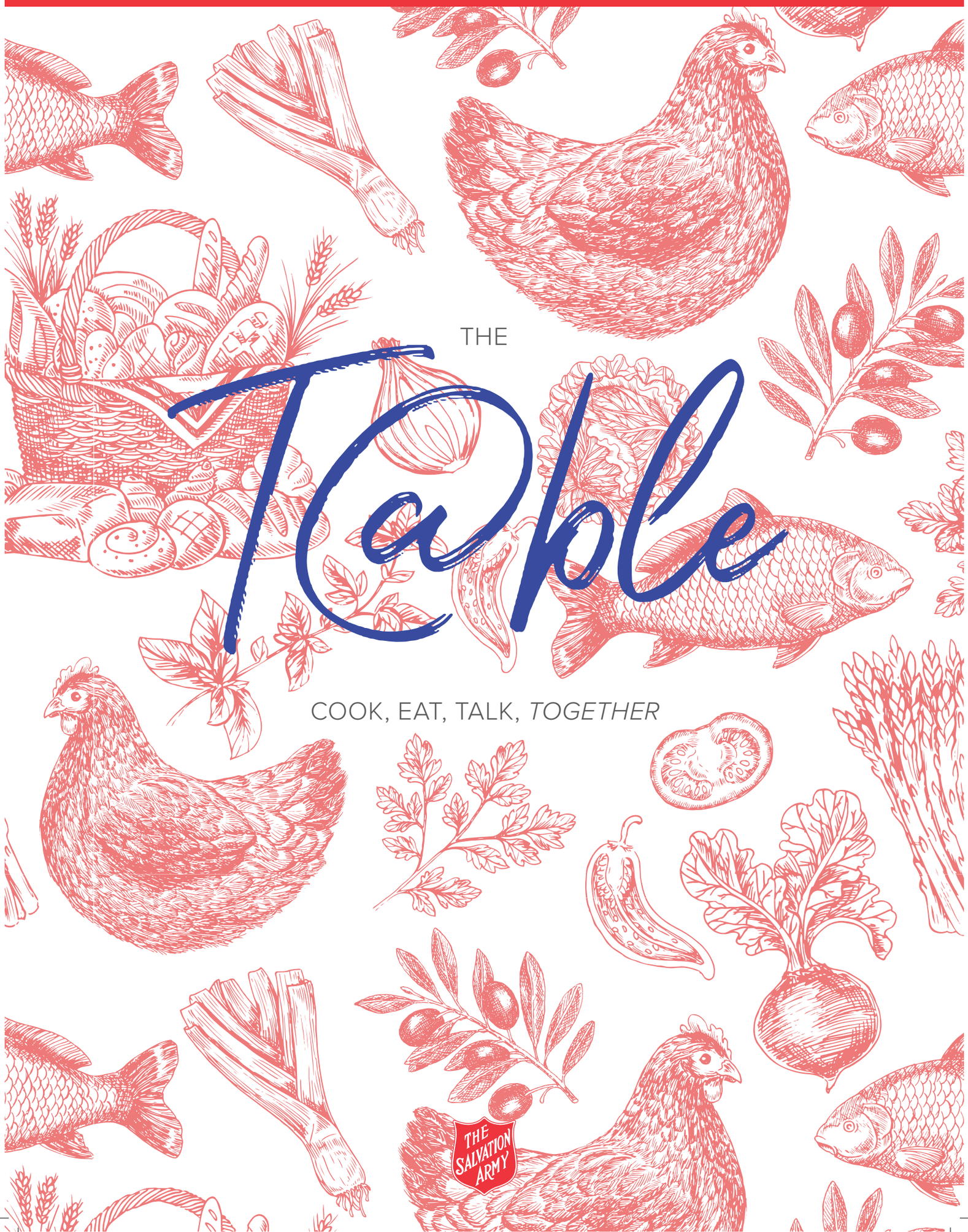
PLAYBOOK



THE Table

COOK, EAT, TALK, *TOGETHER*

THE SALVATION ARMY

THE

T@ble

COOK, EAT, TALK, TOGETHER

Welcome to the T@ble – where all are invited!

The T@ble is a space for the community to gather together while sharing a meal, conversation and life.

It aims to bring people together regularly so that relationships can be built by doing life alongside each other.

The T@ble is an easy and natural way to share the love of Jesus, **create faith pathways and help build healthy communities** for the members of your local area.

If you have a space where people can sit down and eat together you can run this program! If you have a space where people can cook together even better!

Choose a time and day that suits you and let the invitations be extended to all that are interested in joining.

Setting up the play

01 About The T@ble:

Vision:

To create a space where genuine community can be formed.

Mission:

The T@ble strives to create an environment that encourages connection and togetherness. It aims to help tackle the growing impacts of isolation and loneliness in our communities, caused by the increased disconnection of family and the breakdown of traditional communities.

Values:

All are welcome.

Everyone is involved in the preparation.

Everyone has a voice and is heard.

Everyone is treated with dignity and value is placed upon them.

Friendships are formed.

Everyone makes a contribution to the cost of the evening. Those with more, support those with less.

This is not welfare, it's family. It's not a handout but a hand-up.

The gathering runs regularly and people are invited to continue the journey. This is not a one off meal but a community forming engagement.

Excellence in meal, table setting and environment.

Strategy:

1. To create an experience centered around food that invites people to share in the whole process - from preparation to enjoying and cleaning up.
2. To encourage life giving conversation over the table that enables people to connect and explore some of life's bigger questions.
3. To facilitate friendships that reach beyond The T@ble gatherings and into the journey of life together.

Measurement:

- ☑ People meeting regularly at The T@ble gatherings.
- ☑ Friendships formed and meeting beyond the gathering occurs.
- ☑ People reporting a greater sense of belonging and care.
- ☑ People being engaged in the evening, both in terms of food preparation and conversation.
- ☑ People sharing life at a meaningful level.

2. Team role descriptions

The T@ble requires a committed team of 3-6 people.
The responsibilities of each role can be seen below.

Facilitator:

1. Responsible for the evening.
2. Go-to person for any issues.
3. Creates a positive team and encourages them in all they bring.
4. Ensures all the below roles are filled and understood.
5. Follows up any needs that were raised and require further action.

Foodie:

1. Confirms the meal and prints out the menus for the evening.
2. Ensures ingredients are purchased and cooking equipment is available.
3. Lays out the preparation stations and explains the stages to the guests.
4. Assigns people to their preparation task.
5. Oversees and directs the meal preparation.

MC:

1. Ensures appropriate music is on.
2. Welcomes people and outlines the flow of the evening.
3. Moves people to the tables once the meal is served.
4. Collects the money from participants by the end of the night.
5. Ensures everyone knows they have a ‘pass card’ and they do not have to answer every question that is part of the T@ble Talk.
6. Invites people to return to the next T@ble event and shared any announcements or engagement opportunities.

T@ble Talk Presenter:

1. Prepares the table conversation (this may be the Pass The Salt Cards or something that helps encourage conversation.)
2. Prepares the 5-6 minute T@ble Talk. These talks are centred around ‘life issues’, and are aimed at kickstarting conversation at each table.
3. As a T@ble Talk Presenter, make sure you have read through the talks. It would be good to add some personal stories/anecdotes to make the talks even more engaging.
4. Prints out T@ble Talk questions for post talk discussion.

Table host:

Each table needs to have their own table host

1. Ensures that the conversation is shared, positive and no one is left out.
2. Creates an inviting space to share around the table.
3. Brings to the facilitator any issues that were raised in conversation that may require follow up.

3. Menu / food ideas

There are 4 sample menus available in the appendix (page 7):

- Mexican
- Asian Inspiration
- Sliders
- Skewers

PLEASE NOTE: Recipes require adjusting to accommodate the number of people you have attending.

4. Cooking equipment

The attached menus only require the below key cooking equipment:

- Hot plate/ BBQ
- 2 x gas cook tops
- A soda stream
- Food processor

5. Room set-up

It is important to understand that the set-up of the room has a voice. Consider the environment you are creating in the room as you put it together.

The food and table should represent a home or restaurant qaulity meal; if possible, avoid serving meals on disposable plates or using plastic cutlery.

Have some conversation starters present on the tables, a resource such as Pass the Salt (available here: link) is a great way to break the ice and get people talking.

Table sizes should ideally range from 5-10 people. These numbers ensure that everyone can be engaged without it being too daunting.

Ensure that WHS and OHS requirements are considered in the set up of the room.

6. Health and safety

Someone present at the gathering must have a food handling certificate.

Everyone must wear gloves and have their hair pulled back during the preparation process.

Cafe and Restaurant Industry: Hazard identification checklist

Essential Guide to Work Health and Safety for Volunteers

7. Group dynamics

It is crucial that each table has a table host, this is a vital role for the evening. The table host is there to help people feel comfortable and to facilitate discussion.

The MC should be sure to explain that everyone has a metaphorical "Pass Card". This means for the discussion around the tables people are welcome to "pass" or not to answer. The group dynamics that we are looking to create are not a pressure situation, but a welcoming, open and inviting environment.

