WHITE'S CHAPEL

HERALD



Join us online or in person this weekend as we begin our sermon series "Blameless." We hope to see you soon.

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FRIDAY, FEBRUARY 2, 2024

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30,456 Meals Packed With Rise Against Hunger!

ast weekend was a huge success as more than 175 volunteers gathered to assemble meals at the Super Saturday event! It was absolutely inspiring to see people of all ages – from young elementary school kids to older adults – working together to help in the fight against hunger. Using the supplies provided by Rise Against Hunger, each volunteer actively played a part in the meal assembly process. From unloading and organizing supplies to weighing out each bag of food and packing it into boxes, each person played a key role in helping us exceed our 30,000-meal packing goal!

Volunteers gathered at the church early on Saturday morning to help unload the truck full of supplies for the food packing event. Then, from 9:30 to 11 a.m., more volunteers helped assemble the bags of food and nutrients. They measured the contents, sealed each bag, packed the meals into boxes, and stacked them onto pallets to be counted and loaded back into the truck. Leaders from Rise Against Hunger showed a brief video and gave instruction for the proper way to assemble the meals before the process began. Volunteers sported hairnets and

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RISE AGAINST HUNGER

A volunteer favorite, the recent Super Saturday meal packing event in Evans Hall was one for the books as we celebrated our 10-year partnership with Rise Against Hunger.

What is Lent?

By Debbie McKellar

t's difficult to believe that we will be observing Ash Wednesday in just a few days. The traditional service ushers in the season of Lent, which culminates on Easter Sunday.

White's Chapel typically schedules two services on Ash Wednesday, which this year falls on Feb. 14, (Valentine's Day). The services are at noon and 6 p.m. The latter service will include the White's Chapel Orchestra and Choir. Both services will be livestreamed.

Because so many of the White's Chapel community have joined us from different faith traditions, we often hear the question "What is Lent?" It's a good question, and one I myself had to explore when I joined the Methodist Church.

The Lenten season is an incredibly historic and symbolic time for Christians. The religious season dates back to Jesus Christ's life on earth. Though He lives forever in the hearts of his followers, the Lenten season is a direct reflection of the days that eventually led up to his crucifixion. The day Jesus was nailed to the cross in Jerusalem is recognized as Good Friday in modern times.

The Lenten season is six weeks long in the Christian liturgical year. Lent typically falls each year in March or April (it is very early this year), and begins with Ash

Wednesday.
This falls on a different date each year, but looking at the calendar, Ash Wednesday will always fall on the seventh week prior to Easter.

The day on which Easter falls each year is in relation to something known as the paschal full moon. This refers to the ecclesiastical full moon that takes place any day after March 21, or the Spring Equinox. This process

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What Should I Give Up?

ears ago, I taught at an alternative school in South Fort Worth. There were a lot of frustrations in the job, not so much with the students as with some of the policies. These were students who were already classified as at-risk, and I felt that many of the

policies were not advantageous for our specific student population. I found it easy to go to the teachers' lounge and vent --as did many of my colleagues --about the many frustrations we faced.

One year, my colleagues asked me (knowing I was a minister's wife) what I planned to give up for Lent. With a

Examples: competitiveness, complaining, gossip, grievances, impatience. judgement, procrastination, worry...

twinkle in my eye, I looked at them and (half joking) said, 'hostility.' This got a laugh as they knew how I could rant.

But after speaking it out loud, I truly tried that year to be more patient and rant less. When I came close to

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Communion Offering Will Aid Kenya Churches

he White's Chapel communion offering for February will be sent to the Methodist Collegiate Church in Kenya. This ministry is headquartered at the Trinity Methodist Church in Gilgil, Kenya; but supports numerous ministries and 18 other congregations and pastors in the surrounding area. These churches have entered into partnership and friendship to build the kingdom of God, with the core value of Mission and Volunteerism. They live by I Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."

The Kenyan churches will receive 100 percent of the communion money collected this weekend.

