



Taking Part in the Journey

Dear Sisters and Brothers,

By the time you read this, we will have already begun our Lenten Journey. This journey will take us with Jesus to Jerusalem, to his death on Good Friday and his resurrection on Easter. Journeying to Jerusalem is a journey into the Sacred at the center of things and, at the same time, a journey into Jesus' Passion as suffered still in the life of our world. It is a journey into endless Compassion, God in compassion dying with us on the Cross, and raised in new life on Easter.

This year we are going to invest special energy into Holy Week, the last week of Lent, between Palm Sunday and Easter. The most sacred services of the Church's year happen at this time: **Maundy Thursday** (April 9 at 6:00 pm), **Good Friday** (April 10 at 12 Noon) and the **Great Easter Vigil** on Holy Saturday (April 11 at 8:00 pm). These are the services from which the whole Christian life takes its shape and meaning, yet they don't happen on Sunday! They are a special ask on our lives as Christians; please save these dates and times in your calendars now. Throughout Lent, Lisa and I will be teaching about these services and unfolding them for meaning. Stay tuned!

In the meantime, continue steadily on in the Parish Lent Journey to Jerusalem as it works for your life, either in one of our programs (see page 2), or on your own. The Church Mothers and Fathers thought of Lent as having three main components: fasting, almsgiving, and prayer.

- **Fasting** from chocolate or wine is fine, but even more critically: fast from distraction, entertainment, busyness. Take some time in Lent to do nothing, in order to get perspective, to see your life in God's spaciousness.
- **Almsgiving** For 40 days, be a little reckless in your giving. Give to those who ask, give double. Even make for yourself the challenge of giving away 1 dollar or 10 dollars a day. Give your time to someone who is isolated. Give your attention to the unattended.
- **Prayer** Paying attention to the Holy in Jesus of Nazareth as given in the Gospels, in the inner movement of the Spirit as we reflect and share with each other, in the voices of one another.

God is here, richly, abundantly, and in this season, in a special way, he is here in the person of Jesus, making our journey to Jerusalem. Let us walk together with Him! Robert+

Lisa Frost-Phillips: Associate Rector

The clergy and staff and lay volunteers at St. Matthews make a coordinated team, supporting the life of the parish together, each ministering from our strengths and growing from our weakness. In terms of the clergy, Lisa and I experience ourselves as colleagues working on equal terms—discerning, creating, and responding together to God's Spirit here. We have different roles, but there is a commonality in our leadership in the parish's life.

Thus with the unanimous support (and enthusiasm!) of the staff and vestry, I have changed Lisa's title from *Assistant to the Rector* to *Associate Rector*. It's a small change but it signifies the collaborative ministry which is at the heart of what we are doing here and essential as we grow to respond to the increasing vitality and needs of the parish.

Robert+

Lent: Journey to Jerusalem / Sign up online: <https://tinyurl.com/saintmatts Lent>
Sunday Forums: Journey to Jerusalem with the Saints • Sundays 9:15-10:15 a.m. • March 1-April 5

Every Sunday in Lent we will explore a life changed by Christ. March 1: St. Peter the Apostle; March 8: Harriet Tubman; March 15: Julian of Norwich; March 22: Mary Magdalene; March 29: Egeria and Holy Week; April 5: Palm Sunday (FFF). Walking with Christ is a journey into the HOLY that loves from the center of the world, a journey also into his Passion still suffered today. (Fellowship Hall)

Wednesday Parish Dinners • Wednesdays, 6:00-7:30pm. • March 4-April 1

How do we walk with Jesus today? Come to a parish dinner with facilitated small group discussion about the preceding Sunday Forum. Attendance at the preceding Forum is not required. Sign up is required either in the Ruffin House or online. \$8 per dinner, pay at door. Youth and children are free. CHILDCARE PROVIDED!

Contemplative Lenten Journey • Thursdays, 1:00-2:15pm. • February 27-April 2

Deepen your Lenten journey through the guidance and support of an intentional small group experience. Together we will prayerfully reflect on our paths of faith – and the paths to which Christ may be calling us even now. Co-led by Rev. Lisa Frost-Phillips and Rev. Susan Steinberg. Sign up at the Ruffin House or online.

Companions Program: A Lent Experiment for God

A new program unique to St. Matthew's! Form groups of two or three and experiment with life choices and spiritual practices. What opens us to our true selves and each other and God's spaciousness? Gentle spiritual practices will be sent to you weekly, with additional resources. Companions meet 3-6 times on their own schedules to reflect on experience and deepen fellowship. Sign up required in the Ruffin House or online. See more information below.