8. Community Building

Creating genuine community requires regular communication.
It is critical that communication takes place between gatherings.

You can help facilitate community building beyond The T@ble gatherings by:

- Identifying a team member to contact attendees - send a thank you message for coming to the last T@ble gathering, another message to invite attendees to the next event.

Additionally, encourage people to:

- Play or watch sport together
- Go out for tea/coffee/ hot chocolate together
- Go to a park or go for a walk as a group
- Hire a movie together or go to a movie theatre

There are heaps of other creative ideas that you can encourage people to do.

From meeting together to talk around the tables as we eat, we can build friendships that go beyond just this one off gathering. When people are meeting up beyond the facilitated time we have COMMUNITY!!

9. T@ble Talks

The talk outlines provided (included in the appendix) touch on some general 'life topics'. These talks will optimally go for about 5-6 minutes and will lead into table discussion around the provided questions or just general discussion as a result of ideas raised in the talk.

The first talk provided is very helpful for setting the vibe of The T@ble nights. For future events you can pick and choose from the other suggested topics or you are more than welcome to create your own.

It would be good to have read, prepared and even added some personalisation to the outlines.

10. Conversation starters.

Pass the Salt cards can be used as conversation starters over the meal.

Order Pass the Salt cards using this link: salvationarmy.org.au/passthesalt/

11. Suggested Runsheet for the Night

APPROX 1 HR 45MINS

PEOPLE ARRIVE (ALLOW 15 MINUTES):

5 MINUTES

- ☐ Welcome, flow of evening explained (pass card) (MC)
- ☐ Menu is explained and people are assigned to their preparation station (Foodie)

25 MINUTES

- ☐ Food/Drinks/Dessert prepared
- ☐ Table set
- ☐ Food and Drinks served
- ☐ Dessert set aside

35 MINUTES

- ☐ Meal is shared
- ☐ Conversation starter cards are introduced half way through the meal. (T@ble Talk Presenter)

5 MINUTES

- ☐ Tables are cleared

5-6 MINUTES

- ☐ ‘Life issues’ T@ble Talks is presented (T@ble Talk Presenter)

25 MINUTES

- ☐ Desert is placed on table
- ☐ Conversation from talk is facilitated

15 MINUTES

- ☐ Clean up
- ☐ Money collected (MC)
- ☐ Thank you (MC)

Appendix:

MENUS

COOK

FRIDGE/
FREEZER

WHEAT

DAIRY

NUTS

The T@ble: Menu Option 1 Mexican

Guacamole Salsa
Chicken Fajitas
Soft Tortillas
Sour Cream
Mexican Corn Salad
Chilli Con Carne
Spicy Beans

Fruit Spritzer

Stewed Strawberries with vanilla yoghurt and almonds

STATION 1

GUACAMOLE | SERVES 8

Ingredients:

A small handful of mixed colour cherry tomatoes, halved

1 fresh red chilli, finely chopped

1 handful of fresh coriander, roughly chopped

1 ripe avocado, halved, stoned and flesh roughly chopped

1 lime, squeezed

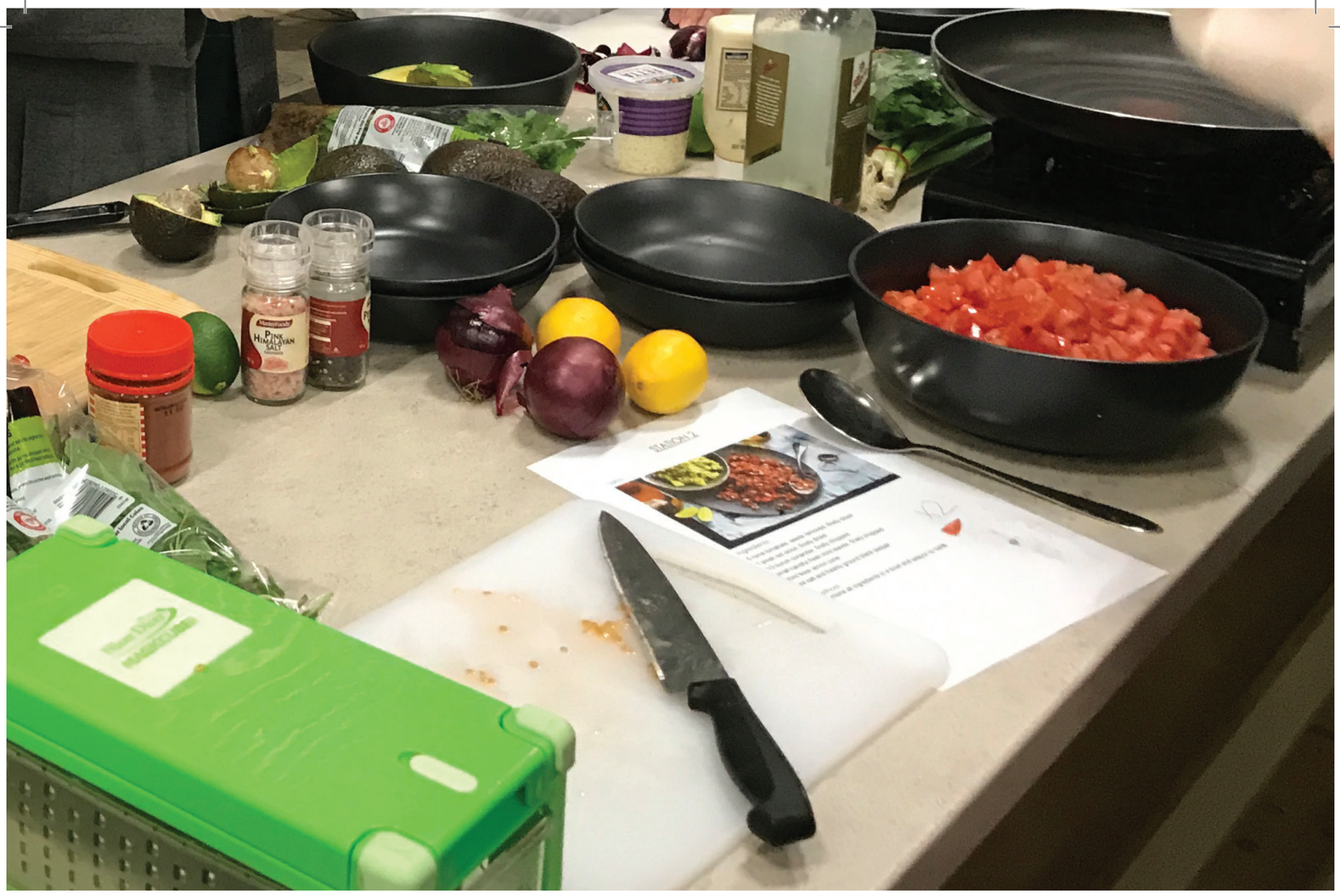
Salt and pepper, to taste

Smoked Paprika, to taste and garnish

Method:

Cut tomatoes and coriander.

Combine the rest of the ingredients and sprinkle with smoked paprika.



STATION 2

SALSA | SERVES 8

Ingredients:

5 roma tomatoes, seeds removed, finely diced

1 small red onion, finely diced

1/2 bunch coriander, finely chopped

Small handful fresh mint leaves, finely chopped

30ml fresh lemon juice

Salt and pepper

Method:

Combine all ingredients in a bowl and season to taste.

STATION 3

CHICKEN FAJITAS | SERVES 8

Ingredients:

1 red pepper, de-seeded and sliced into strips

1 medium red onion, sliced roughly

2 skinless chicken breasts, slice lengthways into long strips

1 teaspoon smoked paprika

1 small pinch cumin

2 limes, juiced

1 tablespoon olive oil

Salt and pepper

Method:

Place all ingredients into a bowl, marinate for 5 minutes then BBQ.

STATION 4

SOFT TORTILLAS AND SOUR CREAM | SERVES 8

Ingredients:

Sour Cream

Soft tortillas (store bought)

Chives

Method:

Open tortilla packet and follow instructions to warm in microwave.

Put sour cream in bowl and top with chopped chives.

STATION 5

MEXICAN CORN SALAD: | SERVES 8

Ingredients:

4 whole corn on the cob
(or 5 cups canned corn)

1 1/2 tablespoons olive oil

2-3 tablespoons mayonnaise

3 tablespoons sour cream (or yoghurt)

3/4 cup freshly grated parmesan cheese

1 tablespoon Jalapeno, deseeded and finely chopped

1 cup coriander roughly chopped

1 cup shallots finely sliced

1/2 red onion, finely chopped

Juice of 1/2 to 1 lime

Salt and pepper, to taste

Feta, to crumble

Method:

Cut the corn off the cob

Chargrill on BBQ.

Transfer into a bowl. Add mayonnaise, sour cream and parmesan. Stir to combine. Add remaining ingredients. Adjust lime juice, salt and pepper to taste.

Serve warm or at room temperature.

