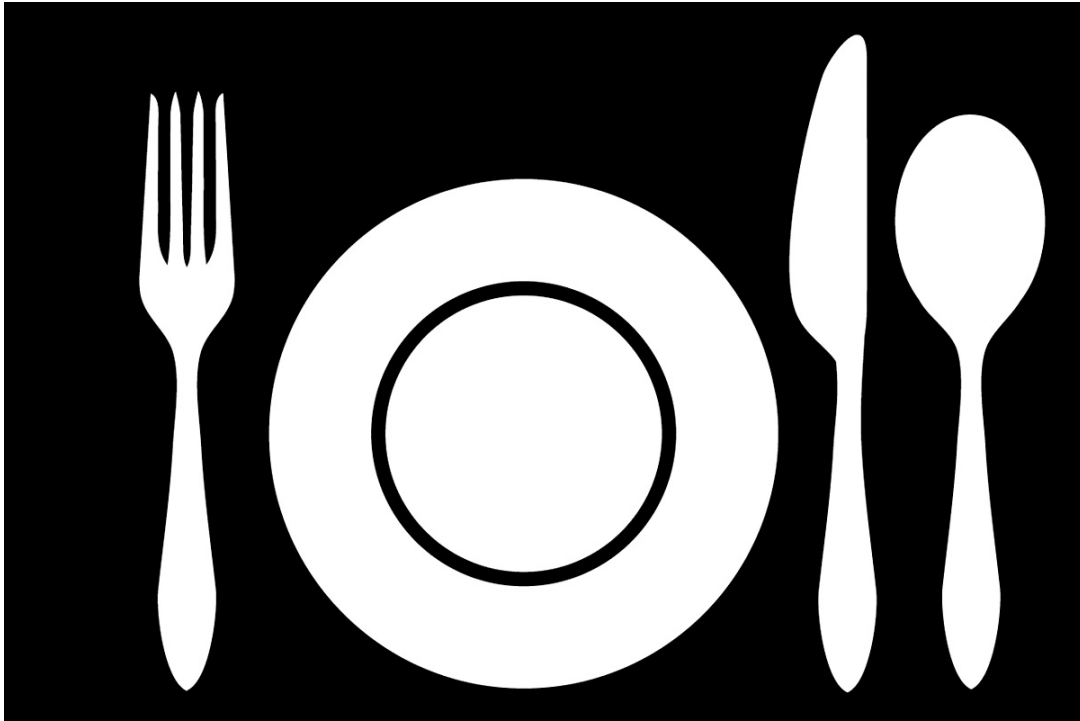


POT LUCK!



Meal Time Handbook

For Busy Families

*Provided to you by the Home Life Network
of the Northeastern Iowa Synod of the ELCA*

Dear Fellow Soul Shapers,

¹⁶Rejoice always, ¹⁷pray without ceasing, ¹⁸give thanks in all circumstances; for this is the will of God in Christ Jesus for you. I Thessalonians 5:16-18

No matter where we live, or what we do, or what we like, we have a few things in common. Life is like a pot luck, you never know what you are going to get. The things that we have in common are that we all need air to breathe water to drink, a safe place to live, nutritious food to eat, and people who love us. Living where we do, we are blessed to have all of these things and we should never take any of it for granted. After basic human needs are met. We are made to be in relationship with God and each other. Family, friends, neighbors, and even those we don't know. We all need each other. Relationships are essential to human beings. Our creator made us that way. Mealtimes are a time for conversations with each other and with God

One of the joys of life is when the entire family gathers. For many of us, we gather around some kind of a meal, be it a summer cook out, holiday celebration, or going out to celebrate a birthday dinner or anniversary. No matter what we are gathering for, we ask for God to bless our food and bless our time together.

One time we were having pizza with our grandkids at a local restaurant. We asked them which prayer we should do, and one of them lead the prayer just as the pizza arrived. We were surprised when one of the other customers came over commented on the prayer and told us that he appreciated seeing a family praying together.

Now that my family is grown and gone, mealtimes spent together are precious and cherished times for me. As I look at research, I am noticing that families eating is not as common as it use to be. Families are busy and being pulled in thousands of different directions. The September 2018 issue of Living Faith@Home and this resource, "Potluck" offers some ideas of how to reclaim the family dinner table. using prayer, conversation, and a meal.

Paul tells us in Thessalonians to: "Celebrate always, pray constantly, and give thanks to God no matter what pickles that we get into, good, stinky, or sticky."

Blessings on the Journey,
Elayne Werges, Deacon
Cross Roads Lutheran Parish-
Osage and Nora Springs, Iowa



Prayers at the Table

Come Lord Jesus

Come Lord Jesus, be our guest
Let these gifts to us be blessed. Amen

Table Blessing

Bless, O Lord, these gifts to our use and us in your service;
relieve the needs of those in want and give s thankful hearts;
for Christ's sake Amen

Tune: Jaws

(Place Hands in prayer on the top of head....to look like shark fins.) (Begin slowly)

God is...(Pause, Make hand look like choppers) **good and**
(Pause)

(each time become faster) **God is** (pause) **great** (abit faster)

And We (pause and become faster) **Thank God for our Food. A-----men!**



Tune: Twinkle Twinkle Little Star

Thank you for the Food we eat,

Thank you for the world so sweet.

