

ST. MATTHEW'S

LIFE



NEWS AND VIEWS OF THE PARISH OF ST. MATTHEW'S EPISCOPAL CHURCH, HILLSBOROUGH, NC

AUGUST 2022

Dear Sisters and Brothers at St. Matthews,

At recent Vestry and Staff meetings, we have been reflecting on the number of new people and families appearing on Sunday mornings, many of whom have become fully engaged at St. Matthew's. It has been a particular joy to have babies present again at the 8 am and 10:30 am services – and I understand that our nursery has been rather full as well. I expect these trends to continue through August and into September, as we prepare for the start of a new program year.



For longer-term members, it can be a confusing experience to come back to church after the considerable lapse caused by the pandemic and discover a great many unknown people in the pews, the liturgy a little different, and the pre-pandemic norms of greeters, acolytes, and at times ushers not fully functioning. I can understand the feelings of unease and vulnerability this might elicit: How does St. Matthew's work now? What ministries are working, or have they just been let go? How do I fit in? There is an organic process of the post-lockdown community re-discovering its shape and energy.

In this newsletter you will find a personal article by Kathy von St. Paul, co-chair of the altar guild, that addresses the inner malaise that many of us have experienced as a result of the past 2+ years of disconnection and disempowerment. Kathy shares that her cure for the malaise was to get more involved in worship, in the ministries of the church, and in fellowship. She invites us all to do the same.

I think she is spot on. During the pandemic, we lost the usual rhythms of life. We were isolated from the humming along of community collaboration and enjoyment, working with each other, celebrating life with one another. Taking up these rhythms again helps us to feel like life has momentum and purpose and that there is a community to live within. I am reminded of a book I read on cultural responses to depression, with depression being seen as arising from disconnection. In one African community, when a person got depressed, he was given a cow to take care of. Connection, meaning, a forward joy come back.

If you are looking for ways to become involved, in online ministries or in person, please let me know. We also have several training sessions planned in August for worship-related ministry areas where more help is needed. These are listed on the next page. All are welcome.

Finally, I look forward to gathering the whole parish, new and old and in-between, this fall in a series of Forum on the basis of our Parish Life, our Strategic Plan, Engage to Grow, which itself will fold into a series of evening conversation for those who want to become members of St. Matthew's, or for existing members to deepen their understanding of the church and our parish mission.

God bless!

Update on the Director of Christian Formation for Children, Youth and Families

The summer search is underway for our new Director of Christian Formation and it's exciting times. We have the opportunity to call someone with unique talents to guide our program into this next chapter. A search committee has been formed with the excellent leadership of Madeline Liddicoat and with guiding counsel from Robert and myself. We've created a "packet" of materials describing the position and culture of St. Matthew's. We are seeking someone who will foster formation and community across all ages (intergenerational programming) as well as the empowerment of an inspired and committed group of lay leaders in building up and supporting these ministries, which are growing as younger families continue to attend and join St. Matthew's.

Meanwhile, as this search process continues, we need lay leaders to sign up and get involved for the fall programming. We need teaching teams for Godly Play and Growing in Christ, as well as people willing to be involved with our youth....this could mean helping with youth group on Sunday evenings but it wouldn't have to....I would love to see a group formed whose sole aim is to make sure youth know they are seen and prayed for and cared about at St. Matthew's, whatever that looked like: making meals for youth group, sending cards, delivering cookies or treats on occasion, inviting them to be part of worship. And if you are considering teaching, ask a friend and see if they might like to be a team.

At this critical time for children and youth program support, please consider how you might contribute from your own wealth of talents to be involved. It's lively, fun, engaging work. I always receive more than I give in this work with children and youth and usually in unexpected and joyful ways. If you're not sure how you could help but you feel like you'd like to, give me a call and let's set up a time to talk. There are many different ways to be involved.

