

The Quaker Quill



 Гебruary 2019
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Dear Quaker Family,

In just a few days we will be celebrating Valentine's Day. I remember as a kid my sister and I were encouraged to give home-made cards to my parents and to each other. Not being creative or artistic in the way of drawing, or pasting ribbons or bows on the cards, I was always embarrassed about the "look" of my cards. But I was much better at writing a short poem about my feelings for my family and I hoped they would pay attention to the sentiments and not the "art".

What a relief it was when years later I had an allowance and I could buy cards for my family. I still cared about the decorations and/or pictures on the card, but what remained the most important to me was the verse inside. And I would search long and hard for the outside and inside of the card to match my feelings. I still do. And fortunately, I have married Richard who also is very particular about the cards he gets for me and other family members.

In some ways I am sorry that Valentine's Day comes only once a year. It is almost like the story of the couple who were in marriage counseling because the wife did not feel that her husband still loved her. When asked by the counselor about his feelings, the husband said to his wife, "I told you that I loved you the day we were married. I would have told you if anything had changed!"

It is easy to get caught up in life and forget to remind ourselves and other how we feel. True some folks need to hear those words more often than others. But most people appreciate being told that he or she is important to others and words of love can add so much to strengthen a relationship.

One of the joys of serving here at Quaker is that I hear more kind words about others and sense a deep love and respect for those who are here. This is true Christ-like behavior that makes this congregation a welcoming and warm place to be. For this I am thankful.

I am sure though that all of us have at times been on the receiving end of words that label others, are intended to shame or are disrespectful. This hurts. And it seems that this way of speaking is becoming more and more the norm in our society. When we lump people together as a group and make disparaging comments about them we are denying that they are individually children of God, who were made in God's image. God is not glorified by this way of speaking and people are not treated with esteem.

My prayer is that we use our words this whole month of February to build others up and give glory to God. I believe that God will bless each of us as we love God's children in this way.

Nancy Dawson nancy@qmpc.org

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SESSION MEETING HIGHLIGHTS

Highlights from the January 2019 Session Meeting:

- Newly elected session members (class of 2021) were welcomed.
- Commissioners for 2019 Presbytery Meetings were approved.
- Julia Bryan was approved as the 2019 Clerk of Session.
- Stewardship & Endowment committees gave updates.
- Discussion of a new copier for the office.
- Committee assignments were designated.
- Congregational Meeting (Feb. 10) and installation (Feb. 3) dates were set.

FELLOWSHIP NEWS

Welcome to Shirley Morris as Co-Chair of the Fellowship Committee! We have had several members step down from the committee due to health issues, so we are currently in search of new members in order to continue the QMPC traditions that we've all come to enjoy.

If you would like more information, please contact the church office (239-2548), Julia Bryan (525-7730 or 401-0962) or Shirley Morris, 239-2454.

January Honorariums

Thanks to Carolyn & Bob Eubank for giving to the choir in honor of Brit LeCompte.





Lunch Bunch- February 20

Lunch Bunch will meet Wednesday, February 20 February Young at Heart will meet Thursday, at La Villa at 11:30 a.m. La Villa is located at February 28 at 11:00 am in the Fellowship Hall. 8109 Timberlake Road. We hope you will join us Our program this month will be provided by our for food, fun and fellowship! Please let us know very own Gerald Doyle & Michael Whorley. We if you can join us by contacting Linda Jennings always enjoy the Men's Choir selections during by Monday February 18 at 525-5423 or at our worship services and are very excited to be lcjenn805@gmail.com.

Book Club is reading The Memory Keepers Daughter in February and will meet Thursday, March 7th at 10:00 a.m. to discuss the book and share our opinions of it. Everyone is welcome! For any questions contact Linda Jennings at 525 -5423 or by email at lcjenn805@gmail.com.

Young at Heart– February 28

entertained by these two talented guys.

This month is BRING YOUR OWN SANDWICH month. Beverages & desserts will be provided. Cost is \$2.00 per person. Hope to see you at Young at Heart on the 28th.