Thank you for the birds that sing, Thank you God for everything.

Tune: We will We will Rock You

God, we want to thank you for this food,

Don't know if it's cooked but I hope it tastes good,

Got food on my face, big disgrace, Spilling my peas all over the place singing....

We will, we will thank you.

We will, we will thank you.



Tune: Superman

(Make the superman stand-Left hand on hip. Right hand pointed upwards)

Thank you God for giving us food.

Switch)

Thank you God for giving us food.

(One fist in air, both hands on hips)

Thank you Go-----d

Thank you Go-----d

both hands on hips, superman stand)

Thank you God for giving us food.

Johnny Appleseed

Oh the Lord is good to me, and so I thank the Lord
For giving me the things I need, the Sun, the Rain, and
the Appleseed,
Oh, the Lord is good to me.
Amen, Amen, Amen
Ammmmen, Amen
A----men.

Tune: The Adam's Family

Da, Da, Da, Da (Snap, Snap)
Da Da da da (Snap, Snap)
Da Da Da Da DA DA DaDa, Da Da Da Da (Snap, Snap)

For this food we are so grateful
We thank you for each plateful
It's always oh so tasteful
We thank you this Food

We thank you this day Lord
For mom and dad and you Lord
We thank you for our food Lord

We eat now gracefully
Ah-ah-men (Snap, Snap)
Ah-ah-men (Snap, Snap)
Ah-ah-men (Snap, Snap)
Ah-ah-men (Snap, Snap)

Table Prayer

Dear Lord, Thank you for this gift of food You've placed upon our table. And help us all
to do your work In any way we're able Amen

Prayer of Thanks

For all we eat, and all we wear, For daily bread, and nightly care, we thank you
heavenly Father. For Christ's sake. Amen.



Restaurant Prayers;

Raise your glasses and everyone say:
"The Lord's Name Be Praised. Amen!"

Father, Bless this establishment and employees as they prepare and serve our food. Thank You for the opportunity to have our meal brought to us, and the ability to relax and enjoy this time with one another. We understand our privilege to be here, and we pray to be a blessing to those we encounter in this place. Bless our conversation, and may we honor You in all we do. In Jesus' Name, Amen.

Resources that Are Fun and Helpful~

- "Peanut Butter Prayers" by Julie B. Sevig (2007, Morehouse Publishing, New York, NY)
- "Thank You For This Day, Action Prayers, Songs, and Blessings for Every Day" by Debbie Tafton O'Neal (2000, Augsburg Fortress, Minneapolis, MN)
- Prayer Cubes-Google prayer cubes and you will find places to order them. Kids love them. Sometimes we have had to roll the cube until we have said every prayer. Cubes can also be made with card stock.
- "Taking Faith Home" Devotional Sheet available from Milestone Ministries (<https://milestonesministry.org/taking-faith-home/>)

Do the Faith 5

- SHARE your highs and lows
- READ a Bible verse or story
- TALK about how the Bible reading might relate to your highs and lows or one of the topics suggested in the "Taking Faith Home" Sheets.
- PRAY for one another's highs and lows
- BLESS one another with this or another blessing: "Name, you have been sealed by the Holy Spirit and Marked with the cross of Christ forever. Amen"



A Few Meal Stories in the Bible.....

Use whatever style of Bible is appropriate for your family. Picture Bibles for preschoolers, Children's Bibles for elementary age, and traditional Bibles for older kids and adults. Read the story, and then talk about it.

