

(RE)CONNECT SUNDAY

INSTRUCTIONS FOR LEADERS

Room Leader

We will have people in the Fellowship Center, the Lounge and Room 106. Dor will have given a 2-minute introduction to our meal and to Suppers in the Meetinghouse at the end of worship, and will let people know that there will be a brief table conversation when all are seated in the Fellowship Center. When all are seated, the room leader (Dor, in the Fellowship Center, Cindy in the Lounge, and [Erin??] in Room 106), will introduce the table conversation:

- Each person has a card at his/her place setting. There is at least one leader per table to help facilitate the conversation.
- Please follow the instructions on the card. The intent is for only about 10-15 minutes of structured conversation – the rest is time to chat, catch up or get to know!
- At suppers, an important element for facilitating table fellowship is the use of the spoon. The person holding it is the one talking – please explain that practice.
- After your conversation and when your table is ready, please join in a loud Amen, and commence eating. The “Amen” is the signal to serve your food!
- Youth table servers will bring the quiche to you when they hear the Amen...and are there to provide you anything your table needs.

Table Leader

*The table leader’s job is rather easy – since all the instructions are printed on the “menu” card, placed at each table setting! Read through it now to familiarize yourself with it. Please introduce yourself (and your co-leader if there is more than one leader), and your role(s) in the church; if you’re familiar with The Suppers Programs, let them know that too. Indicate that you are there to welcome them, and to answer any questions they have about the church. Then simply direct them in the steps printed on the card. **When they are finished reading about The Community Well, please encourage them to fill out the form at the bottom, and to be sure to leave the card at the table!***

Notes: For the introduction, to keep the time tight, please ask each person to say just their name, and one word or phrase for “the most interesting thing I ever ate.” E.g. “Chocolate covered grasshoppers”. The key role you have is to share with the group a little more information about The Suppers Programs, when you come to that item on the table discussion “menu.” Please read the paragraph below. If you are a trained Suppers Program leader, let people know you can answer their questions specifically about Suppers. If you’re not, let people know they can get more information by contacting us through TCW’s website (communitywellnj.org).

The conversation ends with a brief discussion of a single question: How have you experienced the way food/eating makes you feel? – which is an important concept in Suppers. Please use the “talking spoon” for this discussion. Finally – you need to close the formal conversation – bless the food with a loud group AMEN! Loud – since that signals the servers to bring your main dish!

ABOUT THE SUPPERS PROGRAMS: If you aren't familiar with Suppers yet, it is a network of peer-led support groups for people who must change the way they eat and live in order to be well. Trained volunteer facilitators run meetings in their homes and church kitchens, about 40 meetings per month. Each meeting involves the preparation and eating of a delicious meal made without processed ingredients and the most common inflammatory foods while emphasizing fresh produce. People attend for a wide range of reasons, from wanting to learn to prepare healthy food deliciously to preventing or reversing food-driven diagnoses like diabetes, obesity and autoimmune diseases. Suppers is highly adaptable and is serving in diverse communities, wherever people want to meet others who want to work on a healthier life. Suppers Shalom and Masala Suppers are already running meetings and we look forward to a new emphasis in church settings on faith, food and health.