STATION 6

CHILLI CON CARNE | SERVES 16

Ingredients:

2 teaspoons olive oil

125g rindless bacon, roughly chopped

750g lean beef mince

2 medium brown onions, finely chopped

2 medium red capsicums, chopped

3 garlic cloves, crushed

1 long red chilli, chopped

2 tablespoons Mexican chilli powder

800g can chopped tomatoes

400g can red kidney beans, drained, rinsed

2 chorizo, roughly chopped

Method:

Cook Bacon and chorizo on BBQ seperately.

Cook onion, then garlic, peppers, followed by the remaining ingredients.

Add cooked bacon and chorizo.

Simmer.

STATION 7

SPICY BEANS | SERVES 16

Ingredients:

2 tablespoons olive oil

1 onion, finely chopped

2 garlic cloves, crushed

1 red capsicum, chopped

1 small red chilli, seeds removed, finely chopped

2 teaspoons ground cumin

190g jar sundried-tomato pesto

2 x 400g cans red kidney beans, rinsed, drained

425g can chopped tomatoes

1 teaspoon caster sugar

Method:

In a large, heavy-based saucepan, heat the oil over low heat.

Add onion and cook for 5 minutes until soft.

Add garlic, capsicum and chilli and cook, stirring, for a further minute.

Add cumin, pesto, beans, tomatoes and sugar. Cook over low heat for 15 minutes until slightly reduced, stirring occasionally. Season.

STATION 8

FRUITS SPRITZER | SERVES 8

Ingredients:

Cordial

Mint Sprigs

Lemon

Soda water

Method:

Pour cordial in glasses with Mint sprigs and wedge of lemon

Top with soda water

STEWED STRAWBERRIES WITH YOGHURT AND ALMONDS | SERVES 16

Ingredients:

8 punnets Strawberries

2 tablespoons Cloudy apple cordial

1 pkt Almonds

1 tub vanilla yoghurt

Method:

Cut tops off strawberries, halve and then simmer in frypan with a tablespoon of cloudy apple cordial.

Serve with yoghurt and toasted almonds.

Mexican Menu Shopping List

Serves 8

- ☐ **Cherry tomatoes....** (2 punnets)
- ☐ **Red chilli.....** (3)
- ☐ **Coriander.....** (2 bunches)
- ☐ **Avocado.....** (3)
- ☐ **Lime.....** (8)
- ☐ **Smoked paprika.....** (pantry)
- ☐ **Salt and Pepper.....** (pantry)
- ☐ **Roma tomatoes.....** (5)
- ☐ **Red onion.....** (4)
- ☐ **Mint leaves.....** (1 bunch)
- ☐ **Lemon.....** (4)
- ☐ **Red capsicum.....** (3)
- ☐ **Chicken breast.....** (4)
- ☐ **Cumin.....** (pantry)
- ☐ **Olive oil.....** (pantry)
- ☐ **Soft tortillas.....** (20)
- ☐ **Sour cream.....** (1 large tub)
- ☐ **Chives.....** (1 bunch)
- ☐ **Corn.....** (4 cans)
- ☐ **Mayonaise.....** (1)
- ☐ **Parmesan.....** (1 cup)
- ☐ **Green chilli.....** (1)
- ☐ **Shallots.....** (½ bunch)
- ☐ **Feta.....** (1 tub)
- ☐ **Bacon.....** (200g)
- ☐ **Beef mince.....** (800g)
- ☐ **Brown onion.....** (3)
- ☐ **Garlic.....** (4)
- ☐ **Can tomato.....** (3 x 440g can)
- ☐ **Can red kidney beans.....** (3 x 440g can)
- ☐ **Chorizo.....** (2)
- ☐ **Sun dried tomato paste.....** (200g bottle)
- ☐ **Castor sugar.....** (1 teas)
- ☐ **Cordial.....** (1 bottle)
- ☐ **Yoghurt.....** (1 tub)
- ☐ **Slivered almonds** (1 pkt)
- ☐ **Strawberries.....** (8 punnets)

The T@ble: Menu Option 2 Asian Inspiration

Seared Asian Beef Noodle Salad with Ginger Dressing

Coconut Cucumber Lime and Mint Cooler

Cherry Peach Crumble

STATION 1

NOODLE SALAD LAYER 4 | SERVES 8

Ingredients:

100g cashew nuts

2 tablespoons sunflower seeds

4 tablespoons sesame seeds

Method:

Toast the cashews, sunflower and sesame seeds in the frying pan, tossing regularly until golden, then tip into a bowl.

Scatter the nut mixture after the steak (layer 3).

STATION 2

NOODLE SALAD LAYER 2 | SERVES 8

Ingredients:

400g fine rice noodles

Method:

Put the noodles into a bowl with a pinch of salt and cover with boiling water and leave as directed on packet.

Drain the noodles, rinse and drain again, then add them to the board on top of the veggie layer (layer 1).

STATION 3

NOODLE SALAD LAYER 3 | SERVES 8

Ingredients:

2 x 450g rump steak, fat removed

4 teaspoons Chinese five spice

Salt and Pepper

Olive oil

Method:

Rub the steak with the salt, pepper and the five-spice.

Put into the frying pan with 1 tablespoon of olive oil, turning every minute until cooked to your liking.

When the steak is done, move it to a board to rest, then slice and place on top of the noodle layer (layer 2), pouring over any resting juices.

STATION 4

GINGER DRESSING | SERVES 8

Ingredients:

2 x 105g pack of pickled ginger

4 limes

2 tablespoons fish sauce

2 tablespoons soy sauce

2 tablespoons sesame oil

1 fresh red chilli

Method:

Mix together the pickled ginger and its juice, the juice of 3 limes, the fish and soy sauce and sesame oil, then finely slice and add the chilli.

Serve the dressing in a bowl on the side of the board.

Scatter and remaining lime wedge.

STATION 5

NOODLE SALAD LAYER 1 | SERVES 8

Ingredients:

2 Romaine lettuce

2 large carrots

2 bunches of radishes

1 cucumber

2 bunches of coriander

6 spring onions

2 punnets water cress

2 packs of alfalfa sprouts

Method:

Trim the lettuce and break the leaves apart, shredding any larger ones, then scatter over a large board.

Coarsely grate over the trimmed carrot, using a box grater.

Halve the radishes, roughly chop the cucumber and the top leafy half of the coriander, trim and finely slice the spring onions.

Snip over the water cress and scatter over the alfalfa sprouts

STATION 6

COCONUT CUCUMBER LIME AND MINT COOLER | SERVES 8

Ingredients:

4 cups coconut water

2 cucumber thinly sliced

½ cup lime juice

¼ cup sugar syrup

¼ cup mint

Soda water

Method:

Make soda water in soda stream / or buy soda water.

Combine all ingredients.

STATION 7

CHERRY PEACH CRUMBLE | SERVES 8

Ingredients:

1 can cherry pie filling

1/2 cup water

2 tablespoons lemon juice

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1 can sliced peaches, drained

Additional cinnamon and whipped cream, optional

Method:

Combine the first five ingredients in a frypan.

Add peaches; bring to a boil.

Sprinkle with cinnamon if desired. Serve warm, topped with crumble and whipped cream if desired.

FOR CRUMBLE | SERVES 8

Ingredients:

2 tablespoons butter

2 heaped tablespoon brown sugar

2 tablespoons maple syrup

1 teaspoon vanilla

½ teaspoon cinnamon

Pinch of salt

1 cup oats

½ cup slivered almonds

Method:

Combine first 6 ingredients and when combined add oats and almonds until golden brown. Tip out onto baking paper.

Asian Inspnsiration Shopping List

Serves 8

- ☐ **Cashew nuts.....** (100g)
- ☐ **Sunflower seeds.....** (2 tablespoon)
- ☐ **Sesame seeds.....** (4 tablespoon)
- ☐ **Rice noodles.....** (400g)
- ☐ **Rump steaks.....** (2x 450g)
- ☐ **Chinese five spice..** (4 teaspoon)
- ☐ **Salt and pepper.....** (Pantry)
- ☐ **Olive oil.....** (Pantry)
- ☐ **Pickled ginger.....** (210g)
- ☐ **Limes.....** (8)
- ☐ **Fish sauce.....** (2 tablespoon)
- ☐ **Soy sauce.....** (2 tablespoon)
- ☐ **Sesame oil.....** (2 tablespoon)
- ☐ **Red chilli.....** (1)
- ☐ **Romaine lettuce.....** (2)
- ☐ **Carrot.....** (2)
- ☐ **Radishess.....** (2 bunches)
- ☐ **Cucumber.....** (3)
- ☐ **Coriander.....** (2 bunches)
- ☐ **Spring onions.....** (6)
- ☐ **Water cress.....** (2 punnets)
- ☐ **Alfalfa sprouts.....** (2 packs)
- ☐ **Coconut water.....** (4 cups)
- ☐ **Sugar syrup.....** (¼ cup)
- ☐ **Mint.....** (1 bunch)
- ☐ **Cherry pie filling.....** (1 can)
- ☐ **Lemon.....** (2)
- ☐ **Cinnamon.....** (Pantry)
- ☐ **Ground cloves.....** (Pantry)
- ☐ **Peach slices canned.....** (1 large can)
- ☐ **Dollop cream.....** (2 tubs)
- ☐ **Butter.....** (2 tablespoon)
- ☐ **Brown sugar.....** (Pantry)
- ☐ **Maple syrup.....** (Pantry)
- ☐ **Vanilla.....** (Pantry)
- ☐ **Oats.....** (1 cup)
- ☐ **Slivered almonds....** (½ cup)

