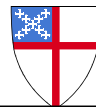


St. Titus' News Digest

A Memorial Tribute to Dr. Brenda Armstrong



Dr. Brenda Armstrong died at age 69 on Sunday, October 7, 2018. She was a professor in the Department of Pediatrics at Duke University School of Medicine, and served as associate dean for student diversity, recruitment and retention and left a long legacy of advocacy, inclusion and service.

She was remembered in a public memorial service in Duke University Chapel followed by a reception held afterward in the Trent Semans Center for Health Education.

Dr. Armstrong was also a member of St. Titus' Episcopal Church and is remembered as organist, coordinator of the

Shrove Tuesday Pancake Supper and director of the annual Christmas Pageant.

Parishioners were invited to share their personal experiences, memories and life influences to honor the Memory of Dr. Armstrong.

The commemorative comments are shared to inspire and celebrate while uniting readers in sincere, heartfelt gratitude and admiration for Dr. Armstrong.



Brenda with the Christmas Pageant Cast

Most of my memories of Brenda are steeped in the Fall and Winter of every year when we worked together to plan and host the All Hallows' Eve party and the Christmas Pageant. But on a more personal note, Brenda was the first person I called from St Titus when our son Robert was hospitalized at Duke for hip pain. In the first few days the doctors did not give us a diagnosis but suspected childhood cancer. I called Brenda's office and left a message with her secretary. Later that day she visited us in the hospital and after she said hello to Robert we stepped outside the door so I could give her a summary of his symptoms. I was anxious and frantic and refused to believe that my 8 year old may have cancer. She told me in her

calm voice to take a deep breath and that "everything was going to be ok if it is juvenile arthritis or if it is something else- he is in the best place for his care." Ten years later Brenda was absolutely correct, "everything was ok" and Duke medical center was the best place for his treatment and care. Thank you Brenda for your dedication to Duke, St Titus' and the Durham community. You will remain in my family's heart. **Robyn Furges**

Dr. Brenda Armstrong worked tirelessly to enhance the admission and graduation of physicians of color enabling Duke University Medical School to be in the upper echelon of graduates of color

Leslie Walton, MD

My first encounter that depicted Brenda's spirituality happened many years ago during the time St. Titus' was without a rector, priest in charge or vicar. As a vestry member and especially as senior warden (first female to be elected) much time was spent in search of a priest. Brenda's committee was tasked with reviewing priests' applications and reporting the same to the larger search committee. I remember the huge binder of applications and the 52 times her sub group met! Sadly, we were not successful in finding a leader during that 5-year span. Another fond remembrance was the pride she felt in the youths' performance in the Annual Christmas Pageant she directed each year. She would beam in relating that the youth didn't need numerous rehearsals; the children know the story so well.

Mary E. Hawkins

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WE CALLED HER “COACH DOC”

Head Age Group Coach 12 and under
Head Coach, Cross Country
Head Coach, Indoor Track
Team Physician
Vice-President, Durham Striders Youth Club

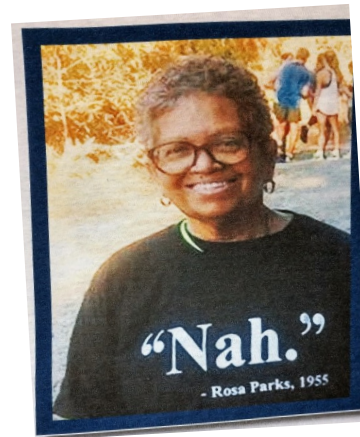
Around 37 years ago, legendary Coach Russell E. Blunt asked Dr. Brenda Armstrong to provide physicals to youth on the Durham Striders Track Club. Coach Blunt was Brenda's godfather and she was naturally eager to help the young athletes at his request. But from that first encounter with the team, something in Brenda caused her to be drawn to the work. She continued to follow the team to learn the art of coaching and she became a legendary coach in her own right. The team coaches called her “Doc” but the kids called her “Coach Doc.”

