

lifegroups

SHARING A MEAL

Eating together is one of the essential elements of building community. Skipping this element of Life Groups is dangerous because it can give the group a feeling that “the material is more important than relationships.” A weekly potluck is the catalyst for meaningful conversation and an atmosphere of honesty and openness. Here are three rules you must follow to make the meal time a valuable experience.

1. Keep it simple

Don't get too elaborate with your meals. Plastic utensils and paper plates are a must for easy cleanup!

2. Don't do it alone

Everyone brings something. The meal becomes the metaphor for the group. “We all brought something tonight...some big, some small, some well done, some pieced together...maybe that's how we feel spiritually tonight.”

3. Communicate

It's most effective to pick a potluck idea when you're all together. Follow up over e-mail to confirm what everyone is bringing. When you follow up by e-mail to plan the potluck, consider the following suggestion. Ask the group members to “Reply All” on e-mails when you're planning meals. For example, you might say:

“We're having spaghetti for dinner next Wednesday, so please bring one of the following:

Spaghetti
Pasta Sauce
Salad
Garlic Bread
Dessert
Plastic Utensils
Paper or Plastic Plates”

People can simply put their name next to the item they are committing to bring, and hit “Reply All” so people know what is still needed for the potluck.

If you would like, you may request a recipe list from our Life Group team at (661) 775-7401, Ext. 111 or Ext. 112.