Exodus 16:2-4, 9-15
John 6:1-21
Matthew 26:17-30

Bread From Heaven
Feeding the 5000
The Last Supper

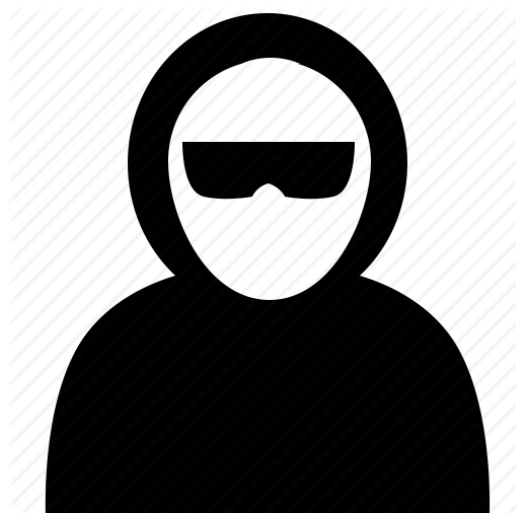
Table Time Conversations

- 🕒 Make up three silly new traditions for our family. What would they be?
- 🕒 What's the funniest or strangest thing that happened to you today?
- 🕒 What are you most looking forward to about a new school year (or fall)?
- 🕒 If you could pick your super power, what would it be and why?
- 🕒 What do you like the most about the person to your right?
- 🕒 What is your favorite smell in the world? What does it remind you of?
- 🕒 What is your first memory of hearing about Jesus?
- 🕒 Where would you fly if you had wings?
- 🕒 How do you tell people about God?
- 🕒 How does faith make a difference for you?
- 🕒 What accomplishment are you most proud of?
- 🕒 If you could travel anywhere, where would you go?
- 🕒 What makes you happy?
- 🕒 How would life be different if you lived somewhere else?
- 🕒 Ask any question that you have been afraid to ask.
- 🕒 What is the luckiest thing that ever happened to you?
- 🕒 Tell us about your favorite family memory.
- 🕒 When you open your eyes in the morning, what is the first thing you think about?
- 🕒 What does it mean to be generous? What can your family do to be more generous?
- 🕒 Your Own:

Secret Person

Draw names so everyone gets a secret person. Do nice things for that person for a specific amount of time...1 week, 1 month. Whatever works for your family situation. At the end of the specified time, Have a “reveal” celebration. Have your family favorites, decorate, use the good china. Here are some ideas that you can do for and with your secret person.

- 🕒 *Slip your Secret Person’s favorite snack with a note into their purse,*
- 🕒 *backpack, or bag for a great surprise!*
- 🕒 *Find a baby picture of your secret person, make a simple frame out of construction paper and tell them, they are a beloved child of God.*
- 🕒 *Surprise your Secret Person with their favorite candy bar and put it in an unexpected place, like a desk drawer or lunch box.*
- 🕒 *Leave a pack of gum on your Secret Person’s dresser, and they will remember this Random Act of Kindness every time they chew!*
- 🕒 *Make a prayer bracelet or necklace out of beads and yarn and leave it in your Secret Person’s jewelry box or bedside table. Put a different colored bead for each member of your family and friends.*
- 🕒 *Be creative and draw or paint a picture to decorate your Secret Person’s bedroom.*
- 🕒 *Write a short poem and leave it on your Secret Person’s pillow.*
- 🕒 *Make a lunch for your Secret Person and slip your favorite joke*
- 🕒 *in their lunch box.*
- 🕒 *Go to the Dollar Store and find some of your Secret Person’s favorite knick-knacks like a yo-yo, a fun pair of sunglasses, or a magnet, and leave it with a note in their backpack or bag.*
- 🕒 *Pick some fresh flowers from your yard or neighborhood and leave them in a glass of water in your Secret Person’s bathroom to brighten the room!*
- 🕒 *Send a postcard or handwritten note to your Secret Person in the mail. Even more fun, send it with a friend who is going to a far off place to mail it.*



Scripture Cake

Dig into the Bible while exploring the foods that are mentioned....Here is a super old recipe for Scripture Cake that you will have to look up the Bible verses to find out the ingredients!

CAKE

Ingredients:

3/4 cup Genesis 18:8
1 1/2 cup Jeremiah 6:20
5 Isaiah 10:14 (separated)
3 cups sifted Leviticus 24:5
3 teaspoons 2 Kings 2:20
3 teaspoons Amos 4:5
1 teaspoon Exodus 30:23
1/4 teaspoon each 2 Chronicles 9:9
1/2 cup Judges 4:19
3/4 chopped Genesis 43:11
3/4 cup finely cut Jeremiah 24:5
3/4 cup 2 Samuel 16:1
Whole Genesis 43:11

Instructions:

- Cream Genesis 18 with Jeremiah 6. Beat in yolks of Isaiah 10, one at a time. Sift together Leviticus 24; 2 Kings 2; Amos 4; Exodus 30; and 2 Chronicles 9.
- Blend into creamed mixture alternately with Judges 4. Beat whites of Isaiah 10 till stiff; fold in. Fold in chopped Genesis 43; Jeremiah 24; and 2 Samuel 16. Turn into 10-inch tube pan that has been greased and dusted with Leviticus 24.
- Bake at 325 degrees F until it is golden brown or Gabriel blows his trumpet, whichever happens first. Bake for an hour and ten minutes. Remove from oven. After fifteen minutes, remove it from the pan. Cool completely. Drizzle over it some Burnt Jeremiah Syrup.

BURNT JEREMIAH SYRUP

Ingredients:

- 1 1/2 cups Jeremiah 6:20
- 1/2 cup Genesis 24:45
- 1/4 cup Genesis 18:8

Instructions:

- Melt Jeremiah 6 in a heavy skillet over low heat. Keep cooking it till it is a deep gold, then add Genesis 24. Cook till smooth and remove from the heat. Add Genesis 18 and stir till it melts, then cool.
- After drizzling this on the Scripture Cake, you can decorate it with whole Genesis.