Wednesday Lent Ecumenical Prayer and Lunch • 12 Noon • March 4-April 8

- March 4: Hillsborough United Methodist Church; Preacher: Pastor Dewey Williams
- March 11: Unitarian Universalist Congregation of Hillsborough; Preacher: Pastor Donald Holman
- March 18: Holy Family Catholic Church; Preacher: The Rev. Robert Fruehwirth
- March 25: Hillsborough Presbyterian Church; Preacher: The Rev. David Morton
- April 1: Mount Bright Baptist Church; Preacher: The Rev. Patty Hanneman
- April 8: St. Matthew's; Preacher: Father Ryan Elder

Tuesday Morning Silence 7:30-8:00 a.m. • Morning Silence

Please join us for Morning Silence on Tuesday mornings from 7:30 to 8:00 in the sanctuary. Morning Silence is a time of silent prayer and meditation. Various facilitators lead the sessions with prayers, scripture, poetry or other inspirational readings. All are welcome.

Sunday Bible Study 9:15-10:15 a.m. Graebner Room.

LENT EXPERIMENT FOR GOD

This Lent we are going to try an active experiment to find ways to live more in the clarity and ease of God's spaciousness, rather than in cramped anxieties and unhappy obsessions. With intentional interventions in our daily life, we will take little breaks from our striving and fearful self-agendas. We will listen with fresh ears to hear God speaking in the life of Jesus of Nazareth and the inner movement of the Spirit. An experiment like this is trial and error; it is making your life into a school for God. If it seems selfish or if it fails, don't worry! It's only for a few weeks! You have nothing to lose!

We recommend you find a Lent Companion or two for this experiment, although it could also be done alone. Every Sunday you will receive an email with the week's two experimental interventions, one of which will open God's spaciousness in your life, while the second will guide you in a practice of listening to God. Extra reading and resources will be offered. Companions meet three to six times in Lent.



More Lenten Offerings

Lenten Quiet Day Saturday, March 21

The Society of the Companions of the Holy Cross, a vowed non-residential community of Episcopal women who strive to live a life of simplicity and prayer, invite you to attend a Lenten Quiet Day on Saturday, March 21st, from 9:30 a.m. to 3:00 p.m. at St. Matthew's. The topic, "Together ... Let Us Glorify the Lord" will include three meditations based upon "A Song of Creation," Canticle 12 (Page 88 in The Book of Common Prayer): The Cosmic Order, The Earth and its Creatures, and The People of God. The facilitator will be the *Rev. Canon Jean Parker Vail*, Priest Associate of the parish and former chaplain of the Society. A Continental breakfast and warm lunch are included. Suggested donation: \$10.00. Please R.S.V.P. to shfisher46@outlook.com by March 14.

Faith & Arts

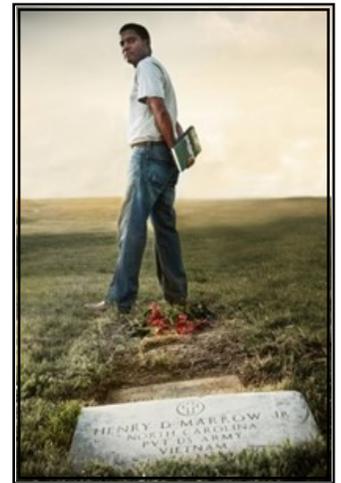
Mike Wiley: *Blood Done Sign My Name* Sunday, March 15, at 3:00 p.m.

On Sunday March 15, Mike Wiley will present his play "Blood Done Sign My Name" as part of our Faith & Arts series. This is his adaptation of Timothy Tyson's book of the same name. In it he plays all the characters and brings to life the events surrounding the 1970 murder of one, Henry Morrow in Oxford, NC. He presents the story through the vantage point of all the participants and helps educate the audience of an event we may have lived through, in an area that is close to Hillsborough, but may be little known to us. We are reminded that we need to hear each other's stories - particularly those ones that shape a community - if we are to achieve any kind of mutual understanding.

As a bonus, it is an excellent opportunity to hear again the gifted singer Mary D. Williams who hovers around the stage offering her voice and spirit, underscoring and enhancing the message of the play.

