

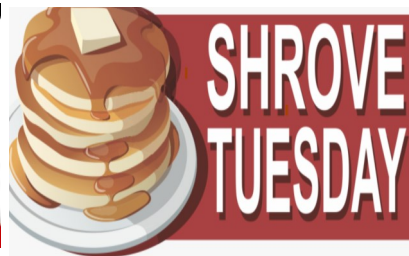
January 2024

Titusian



A New Year's reflection is a chance to reflect on the past year and prepare for the new year. It can be a time to:

- ▶ Reflect on the past:
- ▶ Review the lessons learned, challenges faced, and accomplishments achieved
- ▶ Learn from the past: Reflect on the past year and how it can help you prepare for the new year
- ▶ Set goals: Set goals and identify areas for improvement
- ▶ Start fresh: Wipe the slate clean and start anew with the new year



February 13, 2024
5pm – 7 pm
\$10.00 per plate
St. Titus' Church

FEBRUARY



Celebrating Black Life and Black Legacy

3	St. Titus' Church will participate in the 21 st Annual NC MLK Black History Month Parade on Saturday, February 3, 2024 on Fayetteville Street. The parade will start at 12 p.m. at W.G. Pearson Elementary School, 3501 Fayetteville St., and ends at NCCU. Join your fellow Titusians in marching or riding in the parade; call the Parish Office to sign up.
4	Dedication of a bust of Dr. Martin Luther King, Jr., a gift from Marjorie Freeman in celebration of the life and legacy of her husband, the Rev. Monroe Freeman, Jr. Our guest speaker is Dr. Anthony Smith, a psychologist at the Alase Center for Enrichment in Durham, specializing in spirituality and the value of uniqueness.
10	The annual celebration of Blessed Absalom Jones at St. Augustine University in Raleigh, with the service in the chapel beginning at 10:00 am. The preacher will be the Rev. Ronald Byrd, missionary for African Descent Ministries for The Episcopal Church. At the luncheon, the completed "Telling Our Stories" video will be shown. Register here.
11	Our guest speaker is Durham Mayor Leonardo Williams, former teacher, school administrator, small business owner, Durham City Council member, and NCCU graduate (B.A. and M.A.).
16	Cole Arthur Riley-Digity, Justice and Joy-Holding on to Our Humanity in Challenging Times. North Carolina Central University-Miller Morgan Building-500 Nelson Street.
18	Our guest speaker will be the Honorable Judge Shamielka Rhinehart, Superior Court Judge in the 14th Judicial District. She served in Durham as an Assistant District Attorney and District Court Judge before her appointment to the NC Superior Court, where she currently presides over felony and civil cases across North Carolina.
25	Ian Brown, Vice-President and Chief Diversity and Belonging Officer at Duke University. Leader, the organization's diversity, equity, inclusion and belonging strategy, and well-being and workplace safety initiatives. He has an undergraduate degree from Brooklyn College, and a M.A. from Lake Forest College and a M.S. from Johns Hopkins University.

St. Titus' is a diverse and growing community committed to walking with Christ by serving others, pursuing justice and welcoming all.

New Year Reflections

- What did I learn about myself this year?
- What would I like to leave behind?
- How have I grown this past year?
- What would I like to carry into the new year?
- What emotions do I want to experience this year?
- What do I want to see more of going forward?
- Have my priorities shifted over the past 12 months?
- How can I better nurture myself, body, mind, and spirit?
- What makes me the happiest at this point in my life?
- What's the best upgrade I received this year?
- Where do I have an opportunity to be more authentic?
- How can I better honor my true nature?
- What are some of my proudest accomplishments this year?
- Do I have any limiting beliefs that I need to retire?
- What am I most excited about for the future?
- If I could have any wish come true this year, what would it be?
- How can I create more time for self-care in my schedule?
- How can I practice more gratitude this year?
- Where would I like to be this time next year?
- In what ways can I be kinder to myself this year?
- What would I do if money were no object?
- How can I be more adventurous this year?
- What inspires me most when I think about a fresh, new start?
- How can I invite more love into my life?
- Are there any new self-care practices I'd like to try?
- How can I better connect with my higher self?
- How can I share more of my authentic self with the world?
- What lessons did I learn from my challenges this year?
- Where do I need healing and how can I nurture myself in those areas?
- If I could pick just one word to capture my theme for the new year, what would it be?
- How can I create more joy in my life?
- In what ways can I show myself more loving kindness?
- How can I deepen my spiritual practice this year?
- How can I become a better vibrational match to my desires?