If you get stuck, here is the source:

http://www.dltkkids.com/recipes/old_scripture_cake.htm

Family Night Ideas

Do you ever find yourself running out of ideas for fun family activities? Here is how to do a No Rule Night and 19 other ideas for your future family nights.

American Idol Night.

Have two people in your family be the judges and the rest can be contestants. If you have a smaller family (and you don't mind embarrassing yourself), invite some neighbors over to join in the fun. A karaoke machine is a fun way to spice this night up as well. Talk about gifts (I Corinthians 13) and how God gives people many different gifts and each of us shine in our own way.

Guest of Honor Night.



Have this night be focused on one person in your family or outside your family. Create a unique list of questions to ask this person during dinner that highlights things about their personality unbeknownst to the rest of the family. Another option is to invite a willing guest to share in their area of expertise. Leave time for your kids to ask them questions.



Cross Generational-Home Video Night.

All kids love to see themselves when they were younger. Make it a cross Generational Night. Invite Grandpa and Grandma over Break out the family videos. Show videos of Grandma and Grandpa, mom and dad of their younger days or create a slideshow using pictures of the kids growing up. Kids are fascinated by their parents' and grandparents' wedding tapes. Just make sure to fast forward if your video is 6 hours long. Talk about how faith has been present in all of those times. This would be a great time to watch old episodes of "Davey and Goliath" -Many are available online.

Volunteer Night And God's Work, Our Hands

Sign up to volunteer at a local place that needs help. Specifying your volunteer work to something your child is interested in is a great way to start. If your child loves animals, volunteer at the humane society. Get involved with your congregation's God's Work, Our Hands projects celebrated on the second Sunday in September.

5. Individual Dinner Night.

Having a family with multiple children can often make it hard to spend one-on-one time together. Have a night where you and your spouse take your children out individually for a meal and an activity that is especially planned for them. Let them be the center of attention for the night. Base your choices on your child's favorite things. Perhaps celebrate baptismal anniversary in this way. Talk about what a special day it was, who was there, and how you became a beloved child of God. A few ideas are:

- ❶ Have a progressive Supper. Go to the restaurant that has the best fries, then to the place that has your favorite sandwich.
- ❷ Play a game of putt putt golf, bowling, laser tag, bouncy house, an escape room, or roller/ice skating.
- ❸ Go to a craft place where you make or paint something.
- ❹ Visit a museum and go to the Imax. Many museums have restaurants that offer unique menu options.
- ❺ Do something nice for someone or do a pay it forward. Visit the local nursing home (call first and let them know you are coming), or make cards and a healthy treat for a shut in.
- ❻ Have a spa day-give each other a mani and pedi.

Celebrate your Baptismal Anniversary!

"Remember and rejoice,
Renewed by floods of grace.
We bear the sign of Jesus Christ,
That time cannot erase."
(ELW 454)



Backyard Campout Night. Camping doesn't have to take place in the forest. Popping up the tent in the backyard is a great way to have a convenient vacation. Remember to include all the things that you normally would at a campsite: S'mores, flashlights, sleeping bags, etc. Be sure to play some fun camping games. Go fishing or go for a walk by the water. Talk about how water, an earthly element, the Word of God, and the Holy Spirit are present in the sacrament of baptism.



Great American Backyard Campout

Family Website/Blog Night. We've all heard of family newsletters, but join the age of technology and create a family website. Have your kids help you pick out the layout, colors, and design. Gather together around the computer and decide what information to include on the site. If you decide to do a blog, gather around the computer on a specific night of the week and have the kids tell you what they think should be included.

Museum Night. Making a scavenger hunt within the museum is a great way for kids to interact with the exhibits. Another activity in an art museum could include talking about each person's favorite piece. With some modern art, your family could try to guess what the artist was thinking when they created their work.

Connect to Faith: Talk about "creation". Read Genesis 1. Draw something that reminds you of God's Creation.

Concert or Comedy Night.

Taking your kids to a concert exposes them to music/culture that they might not hear otherwise. Outdoor concerts in the summer are great because they are more relaxed. In the winter, take your kids to a symphony. Sometimes orchestras customize their concerts to put a twist on some songs that your kids might know! If you don't have singers, you could also share a laugh with the kids by attending a family-friendly comedy night. Afterward, at home, have the kids put on their own comedy/talent show where they give stand-up with their own jokes or riddles. Do this to celebrate the Easter Resurrection of Jesus as we laugh that devil lost. .



Talk Like a Pirate Night.

You can do this anytime, but September 19 is the official "Talk Like A Pirate Day". Go to a consignment shop or a thrift store and have them pick out a pirate outfit. Then, go for a picnic in the park as a group of random pirates. Talk Like pirates. Make sure to take pictures of this night!

Connect to Faith: How do we talk like Christians? What makes Christians different?

Use Your Manners Night.