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Music & Worship News



"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid." -John 14:27

The Worship & Music Conferences offer a full week of worship and music for professionals, musicians, clergy, laypersons, choirs, youth groups, and families. Held annually at the Montreat Conference Center, the Presbyterian Association of Musicians (PAM) offers two identical Worship and Music conferences each summer. Guided by the principles of Reformed worship, conferees explore opportunities for vital inter-generational worship experiences and enriching the liturgical life of the local church.

For many years members (children, youth, and adults) of Quaker Memorial Presbyterian Church have attended the second week of the Worship and Music Conference. The dates for 2019 are June 23-28. There are choirs, handbell classes, bible study, drama classes, art classes, seminars, and other activities for all ages from rising 4th graders through adult. The highlight of each day is an inspirational Worship Service at 11:00 AM each morning. You can register at: https://www.presbymusic.org/montreat. For more information talk to David Webb, Andrea Webb, Lisa Cawthorne, or Helen Ford.

Prices will go up April 15, so register soon to save some money!

Children's Choirs!

- The children will sing in worship this Sunday, February 10. Please be here and in your robes by 9:30 a.m.
- It's time to register our children and youth for Montreat Worship and Music Conference. Our group from Quaker will leave for Montreat on Sunday morning, June 23, 2019, and will return from the gorgeous mountains of North Carolina on Saturday, June 29. Contact David Webb, Sr, Lisa Cawthorne, or Helen Ford for more information.



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These Were the First Cookbooks Published By Black People in America
These cookbooks and domestic guides offer historians a window into the
experiences and tastes of black Americans in the 1800s

A By Kat Eschner SMITHSONIAN.COM Originally published OCTOBER 11, 2017

 ${
m P}_{
m uff}$ pastry. Catfish fricassee. Roasted eel.

These recipes and many more can be found in the oldest published cookbooks with black authors in American history. These cookbooks offer historians a window into the diverse world of African-American history and cuisine. Take a look at the oldest cookbooks we have now:

(1827) Robert Roberts, The House Servant's Directory

This text isn't quite a cookbook—it's a domestic guide that contains a number of recipes. The book, which is the first book by a black person ever published by an American publishing house, according to the University of Michigan's *Feeding America blog*, offers recipes and cooking advice ranging from how to buy poultry to how to make jams and jellies.

Robert Roberts wrote the book while he was employed by U.S. senator and Massachusetts governor Christopher Gore, according to Not By Bread Alone, Cornell University library's cookbook blog. "His book is typical of many English and American household manuals of the period, offering a vast store of information on running a large home," writes the blog, but it's unique in that it is a window into "the work habits and thoughts of America's domestic workers, and into antebellum African American culture and life."

Read it for yourself on the *Feeding America website*.

(1848) Tunis Gulic Campbell, Hotel Keepers, Head Waiters and Housekeepers' Guide

This domestic guide includes more recipes than *The House Servant's Directory*, including Lobster Sauce, Roasted Eel and Apple Tart. "It is one of the earliest manuals written by any American on the supervision and management of first-class restaurants and hotel dining rooms," writes Feeding America.

Beyond the practical information, this book "is more valuable for its instruction in interracial social skills, its insistence that managers recognize the dignity of labor, and its emphasis on the need for workers to be educated, well paid, prompt, clean, and competitive," writes the New Georgia Encyclopedia. Campbell himself, besides being a hotel steward, was an active Republican who was elected as a senator for Georgia in 1868. Read about his days at the hotel at *Feeding America*.

(1866) Malinda Russell, Domestic Cook Book

This cookbook stands out as the oldest cookbook written by an African-American woman. Culinary historian Jan Langone rediscovered it in 2000.