Doc took ownership of each child as an individual and she embraced the team as a vehicle to offer nurture to team members and their families. She clearly understood the significance that the athletic platform offered for educating, challenging and supporting young people. She gravitated toward the beginning...the youngest kids... but she was a fierce advocate for them all.

The legend of Coach Doc is told far and wide and the stories are true...

The Loaf of Bread: In the early days, the Striders travelled to track meets out of state. on an old school bus (nicknamed the “Loaf of Bread”) Sometimes the bus balked at climbing the steep hills and those were times that the male athletes disembarked and gave the bus an assist. The team has had other buses over the years but Doc frequently used her personal vehicles to transport members of the team. One day Doc showed up in a station wagon to pick up kids and over the years, she bought vans and energy efficient vehicles that could be filled with athletes. Doc would pick up athletes whose parents could not bring them to the meet or to meet the team bus.

Head Chaperone/Disciplinarian: Doc was the Head Chaperone for all age groups when the team travelled over-



night. She vetted and approved every person who would serve as a chaperone and she decided which team members would be assigned to what chaperone. She was uncompromising in making certain that athletes were safe and well-monitored. She had no qualms about invoking the team rules of conduct to pack a wayward athlete up

and send them home to their parents. Team members were certain that Doc had eyes in the back of her head and they did not trust that she was sleeping even when her eyes were closed.

Coach Doc guided parents and helped them understand how our children would grow as part of the team. She helped them learn to trust and engaged each parent as a partner not a spectator. Her conversion of parents was so complete that long after children graduated from the team, parents continue to work with the next generation.

When my daughter joined the Durham Striders at age 8, she earned the right to travel to a regional meet in Atlanta as a member of the 4 x 400 relay team. Doc always kept her 12-and-under relay teams close to her and the young-

**“WE RUN FOR FUN
BUT WE COMPETE TO BE ELITE.”**
-Coach Doc

est ones usually rode with her on a van. As the van left with my daughter, I was anxious and I wrote down the license number of the van. By the time I thought the team should have reached Atlanta, I had called the hotel at least four times to see if they were there. By 10:00p, no one had called me back and I was frantic. Finally, someone answered and told me that the kids had been there for hours and that Coach Doc said I should stop calling so they could get some sleep. Doc was on top of the situation.

Team Physician & Health Advocate: Not all athletes and parents knew that “Coach Doc” was actually a medical doctor but all knew that she had strict rules about good

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STRIDER NATION LOVES YOU FOREVER!



nutrition and regular exercise. Every year, she brought medical students to provide free physicals for the team. The physicals provided an opportunity to identify potential health issues such as high blood pressure and diabetes that continue to rise in incidence among our youth. For some athletes, it may have been the only visit with a doctor for the entire year. Doc also believed it was an important way that the medical students could be exposed to personal interaction with patients and the significance of contributing to the health of the community.

Early in her career with the Striders, Doc welcomed and embraced children of differing abilities. She encouraged families whose children had behavioral diagnoses and/or cognitive differences to participate with the team. Doc recognized the role that inclusion played in the lives of those families as well as the team as a whole.

Every Strider team member learned the litany of drinking 64 oz. of water a day (not Gatorade and not sodas), getting plenty of rest every night and not eating fast food. At team meetings after practice, Coach Doc always asked for a show of hands of those athletes who had drunk the requisite water. She would ask if they had eaten any fast food. When an athlete indicated fast food had been part of their diet, Doc would tell the team to tell their parents that kids could not eat fast food. Sometimes the kids would smile and cheerfully point out that the parents bought the fast food when Doc asked. Some parents reported that they were often told by their 6-year-old that

the family could not go to McDonald's because Coach Doc said so.

Over the years, Doc was adamant that the Striders would not charge a membership fee for participation on the team. She partnered with Ninth Street Active feet to offer tasteful and inexpensive uniforms that all team members could afford. Together, Coach Doc and Frank Davis wrote grant applications to sustain and fund Strider programs over the years. Coach Doc provided critical information about trends and medical statistics linking



the increase of childhood obesity to sedentary lifestyle and other factors. The relationship of healthy lifestyle to the quality of life continues to be a focus of participation in the Durham Strider program.

