

Simple principles can help bring us together at the table

Begin where you are

What is your practice of eating together now? What goals make sense for you now?

- Dinner at the table daily? Once a week?
- A Sunday meal once a month?
- A Saturday brunch once a month?



Connect with the Lord

In one sense, the Lord is our host for every meal: the One who has provided everything. In another sense, the Lord is a guest whom we welcome. What habits could help you to honor His presence at your table?

- Begin meals by lighting a candle?
- Invite each person at the table to share a prayer request before praying?
- Incorporate celebration of feast days and seasons of the Church year?

Connect with one another

What can you do to be more fully present at the table? Or are there habits that would facilitate connection?

- Invite each person to share one thing—good? Bad? Surprising?—from their day
- Look for ways to defer conflict from the table to another place / time?

Work together

A family table works best when everyone pitches in to help. If one person cooks, another does dishes. Even young children can set the table or fill water glasses.

Build from there

As your table becomes an established habit, you can build from there. As Christians, we are always called to invite others in! Whom could you include at your table?