The T@ble: Menu Option 3 Sliders

Pulled Pork and Slaw Slider
American Beef Slider
Haloumi, Roast Capsicum and Pesto Slider

Sweet Potato Crisps
Potato Crisps

Potato Salad
Bean Salad

Rice Pudding
with Caramelised Pineapple and Pistachios

Nice Pear Mocktail

STATION 1

PULLED PORK SLIDER | SERVES 8

Ingredients:

8 soft slider buns

1kg slow cooked pulled pork

BBQ sauce

Red and green cabbage slaw:

¼ head of green cabbage, finely shredded

¼ head red cabbage, finely shredded

1 carrot, finely shredded

¼ red onion, finely sliced

½ cup mayonnaise

2 tablespoons cider vinegar

1 tablespoon sugar

Salt and pepper

Method:

Combine all slaw ingredients

Assemble sliders and arrange on board

STATION 2

AMERICAN BEEF SLIDER | SERVES 8

Ingredients:

2 tomato, sliced

8 cheese slices

1 lettuce, shredded

16 bacon

1/4 red onion, sliced

8 beef patty

Mayonnaise

Tomato sauce

Mustard

Pickles

8 soft slider buns

Method:

Cook beef patty on BBQ

Cook onion on BBQ

Cook bacon on BBQ

Assemble sliders and arrange on board

STATION 3

HALOUMI, ROASTED CAPSICUM AND PESTO SLIDER | SERVES 8

Ingredients:

Slices of store-bought roasted red capsicums

2 small zucchini, thinly sliced lengthways

800 grams haloumi,

8 soft slider buns

4 tablespoon aïoli or mayonnaise

200g rocket lettuce

½ cup store-bought pesto

Method:

Slice haloumi into 1cm thick slices

Slice zucchini and cook on BBQ

Cook sliced haloumi on BBQ

Assemble sliders and arrange on board

STATION 4

POTATO CHIPS | SERVES 8

Ingredients:

Packet of sweet potato chips

Packet of sea salt potato chips

Method:

Serve in a bowl

DRINKS | SERVES 8

Ingredients:

60ml pear juice

30ml lemon juice

20ml rosemary infused sugar syrup

Pear, sliced

Sprig of Rosmary

Method:

Mix pear, lemon juice and sugar syrup

Top with soda water

Garnish with pear slice and sprig of rosemary.

STATION 5

POTATO SALAD | SERVES 8

Ingredients:

3kg desiree potatoes

250g (1 cup) sour cream

190g (1 cup) good-quality whole-egg mayonnaise

1/4 cup coarsely chopped fresh dill

1/4 cup coarsely chopped fresh continental parsley

1 garlic clove, crushed

2 tablespoons finely chopped fresh mint

1 tablespoon Dijon mustard

1 tablespoon fresh lemon juice

Salt and pepper

4 green shallots, ends trimmed, thinly sliced

Method:

Place the potatoes in a large saucepan and cover with plenty of cold water. Bring to the boil over high heat and cook for 15-20 minutes or until tender. Drain and set aside for 15 minutes to cool slightly. Cut into halves or quarters.

Use a fork to whisk together the sour cream, mayonnaise, dill, parsley, garlic, mint, mustard and lemon juice in a large bowl until well combined. Taste and season with salt and pepper.

Place the potatoes and green shallot in a large serving bowl. Spoon dressing over the potato mixture and gently toss until potatoes are well coated in dressing. Serve immediately.

STATION 6

BEAN SALAD | SERVES 8

Ingredients:

750g four bean canned mixed beans

1 red capsicum

1 green capsicum

3 celery stick

1 red onion

22ml French salad dressing

Method:

Drain and rinse the four bean mix under cold water, then place in a salad bowl.

Dice capsicums, celery and onion finely, then combine with the beans.

Pour salad dressing over mixture stir and season with salt and pepper.

Serve in bowl

STATION 7

RICE PUDDING WITH CARAMELISED PINEAPPLE AND PISTACHIOS | SERVES 8

Ingredients:

440g can of rice pudding or wicked sister rice pudding

440g can pineapple chunks

1 packet pistachio nuts

Brown sugar

Glasses to serve

Method:

Toss the pineapple chunks with the brown sugar to evenly coat, then tip into a small, hot, frying pan for 2-3 minutes, turning so that the sugar begins to caramelise.

Spoon the rice pudding into glasses, then top with the caramelised pineapple and chopped pistachios.

Sliders Shopping List

Serves 8

- ☐ **Green cabbage.....** (¼ head)
- ☐ **Red cabbage.....** (¼ head)
- ☐ **Carrot.....** (1)
- ☐ **Red onion.....** (1/4)
- ☐ **Mayonnaise.....** (½ cup)
- ☐ **Cider vinegar.....** (2 tablespoons)
- ☐ **Sugar.....** (1 tablespoon)
- ☐ **Salt and pepper.....** (pantry)
- ☐ **Brioche buns.....** (24)
- ☐ **Slow cooked pork...** (1kg)
- ☐ **BBQ sauce.....** (1 small)
- ☐ **Tomato.....** (2)
- ☐ **Tasty cheese.....** (5 slices)
- ☐ **Lettuce.....** (1)
- ☐ **Bacon.....** (16 rashers)
- ☐ **Brown onion.....** (1)
- ☐ **Mini beef patties....** (8)
- ☐ **Pickles.....** (1 jar)
- ☐ **Haloumi.....** (600g)
- ☐ **Jar of roast peppers whole.....** (1 jar)
- ☐ **Zuchini.....** (2)
- ☐ **Aioli.....** (1 small)
- ☐ **Pesto.....** (1 tub)
- ☐ **Rocket lettuce.....** 200g
- ☐ **Sea salt potato chips.....** (1 large bag)
- ☐ **Sweet potato chips.....** (1 large bag)
- ☐ **Pear juice.....** (500ml)
- ☐ **Lemon juice.....** (250ml)
- ☐ **Pears.....** (2)
- ☐ **Rosemary sugar syrup.....** (250ml)
- ☐ **Rosemary.....** (1 bunch)
- ☐ **Desiree potatoes....** (1.5kg)
- ☐ **Sour cream.....** (½ cup)
- ☐ **Dill.....** (1 bunch)
- ☐ **Continental parsley** (1 bunch)
- ☐ **Garlic.....** (1 clove)
- ☐ **Dijon mustard.....** (pantry)
- ☐ **Lemon.....** (1)
- ☐ **Shallots.....** (bunch)
- ☐ **Four bean mixed canned.....** (2 x 440g cans)
- ☐ **Red capsicum.....** (1)
- ☐ **Green capsicum.....** (1)
- ☐ **Celery stick.....** (3)
- ☐ **French salad dressing.....** (225ml bottle)
- ☐ **Rice pudding.....** (2 tubs)
- ☐ **Pineapple chunks canned.....** (3 cans)
- ☐ **Pistachio nuts.....** (1 pkt)
- ☐ **Brown sugar.....** (2 tablespoons)

