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INSPIRING AND ENGAGING
YOUR FAMILY IN FAITH



CREATIVE LIFE IN FAITH
IDEAS FOR THE
SPRING HOLIDAYS

Family Food Tradition

For many, cooking & home are the places where we learn our earliest traditions. This time in lockdown could be an opportunity to learn some recipes from other people different households! While you and others are on the phone, you could share a session of cooking and conversation as a way of celebrating God's presence in the other!

1

Contact someone outside your household who you'd like to learn a family food recipe from and set a time & date for when you'd like to cook together and to list the ingredients you'll need for the cooking session. Perhaps this could be a parent, family member or friend!

2

For your live cooking session, you both can be on the phone face-timing or speaker. This will make it easier for the other person to talk you through their recipe and the steps on cooking the dish.

3

While cooking, some questions could include:

- What's the story behind this dish?
- What's a fond memory that this dish reminds you of?
- What are some other family traditions that you treasure growing up?

You can come up with your own questions - but don't forget to share your own responses too!

4

During dinner, conversation could continue over the phone:

- Was there food traditions that were connected with spirituality or religion
- **You might need to share first to allow the other person to feel comfortable** (e.g. we would often go out for lunch after we visited our place of worship, or religious feast days would often include after, like during Christmas)

5

Pray before or after meal: Bless us God, for these humble and full gifts we are about to receive, passed on from generation to generation, as a source of life and nourishment. Like Jesus, friend to all humanity and created things, we ask too that this food may sustain us, as we live our lives in service to the other, especially for those who go without. Amen.