For the past 37 years, Doc averaged 20 hours per week as a selfless volunteer with the Durham Striders. In addition to her award-winning work as a youth coach, she served as the chief announcer of the Russell E. Blunt Invitational, author of the "Bluntly Speaking" daily newsletter provided throughout the Blunt Invitational and providing meals for the volunteers at the meet. It was not at all unusual for Doc to fly out from a track meet to participate in a symposium or accept a professional accolade and then fly back in to the meet to watch her kids run. Doc was "old school" and she held both her athletes and her fellow coaches to high standards. She never asked more of anyone than she was willing to give herself.

But still to us, she was just Coach Doc. She sat in the sun and watched every one of her kids compete when she could and even with hats, we all got sunburned together. She packed a remarkable cooler with healthy and less healthy food that she was happy to share with all. She was



competitive and would tell any of the other coaches on the team that her 12 and under kids were the best athletes on the team. Doc did not believe in low expectations. Adults who were her athletes are still scared of her to this day and will readily admit it. She was never physically imposing but her presence and her expectation that each athlete could achieve great things in life were massive. She did not compare athletic performance but rather personal effort. If you worked hard and gave Doc all you had, she was proud of you even if your performance did not put you on the podium. She kept the pressure on for you to do your best...not someone else's...just yours. Doc understood that over life's course, your effort, perseverance and courage would take you places where others did not dare to go. She understood that your personal fortitude will have more value than any money that you may ever hold.

We will miss Coach Doc and it will be hard to look at the corner of the track where she held meetings after practice. We will look for her to pull up in some new vehicle or show up with more coolers for water and ice that she bought for the team. Whenever our kids run a 400 meter race, tears may trickle down as we imagine Doc screaming, "You better run!!" So, in her honor, we will do just that...we will continue as work with the Striders and see ourselves and the kids as part of her legacy. Who knows, perhaps we will ask some doctor to come out to give physicals for the athletes... **Willette M. Crews**

**Quote from Walt and Judy Cleary, Owners,
Ninth Street Active Feet**



Walt is member of Board of Directors for the Striders
This is an excerpt from the tribute that they placed on the Toney Funeral Home page.

"Her professorship and additional named Chairs at DUMC were a full-time commitment. However, it was only a minute portion of all the goodness Brenda spread to an average of 250 kids aged kindergarten to Seniors in High School each year coaching The Durham Striders Track Team in Durham, NC and neighboring young Track Club participants --AFTER HOURS at Duke and ON WEEKENDS. She, Vice President of the Striders Track Club for 37 years in the capacity of Head Age Group coach for 12 and under, as well as Head Cross Country/Indoor Track Coach and Team

St. Titus' News Digest

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Physician for the Striders and Frank Davis (President of the Striders) were out on the field every March beginning with another new as well as seasoned group of youngsters. The Striders were proudly supported by many of the Strider parents, grandparents, etc., on a volunteer basis. These faithful and successful volunteers were there to support “Coach Doc”. The Strider Team was a Safe Haven for all the kids. Coach Doc faithfully attended the majority of the practices during the week and the long 2-and 3-day weekend track meets. They required: good grades in school, a healthy diet, shirts tucked underneath their belts, and athletic haircuts. Coach Doc was a Mother Theresa of Durham to not only the kids but to the parents, her church affiliates or to any person she met on the street who needed help. She was proud of and always beamed with a smile for all her Strider kids as well as everyone she met. Every person in Durham should offer a prayer of “Thanks” for her generous, outreached hand and her loving heart—her dedication to her family of Striders. These kids were disciplined, praised, and loved by this Dedicated Teacher/Coach/Physician. And we are expressing our own love and thanks to Dr. Brenda Armstrong for being our friend and sharing a portion of her life with us.”