The T@ble: Menu Option 4 Skewers

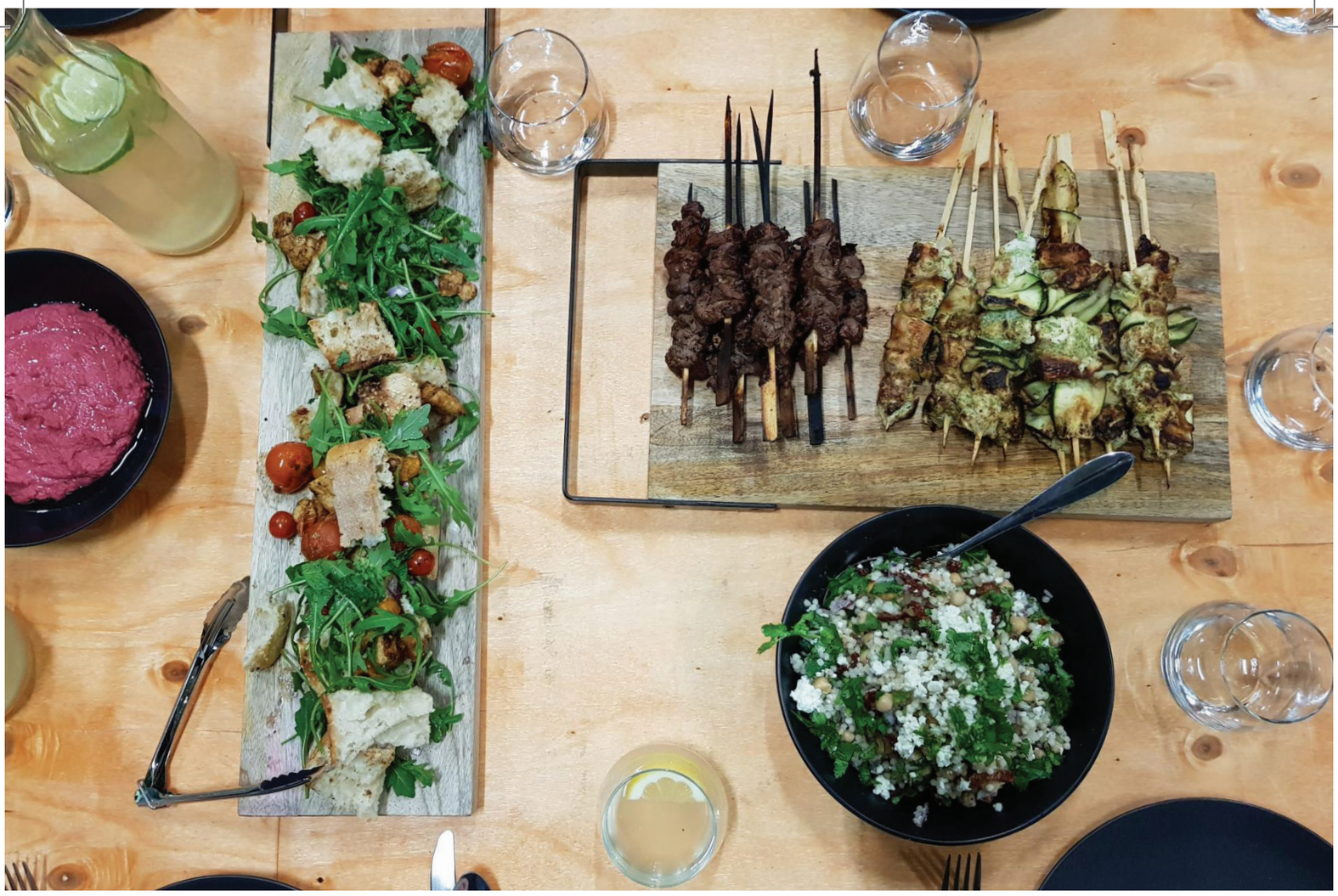
Marinated Chicken Skewers
Haloumi and Cherry Tomato Skewer
Miso Beef Skewers

Cous Cous Salad
(with Sundried Tomatoes and Feta)

Beetroot Hummus
Turkish Bread

Lemon Spritzer

Nutella Crepe Cake



STATION 1

CHICKEN SKEWER | SERVES 8

Ingredients:

500g chicken breasts

4 zucchinis thinly sliced lengthways

Marinade:

1 handful fresh coriander

1 handful fresh mint

3 cloves garlic

6 spring onions

1 red chilli

1 lemon, zest and juice

Salt and pepper

Olive oil

Method:

Cut the chicken into 2.5cm cubes and place in a bowl.

Blanch the zucchinis strips in salted boiling water for 30 seconds, then drain and allow to cool.

Blitz all the marinade ingredients (except the olive oil) in a food processor, then loosen to a paste with a little olive oil.

Add the marinade to the chicken pieces and mix well. Then weave the zucchini strips in between the chicken pieces on the rosemary sticks or skewers.

Grill for around 5 minutes, turning regularly, until cooked.

STATION 2

MISO BEEF SKEWER | SERVES 8

Ingredients:

2 tablespoon white miso paste

2 tablespoon tamari

2 teaspoon sesame oil

60ml of rice wine vinegar

1 teaspoon honey

500g beef fillet, sliced

2 cloves garlic crushed

Method:

Place the miso, tamari, sesame oil and 2 tablespoons of the rice wine vinegar in a large bowl and mix to combine.

Place half the miso mixture in a small bowl, add the honey and set aside.

Add the beef and garlic to the large bowl, toss to coat and set aside for 20 minutes to marinate.

Thread the beef onto 8 metal skewers.

Place the cabbage and remaining rice wine vinegar in a large bowl, toss to combine and set aside.

Heat a chargrill pan over high heat. Cook the skewers and the onion for 2–3 minutes each side or until lightly charred.

STATION 3

HALOUMI AND CHERRY TOMATO SKEWER | SERVES 8

Ingredients:

600g haloumi, cut into 1-inch cubes

2 cups cherry tomatoes

3 tablespoons olive oil

2 teaspoons chilli oil

2 tablespoons torn mint

Zest from ½ lime

Method

Thread the halloumi and cherry tomatoes onto the skewers, alternating between the two, starting and ending with the cheese.

Transfer the skewers to a baking sheet and brush with the olive oil.

Heat a grill to a medium-hot fire or place a grill pan over medium-high heat. Grill the skewers, flipping occasionally, until the cheese is charred in spots and beginning to melt, and the tomatoes are about to burst, 3 to 5 minutes.

Remove from the heat and transfer to a serving dish. Drizzle with the chilli oil and garnish with the mint and lime zest, and serve immediately.

STATION 4

COUS COUS SALAD | SERVES 8

Ingredients:

1 1/4 cups dried couscous

1 teaspoon vegetable stock powder

1 garlic clove, minced

1 teaspoon coriander powder or cumin

400g chickpeas can, drained

1/2 cup coriander, finely chopped

1/2 cup parsley, finely chopped (or mint)

1 red onion, chopped

220g sun dried tomato strips in oil

120g rocket lettuce

Zest of 1 large lemon, 5 tablespoon fresh lemon juice

60g feta, crumbled

Salt and pepper, to taste

Method:

Place chickpeas, couscous, vegetable stock powder, coriander and garlic in a large bowl.

Pour over hot water, shake to level out couscous. Cover with plate or cling wrap, set aside for 5 minutes.

Fluff couscous with fork. Let partly cool.

Add coriander, parsley, onion, sun dried tomatoes (including all oil), rocket and lemon juice.

Sprinkle zest across surface.

Toss well to combine. Sprinkle with feta. Serve.

STATION 5

TURKISH BREAD AND BEETROOT HUMMUS | SERVES 8

Ingredients:

450g can chopped beetroot, drained.

400g can chickpeas, rinsed, drained.

2 garlic cloves, roughly chopped.

1 tablespoon tahini (sesame paste)

1 tablespoon lemon juice.

2 tablespoons olive oil.

Warmed Turkish bread, to serve.

Method:

Place the beetroot, chickpeas, garlic, tahini and lemon juice in the bowl of the food processor and whiz to a coarse paste.

With the motor running, slowly add the oil through the feed tube until mixture is thick and smooth.

Season well, then serve with warmed Turkish bread.

STATION 6

LEMON SPRITZER | SERVES 8

Ingredients:

2 cups fresh lemon juice (about 9 lemons)

1 cup sugar

2 limes, thinly sliced

Soda water

Ice cubes

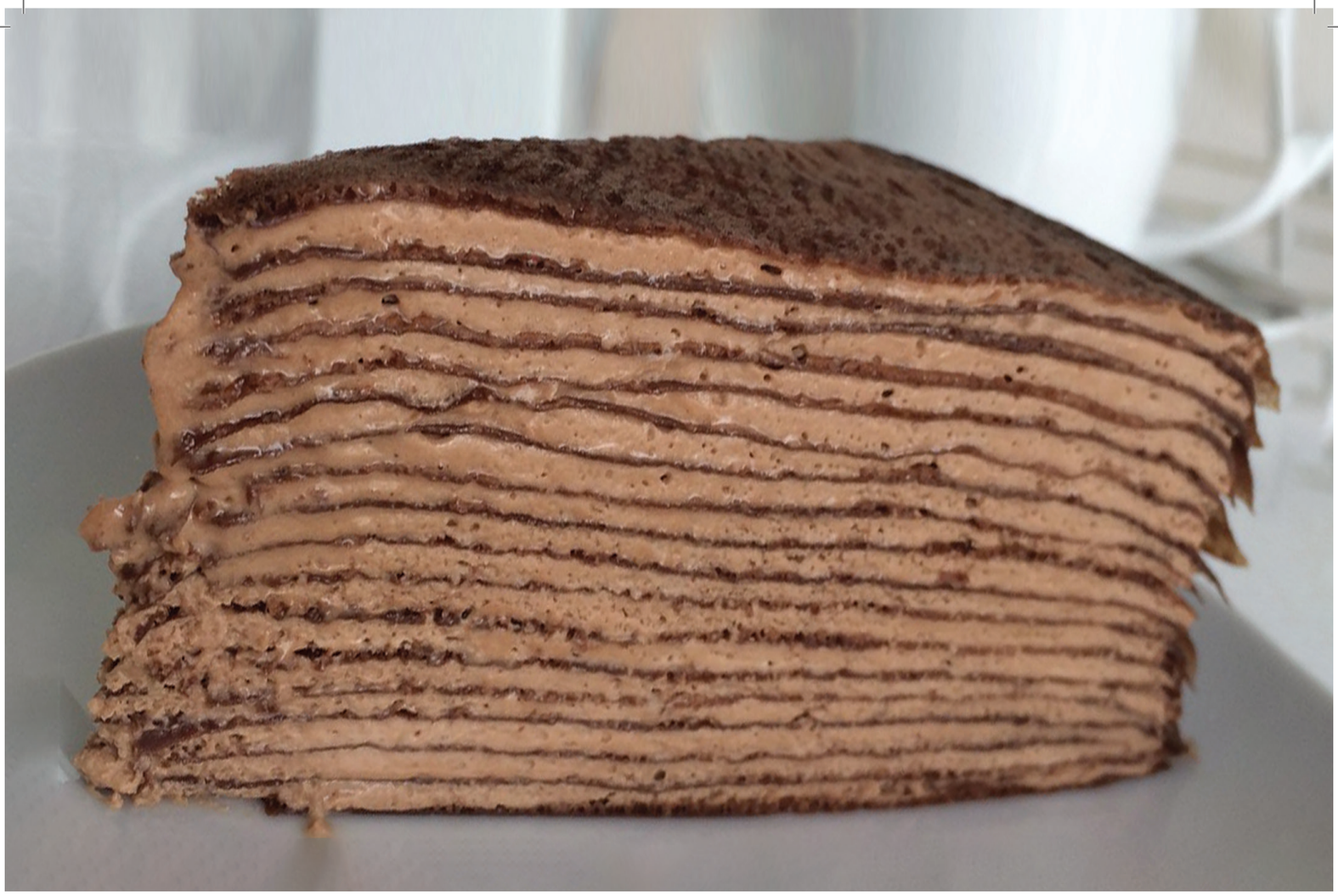
Method:

