

How Awesome is this Kitchen!:

Sharing Recipes and Stories that Fill Our Souls

Cornerstone 2021

Welcome to Our Session! I am so looking forward to inviting you into my kitchen where we will cook together and share stories of the people who taught us, fed us, and inspired us to be the people we are today. Please take some time before this session to decide on a dish you would like to cook. More info that might help you decide can be found in our [pre-session instructions](#). I look forward to seeing you in the kitchen!



Nana Layne's Noodles, Bubbie Ruth's Chicken, Uncle Bernie's Borscht... There are some dishes that do a lot more than fill our bellies, they carry our stories, they nurture our souls. In this session we will gather in our literal kitchens to share stories and recipes, to ground ourselves in the food and comfort of our ancestors, and to think and talk about the traditions we want to pass on and hold onto when we return to the metaphorical kitchens that are our camp communities.

Agenda

- Welcome & Framing
- Opening Round (Introductions)
- Group Discussion (Inherited Values)
- Buddy Breakout (Sharing Stories)
- Group Discussion (Inspired Actions)
- Buddy Breakout (Bringing it Back to Camp)
- Group Discussion (Bringing it Back to Camp)



Pre Session instructions

In this session we will be cooking!

The kitchen, as a setting, invites a different kind of conversation. Although we will all be in our homes and not in the same kitchen, and although we will not all be cooking the same thing, we can capture the mood of the kitchen. So, if possible, please call in from your kitchen.

Please be ready to share something about the dish you are making. It should be a dish that you learned from someone important to you. It can be an old family recipe, a dish associated with an elder or ancestor in your community, or something that feels representative of your cultural inheritance.

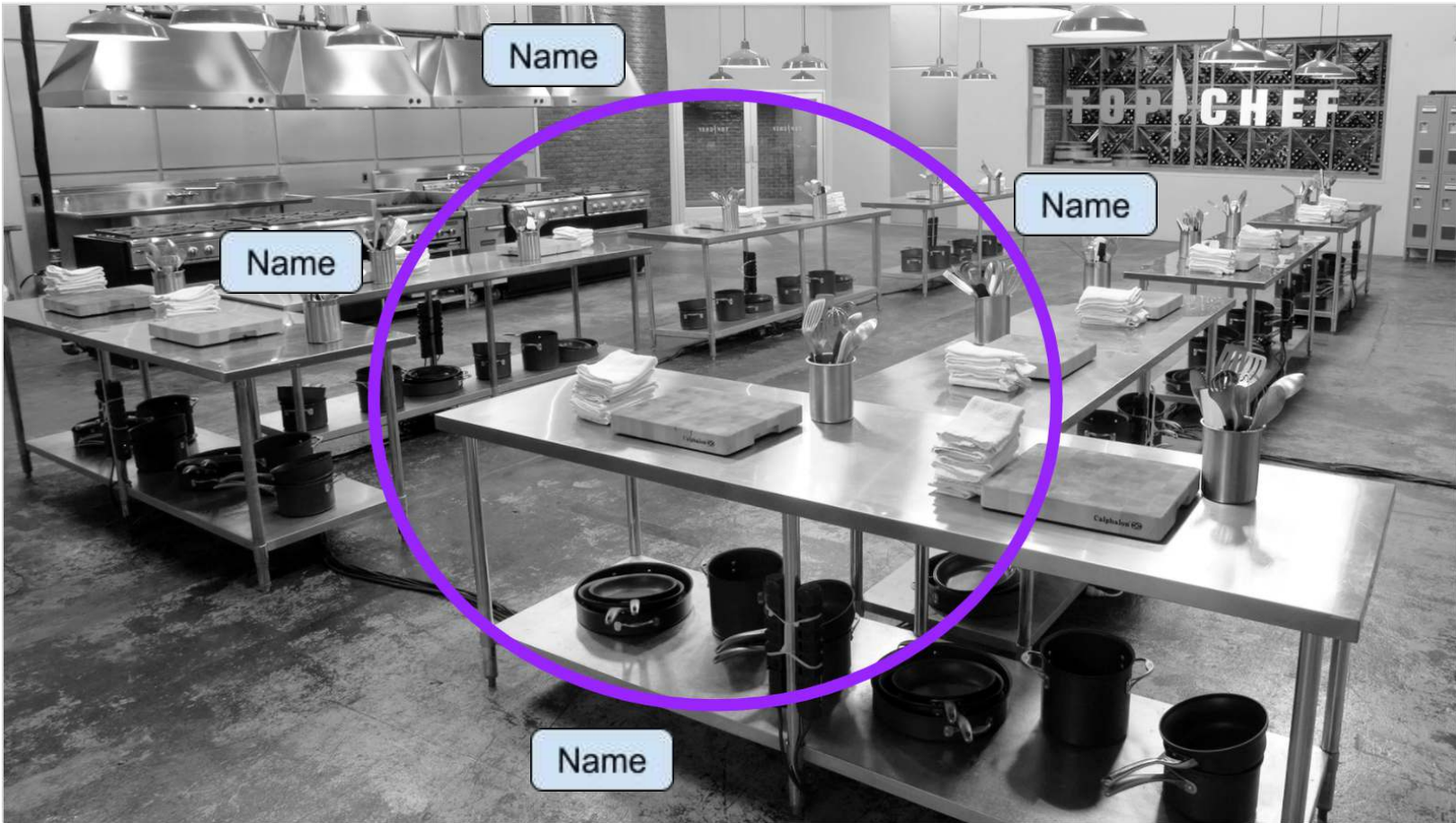


Welcome & Framing



Opening Round (Introductions)

Share: your name, what are you cooking, and whose recipe is it?



Group Discussion (Inherited Values)

What is a value you have inherited from your culture/community/ancestors, that has come through a cooking or eating tradition/practice?



Buddy Breakout (Sharing Stories)

With a partner share:

Your recipe

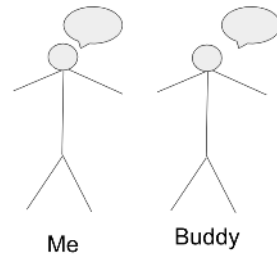
&

A story of eating, learning, or making this dish

Or

A story about the ancestor that this dish calls in

Share with a Buddy...



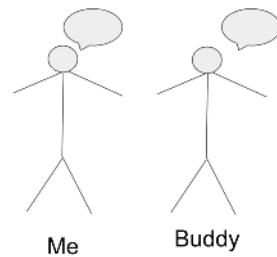
Group Discussion (Inspired Actions)

What is something that you have been called to do in the world that is inspired by the ancestor/ancestors you have been thinking and talking about?

Buddy Breakout (Bringing it Back to Camp)

How might you adapt this activity to run it with your campers?

Share with a Buddy...



Group Discussion (Bringing it Back to Camp)