Acclaimed actor and playwright Mike Wiley has spent the last decade fulfilling his mission to bring educational theatre to communities across the country. In the early days of his career, Wiley found few theatrical resources to shine a light on key events and figures in African-American history. To bring these stories to life, he started his own production company. Through his performances, Wiley has showcased the legacies of Emmett Till, Henry "Box" Brown and more. He has a Masters of Fine Arts from the University of North Carolina at Chapel Hill and is the 2010 and 2014 Lehman Brady Visiting Joint Chair Professor in Documentary Studies and American Studies at Duke University and the University of North Carolina at Chapel Hill. In addition to his numerous school and community performances, he has also appeared on Discovery Channel, The Learning Channel and National Geographic Channel and has been featured in *Our State* magazine and on PBS' *North Carolina Now* and WUNC's *The State of Things*.

Tickets are \$15 and are available from the church office.



Pastoral Care Spotlight: Care & Discernment Groups

Care & Discernment Groups began in 2010 as a lay ministry to one another; *Rev. Liz Dowling-Sendor* and *Rev. Marion Thullbery*, VA Chaplain and CPE supervisor, provided initial "process training." We've continued to offer these small groups consistently in summer months and less consistently during the regular program year. In a way that might not occur at committee meetings or coffee hours, we take turns to narrate a puzzle, a joy, or a difficulty, which is held in meditative, prayerful attention, followed by reflection rather than advice and interspersed with silence, prayer, poetry or prose. We listen carefully, without cross talk or advice-giving, to hold the story and time together in compassion and in confidence. Four to eight people agree to meet weekly (as many times as there are people) for 75 minutes. Over the weeks, one person facilitates or co-facilitates and each person has chance to narrate. *Betty Wolfe*, *Jehanne Gheith*, *Margaret Brill*, and *Edward Wright* have served as facilitators over the years and will continue to do so, as able. Others are welcome! The process is uncomplicated, fairly spare, humble and very, very rich; it nourishes mind, body, spirit and supports our mutual ministry and friendship with one another. There is a sign-up sheet for one forming to begin April 16th (a Thursday night).

Christian Formation

March 8: Faith Formation for the St. Matthew's Family: Join us on Sunday, March 8th at 9:15am in the Fellowship Hall for Faith Formation! We will be learning about and celebrating the life and journey of Harriet Tubman who died on March 10, 1913.

March 22: Children's Choral Offering: Our Godly Play and Growing in Christ classes will offer special music at the 10:30 service on March 22. *Angela Jones* will teach the music at the beginning of the Sunday School hour each week leading up to March 22, and they will rehearse in the church at 10:05 immediately before their offering on that Sunday. Children sing right after the processional hymn and return to their parents by 10:35-10:40. They can scoot right out the door if they aren't planning to stay for the service.

Children's Programs

Godly Play and Growing in Christ: We are still in need of feast providers for both Godly Play and Growing in Christ. Please sign up for a date when you drop off your child at Sunday School or by using the link in the weekly Children's Update emails. Thank you for supporting the program in this way! This month in Godly Play, the stories include Lent and the Faces of Easter I-VI. Growing in Christ will continue working on their green basket lessons. If you aren't receiving weekly emails and would like to, please contact *Kim Powell* (kim@stmatthewshillsborough.org).

Growing in Christ Read-A-Thon The Growing in Christ class will be continuing their read-a-thon throughout Lent. Families pledge to read age-appropriate religious material through Lent and raise money to purchase food for Samaritan's Pantry at OCIM. They will go as a class to purchase food, deliver it to OCIM, weigh it and log it, shelve it. Then, celebrate at Whit's Custard!

Youth Programs

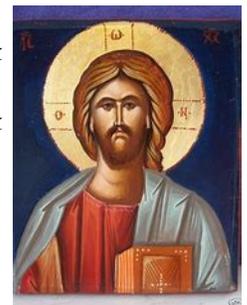
Meal Sign-Up: We are still in need of meal providers for our Sunday evening Youth Group gatherings. Please sign up using the link in the weekly Youth Update emails. If you aren't receiving emails and would like to, please contact *Kim Powell* (kim@stmatthewshillsborough.org).