With thanks.
Faithfully,

-Lisa Frost-Phillips+

"Serve the Lord with Gladness"

Are you looking for ways to serve God and get more involved at St. Matthew's? There are several upcoming opportunities to learn more about ministries that involve laity in the worship life of the parish. Mark your calendar and plan to attend the one(s) that are of interest to you.

- ◆ **ALTAR GUILD:** Join current members of the altar guild at their Summer Retreat on **Saturday, August 13 from 9-11am**. You will learn about their work "behind the scenes," a beautiful, contemplative, and critical ministry at the heart of our parish's worshipping life.
- ◆ **LAY EUCHARISTIC MINISTERS:** "LEMs" vest on Sundays and assist the clergy in the prayers and the distribution of communion. LEM training will be offered on **Sunday, August 14 at 9:15am** in the church. Serving as a LEM generally involves a commitment of one Sunday per month, less if we have more participating in this vital ministry.
- ◆ **USHERS:** A critical ministry of welcoming all, orienting newcomers, caring for the offertory and responding to situations in the congregation. Join us on **Sunday, August 21 at 9:15am** in the church to learn to "ush" with Robert Fruehwirth+ and Charles Thomas.

Social Ministry Grant Requests

Do you have organizations where you volunteer or feel a particular passion about their service in the community? The Social Ministries committee will be meeting in September to decide how we will disburse funds to support organizations serving our community and the world. We'd love to hear from you if you have particular ones you'd like us to consider. Please reach out to Lisa Frost-Phillips+ or Eileen Camp, chair of the social ministries committee, and let us know. We'll then send a simple google form for them to fill out to consider when we meet. It's a small way St. Matthew's can show its support for some of the groups near and dear to you that are doing good work in our community and in the world that we may not otherwise know about.

With thanksgiving for all the ways we can seek and serve Christ in our neighbors,

-Lisa+

Special thanks to...

- *Charlie McCamy* for coming up with the idea and ordering St. Matthew's t-shirts to sell to benefit outreach ministries.
- *Lachlan Hassman*, our Duke Divinity summer intern, for preaching, crucifering, carpentering, grill-mastering, youth-teaching, and so much more. God speed in your continued journey!
- *Mary Rocap* for covering the office while Sonja was on vacation.
- *The Revs. Peregrine Kavros* and *Joe Sroka* for assisting with worship while our clergy were on vacations.
- *Alissa Roca* and *the Paradox Opera* company for their delightful performance of *The COVID Chronicles*.
- *Pelham Jacobs* and *Chris Peterson* for getting the Fellowship Hall ceilings looking great.
- *Pelham Jacobs* for doing the hard work of moving the tables, chairs, and other furnishings out of the Fellowship Hall and then putting it all back!
- *Elizabeth Barber* for organizing the Youth Mental Health First Aid workshop.
- *Carolyn Parsley* for her faithful and ongoing work in support of Orange Congregations in Mission.

Congratulations to...

- *Jasmine Trinks* and *Kevin Reese* on their July 23 wedding.
- *Tom & Judy Anderson* on the birth of their first grandson, *Tristan Robert Anderson*.

Recent hospitalizations:

- *Nancy Harris* continues to recover from shoulder surgery.
- *Tom Anderson* is now home following surgery and doing well.

PARISH OPERATING BUDGET STATUS			
as of the end of:	June	2022	(50%)
EXPENSES:	Budget	Spent	%
Work Outside the Parish	\$63,329	\$26,136	41%
Maint. & Improvements	\$72,925	\$37,227	51%
Clergy-related	\$183,051	\$91,465	50%
Administrative	\$93,402	\$49,997	54%
Christian Ed. Program	\$63,032	\$29,528	47%
Worship-related	\$51,455	\$23,431	46%
Expenses Total:	\$527,194	\$257,783	49%
INCOME:	Budgeted	Received	%
Plate/Gift Offerings Received	\$60,000	\$39,094	65%
Pledge Payments	\$447,200	\$271,183	61%
Other	\$22,100	\$21,370	97%
Income Total:	\$529,300	\$331,647	63%