In a large pitcher, combine the lemon juice and sugar until sugar dissolves.

Add the thinly sliced limes, soda water, and ice cubes.

Make sure to stir well, but not so vigorously that you break the ice.

Chill thoroughly before serving.



STATION 7

NUTELLA CREPE CAKE | SERVES 8

Ingredients:

20 crepes

1 jar nutella

600ml cream

1 punnet Strawberries

Method:

Warm the nutella slightly, for ease of spreading.

Whip the cream.

Cut the tops off the strawberries and cut in half.

Lay the first crepe on the plate and top with nutella and cream.

Repeat and stack layers until you have reach the desired height and top with nutella and cut strawberries.

Skewers Shopping List

Serves 8

- ☐ **Chicken breast.....** (500g)
- ☐ **Zuchinni.....** (4)
- ☐ **Coriander.....** (2 bunch)
- ☐ **Mint.....** (1 bunch)
- ☐ **Garlic.....** (8 cloves)
- ☐ **Spring onions.....** (6)
- ☐ **Red chilli.....** (1)
- ☐ **Lemon.....** (12)
- ☐ **Salt and pepper.....** (pantry)
- ☐ **Olive oil.....** (pantry)
- ☐ **Miso paste.....** (2 tablespoon)
- ☐ **Tamari.....** (2 tablespoon)
- ☐ **Sesame oil.....** (2 teaspoon)
- ☐ **Rice wine vinegar...** (60ml)
- ☐ **Honey.....** (1 teaspoon)
- ☐ **Beef diced.....** (500g)
- ☐ **Haloumi.....** (600g)
- ☐ **Cherry tomatoes....** (2 punnets)
- ☐ **Lime.....** (3)
- ☐ **Cous cous.....** (1 ¼ cups)
- ☐ **Vegetable stock.....** (1 teaspoon)
- ☐ **Coriander powder..** (pantry)
- ☐ **Parsley.....** (1 bunch)
- ☐ **Chickpeas.....** (2x 400g can)
- ☐ **Red onion.....** (1)
- ☐ **Sun dried tomato strips.....** (220g)
- ☐ **Rocket.....** (120g)
- ☐ **Feta.....** (60g)
- ☐ **Beetroot.....** (450g can)
- ☐ **Tahini.....** (1 jar)
- ☐ **Turkish bread.....** (2)
- ☐ **Sugar.....** (1 cup)
- ☐ **Soda water.....** (1 bottle)
- ☐ **Store bought crepes.....** (20)
- ☐ **Nutella.....** (1 jar)
- ☐ **Cream.....** (600ml)
- ☐ **Strawberries.....** (1 punnet)

T@ble Talks

(First Night T@ble Talk. This talk will help to set the scene for future evenings)

Having an The T@ble - Meeting Strangers

How do you go with meeting new people, meeting strangers?

Do you think we live in a society that is becoming less trusting and more suspicious of people we don't know?

Meeting strangers is a bit daunting and takes a bit of trust, perhaps more than ever these days.

Have you ever tried saying "good morning" to someone when you jump on the train or bus in the morning when heading to work? People generally look at you as if you are from another planet. And that's just saying "good morning", imagine if you tried to strike up a whole conversation!

Do you remember in the old, old, old days, **telephones** just had bells when they rang? You never knew who was calling until you picked up the phone and said "Hello". Now-a-days, I don't know about you; but the ability to know who is calling me on my phone makes me much less likely to answer it. If it's an unknown number, a stranger, I am much more unlikely to answer.

It's not just meeting people in person, or answering the phone, the disconnect we have from people is happening online too. We have a (sometimes rightly) placed fear of meeting people online. Sharing our information has become potentially dangerous and so people shy away from it completely.

Our mantra has become

"If I don't know you, I am wary of you."

Maybe we have listened for too long or taken too far what we were told as kids – **"don't talk to strangers."**

What is it that is making us ***afraid*** of strangers?

> Does this happen to you?
>
> When I am watching a movie, I often am sitting judging the characters and trying to work out which one of them who initially seems nice has an ulterior motive and is going to eventually turn out to do something bad...
>
> (If possible insert an example of a time when you watched a movie and thought someone was going to be evil/turn out bad, but actually had no ulterior motive.)

So why have we become so afraid of meeting new people? Why are we so quick to assume that people have an ulterior or scary motive if we don't know them?

What makes you scared of people you don't know?

- Do you think it is because they are different to you?
- Do you think it is because you are scared of what they might ask from you, what the cost on your time, energy or money might be?
- Are you concerned about what they might do to you?
- Are you afraid that they might damage your social standing?
- Or do you simply have a lack of time? Are you too busy?

Regardless of what your reasoning is, the fear of strangers is robbing us of life and connection.

We ALL need people in our lives. We were created as **relational beings** and we thrive when we are known, loved, celebrated by others and do likewise in return.

As Christians we believe we were created this way by God. He is a relational God who stepped down into our world when we were alone and isolated and offered us relationship with Him. It is no surprise that when we reach out and invest into relationships with others that we feel, in one sense, a divine connection and completeness.

Statistics are showing us that isolation and loneliness are reaching epidemic proportions in our culture and we are seeing the physical, mental and societal costs of not connecting with others. This is a sad fact for our society.

So, if you are new here tonight, if you don't know me or others, can I say thank you! Thank you for breaking the cultural norm, the fear of meeting strangers, and meeting us, bringing and giving of yourself in this space, in conversation and food preparation.

You may be wondering: what are we selling? The answer is nothing. We don't want anything from you, we simply want you to come, gather with us, meet and create community. We want this to be a safe space for people to share who they are and what they believe. So I hope you feel welcome and celebrated and safe.

I do have one hope. I hope you come back and make this a regular community of people with whom you do life.

Considering we have been preparing, cooking and eating together let me share with you a food-image about life.

When you tell your story of life there are a few key ingredients:

- We talk about our **experiences** – "I went here, did this, saw that."
- And we add to those experiences **people** – "who I met, who I shared it with."

There is no doubt that our lives are richer when others enter them. So to, are our lives richer when we enter the lives of others. Sometimes we share the experiences of life, other times we are called to take care of people or require others to take care of us. What is known to be true though, is that life becomes small when it's just me!

William Booth, founder of The Salvation Army, sent a telegram in the 1800s to people in The Salvation Army to inspire them to live full lives.

Back then you paid for your telegrams by the number of words included in the telegram.

So Booth sent one single word. A word that would inspire them to live a full life. And you know what it was...

OTHERS

William Booth's telegram, as well as his life, was inspired and shaped by his hero, Jesus. Jesus also shared a simple yet profound message for living abundantly – live for others, particularly widows and orphans, those who are alone, marginalised and in need.

When Jesus was speaking to the people gathered around him, he told them: "I have come that they may have life, and have it to the full." (John 10:10)

Jesus shows us how to **live abundantly**, he shows the way to live in relationship with God and with each other. Forgiving, loving, showing mercy, and caring for anyone and everyone.

I think if William Booth sent an email to people today, he would first use more words, but it would probably say something like...

"Break from the fear of sharing life with others, be in rich relationships, stay connected, love and care for each other."