The ministries include a safe house for women in need, a full-time medical clinic, two schools for high school boys, a high school for girls and a newly-opened primary school. To help provide food

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Opera & Broadway Gala Sunday, Feb. 4 | See Page 4



All of us have

the power to

lift others up. I

Words of Encouragement

By Dr. John McKellar

was reminded this week of the historic journey of Jackie Robinson, the first African American to play in Major League Baseball. In 1947, Robinson faced widespread racial slurs and hostility, enduring a challenging debut season. However, a pivotal moment occurred in Cincinnati during a game when Peewee Reese, the Dodgers' shortstop, publicly embraced Robinson in defiance of the insults, signaling unity and support. One little moment. One hug in front of a hostile crowd. One act

that said this is my teammate. Robinson credited this moment as the turning point in his life, fueling his determination to persevere.

I thought of that moment of encouragement as I watched my

grandson Jack's basketball game Saturday. Jack has been playing on a basketball team for the first time. They are a group of fifth graders who are playing some teams with older, more mature middle school players on it, who have been playing together for years. What impressed me was Jack's coach. He has a son that is the best player on the team, and obviously for most of the players, this was a new experience. The coach was patient and encouraging, letting everyone play. And I have noticed Jack's improvement through the

Jack is very shy. And at first, every time he got the ball, he immediately would try to pass it. But as the season progressed, he gained confidence. In this last game, Jack dribbled the ball the full length of the court, he shot twice,

and played great defense (I sound like a proud grandfather, don't I). Several times during the season I thanked the coach for his time and the way he was

But my admiration for the coach grew leaps and bounds after Saturday's game. He sent Jack a text message, thanking him for being on the team.

"I watched you literally grow from a shy kid the very first practice to a confident kid in the last game. It has truly been a privilege to coach you. You process everything I say and I

> on you to be where you need to be. This

You're a much better basketball player today than you were the first day of practice. And that's because you were open to learning. I hope you know that you were a joy to coach. The funny thing is that you unlocked your own strengths! You didn't quit and you stayed at it and because of that very thing you found something that you enjoy doing! You are a very good shooter. I hope you stick with it. If you ever need anything reach out to me!"

Can you imagine how that made a fifth grader feel who was nervous about trying a new sport? Can you imagine how it made a loving grandfather feel? All of us have the power to lift others up. I hope we notice. I hope we will take the time to share a word of encouragement. Who knows, one little act might change the world forever!

working with the team.

Listen to what he wrote:

can always count

was my first time coaching and your spirit and willingness to learn made this a memorable one hope we notice. for me. I hope you know that you can do anything you put your mind to. Anything.

WEEKEND THE FOUNDRY **PREACHING SCHEDULE** 5:30 p.m. | Contemporary w/ Rev. Sam Robbins **SANCTUARY** 11 a.m. | Rebroadcasted 9:30 a.m. Sermon SUN. 8:20 a.m. | Traditional w/ Drs. John McKellar & Todd Renner 9:30 a.m. | Contemporary w/ Drs. John McKellar & Todd Renner **WALTON CHAPEL** 9:30 a.m. | Traditional 11 a.m. | Foundation w/ Rev. Steve Lallier w/ Drs. John McKellar & Todd Renner



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XX COWBOYS Superbowl recipes

So you are pouting because you miss the old days when the Cowboys seemed to always be in the Superbowl... Well cheer up! Here's a way to make sure the Cowboys are always represented at your Superbowl table!

Cowboy Bites with Bearnaise Sauce

Ingredients

- 3 lb. beef tenderloin
- 1 lb. bacon, sliced

Directions

- Preheat oven to 350°F.
- 2. Cut the tenderloin into 1-inch cubes.
- 3. Cut bacon slices into thirds.
- 4. Wrap bacon around each tenderloin cube and secure with a toothpick.
- 5. Over high heat, sear the cubes on all sides in a large skillet, using tongs to turn. Cook for about 30 seconds per side.
- 6. Transfer pieces to a foil-lined baking sheet or broiler pan and cook for 15 minutes.

Bearnaise Sauce

Ingredients

- 1/2 white onion, finely diced
- 1/2 yellow onion, finely diced 6 egg yolks
- 2 tsp. lemon juice
- 2 sticks butter, unsalted 1 tsp. tarragon, dried
- 1 tsp. chervil or parsley, dried 3 Tbsp. white wine or substitute

TIP: Sauce can be made a couple of days before serving and stored in refrigerator until ready to use.



