



April 2022

Dear Friends,

The Power of Sharing a Meal and talking together

Over the past few weeks, I have been thinking a lot about what it means to share a meal with someone. Over the years I've shared many meals at *Just-a-Bite* in Fenny Compton and *Pensioners Lunch* in Northend, not to mention the numerous, Harvest meals, Burns Night and Passover meals. As I sit down to these meals both with people I know quite well and with others I barely know at all, it has been wonderful to see how the food on the table brings us together - it lightens the mood, it shifts the dynamic, develops rapport and it strengthens the bonds that we are building.

The food can become a topic of conversation and leads to discovering shared experiences and interests. At one of these meals, someone humorously recounted his childhood when he was the slowest eater in his family and everyone would have to sit and wait for him to be finished before they could move on to dessert. At a community Christmas dinner, a number of us discussed a shared love of Brussels sprouts, whilst others groaned. Both of these moments were full of joy and deepened friendships.

The connections that are built when sharing a meal, whether it's with your family or with others, are powerful. Food is not only meant to sustain and nourish us, but it's also meant to fulfil us. It's intended to be pleasurable and enjoyable and to offer social connection. Church services are meant to be like this - to refresh us, feed us spiritually, to build community and communion together. But all too often that isn't the case. People feel the services we hold are old fashioned, too formal and quite alien. *Most people I know aren't looking for a church that answers all of their questions, but rather a space in which they feel safe to ask them.* I've often been asked if we could hold a more informal, easy-going, family friendly *gathering* where they can ask questions, explore what Faith is and where parents can relax if the children are children. I call it a *gathering* because *service* speaks of formality.

Well, we've done just that. We have started "**Breakfast† - food for thought**" to be held on the 4th Sunday of every month in Fenny Compton Village Hall (because it has a kitchen to prepare breakfast). We start at 10am with a breakfast of tea, coffee, fruit-juice, croissants and brioche and at around 10.30am, as we continue breakfast, we go into a very informal, easy-going family friendly, all-age faith gathering. There will be quizzes and simple colouring or a craft to ponder on if you wish over breakfast and each month we will choose a different topic to discuss which is relevant to us all. In February being the month with Valentine's Day we talked about love, in March it was Mothering Sunday and we talked about Mother's and those who have cared for and nurtured us. Come along and find out what topic we choose this month.

Breakfast†
...food for thought

- ...family friendly faith
- ...easy-going
- ...very informal

...Tea, Coffee
...Fruit juice
...Croissants
...Brioche

10am, 4th Sunday each month
Fenny Compton Village Hall

Sharing meals is a fundamental component to our physical, emotional and spiritual well-being. Over meals we can talk, be silent and listen, ask questions, eat, drink and be merry. So as we sit down for breakfast, whether with family, friends, or neighbours, I hope that we are able to savour not only the flavours on our palates, but also the connections that we build.

Rev'd Nicki