But then again, maybe the original telegram is all that we really need to hear – **OTHERS!**

My hope it that this gathering, will stop us from being robbed by the fear of strangers. That we would become bold to make connections and to live connected lives as we journey together.

Your table hosts have some questions that we can discuss over dessert! So enjoy (insert whichever dessert you have made for the evening here) and keep enjoying one another's company.

Questions:

What is it that stops you from connecting with people you don't know?

Personally, what are the key reasons that you need people in your life in order to live a full life?

How do you respond to William Booth's (or Jesus') focus on life being about others?

If life was really about others, and not 'self' like our society seems to say to us, what are a few things that you would do differently?

(Question Printouts section on page 68)

How busy should we be?

Tonight, I thought we would reflect, contemplate and discuss a word that I think is shaping our lives.

The word – "BUSY".

> If I asked how busy you are on a scale of 1-10, how would you respond? (Pause, let people reflect.)
>
> Our greetings have been reframed by our business. We say: 'Hi, how are you? Busy?'
>
> It's as if being busy is a mark of success. If you're not busy then what are you?
>
> But I guess the question we need to ask is "does living a busy life really mean I am living a successful life?" Or is a busy life actually an unsuccessful life?
>
> More often than not if someone says they are busy, they really mean they are stressed, tired, strung-out, worried, have too much going on and are over worked. It is such a shame that these descriptors have become our society's modern markers of success.
>
> To be busy has a COST. The cost is what gets neglected in order to maintain busy.
>
> There's a saying "stop and smell the roses." It means take time to smell, to engage with, to reflect upon the beauty of life. Have we become TOO BUSY for rose smelling?

Socrates (a Greek Philosopher who lived in the 4th century) said "The unexamined life is not worth living."

> Are we too busy to examine our lives?
>
> Are we too busy for what really matters?
>
> Are we loosing what's really important?

It seems that being busy is not something that is new to modern society.

Francis de Sales was a Bishop of Geneva. He lived in the 1500's.

He wrote *'when you begin to talk more slowly, walk more slowly, eat more slowly, then it may be possible that we can begin to do something about your spiritual life'.*

The cost of being 'busy' was clearly something discussed even hundreds of years ago.

Steven Spielberg the great filmmaker said
"Technology can be our best friend, and technology can also be the biggest party pooper of our lives. It interrupts our own story, interrupts our ability to have a thought or a daydream, to imagine something wonderful, because we're too busy bridging the walk from the cafeteria back to the office on the cell phone".

How often do you fill every minute of spare time in your life by pulling out your phone to text, call, watch Netflix or scroll aimlessly through social media?
(Insert a personal story if you have one about a time when you just say and were still rather than busy, and how this was not wasted time, but valuable time.)

How much of the richness of life awaits us in stillness when the distraction of BUSY is stripped away?

In the Bible there is a book called Psalms and in it are many songs and poems written to God and about life. In Psalm 46, the author says the following *"Be still and know that I am God."* (46:10)

When I reflect on this statement the following questions challenge me:

- Can I really explore my spiritual side without the stillness of **contemplation**?
- Can I really know what's going on for me, inside me, without the stillness of **listening**?
- Can I live a grateful life without the stillness of **reflection**?
- Can I live an adventurous life without the stillness of **dreaming**?
- Can I live a life attentive to the needs of others without the stillness of **noticing**?
- Can I live a peaceful life, a life free of worry, anxiety and stress, without the stillness of **knowing hope**.

It is worth us pondering, what is the "badge of a successful life?".

Could it be stillness, not busyness?

Let's chat more about this over our tables whilst we eat our delicious dessert!

Questions:

Where do you find stillness?

Is stillness a priority in your life?

What tools of distraction keep you busy and rob you of stillness?

How much is BUSY robbing you of the things that matter in life?

What is one thing you could change to find stillness in your life?

(Question Printouts section on page 68)

Motivation

What comes to mind when you hear the word "motivation"?

Some clever people have come up with quotes that can help us think about it.

- Napoleon Hill an American motivational speaker and author says that - "Desire is the starting point of all achievement." – So motivation is a desire...
- Stephen Covey the author of the book *7 Habits of Highly Successful People* says that "Motivation is a fire from within".
- Mum's often say "I wish I could motivate my kids to clean their room!"
- And an old English proverbs says "where there is a will...there is a way".

Motivation seems to be this powerful feeling that occurs within us, infuses with our thoughts and produces action.

I think everything we do (and don't do) has a form, a story, a motivation or desire behind it.

I'm not sure there is anything we do in life that if we stopped to consider the "why" we could not identify some motivating force behind it.

When we take a breath that is because our brain knows we need oxygen, so our lungs are motivated to inhale by the body's desire to live.

We hear stories of people who are caught out in extreme weather conditions and they are still alive because of their desire to see a family member again.

The government tries to motivate people to stop smoking using a whole range of tactics, but primarily fear.

Fear is a motivator that can stop us from doing things that we would want to do. Sometimes we are stopped from doing things that are bad for us. Other times we are stopped by fear to do good things.

What other motivators are there out there?

- Commercials use the fear of missing out on a good deal to get you to buy things.
- Funeral insurance plays on guilt as a motivator.
- We are motivated by not wanting to get punished by the law and so we stick to the speed limit.
- We are motivated by a celebrity or someone we know because we want to be like them. (We can be George Cloony if we drink Nespresso coffee right?!)
- A lack of motivation, or misplaced motivation (also known as laziness) can be a motivator too, can't it. I find that I am constantly motivated by laziness, like choosing not to go to the gym when I know it would be good for me.
- At work we can be motivated by interesting work, feeling valued and part of a team. Bosses and work-places are always trying to work out what motivates their people to do the best work possible! What motivates you at work?
- Our past experiences motivate us.
- Our morals and what we believe to be right and wrong motivate all our decisions.

There are always going to be both positive and negative motivators in our lives.

Can you think of other things that motivate you and the decisions you make?

Personally, for me as a Christian, the Bible and what it teaches is a very strong motivator for me. I want to live in a way that pleases God, so that motivates me and shapes my actions.

I've mentioned so many things that are motivators, but research coming out now is saying that **identity** is the biggest motivator for what we do, even more than fear or punishment.

We live in a world that is all about me.

"Self" is enthroned and placed at the centre and individual freedom is so highly prized that the parameters of what is acceptable have now been shifted to be "as long as it is right for me, then it is fine."

Another major key motivator is love.

I don't know if you have heard of a guy named David from the Bible. He was the King of Israel and he wrote this down about his relationship with God:

> *"When you open my ears and speak deeply to me, I become your willing servant, your prisoner of love for life. I delight to fulfill your will, my God, for your living words are written upon the pages of my heart."* (Psalm 40)

When I read scripture I see that God sets people free from fear, law and punishment by declaring that everyone who accepts Him as the Lord of their lives is forgiven and accepted forever based on what Jesus did on our behalf. He entirely removes the motivators of law, punishment, and fear and speaks exclusively to the motivators of identity and love.

Your wonderful Table Hosts have some conversation starters based on what we have looked at tonight. Enjoy discussing them over dessert!

Questions:

What are some of the motivators in your life?
Can you think of motivators that were not mentioned?

What are the thoughts and the voices that motivate you?

How much are law, punishment, fear, love and identity motivators for you? In what areas of your life do these things motivate you?

Do you want to change any of your motivators? How might you do that?

(Question Printouts section on page 68)

When Life is Lumpy

We all know that life is lumpy. You can't smooth sail through life, there are bumps along the way.

But not all lumps are the same!

Some are problems and some inconveniences, and knowing the difference is critical.

There is a saying - "don't sweat the small stuff."

It is interesting that in our western culture we try to remove all the lumps from our lives.

We strive for a 'happy place' where everything is in its right place

We strive to make sure everything works perfectly.

We want to make sure we have all we need ... really... more than we need.

But this perfect place that we try to create – this place does not exist.
And if we do happen to create it for a few moments, it can't be maintained.

This perfect idea we have in our heads, it's not life – it's a Coke commercial, it's what advertisers put before us, as an idea of a complete life.

Advertising tells us time and time again, all you need is this product and you'll be complete. But it's a lie.

The reality of our lives is that we don't live in a vacuum.

No matter how hard we work at making our lives unlumpy, people enter our world and smooth sailing turns to lumpy seas.

BUT **HERE** is the important question – do you really think that our lives are richest outside the lumps?

If we aim to remove all the lumps from our lives, we will probably also try to avoid being with other people who are going through lumps, we would avoid their lumpyness.

Jesus says “I have come to give you abundant life”. And many people interpret this as the ‘happy life’... but then he also says “I did not come to rescue you from suffering and hardship.” The fact is that following Jesus, and the way He wants us to live, will make our lives lumpy. This is because Jesus calls us to love people who, like us, have lumpy lives at times.

Jesus’ call to love others is NOT a call **from** lumpiness, but a call to **jump right into** that lumpiness alongside others.

Abundant life is not found in smooth sailing, it’s not the removal of lumps, but knowing how to live abundantly (by that I mean richly, whole, with integrity, honestly, with tears and joy and hope) as we navigate through the lumps.