Directions

- 1. Microwave the chopped onion on high for 1 minute, or saute in olive oil for 5 minutes to soften.
- 2. Separate egg yolks into a medium saucepan and add lemon juice, stirring until well blended.
- 3. Slice butter into small cubes and add to the egg yolk mixture over low heat, allowing each cube to melt completely before adding the next one. Stir constantly while butter melts until the sauce thickens to the consistency of thin pudding, about 10-15 minutes. When you can drag the spoon through the sauce and temporarily see the bottom of the pan, you know it is done. Note: Not stirring enough or cooking with too much heat will cause the sauce to curdle and form lumps.
- 4. Remove sauce from heat, add the onions, tarragon and chervil. Mix well. 5. Blend in the white wine, or substitute 2 teaspoons lemon juice + 2 tablespoons water.

Cowboy caviar

Ingredients

- 115-oz. can black-eyed peas, drained and rinsed
- 115-oz. can black beans, drained and rinsed
- 1/2 cup diced roma tomatoes
- 1 jalapeño pepper, chopped
- · 1 yellow bell pepper, chopped
- 1/2 cup red onion, chopped - 1/4 cup cilantro, chopped
- 3 Tbsp. olive oil
- · 2 Tbsp. red wine vinegar
- 1 Tbsp. Worcestershire sauce
- 1/2 tsp. seasoned salt
- 1/2 tsp. ground cumin
- 1/2 tsp. ground black pepper · Tortilla chips, to serve



Directions

In a large mixing bowl, combine the black-eyed peas, black beans, tomato, bell pepper, red onion, jalapeño, cilantro, olive oil, vinegar, Worcestershire sauce, seasoned salt, cumin, and black pepper. Mix well to combine. Serve with tortilla







Ingredients

- 2 1/2 cups oatmeal
- 3 Tbsp. cocoa powder · 2 cups sugar
- 1/2 cup milk

1 tsp. salt

 1/2 cup peanut butter 1 tsp. vanilla extract



Directions

- 1. In a sauce pan, combine the cocoa, sugar and milk with a whisk and bring to a boil. Once boiling for a minute, continue to whisk until the sugar is dissolved, remove from the heat and set
- 2. Add in the vanilla, salt, peanut butter and oatmeal, stirring until combined.
- 3. Drop by a large spoonful onto parchment paper or foil. Slightly flatten to form a cookie. Do this quickly before the mixture hardens.
- 4. Keep cookies in an airtight container for freshness.





WC Kids Science Lab Saturday, Feb. 10 | 2-4 p.m. Evans Hall

Mix, bubble, pour and explore science with WC Kids! Preschool and elementary scientists are invited to participate in a variety of hands-on science experiments and activities. Our hypothesis is that it will be a fun event for the whole family!

Hands-on experiments will be open from 2-4 p.m., as come and go activities. The Mad Science Show will be from 2:30 to 3:15 p.m.

Erin Zajac | ezajac@whiteschapel.org

Family Bingo Night Friday, Feb. 23 | 6:30 p.m. **Evans Hall**

Join us for this fan favorite, Family Bingo Night! Meet new friends, laugh out loud and win fun prizes. Prizes include gift cards, games, novelties and fun toys. This event is appropriate for all ages. The fun will begin at 6:30 p.m. in Evans Hall with dinner and then Bingo!! We will be serving Chick-fil-A sandwiches, chips, cookies and water.

It's \$15 per family, if registered by Feb. 21; it's \$25 beginning Feb. 22. Denise Bennett | dbennett@whiteschapel.org

Mission Mania Sunday, Feb. 25 | 12:15 p.m. The ROCK

Third and fourth graders, get 'EGGcited' for Mission Mania on Sunday, Feb. 25 at 12:15 p.m.! This month we will be working on stuffing Easter Eggs to be used for the Easter Eggstravaganza event at White's Chapel as well as the Super Saturday Easter Hunt for GRACE. Drop off for this event will be in the ROCK beginning at 12:15 p.m. A pizza lunch will be served and the mission project will be completed in Room 7. Erin Zajac | ezajac@whiteschapel.org

Club 56 at Painting with a Twist Sunday, Feb. 25 | 1-3 p.m.