By Willette Crews

St. Titus' in Spotlight at Diocesan Convention



The 203rd Annual Convention of the Diocese of North Carolina is set for Thursday and Friday, November 16 and 17, in Winston-Salem. Delegates to Convention vote on the Diocesan budget and elect members of the Standing Committee and Diocesan Council and deputies to General Convention. The delegates also vote on proposed amendments to the Diocesan canons (church laws). The number of voting delegates each congregation is entitled to is based on the size of the congregation. St. Titus' gets two delegates, who are elected by the vestry. This year the delegates will be Brandon Hudson and Chuck Hennessee. Lew Myers will attend as the alternate delegate. As your clergy, Sarah and I each get a vote also.

Following the theme of convention, **Becoming Beloved Community: Truth Telling and the Way of Love, delegates** will also have an opportunity to share and practice with each other this hard work of telling the truth about the Church and race. You may watch the presentation live on Facebook. At the Annual Convention last year, delegates passed a resolution, **“On Supporting the Vitality of Historically Black Episcopal Congregations in the Diocese of North Carolina.”** Delegates were encouraged to find ways to help sustain the Historically Black Episcopal Congregations through prayer, bringing awareness of their existence, and telling the stories of these congregations. St. Titus' is one of three Historically Black Episcopal Congregations in the diocese who have been asked to share our story at Convention this year. **Robyn Furges, Lew Myers, and I will speak on behalf of St. Titus'.**



Many organizations within the Diocese have information booths at Convention. We have been notified that the Penick Village booth will include information about and a picture of the groundbreaking ceremony for the new Wharton Building, named in honor of the parents of St. Titus' members Annie Bridges and Juanita Taylor. The sisters' parents, Annie and F. D. Wharton, were the first African American residents of Penick Village. — Stephanie+

St. Titus' News Digest



About Alice Grant

Alice and Benjamin moved to Durham in August of 2017 and visited St. Titus' on their first Sunday in Durham. Mrs. Patterson and many others in the congregation made them feel right at home. They saw that God's work is alive in this parish.

Benjamin is a reporter at the Triangle Business Journal. Originally from Annapolis, MD, Benjamin attended Davidson College where he met Alice in French class. They were married in 2013.

Before graduate school, Alice worked for a financial software company. She's happy to be a student again and is grateful to discern God's call for her with the St. Titus' community.

Benjamin and Alice live in Lakewood (Durham), and like to spend as much time outside as possible. Benjamin hunts and gardens, and Alice likes to paint and run.

BEGINNING A JOURNEY TO HOLY ORDERS

The vast majority of Christians are called to ministry as laity, and a few are called to ordained ministry. Anglicans retain the ancient three-fold pattern of ordained ministry, the orders of bishop, priest, and deacon. From among the laity, some are called to the order of deacons and some are called to the order of priests. From among the priests, some are called to the order of Bishop.

Alice Grant is serving as an intern at St. Titus' through April, 2019. The internship is part of her work toward a Master of Divinity degree at Duke Divinity School.

Alice's activities will include serving at the altar, making pastoral visits, assisting with Sunday School on some Sundays, and working with EAUR, Episcopalians United against Racism, along with other ministry opportunities. Alice and her husband Benjamin Graham have worshiped at St. Titus' for more than a year and Alice has transferred her membership to St. Titus'.

Alice is also in the beginning stages of discerning a call to the priesthood. She is currently meeting with a discernment committee made up of five St. Titus' members. Should she move forward in the process, Alice will be required to do another internship, this time in a congregation other than St. Titus'.

DISCERNING A CALL

From the Rt. Rev. Michael B. Curry, XI Bishop of NC

In the Diocese of North Carolina, we are seeking to be a community of disciples committed to following Jesus Christ into God's dream for us and for all creation. We seek to be a missionary community committed to living and sharing God's dream for creation by proclaiming in word and deed the reconciling love of God that we know in Jesus Christ. We strive to do this by making disciples — living as disciples of Jesus ourselves and inviting others into the community of disciples — and making a difference for the kingdom of God through works of compassion, justice, and witness in the world. In response to this missionary vision there is...