Have your kids dress in their best and get out the good china! Take this opportunity to teach your kids some lessons at the table. Serve the meal in courses-Appetizer, soup, entrée, dessert. Do a google search to discover many fancy ways to serve a meal. This will also be a great time of laughing while your kids try to play grown up. Talking in British accents and pretending you're having afternoon tea is fun as well. Don't forget to say the table blessing.

Connect to Faith: Talk about all the different ways that people are fed. Talk about food insecurity and that sometimes people go to bed at night with no food. What can you do as a family to be aware of hunger issues and provide food to others?

Twisted Bowling/Miniature Golf Night.

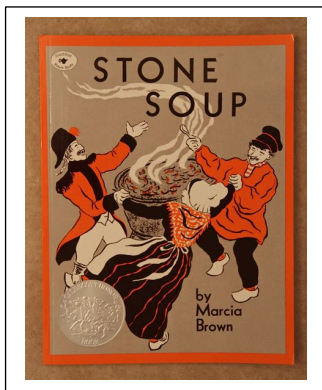
Sometimes these activities can get old after a while, so add a little twist. Have specific instructions for each hole or frame. For instance, "At this hole, you have to swing the putter behind your back." Or, "During this frame, try to only knock down the two pins on the end."

Connect to Faith: Talk about fairness. Was it fair to change up the game? How can life be unfair?

Picture Night.

Have a fun photo shoot with your kids by inviting a friend over who does photography as a hobby. Don't just stick to classic poses and matching outfits. Make sure you allow your kids' goofy personalities to shine through. Take them to the store and let them pick their favorites to print off.

Connect to Faith: There are no pictures of God or Jesus. Ask: What do you think God looks like? Draw pictures of God.



Stone Soup

Have everyone find an ingredient and put it together to make a soup. Add enough water or broth to cover. Put all ingredients into a pot and cook it until it is done. If you are not that adventurous use the ingredients listed in the book. Be sure to add the stones, cleaned of course. Read the story of Stone Soup. Enjoy your homemade soup.

Connect to Faith: Talk about ways that our family/group share so everyone has enough.

Scavenger Hunt Night/Bible Scavenger Hunt.

Split your family up or compete against another family who wants to have a family night. Give each team a digital camera to document their findings. Examples of fun things to add to the scavenger hunt search list include a wacky hairstyle (can you say mullet?) or a member of the group climbing a tree.

Connect to Faith:

Want to teach your kids to look things up in the Bible? Give them a short lesson about chapter and verse. Give each team a list of Bible Verses they have to look up and then find an item.

Interactive Movie Night.

Watch a movie together as a family. Some ways to keep this family-friendly and interactive include watching a film with a controversial message and discussing it afterward or hanging a sheet on a wall outside of your house and having your own drive-in type show. Before, After, or During, have a Movie Themed Supper Either Create new names for the foods that will be served or themed the meal to the movie that you will watch later. For Example:

- ❶ “Lady and the Tramp”-Meatballs and Spaghetti
- ❷ “The Incredibles”-Stretchy Cheese Sandwiches (Make Grilled Cheese sandwiches using String Cheese and pizza sauce for dipping. Add ham or pepperoni if desired)
- ❸ “The Princess and the Frog” – Experience the foods of New Orleans-Po Boys (sandwiches filled with Roast Beef, fried shrimp, or oysters, lettuce, tomatoes, and sauce), Jambalaya or Gumbo. Be sure to have Beignets (a fried dough that makes a delicious square doughnut)
- ❹ “Frozen” – Get in touch with your Scandinavian side by serving Kjøttkaker (meatballs) and gravy, tatos, frozen blue jello cubes, and carrots for Swen. See if you can find some Lefsa too. Brave people could have lutefisk, or you could substitute fish sticks.
- ❺ “Coco”-Serve Burritos or Tacos. With this movie there are opportunities for discussions on sensitive topics.
- ❻ “Beauty and the Beast”-French fare for this film. French onion soup, Coq Au Vin (Chicken with or without the wine sauce), Pommes Frites (French fries), and profiteroles (cream puffs) with the “Grey Stuff” are good choices.
- ❼ “Star Wars”- Get your light sabers out and enjoy things like “Ham Solo Pot Pie”, Chewie Bakka Cookies, Boba Fett Avocado (Deviled) eggs, Crait- Smoothie Bowl (Red Jello with yogurt mixed in), and Grand Moff Tacos.

Connect to Faith: Talk about things like: How does the main character show grace to the others? Where do you see God at work in the characters? Does this movie remind you of any Bible Stories?

A How-To Night.

Learn something together! Some ideas could be how to cook a certain kind of food, change a tire/the oil in a car, plant a garden (the kids can pick out the seeds), start a campfire, create a budget (save money) or play a sport (golf).

Connect to Faith: Read I Corinthians 12:12-26. Talk about the gifts that God has blessed you with. How is your family passing skills from one person to another. How is your family sharing faith with one another?

Breakfast for Supper

Serve Breakfast favorites such as Omelets, French Toast, Waffles, Pancakes, or Scrambled Eggs and Bacon.