Fifth and sixth graders, meet us at Painting with a Twist in Grapevine. A staff artist will lead students in step-by-step instructions on painting a fun Glowing Gecko. Light snacks and water will be available during the class. Fifth and sixth grade friends are always welcome at Club 56 events they do not have to attend White's Chapel.

Denise Bennett | dbennett@whiteschapel.org

Save the Date **SCUBA VBS** | **June 10-13**

Kids will dive into friendship with God! At Scuba VBS, kids



will explore what it means to have a friendship with a real, loving, trustworthy God – a friend that lasts forever! Registration opens March 1. Denise Bennett | dbennett@whiteschapel.org





Ash Wednesday Wednesday, Feb. 14 Noon & 6 p.m. Registration is not required. Both services will be live-streamed to the church website.

Lent

Cont'd from page 1

begins to sound very confusing. The most important thing to remember is that the specific date of Easter each year is determined by referencing the lunar calendar.

The cyclical movements of the moon dictate the exact date but essentially, Easter is always on the Sunday that follows the full moon of Passover. All that being said, Easter for the year 2024 is Sunday, March 31.

Ash Wednesday is described as a religious day observed for the sake of recognizing our faults as human beings and taking the time to repent for the sins we have committed throughout our lifetimes. The 40-day fasting season begins on that day, (Sundays are excluded in the count).

In some Christian communities, followers abstain from eating meat and drinking on Fridays during Lent. This in no way means their faith is stronger or better than someone who doesn't restrict their intake. Fasting is simply an additional way of paying mind to one's deep repentance for prior sins, but the decision is optional, and more

importantly, it's entirely personal. In other communities, Christians

commit to fasting in other ways. Many people make a vow to fast from specific foods or habits such as negative thoughts, gossiping, social media, binging shows on streaming sites, alcohol, and much more. New traditions also include adding things to your life for these 40 days such as setting aside time to meditate and pray each day, visiting shut-ins, and doing service. Many go a step further and dedicate money they would have spent on the restricted food or habit to the poor.

There are certain days always observed during Lent: Ash Wednesday, Palm Sunday, Holy (Maundy) Thursday, Good Friday, Holy Saturday, and of course, Easter. Many of these days are not formally observed in many Protestant faiths.

In short, Lent is a period of preparation in which Christians remember the life of Jesus through prayer and penance, but it is more directly related to his ministry than his death. The scriptural impetus for Lent is the forty days that Jesus spent in the wilderness after his baptism. It reminds us of what Jesus went through when he died on the cross to cover our sin. It concludes with the celebration of the Resurrection.

Give

Cont'd from page 1

slipping, my colleagues would gently and lovingly remind me of my Lenten vow.

I'm not sure who it helped most, but I do remember that I was forced to change behavior, leaning more on prayer and faith to get through the six weeks of Lent.

I didn't realize it at the time, but I was on to something. For the first time I realized that giving up something did not have to be tangible like chocolate, fast food, sugar, chips or soft drinks things I had typically given up in years before - but I really was forced to concentrate on something that was an innate behavior; something that maybe should become permanent, something that was a stumbling block to my Christian witness.

Since that time, I have seen other similar suggestions of things to give up; things we can work on as Christians to be closer to God and more in tune with the teachings of Jesus. I realize that this may not be completely true to the

original idea of sacrifice, but things that might make a difference in our Christian walk.

These are a few suggestions (listed alphabetically to avoid personal emphasis): agression, anger, bitterness, bullying, chaos, competitiveness, complaining, gossip, grievances, impatience, judgement, lack of gratitude, piety, pride, prejudice, procrastination, resentment, rudeness, and worry.

Other possibilities one might consider that are more tangible (in addition to chocolate, chips, and chocolate chip cookies) include fast food, eating out, screen time, phone at the dinner table, swearing, answering emails when you are technically 'off-the-clock', sending emails during non-working hours, too much tv, social media, and the unthinkable - coffee.

I'm sure there are many others, but maybe this list will get you thinking about things in your own personal life. While I'm not an expert by any means, research suggests that to be successful in your goal is to be specific, aware, and willing, combined with commitment, practice, and discipline. Maybe the most important is determination.