† an ever-increasing need for ordained leadership of deacons and priests that reflects the variety and a need for increased numbers of young people;

† a need for persons with a missionary vision, a pastoral heart; a need for persons who are comfortable in a multi-cultural and multi-national society and world;

† a need for persons who have cross cultural experience and/or linguistic skills, particularly in Spanish;

† a need for persons who are willing and able to serve where they are needed.

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Deacon Sarah

Answering the Call

My answer to the call to serve was not an immediate “yes,” but as the old spiritual goes, I chose to wade into the water.

I was a hospice volunteer who sat at the bedside of the dying for years. I visited those on the psychiatric ward for a decade and led Stephen Ministry. I was president of two major community organizations. Again, I heard God’s call to serve. I finally responded “yes” to the call.

I grew up in the church and that’s where I want to be on Sundays and whenever needed to assist or to respond to a need. Training lay ministers to take the Eucharist is humbling and exciting. Remembering each patient is different with various needs is most important. The thing that is always clear is the need for prayer as well as God’s love. I never would have dreamed I would experience the opportunity to engage college students both at North Carolina Central University and Duke University in ministry and service. Taking the Gospel to the sick at both Duke and Duke Regional Hospitals is rewarding. Serving at the altar each week is a blessing and a joy. Maintaining my career while serving as a deacon provides me with the opportunity to mentor, minister and teach in my workplace. I know I have and am grateful for the support of my priest as well as our bishops for their support, guidance and prayers. And the resources provided by the Episcopal Diocese of North Carolina are invaluable to me personally and to my ministry. I am grateful for the ongoing support from my husband, family and friends.

I will always look for Christ in others and am ready to serve those in need. To quote Mother Teresa, “Holiness is not the luxury of a few. It is everyone’s duty: yours and mine.”

The diaconal journey continues to humble me. Needs confront me all the time in the hospital where I work, with visits to the sick and infirm and in the world. A friend and mentor once instructed others and me about the need to canvass the neighborhood, so we might know our neighbors and spread God’s love around. “Sow some seeds by inviting others to worship with you.” There and in many other places, we meet the needs of the world. I try to keep my ears open and listen for them. I try to speak the truth in love. I know I can’t meet every need, but with God’s help, I continue to care deeply, make connections, pray with others and bring those needs back to the church - to the people - in the same way Jesus charitably ministered among those who needed him.

Where there is a need, the deacon can step in to help. We can be catalysts for keeping the church from being inwardly focused to becoming outward-oriented. Empowering others to do the work that God has given us to do is a responsibility as well as a privilege.

Answering the call to diaconal ministry was the right thing for me to do. I found what I wanted to do and it found me. Thanks be to God for the opportunity to serve.

If you are interested in learning more about diaconal ministry, please let me know. I would welcome the opportunity to talk with you and share more about this ministry.



The Call to the Diaconate - First Steps



Did you ever think you might be called to “a special ministry of servanthood directly under your bishop,” to serve “all people, particularly the poor, the weak, the sick, and the lonely,” to “show Christ’s people that in serving the helpless they are serving Christ himself”?

These are the words of the *Book of Common Prayer* describing the ministry of a deacon!

Have you had stirrings that you might be led in this direction? Here are some steps you can take to begin exploring your vocation:

Pray, alone or with others, holding up your life to God

Learn more about deacons and ordained ministry, from the prayer book and resources that include those on the diocesan website and that of the [Association for Episcopal Deacons](#)

Talk to your parish priest, others in your congregation, and deacons in this diocese. If this leads you to explore further, consider the ordination process, which helps you and the church discern the best role for you in its ministry.

The Rev. Stephanie Yancy serves on the Commission on Ministry for the Diaconate.

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Vestry UPDATES

August

Accepted the financial audit.

Approved St. Titus' sponsorship of bus trip to Penick Village, Southern Pines.

September

Heard Donna Smith, a guest, present a report on the Catechesis of the Good Shepherd followed by discussion of sharing St. Mark's Episcopal Church materials and necessity for training. The vestry will need to discuss and vote on the funding and will need to find someone to serve as the Catechist.

Was informed about a leak due to the hurricane which has expedited the roof replacement by November 2018.