The Parish Prayer List

We pray for all who are sick, or in any need or trouble, remembering especially the following members of our parish family: Mildred Pruessing, Lois Horn, Tom Vail, Molly Zaragoza, Jim Fesperman, Ann Burdette, Daisy Huffman, Champe Davis, Andy & Barrie Wallace, Carol Parrent, Kathy Coward, Sandy McBride, Ed & Mary Ann Southern, Nancy Harris, Cheryl Thomas, Hunter Taylor, Blythe Thompson, Tara Zychowicz, Maureen Cunningham, Tom Anderson, Sandra (Sunny) Poffenbarger, Meyrick & Jennifer Peak, and Nancy Harris. And others for whom our prayers are desired: Savannah Fonevielle, Jennifer Bolognese, Richard Haase, Amy Bradley, Elise, Jackie Sumner, Maddie Powers, Millie Hinkle, Nancy Whitworth, Melanie Maupin, the Tuckers and Spurlocks, Gail Clifford, Martha Milam, Rob Shelton, Jackson Williams and family, Liz Atkinson and Marcia, Stan Daye, Judy Dingfelder, Kenan Wright, Jim Hill, Eduardo (Lugo), Benny Whitted, the Hougom family, Betsy Zaragosa, John Charton, Harry Dula, and Pastor Donald Holman, Jr.

We also give thanks with all those who celebrate, remembering especially Jasmine Trinks & Kevin Reese, and Tom & Judy Anderson.

God, hear our prayer.

St. Matthew's T-Shirts

A limited number of St. Matthews t-shirts are still available for \$15 each while supplies last. They are available during regular office hours and after services on Sundays. All proceeds benefit outreach ministries.

Get your before they're gone!

Thanks,
-Charlie McCamy

Special thanks to our lovely model, Ashely Romero-Love. You may recognize her as one of our newest acolytes. Welcome Ashely!!



Coming Back to Life

We are a group of people that have survived a pandemic. We have grieved through something that we never thought would happen. If you are like me it was well in our past, "like the flu pandemic of 1918, or the polio outbreaks in 50s and 60s. This could not happen in 2020. Well, it did happen! It has drained us, bruised our faith, and made us question everything. I found my usual happy self becoming anxious, sad at being isolated, and angry. What does one do? We went back to basics. Prayer, cooking, cleaning, talking to family, sewing-normal life. Many of us are stalled and maybe cannot find our compass.



I have a plan! Come back to church at 8:00 or 10:30 every Sunday. Sunday school, youth group, ushers, altar guild, parish life, the Shawl Ministry, the Garden and grounds ministry, greeters, coffee hour volunteers, Daughters of the King: all need you. Maybe that awful feeling can be cured by returning to normal, giving a bit, getting fed by our priest's sermons, volunteering for coffee hour. We cannot grow sitting at home, isolating even from online ministry. We have to be together, a body of Christ, working together to grow our faith community. Pick one thing that you might give to our community, either in our online ministry or in person.

Coffee hour takes about 30 minutes. You get to meet new people, eat home baked treats, and you might just get those old feelings back. You know the ones! We begin to think and feel, "I am a part of a community, they need me, for the children grow up in faith, and we met Sam, Maria, Blythe, Jeff! I like this place. I need to get back to church, make a habit of attending, feeding my faith, offering myself in small ways. I need to make some friends. Maybe I could make coffee once a month? Maybe I could usher a couple of times every quarter?"

We want you back! You are missed!

Just a little encouragement from someone that wants to see you at St Matthew's! See you at coffee hour!