Communion

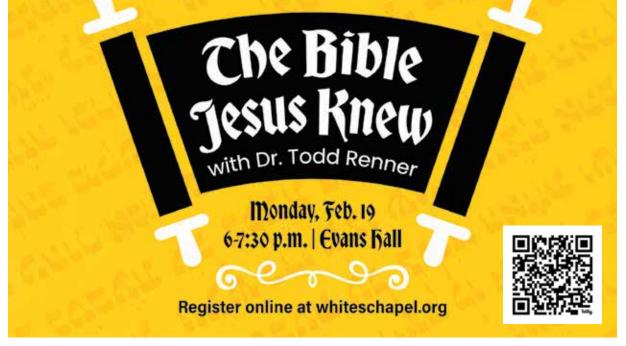
Cont'd from page 1

for their school children, they have a huge garden and ten milking cows. The ministries also have a radio station which reaches over a million listeners. They support a local tenement with a pastor and a church without walls.

Local mission work also includes construction, sports and coaching, painting, sewing and dressmaking, computer skills, pastor and laity training, Vacation Bible School, and substance abuse counseling.

Leaders have planned the first WC mission trip to Kenya for June this year. The trip will be led by Ken and Sharon Nelson. Participants will visit, work, and learn about these ministries. Two groups are secured, with 15 people on each team. The teams will help as needed with painting and construction, as well as assistance with the medical ministry and playing with the children.

Bishop Josam Kariuki Kamau is the lead pastor at Trinity Methodist in Kenya and will be joining us in worship on Feb. 4.



COMMUNITY CONNECTIONS



Does Scripture Say That? Begins Wednesday, Feb. 7 First Three Weeks of February, March & April | 9:30 a.m.

In this rapid-paced survey of three Old Testament books, we'll explore God's message for us in 2024 and beyond. This class will meet the first three weeks of February, March, and April. Each month's study is self-contained so join us for one, two, or all three. The class begins Wednesday, Feb. 7 at 9:30 a.m. in Room 3204. For more information, contact Dr. Judy Hunt. Register online.

Dr. Judy Hunt I jhunt@whiteschapel.org

Labyrinth Walk Wednesdays | Feb. 7, March 6, April 3, May 1 | 9 a.m. | WC Labyrinth

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and spiral into a meandering but purposeful path. Labyrinths have long been used as meditation and prayer tools and are a part of the pilgrimage path to wholeness and holiness. At its most basic level, the labyrinth is a metaphor for the journey to the center of your deepest self and

back out into the world with a broadened understanding of who you are.

Join Rev. Victor Resendiz the first Wednesday of each month as he leads participants through the prayer walk. The labyrinth is located next to the Center for Spiritual Care. Whether you are familiar with this unique spiritual practice or not, you are invited to experience this sacred space. All are welcome; register online. Rev. Victor Resendiz

vresendiz@whiteschapel.org

Tutors Needed for WC Students Wednesdays 4:30 to 5:30 p.m.

WC Students would like to take the burden of completing homework off of parents on Wednesday nights, so their students are more freed up to attend Wednesday night worship. We hope it will also be a support to students and parents who might need additional help.

If you have an interest, please let
Michelle Joseph know. Tutoring would
be for middle school students on
Wednesday nights from 4:30 to 5:30 p.m.
Michelle Joseph | mjoseph@whiteschapel.org