Discussed that we have an understood process/procedure for how funds are spent and reimbursed, where all funds are budgeted and approved ahead of the spending.

Informed that Alice Grant will serve as the church's intern.

Heard Rev. Yancy ask if there are needs from the congregation resulting from the increase in her salary.

Was informed that due to Rev. Yancy's increased hours, there will need to be discussion

of changing the hours of the administrative assistant from 12 to 20 hours/week.

Voted in favor of installing wifi in the Delany House.

Approved painting the interior of the Delany House.

We must have an understood standard process/procedure for how funds are spent and reimbursed where ALL funds are budgeted and approved ahead of standard process/procedure for how funds are spent and reimbursed where ALL funds are budgeted and approved

October

Heard that a Trunk or Treat event was scheduled on Halloween for the neighborhood children

Was informed that a tree fell due to hurricane Michael and was removed. We are in the process of determining who is responsible for removing the tree stump (the City or St. Titus') based on where it is located.

Learned that plant containers and a chair outside of the church were vandalized. The lighted sign was also damaged.

Heard that roofing and window work is on schedule for November.

Made aware that NCCU has decided not to lease the lower parking lot.

Approved a HVAC preventive maintenance contract
Heard that members of the vestry and congregation attended the safe church training.

Approved Lew Myers to be the alternate delegate for Diocesan convention.



Four Durham congregations will come together for a joint Thanksgiving Eve service. The service will be held at St. Titus' on Wednesday, November 21, at 7:00 pm. Participating congregations are St. Titus' and St. Philip's Episcopal churches and Abiding Savior Lutheran and Christus Victor Lutheran Churches.

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MEET OUR NEW ADMINISTRATIVE ASSISTANT

Laura Michele Spencer is a Durham native. She has one son Malachi, who is 8 years old; one younger sister, Janina who attends NC A & T University; and a younger brother Izengo (EE-ZANG-GO), also 8, who lives in Tanzania. She began undergraduate studies at Hampton University. During her lifetime she has travelled extensively to Kingston, Jamaica, Japan, primarily to Tokyo and the Bahamas.



the island of Zanzibar, and studied in the library of University of Dar Es Salaam in the capital of Tanzania where we met the President Mwai Kibaki of Kenya.”

A travel of a lifetime was her visit Tanzania. She explains, “Having been inspired by overseas experiences and my great grandparents’ missionary work in Africa in the

early 20th century, I started a non-profit, The Village of God’s Mission, Inc. It is in a village in the breadbasket of Tanzania at the foot of the Uluguru Mountains. This sustainable and environmentally friendly infrastructure is focused on revitalizing the local community by integrating ancient building techniques and green technology. Through love and fellowship, we are creating opportunities for locals with a special focus on orphans and widows. We are using our village to open global missionary work while extending an invite for visitors worldwide”.

She relates: “In the summer of ’03, I was offered the chance of a lifetime to visit Tanzania. I experienced so many adventures with my father and step-mom during that month abroad. We climbed to the highest peak in Africa atop Mt. Kilimanjaro before visiting the freestanding boulders of Lake Victoria, the largest lake in Africa from the shores of Mwanza. We witnessed flamingos, rhinoceros, and monkeys in their natural habitat within the Ngorongoro crater (the largest crater on the continent). Also, we trekked the Serengeti plains, walked the beaches of the Indian Ocean on



St. Titus' News Digest

Community Outreach Opportunities

The Rev. Sarah Woodard, Deacon, regularly seeks opportunities for St. Titus' to Do Many Things in the Durham Community and Beyond. See below some opportunities where you might use your skills and offer assistance. You will be warmly welcomed. Contact Deacon Sarah at Sarah.Woodard @ duke.edu or phone her at 919-599-5227.



Deacon's Corner NCCU Campus Ministry: NCCU Ladies Soaring to EAGLE Promise Program St. Titus' has been invited to participate in the First Lady's Mentoring Program for students who are the first in their family to attend college. Mentors will be paired with an NCCU student and meet with him/her throughout the year. We have an opportunity to share our time and talents with these students and to participate in this program.