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Vestry Election



Elizabeth Lippincot is a cradle Episcopalian who began attending St. Titus' in 2018. She manages and practices in a small law firm that she founded. Elizabeth previously served on the vestry at Episcopal Church of the Advocate in Chapel Hill.

She lives in Chapel Hill with her 15-year-old son, Grey, and her husband Darren DeWalt. She has another son, Kieran, who is in college. Elizabeth is also a caregiver for her mother, Marsha



Dwight Peebles has been a member of St. Titus' for over 30 years. He has served two terms on the Vestry, and chaired the Vestry annual planning retreat during that time. He co-chaired the annual Every Member Canvass Campaign and co-chaired the Finance Committee. He has organized the Men's Day Program. He was the cook for the Men's group fish fry and enjoys being a cook at the annual ECW pancake supper.

Currently Dwight serves as an Intercessor and Coordinator of the St. David Usher Guild. He is a member of Kappa Alpha Psi Fraternity, Inc. and enjoys golfing, fishing and gardening. Dwight has been married to Marguerite Peebles for 54 years and they have two grown children and 3 grandchildren



Joseph "Spike" Yancy is a US Navy veteran who retired from Montgomery College in Maryland where he was the Coordinator of Institutional Reporting. He attended St. Philips Episcopal Church in Annapolis, MD. Roles: Vestry Member two times, Junior Warden and Finance Committee Chairperson. He was on the finance committee for over 20 years and sang in the choir.

He has been a member of St. Titus' on a regular basis since 2015. He has been a member of the choir and participates in the food distributions at El Buen Pastor. Spike has been married to Stephanie Yancy for 51 years, and they have two grown children.

A NOTE OF



To our retiring vestry members.

1. Chuck Hennessee
2. Keith Bishop
3. Gloria Drew



Retiring members were awarded Certificates of Appreciation



Come, Meet us in the Garden.

“God created a garden in the east in Eden, ... and there he took man and put him in the Garden of Eden to work it and to take care of it.” Genesis 2:8,15.

Come, meet us at St. Titus’ Garden, where we will “work and take care of it.” St. Titus’s Garden welcomes helping hands to attend to our cutting flower mound, and vegetable and herb gardens. All are welcomed, whether your

talents lie in donating compost, watering, seeding, planting, fertilizing, harvesting, cutting flowers, or donating garden tools*. Giving of your time and talent will be appreciated toward growing the Beloved Community.

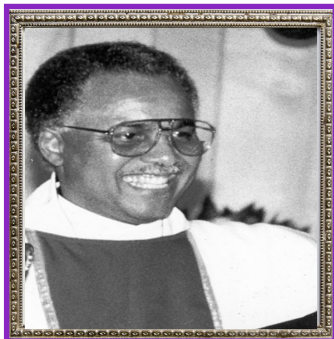
Currently, gardening takes place on Friday’s from 10:00 am – 11:00 am. However, as we move into Spring, seedlings will require close attention and daily watering. Volunteers for considering meeting at an alternate time period to better accommodate people’s schedules. watering would be welcomed. Please contact Anne Hutchins, Garden Committee Chair, to learn more about the garden, ways you can volunteer your time and talent, and make donations.

Thank you. **Anne Hutchins and Shelia Bridges-Bond**

*Note: Gardening tools may include rakes, hoes, shovels, a wheel barrow, pitch forks, spade, trowel, cardboard egg cartons and other containers for growing sprouts.

