.

- Nancy Harris

Shawl Ministry News

The Shawl Ministry has knitted small prayer squares for everyone. They can be tucked in a pocket, placed in a purse, stowed in a backpack, perched on a book pile, ... The prayer squares are available in a white

basket at the entrance of the church. Thank you to Nancy Rosebaugh for this special idea.

- Nancy Harris





SEPTEMBER 2023

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SATURDAY

FRIDAY

9:30a Shawl Ministry (Graebner Room)

8a Morning Prayer (W) 8:30p Compline (W)

• 10:30 am - Holy Eucharist, Rite II with music

• 9:15 am - Éducation Hour / Village Church

Regular Sunday Schedule resumes Sept 10th:

8 am - Holy Eucharist, Rite II

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	9a Parish Life (Fell)		•	30	
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	8a Morning Prayer (W) 8:30p Compline (W)	10a Study Group (Fell) 5p Oct Newsletter Deadline 8:30p Compline (W)	8a Morning Prayer (W) 8:30p Compline (W)	St. Michael and All Angels 8a Morning Prayer (W) 8:30p Compline (M)	
	7	4	21	28	
THURSDAY	8:30p Compline (W)	Holy Cross Day 8:30p Compline (W)	St. Matthew, Evangelist 8:30p Compline (W)	8:30p Compline (W)	
WEDNESDAY	8a Moming Prayer (W) 12p Eucharist (Chr) 5:30p Junior Choir (Hay) 6:15p Taco Wednesday (Fell) 7p Parish Choir 8:30p Compline (W)	8a Moming Prayer (W) 12p Eucharist (Chr) 5:30p Junior Choir (Hay) 6:15p Choir Dinner (Fell) 7p Parish Choir 8:30p Compline (W)	8a Moming Prayer (W) 12p Eucharist (Chr) 5:30p Junior Choir (Hay) 6:15p Taco Wednesday (Fell) 7p Parish Choir 8:30p Compline (W)	8a Moming Prayer (W) 12p Eucharist (Chr) 5:30p Junior Choir (Hay) 6:15p Choir Dinner (Fell) 7p Parish Choir 8:30p Compline (W)	
TUESDAY	7:30a Morning Silence (W) 10:30a Staff Meeting 11:30a Liturgy Meeting 8:30p Compline (W)	7:30a Morning Silence (W) 10:30a Staff Meeting 11:30a Liturgy Meeting 6:30p Bicentennial Crnte (PH) 8:30p Compline (W)	7:30a Morning Silence (W) 10:30a Staff Meeting 11:30a Liturgy Meeting 6p Vestry (PH) 8:30p Compline (W)	7:30a Morning Silence (W) 10:30a Staff Meeting 11:30a Liturgy Meeting 8:30p Compline (W)	
MONDAY	Labor Day 4 10a Archives (PH) 5p Daughters of the King (PH) 8:30p Compline (W)	10a Archives (PH) 6:30p Education for Ministry 8:30p Compline (W)	18 10a Archives (PH) 5p Daughters of the King (PH) 6:30p Study Group (Fell) 8:30p Compline (W)	25 10a Archives (PH) 6:30p Education for Ministry 8:30p Compline (W)	
SUNDAY	Pentecost 14 3 8a Eucharist, Rite I (Chr) 9a Mixer Coffee Hour (Fell) 10a Eucharist, Rite II (Chr & W) Lemonade in Shade	Pentecost 15 10 8a Eucharist, Rite I (Chr) 9:15a Village Church 10:30a Eucharist, Rite II w/music (Chr & W)	Pentecost 16 17 8a Eucharist, Rite I (Chr) 9:15a Education Hour 10:30a Eucharist, Rite II w/music (Chr & W) 2p Safe Haven for Caregivers (M) 4p Choral Evensong (Chr)	Pentecost 17 24 8a Eucharist, Rite I (Chr) 9:15a Education Hour 10:30a Eucharist, Rite II (Chr) 5p Youth 7p Women's Singing Circle	

Location codes: Chr = church; W = Zoom worship channel; M = Zoom Meeting channel; F = Zoom Formation channel; Ed = Education Bldg; Fell = Fellowship Hall; Hay = Hayden Bldg; PH = Parish House; Mem = Memorial Garden

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St. Matthew's LIFE

is published monthly except in the summer when June & July are combined.

The October 2023 Issue deadline is September 15, 2023.

Newsletter Editor: Sonja Tilley, (919) 732-9308 welcome@stmatthewshillsborough.org

Movie Screening: At the River White Memorial Presbyterian Church, Raleigh, NC Sept 24 | 4:30pm



Zoe (Carolyn) Crowder will be showing the video she made of interviews with white Presbyterian ministers who spoke out during the civil rights struggles in the Deep South. It will be screened on Sept 24th at White Memorial Church in Raleigh, at 4pm.

Many of the Presbyterian ministers who spoke out paid dearly for those actions and Zoe wanted to record their stories before they die out. The film, has won lots of awards and Zoe and her videographer have traveled far and wide to accept invitations to show this film. This may be one of her last showings of the video.

All are welcome. This is a church-sponsored event so admission is free.

Choir for Children & Youth at St. Matthew's

On *Wednesday, September 6*, we will begin our fall programming for choirs. At 5:30 pm, the Junior Choir (children and youth, 3rd grade and older), will rehearse using the VOICE for LIFE curriculum of The Royal School of Church Music (RSCM). At 6:15 pm, a dinner will be offered for all in attendance. Details on the dinner are forthcoming.

If you are interested in joining this ensemble, please contact Dr. Jason at music@ stmatthewshillsborough.org.