Transformation Tuesdays – Participate with NCCU students and the Office of Spiritual Life on Tuesdays at 8 p.m. throughout the academic year at the Alfonso Elder Student Union.

Please consider donating store bought goodies for the students to enjoy.

After School Enrichment Tutorial Program C. C. Spaulding Elementary School Opportunities:

- ◆ Monday-Thursdays from 4:15-5:30 p.m.
- ◆ Attend Community Partners meeting First Monday of the month at 4:30 p.m.
- ◆ (First Thursday at 7:45 am) Become a member of the SIP Planning Meetings
- ◆ Attend Parent Council Meetings
- ◆ Attend Parent/Community workshops and engagement events
- ◆ Join All Pro-Dads
- ◆ Volunteer in the classrooms
- ◆ Donate ties for the guys and scarfs for the girls (collection box in St. Titus' Narthex)
- ◆ Donate pencils, paper, travel, beauty aids, nail polish, headbands, and Dollar Tree items
- ◆ Books age appropriate for ages 5-12



Food Distribution 1st Saturday Each Month at El Buen Pastor





ST. TITUS' UTO INGATHERING SET FOR NOVEMBER 11 AT 8-AM AND 10-AM

The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, individuals are invited to embrace and deepen a personal daily spiritual discipline of gratitude. UTO encourages people to notice the good things that happen each day, give thanks to God for those blessings and make an offering for each blessing using a UTO Blue Box. UTO is entrusted to receive the offerings, and to distribute the 100% of what is collected to support innovative mission and ministry throughout The Episcopal Church and Provinces of the Anglican Communion.

ALL SAINTS', CONCORD, AWARDED 2018 UTO GRANT FOR RACIAL RECONCILIATION September 04, 2018 By Diocesan House

All Saints', Concord, is one of 34 recipients of 2018 United Thank Offering (UTO) grants. The church received \$31,681 to fund a project "focused on racial equity and justice and involving six partnering churches, [which] proposes a multi-angle, long-term approach for addressing issues of racial injustice and inequities in one local community, with the ultimate goal of unity with God and each other in Christ."

In 2017, UTO raised \$1,283,216.21 through its Ingathering, which funded the 2018 grant cycle. The funds supported \$25,000 worth of young adult and seminarian grants and 34 grants to churches and dioceses. The focus of the 2018 grant cycle was Becoming Beloved Community: Racial Healing, Reconciliation and Justice.

UTO is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, individuals are invited to embrace and deepen a personal daily spiritual discipline of gratitude. UTO encourages people to notice the good things that happen each day, give thanks to God for those blessings and make an offering for each blessing using a UTO Blue Box. UTO is entrusted to receive the offerings and to distribute the 100% of what is collected to support innovative mission and ministry throughout the Episcopal Church and provinces of the Anglican Communion.

Five Things I'm Grateful For...

Studies have shown that keeping a gratitude journal improves your overall health. There is no right or wrong way to keep a gratitude journal, but we've created this page as a spot to capture five quick moments or words of gratitude for the week that has ended.

Five things I'm grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

Five people I'm grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

Now that you've reflected on your day, we encourage you to make a thank offering to God for all of these blessings in your UTO Blue Box. Thank you! To learn more about UTO or ways to develop your gratitude practices, please visit:

www.episcopalchurch.org/uto

St. Titus' News Digest



What are people saying about St. Titus' Church?

Inspiring	Liturgical
Caring	Visionary
Innovative	Nurturing
Warm	Spiritual
Fun	Family
Faithful	Benevolent
Welcoming	Inviting
Impressive	Appealing
Fellowship	Loving
Diverse	Outreaching

Come see for yourself
400 Moline Street, Durham NC 27707



Sunday Worship Schedule

8:00 am	Holy Eucharist
9:00 am	Adult Bible Study
10-am	Holy Eucharist
10-am	Sunday School

The Rev. Stephanie Yancy, Vicar
The Rev. Sarah Woodard, Deacon
Mary Hawkins, Newsletter Editor

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