Dedication Ceremony for Bust of Dr. Martin Luther King, Jr. February 4

St. Titus' Episcopal Church is the grateful recipient of a bronze bust of Dr. Martin Luther King, Jr., a gift from **Marjorie Diggs Freeman** in honor of her husband, the late Rev. Monroe Freeman, Jr.



Monroe Freeman, Jr. was born on August 9, 1936 in Chattanooga, Tennessee.

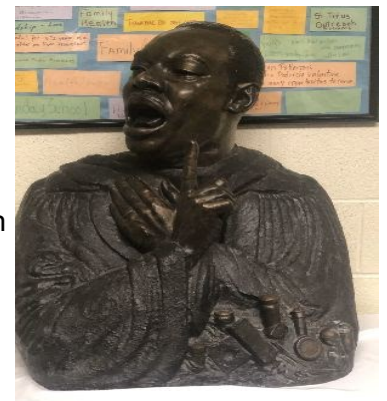
He graduated from Central State University in Wilberforce, Ohio with a BA degree in French and English, and went on to serve in the U.S. Army in Germany. He taught English at Berlitz School of Languages in Stuttgart, Germany and after his military service, he was a teacher and administrator in the Montclair Public School system.

Rev. Freeman went on to earn a M.A. degree in French from Montclair State College in New Jersey in 1971, completed his Ed. D. coursework in Foreign Language Education and School Administration at Rutgers University, and a MDiv. degree in

Theology from General Theological Seminary in New York, He served the Episcopal church in Newark, NJ, Albany, NY and at St. Titus’ from 1992-1998.

Rev. Freeman said his happiest memories revolved around spending time with his young sons and family in New Jersey and at family reunions, traveling, and enjoying the opera. He felt his most meaningful achievement was becoming an ordained Episcopal priest, enabling him to fully serve God and the people of God.

Rev. Freeman passed away in Durham on July 15, 2022.





RECTOR'S 2023 REPORT BY THE REV. VALERIE J. MAYO

"All the strands of my life had come together... Now I was empowered to minister the sacrament of One in whom there is no north or south, no black or white, no male or female—only the spirit of love and reconciliation drawing us all toward the goal of human wholeness."

Pauli Murray, Song in a Weary Throat

◆ Glory to God in the highest, and peace to God's people on earth! This has been a remarkable two months in the life of our ministry together. Since joining the community of faith at St. Titus', my son, Elijah, and I have dressed up as pirates and danced to tunes as our young people enjoyed a game of musical chairs. We have loaded cars with fresh produce with our El Buen Pastor food distribution community partners. We have welcomed NCCU alumni back to campus in fellowship with our parking lot ministry team, raising over \$1800.00 for our Younger Adult and Children's Ministries. I have joined my clergy sisters in welcoming a new member into our diocese, and have wept with our siblings in Christ as we celebrated, together, the Philadelphia 11, Pauli Murray, our first Black female priest, and Barbara Harris, the first woman to be consecrated a bishop in the Anglican Communion. I do not take lightly the journey that has led me to this vibrant faith community—the journey that has brought me back home. For, all the strands of my life have come together.

◆ I am so grateful for the welcome that my son and I have received. I am indebted to our Search Committee and our Vestry members (Marguerite Peebles, Robyn Furges, Cheryl Myers, Lionell Parker, Chuck Hennessee, Keith Bishop, Vickie Miller, Ken Valentine, Paula Drew Estes and Gloria Drew) for seeing in me the gifts that I hope to share with our community. While we were two months delayed in our anticipated start date, in quick measure, we have responded to the call that God has placed upon us, for such a time as this. We have celebrated all of our saints—past, present and yet to come within our "House of Wisdom." We are surveying our landscape, partaking in community events and narrowing our focus to further support our Beloved Promise Community, as we remain "Witnesses of the Inhabitants of this Land." We continue to polish the crowns of all of the Queen Bees in our midst, applauding the dedication and faithful service of all of our Episcopal Church Women (particularly the executive committee: Valerie Quiett, Vickie Miller, Lisa Barnes, and Yvette McMiller), for their fortitude, perseverance and collaboration.