Youth Group in Lent: Writing Icons: The youth voted and on March 1, we will begin our Lenten series on Icons! Each youth will receive materials and instruction on writing their own icons. We'll begin with an introduction on March 1 and then each week after that we will work on each layer of the icon. We do ask that youth come to all four weeks of icon writing (March 1, 8, 15, and 22). If you know you can only make 1 or 2 of the weeks, please let me know so I can adjust accordingly! **Most importantly: You do not need any artistic skill in writing icons. I know that sounds not-quite-right, but you'll see. Looking forward to a wonderful season of reflection and art!**

Youth Spring Beach Retreat: Join us for a weekend away at the beach! The youth are headed to the Trinity Center in Pine Knoll Shores from May 8-10. Cost is \$145 which includes meals, transportation, lodging, and a trip to Shackelford Banks to see the wild horses. This trip to Shackelford needs a precise number to make reservations, so please RSVP with a deposit of \$45 no later than Sunday, April 5th! Financial assistance is available, please contact me at kim@stmatthewshillsborough.org

The March Youth Calendar

- March 1: Join us in the Youth Room at 9:15am for Sunday School as we continue with our Re:form curriculum on Old Testament Ancestors. This week we learn about David. Come back for Youth Group at 5pm where we will kick off our Lenten series on Writing Icons.
- March 8: Join us for Faith Formation at 9:15am in the Fellowship Hall. Come back in the evening for Youth Group from 5-7pm to paint and play games.
- March 15: Join us in the Youth Room at 9:15am for Sunday School. This week we learn about Solomon. Come back for Youth Group from 5pm-7pm.
- March 22: Join us in the Youth Room at 9:15am for Sunday School. This week we learn about Elijah. Come back for Youth Group from 5-7pm as we wrap up our series on Writing Icons!
- March 29: Coffee at Cup-A-Joe. Meet in the Youth Room at 9:15am then we'll walk over together. Coffee will be covered. There will be no Youth Group on March 29 - OCPS Spring Break.



Listening Comprehension 101

One of the key components of my music training was “listening comprehension.” The assignment was to be able to speak or write about a passage of music we heard or played without being able to examine the score with our eyes. Usually we were to answer specific questions about the passage like: what is the time signature and/or mode of the piece; was the harmony chromatic or diatonic; characterize the texture(s) employed in the passage; what instrument(s) or voice(s) was prominently featured; what was the music’s form and phrase structure; describe the harmonic progression at approximately the half-way point. The hope here was that we would sharpen our listening capacity and improve our articulation about what we had heard. Needless to say, this skill did not materialize overnight but only with repeated practice and patience.

I wonder how much we have cultivated listening comprehension, not just in music but in ordinary speech and conversation. My guess (from experience, primarily) is that our capabilities vary widely. My school experience was shaped mostly by reading and note-taking. A notable exception is when I studied foreign languages. Examination of how much or how well we comprehended was typically relegated to the printed word, and intelligence was often measured by our voracity to “read, mark, and inwardly digest.” An educated person was so-called only if they were sufficiently literate, rather than someone whose literacy was balanced by – or even favored – acquiring information through other means. Today, our listening is too often selective and incomplete. I note my lack of listening skills when someone unexpectedly asks me to repeat on the spot what they or someone else has just said.

I observe with some trepidation that in the Gospels Jesus communicates with others solely through speaking. The Gospel accounts, having been written considerably after the fact, had to rely on good listening, comprehension and, of course, memory. Sometimes additional elements, like a sudden “voice from Heaven,” were necessary to offer further emphasis, the way PowerPoint enhances today’s presentations. Jesus’ sayings, from his “Sermon on the Mount” to his wisdom-engrained parables, demanded an acute ability to comprehend through careful listening. This ability, I suspect, varied widely from person to person, with some not comprehending very much at all of what Jesus had to say. Small wonder Jesus berates his contemporaries’ inability to understand him or the earlier prophets taught.

I acknowledge that music in worship is an aural experience for most of us. Because we have different listening skills, the experience of hearing an organ prelude or a choir anthem cannot possibly be the same for everyone. Any single experience, rather, is uniquely defined by its overall reception as much as or even more than its presentation. A sermon preached at the 8 a.m. service may seem like a different sermon 2 ½ hours later due to different overall levels of reception and comprehension. We, as preacher or musician, take for granted the congregant’s readiness and skill to absorb through their ears, and we need to continue examining different pathways to engage our listeners. So, too, should we, as audience, explore ways of sustaining and improving our listening and comprehension skills with everything that is spoken and sung. This is one way to become grounded in “sound theology.”