Connect to Faith: Talk about new beginnings and new creations. Use Martin Luther's Morning Prayer as your prayer.

Faith and Family History Night.

This night has a lot of possibilities: To start, make plans for when it is a good time to gather as a family. Schedule it anytime or on a day that has special meaning for your family, such as a birthday or anniversary. Ask participants ahead of time to think about the milestones and memories of their life. Video tape family members answering these family interview questions about their life.

If an interview isn't possible, or your relative doesn't feel comfortable with an interview, print a list of questions for them that they can fill in themselves.

Invite a grandparent over to tell stories of their life when they were young or tell your kid's stories about you and your siblings when you were growing up. You can even set up a family history interview with the questions listed later in this booklet.

Another option is to invite a friend over who is a war veteran over to share their experiences with your kids. Record them and watch them next year. Make a time capsule of this day and plan to celebrate on the same day next year. Include a copy of your histories, a newspaper or magazine, pictures of the day. Anything that will remind you of what you did.

Connect to Faith: Be sure to include their thoughts about the importance of faith in their life. How they see God at work in the world, and how they are passing on faith.

Faith and Family History Interview

Start with the basics: Record their name, their place and date of birth, and their age at the time of the interview. These are only suggestions — ask about anything you might find interesting, or that you know is an interesting part of your subject's life. Show them on a special day.

GENERAL

- What are three words that best describe your overall life?
- What was the happiest time of your life?
- What was the hardest part of your life?
- Who influenced you the most in your life?

CHILDHOOD

Now, let's go back to your childhood. Tell me, how many brothers and sisters do you have and where do you fall in the order?

- What were the names of your brothers and sisters?
- Who were you closest to?
- When you were born, what did your parents do for a living?
- Would you say you were poor, comfortable, or well off as a family at that time?
- What was your neighborhood like?
- Who were your neighborhood friends?
- Would you describe your childhood as a happy time? Why or why not?
- What did you do for fun on the weekends?
- Did you and your family take vacations? What did you do?
- Where did you go to elementary school?
- Did you like school?
- How were your grades?
- Did your parents read to you?
- What was your favorite childhood book?
- What was your best subject in elementary school?
- Did your teachers make you feel good about yourself?
- Who was your favorite teacher? Why?
- Did your family move around a lot when you were a child?

PARENTS

- Back to your parents – what was your mom like?
- Was she affectionate with you?
- Did she have any nicknames for you?
- What do you know about her background?
- What about your Dad?

- Were you close to him growing up?
- What about his background?
- What words do you most remember from your mom and dad?
- How did they meet?
- Was there anything unusual about their wedding?
- Did they go on a honeymoon? Where did they go?
- Where did they live?

SCHOOL LIFE

- When you were a child, what did you think your adult life would be like?
- Did you dream of a career or traveling or having a home, or anything like that?
- What were your high school years like?
- Did you like high school?
- Were you involved in any activities?
- Who were your best friends?
- How would you describe yourself in your high school days?
- After high school, did you go straight to work or continue with more schooling?
- What were those years like?
- If you did go to college, did you apply yourself?
- How did you decide what to study?
- What was your college campus like in those days?
- What was your favorite course?

CAREER

- How did you choose your career?
- If you had it to do over again would you choose the same one?
- Tell me about your first job.
- What was your work philosophy over the years?
- Did you enjoy going to work?
- What was the highlight of your career?

RELATIONSHIPS

Now, let's talk about relationships.

- Tell me how you met _____ (spouse).
- How old were you each when you met?
- Did you date right away or were you friends first?
- What attracted you to him/her?
- When did you know this was someone you could marry?
- Describe how you two became engaged.
- Who did you tell first?
- How long was your engagement?
- Did your parents approve of the marriage?

- Where were you married?
- Describe your ceremony and reception.
- Where did you go for your honeymoon?
- How long was your honeymoon?
- Where did you two live when you were first married?
- Did you each work?
- What was the hardest adjustment you had to make to marriage?
- Did you feel like you went into marriage prepared?
- What advice would you give to someone considering marriage?
- How would you advise them to choose a mate?

CHILDREN

- Did you plan on having children?
- How long had you been married when you expected your first child?
- How did you choose his/her name?
- Where was he/she born?
- Were you there at the birth?
- Tell me about the births of all of your children.
- How did children change your marriage?
- What's the best parenting advice you ever received?
- What advice would you give?
- What was your discipline philosophy regarding your children?
- What was the happiest time of raising your children?
- What about the saddest or hardest?
- Would you have done anything differently?

FAITH

Now let's talk about your faith.

- What are your beliefs about God?
- What role has faith played in your life/?
- What role does it play now?
- Do you read the Bible?
- If so, do you have a favorite verse?
- What do you believe happens after we die?

SIGNIFICANT EVENTS

- As you look back over your life, what significant world events do you remember most? (Kennedy assassination, moonwalk, Vietnam War, September 11)
- What other events shaped your life — the defining moments?
- Did you ever go through serious illnesses or injuries?
- How did you pull through?