◆ We owe equal gratitude to our treasures, past and present (Mary Hawkins, Lisa Barnes, Lionell Parker); to our Finance Committee (Keith Bishop, Gloria Drew, Cheryl Myers and Lionell Parker) and our

Stewardship Committee (Marguerite Peebles & Lew Myers) for steering our congregation through a difficult financial ordeal. We are so immensely blessed by all of our elected and nominated leaders who have stepped up and shouldered more responsibility, during times of transition, as the people of St. Titus' remained immovable and steadfast.

◆ By God's grace, coupled with the exemplary administrative supports of our Parish Administrator (Betsy Sprouse) and our dynamic Music Director (Ramon Holloway), our choir members (Pat Valentine, Chuck Hennessee, Diane Hundley, Spike Yancy, Preston Edwards, The Rev. Gregory Jacobs, Charmey "Joy" Morgan, Janice Williams and Pam Howard) and our talented tech team (Chuck Hennessee, Yvette Matthews, Darryl Furges, Robert Furges and Livio Carnera) we continue to offer enriching hybrid worship services. Ramon and Betsy have been working tirelessly in identifying suitable, authorized streaming selections, with our cantors at the helm. Livio has been preparing our slides, weekly, with our other tech persons running point, to create the smooth-flowing, intimate worship experiences that we have been enjoying.

◆ In the words of one of my dear mentors, 'I am certain you have heard it said that it takes a village to raise a child. Similarly, it takes a community to be church!' We are a strong lay-led community and to God I give all the thanks and praise. Our volunteers be willing to serve as the Voice of the People and/or Lector. At the risk of unintentionally omitting any of our amazing lay worship leaders, we must name: Lisa Wilks, Lionell Parker, Pat Valentine, Janice Williams, Yvette Matthews, Mike Woodard, Carolyn White, Valerie Quiett, Vincent Quiett, Ken Valentine, Lew Myers, Cheryl Myers, Mary Hawkins, Rebecca Knowe, James Barnes, Diane Hundley, The Rev. David Stanford, Robyn Furges, Gloria Drew, Donna Smith, Francine Davis, Elizabeth Lippincott, Dwight Peebles, Spike Yancy, Stephanie Metzen, Genevieve Furges, Althea Alton, Chuck Hennessee, Paula Drew Estes and Keith Bishop. Our thanks to Marguerite Peebles for coordinating our rota.

◆ We must also celebrate our Altar Guild (especially Hazel Brown, Janice Williams, Pat Valentine, Paula

Drew Estes, Robyn Furges, Lisa Barnes, Cheryl Myers, Willette Crews, Alexine Miller and Danita & Lionell Parker) who, with others, prepare our worship space each week, and on special occasions; for their tender care of our altar linen and vestments, and for assisting us in our flow through the Church calendar seasons. Many, many thanks to Stephanie Metzen for re-launching our Children's Ministry in November, and our thanks to Stephanie, Rebecca Knowe, Henry Kennelly and Jennifer Brown for coordinating our Younger Adult Ministries, with particular gratitude to Jennifer for submitting a Young Adult Ministries grant to the National Church on our behalf. We give thanks for Gray Lippincott, "Gigi" Furges, Robert Furges, and Veronica Quiett for serving as our acolytes amidst their busying academic and sporting schedules, along with their Acolyte Master, Vincent Quiett. We also offer our gratitude to our Communications Committee members (The Rev. Greg Jacobs, Mary Hawkins, Althea Alton, The Rev. Sarah Woodard, Diane Hundley and Betsy Sprouse) for their commitment in telling our stories, keeping our social media platforms current, with modifying our website, the dissemination of our eNews, and the production of our monthly newsletters.