Although it had been published in Paw Paw, Michigan, its author came from Tennessee, where her short introduction to the self-published book says she was part of "one of the first families set free by Mr. Noddie of Virginia," she wrote. "I felt like an archaeologist who had just stumbled on a dinosaur," Langone told Molly O'Neill writing for *The New York Times in 2007. Russell's extraordinary cookbook consists of mostly dessert recipes, as she ran a pastry shop in Tennessee—these include puff pastry and rose cake, writes O'Neill. "Her savory recipes included dishes like an elegant cat-fish fricassee and sweet onion custard," she writes.*

Food historians who studied the above books tended to see the manuals by Roberts and Campbell "as a reflection of who was being served more than who was doing the serving," writes O'Neill. In other words, those lobster sauce and apple tart recipes were for the authors' employers, and weren't what African Americans would have eaten. Russell's book challenged that assumption.

Russell herself wrote that she cooked "after the plan of the 'Virginia Housewife," a popular cookbook written by a white woman named Mary Randolph. "Most recipes are for dishes common throughout the Eastern United States in the 1960s," writes Juli McLoone for the Michigan University Library blog, "but a few recipes such as 'Sweet Potato Baked Pudding' reflect specifically Southern cuisine."

You can read this cookbook for yourself at Hathi Trust.

(1881) Abby Fisher, What Mrs. Fisher Knows About Old Southern Cooking

Former slave Abby Fisher's cookbook, written when she was running a business in San Francisco after the Civil War, is the canonical early cookbook by a black author.

Fisher was a successful businesswoman whose preserves won awards at the San Francisco State Fair. Her book includes recipes for Flannel Cakes, Sweet Watermelon Rind Pickle and Blackberry Rolls, among other things. Her book was held up for years as the quintessential "mirror of the African-American kitchen," O'Neill writes. Now we know it's just one style of cooking among many.

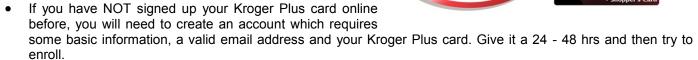
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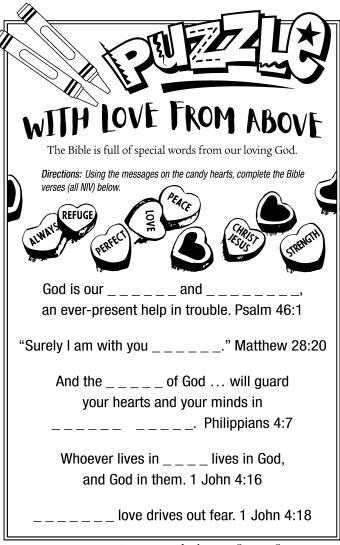
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\$44.88Total Donations between 01-Sep-2018 to 30-Nov-2018, 11 Households





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Haiti team leaves
3	4 10 am Art class	5 9 am ROMEOs	6 10 am Prayer Shawl Group 10 am South River Writers 11am Centering Prayer	7 7 pm Chancel Choir Rehearsal	8 10 am- Book Club 10 am Lynchburg Retired teachers Board Meeting	9 Haiti team returns
10 Children sing in worship Ordain new elders Congregational meeting Youth snow tubing	11 10 am Art class	12 9 am ROMEOs	13 11am Centering Prayer	7 pm Chancel Choir Rehearsal	15	16
17 7:30 pm Session	18 10 am Art class	19 9 am ROMEOs	20 10 am Prayer Shawl Group 10 am South River Writers 11am Centering Prayer 11:30 am Lunch Bunch	7 pm Chancel Choir Rehearsal	22	23
24	25 10 am Art class	26	27 11am Centering Prayer	28 11 am Young at Heart 7 pm Chancel Choir Rehearsal		

OUR REGULAR SUNDAY SCHEDULE

9:00 a.m. Sunday School 10:00 a.m. Worship Service

4:30 p.m. Combined Bell Choir 5:00 p.m. B.I.G. Youth

Cherub Choir

5:45 p.m. Youth Supper 6:15 p.m. Melody Choir

Jr. & Śr. Youth Fellowship