FAVORITES

- Do you have any hobbies or interests?
- What about in the past — what were some of your hobbies?
- Are you artistic or musical?
- Do you enjoy movies?
- What are your three favorite movies?
- Do you like to read?
- What are your three favorite books?
- What about politics — do you vote regularly?
- How are you registered — democrat, republican or other? Has that always been the same?
- Do you enjoy travel?
- Would you have liked to have traveled more?
- What was your best travel experience?

FINALLY

- If you could live your life over again, what would you do differently?
- What would you like future generations to know about you?

YOUR QUESTIONS

Involving the Family Dinners

Involve the family by having them help with prep and clean up as they are able. Remember that this meal is not about efficiency, but involving everyone, having a time to teach and learn, and spending time together. Plan ahead and involve the family in the planning. Decide who will do what and when. Have someone plan to lead the table prayer and plan something special that will follow the meal.

- 🕒 Prepare and measure ingredients
- 🕒 Wash vegetables and fruits
- 🕒 Go fer' items in the pantry or fridge
- 🕒 put but items into bowls.
- 🕒 Set the table
- 🕒 Clear the table
- 🕒 Everyone helps with Clean up. Wash the dishes by hand-someone washes, someone dries. Instead of it being a chore that is dumped on one person, use it as a time to talk.
- 🕒 Included is an idea for Faith Talk for each meal.
- 🕒 Remember, these are only suggestions, the possibilities are endless!

Pizza Bar-Everyone Makes Their Own Pizza Together

Menu
Individual Pizzas
Fruit Kababs

Ingredients and Supplies:

Seasonal or Canned Fruit
Sticks for Kabobs
Flour Tortillas-taco size* or A tube of Biscuits
Pizza Sauce
Mozzarella Cheese
Cheddar Cheese
Parmesan Cheese

Your Favorite Toppings:

Pepperoni	Green Olives
Hamburger or Sausage Fried	Black Olives
Mushrooms	Anchovies
Onions (sautéed if desired)	Pineapple
Taco meat and Doritos	Ham
Green peppers	Bacon (fried and crumbled)

Directions:

Place a tortilla on a baking pan Or place a biscuit roll on a baking pan. Flatten the biscuit.. Spread the pizza sauce on a tortilla. Followed by about ¼ cup of shredded cheeses. Add toppings of choice on top. Involve the family in the assembly by having each person put on a topping or have everyone make their own.

Bake at 425 degrees for 14 minutes or until cheese is melted.

*You can use any size tortillas but for the Pizza bar, the smaller size will fit better onto a baking sheet.

Faith Talk: Being a Family

Ask: What is a team? What is a family? How is a family like a team?

Make a list of groups and teams that your family is a member of.

Teamwork requires that we have unconditional expectations upon ourselves, because we have faith in God's love. Teams build upon a foundation of truth and love, so that they can achieve excellence. This loving truth is sustained by the forgiveness of God. We follow God's example to love and forgive one another.

For supper, everyone had a part and did something. Were there things that people did that were not asked to be done, they just did them. What makes teams and families successful?

Do: Pass around paper. Write the name of each person on their sheet of paper. If you know what the name means, write that one the paper too. Pass the papers around and write a complement, what that person's gift is, or something nice for each person. The last person writing on the paper, fold the paper and put it in a basket or on a table. Decide how you will read them, individually alone or as a group, or put the person in the spotlight in the middle of the circle and read the complements to them. Remind each other that they are an important part of the family and their gifts are special.

Read: I Corinthians 12:14

Baked Potato Bar

Menu

Baked Potatoes

Toppings

Tossed Salad and favorite dressings

Garlic Bread

Your favorite dessert-

Ingredients:

Enough potatoes so everyone can have a potato.

Your favorite potato toppings:

Butter, sour cream, cubed ham, broccoli (cooked), cheese, left over taco meat, roast beef, roast pork, etc. corn, chili, the possibilities are endless.

Directions:

Have someone scrub the potatoes. Prick them with a fork. Bake for about an hour at 350 degrees. The bigger the potato, the longer it will take to bake.

To Serve:

Cut the potatoes in two. Fill with favorite toppings.

Faith Talk:

Talk about how potatoes grow. They grow underground as tubers.

Where are potatoes grown? Everywhere! But Idaho is known for their potatoes.

Ask: What is special about a potato? They have eyes.

Activity: Give everyone a raw potato. Ask participants to look at their potato, even make friends with the potato. If desired they can name the potato.

After everyone has had a chance to bond with the potatoes, collect them in a bag and set aside. Perhaps eat your supper. After awhile, lay the potatoes out and let people come and find their potato.

Ask and talk about. How did you know and find back your potato? Potatoes are unique. Just like each child of God.