–David Arcus, Music Director & Organist

Upcoming Events Organized and/or Supported by the Racial Justice and Reconciliation Committee

- March 15 at 3:00 p.m. with **Faith & Arts**: Mike Wiley’s “Blood Done Sign My Name”
- March 21 at 2:00 p.m.: Tour of the International Civil Rights Center and Museum, Greensboro. Meet at the church by 1:00 to carpool. The price of the tour is \$15; there are discounts for seniors, students, youth and groups of 25 or more.
- April 5 at 4:00 p.m.: with **Faith & Arts**: Lynden Harris’ “Right Here Right Now”: A cycle of monologues sharing stories from death row.
- May 2: Support for Parent Day at Orange Correctional Facility
- May 5 at 7:00 p.m.: Book Discussion of “Just Mercy: A Story of Justice and Redemption” by Bryan Stevenson led by *Margaret Brill*



OCIM Sunday: March 1



People News

Thanks to:

- Parish Life for hosting our Game and Pizza Night on February 23
- Kim Powell, Rebecca Gallegly, Mary Rocap, and all who were secret pals at the Secret Pals Breakfast on February 9
- those willing to run for vestry and for those newly elected: *Elizabeth Hays, Steve Hutson, and Blythe Thompson.*
- Racial Justice and Reconciliation for hosting the showing of the movie "Harriett" on January 26
- *Conrad Fulckerson, Elizabeth Hays, and Jane Clunie* for their help and support of our Faith & Arts Michael Jones Concert
- *Jeff & Kelly Hopper* for sharing the good news of the safe return of *Cole* from deployment

Congratulations to:

- *Alice & Joe Moore* who are celebrating their 50th wedding anniversary on March 28

Recent Hospitalizations:

- *Elaine Druesedow* and *Bob Snyder* who are both home from recent hospitalizations

Recent Deaths:

- We extend our sympathy *Wendy Hoelscher* at the death of her husband, *William Bradford II*, on January 28; to
- *Becki Horne* at the death of her friend, *Steve Apple*, on January 29; to
- *Lucinda Munger* at the death of her mother, *Lucille Munger*, on February 12; to
- the Hillsborough community at the death of *Colleen St. Paul*, longtime owner of Saratoga Grill, on February 16
- *Harry Kavros* at the death of his father, *Emanuel Kavros* on February 21

†Rest eternal grant to them, O Lord:
And let light perpetual shine upon them.†

News from the Altar Guild

Dear St Matthew's,

We wanted to share a little information with all of you.

The Altar Guild purchases flowers for all Sunday services. We use two arrangements each Sunday which faithful volunteers have arranged after the flowers are delivered by our local florist. We also have Christmas poinsettias and Easter lilies as special flowers for our holidays. The weekly flowers and special flowers are donated as an honor, memorial, etc. The Flower Notebook in the Ruffin House allows parishioners to sign up for specific Sundays throughout the year as well as the Easter lilies and Christmas poinsettias. The flowers we purchase now cost \$75.00 a week and so we have updated the donation cost from \$60 to \$75 to reflect this. Easter and Christmas donations can be in any amount. The Christmas poinsettias were \$464 this year.

We appreciate your support of the Altar Guild flowers and hope you will consider helping to support this offering by making donations for births, wedding anniversaries, memorials, and other life celebrations. Please feel free to pick your meaningful date by looking through the available dates in the Flower Notebook.

The Altar Guild has a modest budget which we use to purchase linens as they wear, candle oil, wine, and wafers. For altar vestments and large linens, we hope for families to support the purchase as a memorial or celebration of life events.

Thank you,

Kathy von St Paul and Mary Ann Plambeck,

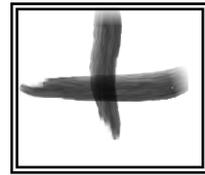
Parish Operating Budget Status as of the end of January 2020 (8%)			
Budget Expenses:	2020 Budget	Total Spent	%
Work Outside the Parish	\$72,611	\$4,640	6%
Maint. & Improvements	\$73,856	\$6,785	9%
Clergy-related	\$151,523	\$12,785	8%
Administrative	\$89,342	\$5,022	6%
Christian Ed. Program	\$52,920	\$3,105	6%
Worship-related	\$47,189	\$3,780	8%
Expenses Total:	\$487,441	\$36,117	7%
Budget Income:	2020 Budget	Total Received	%
Plate/Gift Offerings Received	\$50,000	\$5,086	10%
Pledge Payments	\$432,404	\$91,019	21%
Other	\$23,100	\$20,000	87%
Income Total:	\$505,504	\$116,105	23%

The Monthly Fellowship Breakfast

The March Monthly Breakfast, on March 19th at 8:00 a.m., will feature our Rector, *Robert Fruehwirth*, as our speaker. Please let *Jim Parsley* know if you're planning to dine with the group:

jmaparsley@centurylink.net,
or 919-732-2294,
by Wednesday 3/13 please.





MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lent 1 / OCIM 1 8 & 10:30a Holy Eucharist 9:15a Education Hour 5p Youth Group	2 9:30a Archives & History 6:30p Education for Ministry	3 7:30a Morning Silence	4 9:30a Staff Meeting Noon Ecumenical Lenten Ser. 4p Brookshire Service 6p Lenten Parish Supper 6p Finance Committee 7p Adult Choir 7p Adult Choir	5 Clergy Quiet Day 1p Contemplative Lenten Journey 5:30p Social Ministries	6 6p Fridays at the Rectory	7 9:30a Shawl Ministry 11a Voice for Life
Lent 2 8 8 & 10:30a Holy Eucharist 9:15a Education Hour Noon RJR Committee Meeting 5p Youth Group	9 9:30a Archives & History 4p OCRA 6:30p Education for Ministry	10 7:30a Morning Silence	11 9a OCRA Noon Ecumenical Lenten Ser. 6p Lenten Parish Supper 7p Adult Choir	12 1p Contemplative Lenten Journey	13 9a Habitat for Humanity 9a Parish Life Committee 11a Voice for Life	14 9a Habitat for Humanity 9a Parish Life Committee 11a Voice for Life
Lent 3 15 8 & 10:30a Holy Eucharist 9:15a Education Hour 3p F&A: Mike Wiley & Blood Done Sign My Name 5p Youth Group 5p Newsletter deadline	16 9:30a Archives & History 6:30p Education for Ministry	17 7:30a Morning Silence 5:30p Food for All Hugh Tilson's Team 7:00p Vestry	18 9:30a Staff Meeting Noon Ecumenical Lenten Ser. 6p Lenten Parish Supper 7p Adult Choir	19 St. Joseph 8a Monthly Fellowship Breakfast 1p Contemplative Lenten Journey	20 6p Fridays at the Rectory	21 9a Companions of the Holy Cross Quiet Day Retreat 11a Voice for Life 1p RJR Civil Rights Museum Road Trip
Lent 4 22 8 & 10:30a Holy Eucharist 9:15a Education Hour 5p Youth Group	23 9:30a Archives & History 5:30p Food for All Gordon Carlson Team 6:30p Education for Ministry	24 7:30a Morning Silence	The Annunciation of Our Lord 25 Noon Ecumenical Lenten Ser. 6p Lenten Parish Supper 7p Adult Choir	26 1p Contemplative Lenten Journey	27 11a Voice for Life	28 11a Voice for Life
Lent 5 29 8a Holy Eucharist 9:15a Education Hour 10:30a Morning Prayer 11a Dickerson Chapel AME 7p Women's Singing Circle	30 9:30a Archives & History 1p Faith & Arts Committee 6:30p Education for Ministry	31 7:30a Morning Silence				

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Habitat for Humanity Partnership

St. Matthew's is joining other community churches to help build another Habitat house. Our build dates are March 14th and April 25th. We will need folks to build and some folks to provide lunch to those working. Details will be coming; Questions? Contact *Ellen McRae* (919-630-0587);



Annual Conference of Faith Connections on Mental Illness Friday, March 13

"And so the voices on the margins get heard and the circle of compassion widens. Souls feeling their worth, refusing to forget that we belong to each other," says Father Greg Boyle, founder of Homeboy Industries, Los Angeles, CA, in his book *Tattoos on the Heart*. Fr. Boyle and two homeboys will be sharing how they engage in healing conflicts and instilling hope of a fulfilling life will be sharing how they engage in healing conflicts and instilling hope of a fulfilling life at the Faith Connections on Mental Illness Hope & Healing Conference 2020: Faithfully Practicing Community Inclusion on Friday, March 13, at the McKimmon Conference Center in Raleigh. Speakers from the Durham Nativity School, Rebound, Recovery Communities of NC, and Reintegration Support Network will present how engagement and support creates a healthier community. For registration and more information visit:
<https://www.faithconnectionsonmentalillness.org/annual-conference.html>

PLEASE CONTACT THE CHURCH OFFICE IF YOU WOULD LIKE TO RECEIVE
THIS NEWSLETTER AND OCCASIONAL UPDATES BY E-MAIL.