◆We take our hats off to Dwight Peebles for maintaining an efficient, consistent and effective Usher's Guild rota, with the following worshippers in regular service to our community: (Lewis Myers, Marguerite Peebles, James Barnes, Brian Wilks, Lisa Barnes, Lisa Wilks, Kenneth Valentine, Robyn Furges, Valerie Quiett, Yvette McMiller and Dwight Peebles). We celebrate the Rev. David Stanford and his commitment to the Yokefellow Prison Ministry, along with the plethora of outreach initiatives as sponsored by our Outreach Committee (The Rev. Sarah Woodard, Chuck Hennessee, Althea Alton and Diane Hundley). Our thanks to our Creation Care stewards (Anne Hutchins, David Ross, Shelia Bridges Bond, Lew Myers and the Rev. Sarah Woodard and diocesan partners) for helping us become more acclimated in living a greener life. For our clergy, (The Rev. David Stanford, Farther Smith, Canon Lindsey Audrey, Pastor Althea Alton, and The Rev. Dr. Jeanine Driscoll) who augmented our worship by their presence, their leadership and support, during my absence. We offer our gratitude for all who have sponsored a Coffee Hour and for the host of other committees, their members and work, of which I hope to learn more. Lastly, but certainly not least, we offer a very special thanks for our Deacon, The Rev. Sarah Woodard, for being a "rock" for our community, in her many years of service, during times of both transition and stability. We thank her for her fidelity, her passion and her commitment to meeting the needs of our parish and broader community.

◆Many years ago, at one of my first appointments, I received the instruction, "Get to know your people." In

addition, to administrative oversight, worship planning, community networking, relaunching our financial assistance program, attending mandatory diocesan meetings, serving as the National Union of Black Episcopalians Chaplain, facilitating workshops, cultivating the space to relaunch our NCCU campus ministry program, in collaboration with the NCCU Diversity and Inclusion department, supporting our ministry programs, serving as a CREDO Spiritual Faculty member, engaging in biblical studying and sermon development, raising my 12 year old son, serving as the Advocacy Chair for his middle school PTSA, much of my time has been spent in getting to know you. I hope that you have felt my love, my curiosity, my joy and genuine affection.

◆I have been incredibly blessed by learning more about our church history, our historical and present relationships with our community partners and stakeholders. I have thoroughly enjoyed every opportunity for story sharing with members of our community, to include connecting with our homebound worshippers, either in person (Murphy Jenkins, Marjorie Freeman, Juanita Taylor, Harmon and Donna Smith) or via phone/Zoom (Willette Crews). It gives me great joy to serve as your priest, your pastor and your friend. I seek to know more about the strands of your life that have brought us together. We have been drawn together in this divinely intentional time of re-defining our identity. Throughout our mutual discernment and discovery of who is it that God is calling us to be, I rejoice in being a part of our process of becoming in 2024...and, prayerfully, for years more.

◆With prayers for forgiveness for anyone whom I may have inadvertently omitted, I remain faithfully yours,
Rev. Valerie

St. Titus' Church
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Thankful
for Your Ministry!



Sermon Reflections - Edible Theology

[Edible Theology](#) was started as a response to the rise in loneliness and cultural polarity in our country. For founder (and member of the St. Titus' family) **Kendall Vanderslice**, the solution begins not through sharing opinions on social media, but by sharing stories around the table. When we tell stories about foods that mean the most to us, we tell stories of family, gender, class, and race -- the topics that either help or hinder our sense of belonging in a community.



In 2018, **Kendall** started a newsletter to share her research on the theology of bread and her work in food studies. After the release of her first book **We Will Feast in 2019**, she began speaking in churches, colleges, and universities about the importance of building embodied community around the table.