Read: Romans 8:14 and I John 3:1

Around the World Supper or A Heritage Supper

Menu

Appetizer

Salad

Entrée

Vegetable

Bread

Dessert

Instructions:

Decide how you would like to do this special meal. You can have everyone choose a dish that is from different countries or cultures. Or as a family choose one country or culture at a time and celebrate and learn about what life is like in that place.

Involve the Family:

Google Recipes and make at home, pick up take out, or find the many items from the frozen food section. Divide up topics like unique ways that foods are grown or raised, religions and spiritual practices, the geography of the country, etc. Take turns giving short presentations about what they found out about their topic. Find a table prayer that would be used by the people in that country. Find a recording of the music or poetry of that place. Don't forget to decorate. For heaven's sake don't reinvent the wheel. If the kids are studying about something at school, use what they are working on.

For example: In Mexico when they celebrate it is called a Fiesta. Tamales is a corn meal dough that is filled with a meat mixture and served for special occasions such as Fiestas, Birthdays and Christmas time. Make paper flowers out of tissue paper to decorate.

Faith Talk:

Go to the ELCA Global Church Sponsorship Resource page

(<http://www.elca.org/Resources/ELCA-Global-Church-Sponsorship>) for a ton of resources about how the ELCA and your congregation are involved around the world.

Read: Matthew 28:16-20. How is God calling you to be a light to the world.

Prayers

1. A Prayer That This Food May Fuel Us to Do Your Work

Father, Praise You for the nourishment the You provide. Thank You for meeting our physical needs of hunger and thirst. Forgive us for taking that simple joy for granted, and bless this food to fuel our bodies forward into Your will for our lives. We pray that we will be energized and be able to work for the glory of Your Kingdom. In Jesus' Name, Amen.

2. A Prayer in Remembrance of the Hungry

Father, You are mighty and strong to sustain our bodies. Thank You for the meal we are about to enjoy. Forgive us for forgetting how many pray for food to relieve their starvation. Bless and relieve the starvation of those who hunger, Lord, and inspire our hearts to seek out ways that we can help from our abundance. In Jesus' Name, Amen.

3. A Prayer of Confession

Father, This meal is the work of Your hands. You have provided for me, again, and I am grateful. I confess my tendency to forget to ask Your blessing upon my life, through the comforts that You have given me to enjoy. So many people lack these daily comforts and it is selfish of me to forget about them in their need. Show me how to make the most of Your blessing in my life, for everything I have is a gift from You. In Jesus' Name, Amen.

4. A Prayer for Family Mealtime

Father, We have gathered to share a meal in Your honor. Thank You for putting us together as family, and thank You for this food. Bless it to our bodies, Lord. We thank you for all of the gifts you've given to those around this table. Help each member of our family use these gifts to your glory. Guide our mealtime conversations and steer our hearts to Your purpose for our lives. In Jesus' Name, Amen.

5. A Prayer for Mealtime Fellowship

Father, Praise You for friendship and family! Thank You for bringing us together today to share a meal. The people in our lives bring us such joy, and we are grateful for time spent in fellowship together. Help us use this time to bond closer as a group, and learn

to love each other more. Bless our appetites, both physical and spiritual, to honor You in all we do. In Jesus' Name, Amen.

6. A Prayer for When Someone is Missed at the Table

Father, We are coping with an empty seat at our table. Be with the one we are without, today, and help us to trust in Your timing, purpose, and great love for us all. As we miss _____ today, we pray Your blessing over him/her/them, and us, and the space in between now and when we see them next. Until then, may this food bless our bodies, and give us strength to endure the day ahead. In Jesus' Name, Amen.

A Prayer for Dining Out

Father, Bless this establishment and employees as they prepare and serve our food. Thank You for the opportunity to have our meal brought to us, and the ability to relax and enjoy this time with one another. We understand our privilege to be here, and we pray to be a blessing to those we encounter in this place. Bless our conversation, and may we honor You in all we do. In Jesus' Name, Amen.

8. A Prayer in Remembrance of the Last Supper

Father, As we sit here today preparing to eat this food, we remember Your Son. How He came here as a human being, and ate with His family and friends just like we do. Thank You for the gift of Jesus, and that we can look to Him knowing He understands our hunger. Bless us, Lord Jesus, and stir our hearts to remember You in all we do. In Jesus' Name, Amen.

9. A Prayer for When Food is Scarce

Father, We come to You hungry, today. It's hard to understand why we don't have enough to eat, but we come to You for strength, knowing that You are our provider. Help us to trust that You will sustain us through times of abundance and times of scarcity. Bless us and help us get back up on our feet again. In Jesus' Name, Amen.

10. A Prayer for the Drive-Thru

Father, Thank You for the drive-thru, that saves our time on busy days. We pray for those who prepared our food, and we ask that we would be a blessing to them during our brief encounter today. We remember that they are your children, and that they should be treated with kindness and respect, so that they will be able to see You in our actions. Bless this food to our bodies and keep us safe on the road today. In Jesus' Name, Amen.