Listen to this passage from a book of the Bible written by a guy called James:

> *“When it seems as though you are facing nothing but difficulties see it as an invaluable opportunity to experience the greatest joy that you can! For you know that when your faith is tested it stirs up power within you to endure all things. And then as your endurance grows even stronger it will release perfection into every part of your being until there is nothing missing and nothing lacking.”* (James 1:2-4 TPT)

James is saying in this passage that the difficulties, the lumps of life, stir up power within us to endure and endurance shapes us into wholeness.

Eleanor Roosevelt said - “People grow through experience if they meet life honestly and courageously. This is how character is built.”

Think about the lumps in your life. Think about how you approach them. Is it with dread and fear, or can you start a journey towards seeing them as opportunities?

Let’s get our dessert!

Then we can spend some time chatting together at our tables about the questions.

Questions:

How do you handle life when it gets lumpy?

Are you good at determining what’s an inconvenience and what’s a problem, and dealing with them appropriately?

What is your emotional response to life when it’s lumpy?

What is your inner dialogue about your life that runs round your head when life gets lumpy?

What do you think about the idea that the lumps of life build in us character?

(Question Printouts section on page 68)

Feelings

How are we feeling tonight? Have you ever noticed that we cannot STOP feeling – we may not be able to put into words always what we are feeling, but the fact that we ARE feeling never stops.

Feelings are our emotional response to the experiences we encounter. You ONLY ever feel based on stimulus. There is always a WHY to a feeling.

A “feeling” can be defined as - *an emotional state or reaction.*

Neuroscientist Antonia Damasio states that feelings are “mental experiences of body states” or our conscious recognition of our senses. This means that as an external stimulus occurs – the brain interprets the physical experience or reaction into an emotion – a feeling.

Take meeting someone scary in a dark corner;

I am **threatened**

I **experience** fear

And then I feel **horror**.

We have our five senses (smell, touch, taste, hearing and seeing) and these are how our physical being interprets the world we encounter. Feelings are how our emotions respond to the world we encounter.

> What are some feelings that you can feel?
>
> Call them out....
>
> (Pause and leave time for people to resond)

Did you know that there are over 300 different types of feelings!

And we were not really taught these were we?

Feelings are not like a language. You didn't go to "How to Feel" classes when you were a child, in fact you were born feeling.

Feelings are universal across culture and time. We feel in Australia today just the same as the people 'felt' in the time of The Roman Empire. Our feelings are not based on, or shaped by, where we live, or when we are alive in the history of the world or the culture in which we live. They are interwoven into the very fabric of every person, they are part of our created being.

Have you ever had someone say to you; "stop feeling that,' or 'you shouldn't feel that way.' We talk like this but in reality, feelings don't really have an on-off switch do they?

It's really interesting to note that there are some feelings that we run passionately towards and others we run desperately away from. Many of us will go to any length to experience, or even avoid, certain feelings. But, we cant control the emotional responses we have - they just come.

Gustave Flaubert a French novelist from the 1800s said:
"One can be the master of what one does, but never of what one feels."

Let me state two things about feelings:

1. You can't avoid feelings (try as you like)
2. Feelings are powerful

So what do we do with these feelings?

We are told in the Bible that God has designed us to have feelings and knowing them, and being in-touch with them, helps us to know where our heart is.

We see lots of different types of feelings in the Bible. We see **delight** in the Psalms as the psalmist looks at creation and marvels at God. We see the **affection** Paul has for those who he has shared the good news of Jesus with. We see Peter have **fear** when he is questioned just before Jesus death. We see Jesus angry at the way people are extorting people for money in the temple and we see **joy**, in countless circumstances, time and time again.

Feelings are powerful forces.

We need to make sure that we are wise people who are not driven solely by our feelings but who use our feelings as a guide. We don't want to try to banish or ignore our feelings because they are good gifts given to us, but we do need to make sure we control them.

The book of Proverbs in the Bible, which is considered the Book of Wisdom says this about people who are ruled by their feelings.

> *"Like an open city with no defenses is the man with no check on his feelings."* (Proverbs 25:28)

What are your feelings on feelings?

Your table host has some questions to discuss as a group, so grab some dessert and enjoy your table discussions!

Questions:

What are the most powerful feelings you experience?

Do you think that all feelings are good? Why or why not?

What do your feelings tell you?

Do you think you should make decisions based on your feelings?

Do you let your feelings define you? "I am ....."

Do you use your feelings as a barometer on your life?

(Question Printouts section on page 68)

Purpose

The wonderful Audrey Hepburn once said:

"The most important thing is to enjoy your life, to be happy, it's all that matters."

It seems to me that our culture relentlessly chases after the ever illusive "happy place." Have you noticed that basically everything that is ever advertised is screaming to us "THIS is what will make you happy!"

Almost every advertiser claims is:
"by having this product, you will be able to grasp the illusive 'happy place'".

Happiness in our world seems very tightly linked to purpose. If you work out your purpose and go for it – you will be happy.

> Have a listen to these quotes about purpose, do any of them ring true for you?
>
> - *"Don't ask what the world needs. Ask what makes you come alive and go for it."* Anonymous
> - *"The purpose of life is a life of purpose".* Robert Byrne (American Chess grandmaster)
> - *"He who has a why to live can bear almost any how."* Friedrich Nietzsche (German Philospher in 1800s)
> - *"People without a vision perish."* (Proverbs 29:18)
>
> How important is having a purpose in life to you?
>
> If someone asked you "what is your purpose in life" do you think you could articulate it?
>
> Does your life's purpose shape your decisions?

The Bible has quite a bit to say about purpose.

Jesus says the purpose of your life is to follow Him.

In the Book of Luke, which records one of the historical accounts of Jesus life, Luke records Jesus as saying: “Deny yourself and take up your cross daily and follow me.” (Luke 9:23)

Jesus calls people to three ideas that are really different to the self-fulfilment and “pursuit of happiness” ideas that permeate all of our culture.

He says:

1) Deny yourself 2) Sacrifice 3) Submit.

This is the complete opposite to the message of today’s society.

The focus of this sacrifice He has called us to is best summed up as: 1) Love God and 2) Love others.

In the Book of Matthew, another historical record of Jesus; life He is recorded as saying:

> *“'Love the Lord your God with every passion of your heart, with all the energy of your being, and with every thought that is within you.' This is the great and supreme commandment. And the second is like it in importance: 'You must love your friend in the same way you love yourself.'”* (Mathew 22:37-40)

Imagine a life of purpose that is for others, to follow Jesus, to love God and others. It seems odd – but in my experience a live lived like this is a life that has ULTIMATE PURPOSE!!!

Anais Nin, a French American novelist in 1900s said that our “Life shrinks or expands in proportion to one's courage.”

Do we have enough courage to shape lives against the tide of the world and the culture that surrounds us and to live a life of purpose for others?

Questions:

What are some of the most important things in your life?

- **Now?**
- **In the next 12 months?**
- **In 5 years’ time?**
- **In your whole lifetime?**

How would you articulate your life’s purpose?

How do you respond to the call to deny self and to sacrifice for others and submit your life to God?

How much are we shaped by our culture and not our convictions?

Do you think it is courage that we need to live a purposeful life?

(Question Printouts section on page 68)

Question Printouts

Questions:

What is it that stops you from connecting with people you don't know?

Personally, what are the key reasons that you need people in your life in order to live a full life?

How do you respond to William Booth's (or Jesus') focus on life being about others?

If life was really about others, and not 'self' like our society seems to say to us, what are a few things that you would do differently?

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Having an The T@ble - Meeting Strangers

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Questions:

Where do you find stillness?
Is stillness a priority in your life?
What tools of distraction keep you busy and rob you of stillness?
How much is BUSY robbing you of the things that matter in life?
What is one thing you could change to find stillness in your life?

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How busy should we be?

How busy should we be?

How busy should we be?

How busy should we be?

Questions:

What are some of the motivators in your life?
Can you think of motivators that were not mentioned?

What are the thoughts and the voices that motivate you?

How much are law, punishment, fear, love and identity motivators for you? In what areas of your life do these things motivate you?

Do you want to change any of your motivators? How might you do that?

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Motivation

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Questions:

How do you handle life when it gets lumpy?

Are you good at determining what's an inconvenience and what's a problem, and dealing with them appropriately?

What is your emotional response to life when it's lumpy?

What is your inner dialogue about your life that runs round your head when life gets lumpy?

What do you think about the idea that the lumps of life build in us character?

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When Life is Lumpy

When Life is Lumpy

When Life is Lumpy

When Life is Lumpy

Questions:

What are the most powerful feelings you experience?
Do you think that all feelings are good? Why or why not?
What do your feelings tell you?
Do you think you should make decisions based on your feelings?
Do you let your feelings define you? “I am .....”
Do you use your feelings as a barometer on your life?

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Feelings

Feelings

Feelings

Feelings

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- **In the next 12 months?**
- **In 5 years' time?**
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Purpose

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