- Kathy von St. Paul

Parish Work Day

Saturday, August 27 9:00 am

Come one, come all! Come young, come old! It's time for a Parish Work Day! Please join us to do some freshening up around our grounds. Activities include:

- Cleaning out volunteer plants along the cemetery wall
- Washing outdoor signage
- Weeding and mulching azalea bank around the Rectory
- Mulching between the bricks in the unfinished labyrinth
- Cleaning up the kitchen and storage closet in the Fellowship Hall

Don't be fooled - there is something for everyone and all skill levels. Bring the kids for some refreshing outdoor activity. And never underestimate the satisfaction of seeing the results of this group effort.



Join us in front of the church entrance at 9 am. Bring tools to accomplish any of the jobs listed - rags, buckets, pitchforks, spades. Gloves and a water bottle are highly recommended! As the saying goes, many hands make light work.

- Chris Peterson, Junior Warden

Parish Brunch

Sunday, August 7

9:15 am

in the

Fellowship Hall



Please bring a dish to share and join us after the 8:00 service. This is a wonderful time to forge new friendships and strengthen long-standing ones. We'll be in the Fellowship Hall and, weather-permitting, on the patio. Maybe we'll even be able to enjoy some of our home-grown watermelons!

ST. MATTHEW'S CHURCH
POST OFFICE BOX 628
HILLSBOROUGH, NORTH CAROLINA 27278

ST. MATTHEW'S PARISH CHURCH
CHARTERED AD 1752

THE REV. ROBERT FREUHWIRTH
RECTOR

THE REV. LISA FROST-PHILLIPS
ASSOCIATE. RECTOR

POST OFFICE BOX 628
HILLSBOROUGH, NC 27278

TEL: 919.732.9308

FAX: 919.732.5457

E-MAIL:

WELCOME@STMATTHEWSHILLSBOROUGH.ORG

WWW.STMATTHEWSHILLSBOROUGH.ORG

ST. MATTHEW'S LIFE

IS WRITTEN AND DISTRIBUTED BY
THE PARISH OF ST. MATTHEW'S AND
IS PUBLISHED MONTHLY.

THE SEPTEMBER ISSUE DEADLINE IS
AUGUST 15, 2022.

NEWSLETTER EDITOR:

SONJA TILLEY, 919.732.9308

WELCOME@STMATTHEWSHILLSBOROUGH.ORG

FEST Update



Chris Peterson, last years' chair of FEST, and I have been working to line up volunteer leaders for the three different areas of FEST: Craft boxes, Baked Goods, and Wreaths. Our special thanks to those who have said YES to leading in these areas: Rebecca Gallegly and Theresa Kolb (crafts);

Charlie and Martha McCamy, and Claire and Bob Locke (Wreaths) and Jane Clunie and Lynn Hecht (Baked yummys).

Eileen Camp, the chair of social ministries, has agreed to chair and we hope to have a co chair to work with her. Meanwhile, for all you crafters out there, we will welcome your donations of small hand crafted items to go inside. There were so many wonderful things donated last year: homemade lip balm, lavender wands, cards of all kinds, gift tags, scarves, bath salts...So let your creative juices flow and know more information is to come.

All proceeds from FEST go to support service organizations in our community.

With thanks and appreciation for your support.

- Lisa Frost-Phillips+ and Eileen Camp

A New Start:

Safe Haven Support for Caregivers

If you are caring for a loved one at home, in a facility, or one who lives far away, we invite you to join our St. Matthew's Support Group. The fall season of support begins **on Sunday, August 26, from 2:00-3:00 pm on St. Matthew's Meeting Zoom channel.**

The one-hour monthly meetings are facilitated by retired clergywoman Para Drake and Pastoral Care ministry member David McDuffie. The participants agree to a covenant of double confidentiality, and non-judgment, without giving advice. You will find unconditional support during the hour and the availability of Para and David if needed outside of the hour. Additionally, others with caregiving experience participate.

If you have any questions or would like to join the group, please email us at chaplain-drake@gmail.com or dmcduffie@gmail.com and to join the group.

- Para Drake