In late 2020, Kendall closed her bakery and dove into creating food and faith resources for individuals, families, and churches, empowering them to address their spiritual hunger through physical meals around the table. Kendall was kind enough to let us share her recipe for **Peanut Butter Finger Bars** (courtesy of [Edible Theology](#); adapted from the cookbook of **First Congregational Church in Boscobel, WI**)

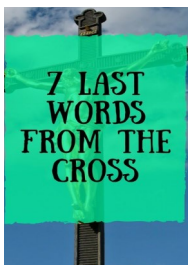
1 cup unsalted butter
1 cup white sugar
1 cup brown sugar
2 eggs
2/3 cup peanut butter
2 cups all purpose flour
1 teaspoon baking soda
1/2 teaspoon kosher salt
1 teaspoon vanilla
2 cups oats
12 ounces chocolate chips
1 cup powdered sugar
1/2 cup peanut butter
1/4 cup evaporated milk



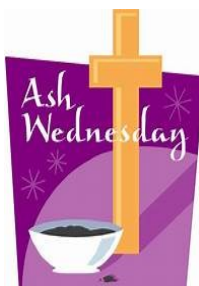
1. Preheat the oven to 350°F. In a large bowl, cream together butter and both sugars until doubled in size, about ten minutes.
2. Add the eggs one at a time, incorporating fully between each. Add the peanut butter and vanilla. Mix until incorporated.
3. Mix together flour, baking soda, and salt, and combine with butter and egg mixture. Fold in the oats. Spread into a 9-inch by 13-inch pan. Bake for 25 minutes.
4. As soon as the bars come out of the oven, sprinkle with the chocolate chips. Let stand for five minutes then spread until smooth. While you wait, mix together the powdered sugar, peanut butter, and evaporated milk until smooth. Drizzle over the smoothed chocolate and swirl together. Cool, then cut into bars.

s, in hopes that they will help you create and share

Seeking Singers



The St. Mark A.M.E. Zion Church Choirs are presenting "The Seven Last Words of Christ" by Theodore DuBois on Good Friday, March 29, 2024 at 5:00 p.m. Anyone interested in singing at this event is welcome to join with the St. Mark Choirs. Rehearsals begin on Monday, **February 5th at 7:00 p.m.** -- other rehearsal times will be discussed and decided at that first rehearsal. Join in by attending the first rehearsal on February 5th at St. Mark A.M.E. Zion Church at 531 S. Roxboro St., Durham.



ASH WEDNESDAY EVENT

St. Titus' Church will celebrate **Ash Wednesday** with two services on Wednesday, February 14, 2024 at 12:00 noon and 7:00 p.m. Rev. Valerie Mayo and Rev. Deacon Sarah Woodard will also be offering "Ashes on the Go" in downtown Durham.

21st Annual N.C. MLK BLACK HISTORY Month PARADE

FEBRUARY 3, 2024 @ 12 NOON
FAYETTEVILLE STREET
DURHAM, NC

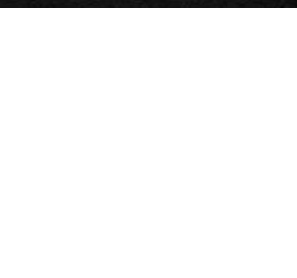
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FOR MORE INFO VISIT: WWW.TRICAFoundation.ORG

GRAND MARSHAL

Black History-Maker
Honorable
Elaine O'Neal
Former Mayor
City of Durham



February 29

Darryl and Robyn Furges

01	Janice Williams	10	Yvette Jones	15	Trevor Miler	22	O. Ray Lipscomb, IV
03	William Maddox, IV	11	Juanita Taylor	19	Annette Bailey	23	Luis Horne
07	Alexandria Horne	11	Marylnn Jones	19	Ann Edmonds	24	Ilana Marie Harris
07	Alexandra Anderson	12	David Hoff	20	Mike Woodard	24	Khristy Horne
08	Stephanie Exum	12	Alrinez Jenkins	21	Drew den Davis	24	Mary E. Hawkins
08	Marcia Beam	12	David West	21	Kehlo Chavis	25	Bliss Battle
08	Lanita Parker-Moore	14	James F. Davis	22	Denise Davis	29	Scarlet Howard
10	Cheryl Myers	14	Kenneth Valentine, II	22	Joseph "Spike Yancy		

The Titusian News Digest
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