



# The Quaker Quill



February 2019

[www.qmpc.org](http://www.qmpc.org)

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](mailto:nancy@qmpc.org)

## 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 at La Villa at 11:30 a.m. La Villa is located at 8109 Timberlake Road. We hope you will join us for food, fun and fellowship! Please let us know if you can join us by contacting Linda Jennings by Monday February 18 at 525-5423 or at [lcjenn805@gmail.com](mailto:lcjenn805@gmail.com).

**Book Club** is reading *The Memory Keepers Daughter* in February and will meet Thursday, March 7<sup>th</sup> 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](mailto:lcjenn805@gmail.com).

### Young at Heart– February 28

February Young at Heart will meet Thursday, February 28 at 11:00 am in the Fellowship Hall. Our program this month will be provided by our very own Gerald Doyle & Michael Whorley. We always enjoy the Men's Choir selections during our worship services and are very excited to be 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.

# Music & Worship News



PRESBYTERIAN ASSOCIATION OF MUSICIANS  
2019 WORSHIP & MUSIC CONFERENCES AT MONTREAT

***“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!**

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## 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.





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

**P**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 catfish 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.

### Earn Money for QMPC through your Kroger Card!

Here is how to do it:

Our assigned a new NPO (Non-Profit Organization) number **HH690**.


Visit <http://www.kroger.com>, under **Savings & Rewards**, select **Kroger Community Rewards**



- If you have NOT signed up your Kroger Plus card online before, you will need to create an account which requires some basic information, a valid email address and your Kroger Plus card. Give it a 24 - 48 hrs and then try to enroll.
- You can also call Kroger customer service. **Make sure you have your Kroger Plus card handy because they will need the number on the back of the card.** 1-800-KROGERS (1-800-576-4377) and select option 3. Tell the agent you want to enroll your Kroger Plus card in the community rewards program. Specify that your rewards go to **Quaker Memorial Presbyterian Church NPO # HH690**.
- If you have signed up your Kroger Plus card online before, once logged into your Kroger account, search for **Quaker Memorial Presbyterian Church either by name or HH690** and then click Enroll.

If you do not have a Kroger Plus card, please go to the customer service desk at any Kroger and they will help you get one.


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



**WITH LOVE FROM ABOVE**

The Bible is full of special words from our loving God.

*Directions: Using the messages on the candy hearts, complete the Bible verses (all NIV) below.*



God is our \_\_\_\_\_ and \_\_\_\_\_,  
an ever-present help in trouble. Psalm 46:1

“Surely I am with you \_\_\_\_\_.” Matthew 28:20

And the \_\_\_\_\_ of God ... will guard  
your hearts and your minds in  
\_\_\_\_\_. Philipians 4:7

Whoever lives in \_\_\_\_\_ lives in God,  
and God in them. 1 John 4:16

\_\_\_\_\_ love drives out fear. 1 John 4:18

Answer: refuge, strength, always, strength, always, peace, Christ Jesus, love, Perfect



# FEBRUARY

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	14 7 pm Chancel Choir Rehearsal  <i>Happy Valentine's Day</i>	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	21 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	5:45 p.m. Youth Supper
10:00 a.m. Worship Service	6:15 p.m. Melody Choir
4:30 p.m. Combined Bell Choir	Jr. & Sr. Youth Fellowship
5:00 p.m. B.I.G. Youth Cherub Choir	