Prayer List

Bonnie A., Adriana Abbasi, Lauren Albert, Pam Baker, Sue Bossow, Bonnie Jo Bramhall, Cheryl Brashear, Ruby Buffalo, Erin Burkamp, Bobbie Cameron, Connie Center, Carolyn Cockrell, Kennedy Joy Coke, Kenneth Coleman, John and Willene Corder, Lio da Costa, Rosie Dowdy, Bobbi Dunbar, Judy Dunham, Wilma Dykman, Dennis Eaton, Linda Evans, Ralph Evans, Becca Floyd, Will Fogle, Dorothy Fontana, Diane Franks, Clare Gatlin, Earl Geddes, Ted Gillum, Kate Greinert, Anna Griffith, Chandler Groves, John Guthrie, Alice Hall, Judith Hallam, Gayle Hampton, Thetis Hilliard, Bob Horn, Teri Horn, Linda Huffhines, Jim and Diedra Jeffiers, Zoe Jeffiers, Tom Kelly, Connie Lamb, Sam Lapp, Eric Larson, Laura Lieske, Carrie Ann Long, Robin Long, Linda Lukas, Leslie Matthews, Kerri McLeod, Greg Metzger, Gary Mills, Hunter Mixson, Ed Molberg, Thomas W. Morris, Barb Mundis, Rodney and Oliver Murray, Ruth Muse, Jeff Nadeau, Linda Nadeau, Heather Peyton, Azor Phelps, Barbara Pico, Kathy Pierce, Susan Platamone, Patience Porter, Maureen Punko, Tamera Ray, Jim and Mary Renner, Martha Reukema, Catherine Ritzert, Norman and Holly Rodier, Jody Rogers, Johnnie Ruth Rogillio, Christine and Barbara Ruiterman, Jeff Ryno, David and Gail Schmitz, Bruce Schollmeyer, Travis Schreiber, Diana Shepard, Jane Schultz, Paul Sikes, Bruce Slocum, Celia Smith, Mark Smythe, Susan Starr, Tammy Studdard, Orville Summey, Steve Swanston, Jim Takemoto, Charlotte Tate, Carolyn Thompson, Buster Thrasher, U.S. Navy Seals, Martin Walker, Charlene Weseloh, Meegie L. Wheat, Randy Whisenhunt, Jackson Widerman, Dick Williams, Ida Wilson, Warren Witt, Lynn Wolford, Toni Worlitz, Mary Ann Zrake, Liz and Sally, Marie, Terri. Recent deaths: The Family of John Q. Adams Sr., The Family of Randy Adams, The Family of Pam Davies, The Family of Patricia Gabriel, The Family of Andy Gatlin, The Family of Aimee Krummel, The Family of Raj Michael, The Family of Miles

You may submit prayer requests at whiteschapel.org/prayer-request.html or or use the QR code.

Pascoe, The Chris and Ashley Salsado Family, The Family of Linda Severns,

The Family of Tre Short, The Family of Heath, Noah and Wyatt Smith, The Family of Sid Soileau, The Family of Bobby Tant, The Family of Sybilla Vickers,

The Family of Dale Ward, The Family of Hannah Whitley.







Rise

Cont'd from page 1

gloves to ensure cleanliness throughout the event. At each major milestone, a volunteers would hit the gong to notify everyone of their packing progress. When the 30,000 goal was surpassed, everyone cheered!

White's Chapel has worked with Rise Against Hunger for 10 years, and each volunteer packing event is typically well attended. Many times, volunteer time slots fill up well before the packing event date. In the past, the meals assembled by church volunteers went to various places around the world to help feed the hungry. Because of our longtime partnership with Rise Against Hunger, and packing 260,000 total meals throughout the years, the church was honored with a mini gong to celebrate the work done to fight against hunger.

According to their website, Rise

Against Hunger currently assists the following countries with packaged meals: Burundi, Democratic Republic of Congo, Ghana, Haiti, Honduras, India, Kenya, Madagascar, Nicaragua, Philippines, Somaliland, South Africa, Tanzania, Timor-Leste, Uganda, Vietnam, and Zimbabwe. Each meal contains rice, soy, and dehydrated vegetables.

Upon learning about what he was going to be doing on Saturday morning, one thoughtful four-year-old told his mom to grab a Ziplock bag to pack up a serving of the family's dinner that night. He was going to bring his own meal to help the hungry! While the meal wasn't sent across the world, it was brought to the packing event and used as inspiration to the other volunteers.

Because so many are moved by this event, leaders are hoping to host another Rise Against Hunger meal packing event in the summer. Be on the lookout for the next opportunity to actively get involved in the fight against hunger!



A four week presentation where speakers will address spiritual and medical issues surrounding legal decisions, dying, death and planning the Christian funeral.

Thursdays, Feb. 8, 15, 22, 29 6-7:30 p.m. | Rawlins Lecture Hall (Room 3102) | Free

