

Feeding Your Family's Soul Dinner Table Spirituality

[#family dinner spirituality](#) [#soulful family meals](#) [#dinner table conversation](#) [#spiritual family bonding](#) [#mindful family eating](#)

Explore how your family dinner table can become a profound source of spiritual connection and emotional nourishment. Discover practical ways to infuse spirituality into your mealtimes, fostering deeper conversations, strengthening bonds, and feeding not just the body, but also the soul of every family member.

Each publication is designed to enhance learning and encourage critical thinking.

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Feeding Your Family's Soul

Today's parents consistently struggle to meet their deadlines and check off their "to-do" lists, and are often stressed, exhausted, and lamenting. This often results in well-meaning parents putting off their children's faith formation for "another time" or relying on others to teach their children. This book is uniquely suited to come to their rescue. Feeding Your Family's Soul: Dinner Table Spirituality is a vital tool to enable parents to transform a regular dinner time into a prayerful faith lesson for their elementary school to high school aged children. It will indeed help to fulfill the Catholic Church's vision for evangelization in the family and beyond. Through 52 fun and creative faith lessons (one for each week of the year), this one-of-a-kind book will encourage parents and caregivers to seize the opportunity in teaching the Catholic faith to the children (the captive audience waiting to eat!) while gathered at the dinner table, and while reminding them of the value of coming together as a family to break bread and share hearts.

Feeding Your Family's Soul

Donna-Marie Cooper O'Boyle's new book gives families a faith-based structure for engaging one another around the dinner table. She has 52 themes (one for each week of the year) that include prayers, a short lesson, reflection questions and family activities.

52 Weeks with Saint Faustina: A Year of Grace and Mercy

Walk with St. Faustina through the year, guided by weekly meditations written by popular author and EWTN host Donna-Marie Cooper O'Boyle.

Dinner Table Devotions

Join popular author and Bible teacher Nancy Guthrie around the dinner table for good conversation and spiritual nourishment with your family. Compiled from the widely successful One Year Dinner Table Devotions and Discussion Starters, this 40-day devotional is the perfect gift for families of all ages,

providing: Solid biblical insight on major topics and themes in Scripture Reflection questions to engage the whole family and encourage spiritual discussion Daily verses to read and memorize Over the course of the next forty days, your family will develop a deeper understanding of who God is, what he is like, and what he expects from all of us. Coming together around the dinner table, your family will embark on a journey of understanding why we need a Savior and what it means to place our faith solely in Jesus.

Come to the Family Table

In our busy world, family time around the dinner table is easily displaced by other things. Ted and Amy Cunningham call parents to a slower way of living that allows them to intentionally build into their family's relational and spiritual fabric and into the community around them. No more rushing to the table for a quick bite so we can get back to our other activities. Prioritizing mealtime slows us down long enough to enjoy our food, each other, and Jesus. Inspired by the slow food movement, Come to the Family Table seeks to encourage families with intentional strategies to engage one another and create the table as a space for practical ministry to their community.

Our Lady's Message

In this warm retelling of the story of Our Lady of Fatima, Donna-Marie Cooper O'Boyle unfolds vividly before the eyes of children the mysterious radiant holy Lady who suddenly appeared to three peasant farm children in Portugal. At a tumultuous time when the First World War was at its height and Portuguese farm families were devastated by the horrors of the Great War, miraculous events mysteriously occurred in 1916 and again in 1917 in an obscure little agricultural hamlet in Portugal. As Lucia, Francisco, and Jacinta were grazing their flock of sheep, a great white Angel emerged, preparing the little shepherds' hearts and souls for what was to come. Soon, the Queen of Heaven appeared over a little holm oak tree, bringing many graces and important messages about penance, prayer, and peace. She even performed a miracle—the Great Miracle of the Sun – to prove her message was from Heaven, a message that would wake up the sleepy village and ultimately change the world! In reading this beautifully-illustrated chapter book, children will walk in the footsteps of Lucia, Francisco, and Jacinta and will be led to ponder Our Lady's message and how it should be applied to their own prayer lives. Award-winning author and journalist, catechist, and EWTN television host Donna-Marie Cooper O'Boyle's love for children and family shines through these pages. A master storyteller, she now presents this authentic book which reads like a page-turning novel for children ages seven to one hundred and seven.

Feed the Body - Nourish the Soul

Did you ever expect to have so little time with your family? Do you feel like you meet your family coming and going, as everybody races off to jobs, schools, sports, dance classes, music lessons and church activities; catching only glimpses of each other's day? Are you there? If so, this devotional book is for you...to bring your family together at the dinner table. In these pages, you will find meal plans, recipes and devotionals presented in a unique way that will allow you to use the meal itself as a visual illustration of eternal truths from God's Word - relating the food at the table to food for one's soul. Start feeding souls as well as bodies at your dinner table, as your evening meal becomes a cherished time for reconnecting with each other...and with the Lord. Beth Lyle is a wife, mother, and grandmother who loves God. She is a former student of Trinity Seminary and a passionate believer in the power of God's Word. She is a Teaching Director for Community Bible Study, a featured retreat speaker and sings in a ladies' trio, One Heart. As a home-school mom, she realized the importance of teaching children at a young age to love God, and to make Him the most important part of life. "Children must know that to miss God is to miss everything." Her desire is to see families talk about God in a relaxed setting, making Him as real as the air they breathe - "just as we do not see air, but it is there...so is God." Beth resides in Greenwood, S.C. with her husband, Andy, and their daughter, Anna.

Saving the Family

Family meals make for happy families ... when you approach them properly! These hale and hearty pages show you how to transform your family mealtimes into joyful occasions that even teenagers will love. From hundreds of happy families worldwide, acclaimed television chef Rev. Leo Patalinghug has gathered scores of practical tips that foster gratitude and conviviality at mealtimes. They'll work in your home, too, strengthening the ties that bind, no matter how emotionally close or distant your

family members may presently be. Read these pages to learn how to initiate pleasant mealtime rituals, deal with difficult dinner conversations, and, more importantly, steer your loved ones through the joys and tribulations of everyday life. With the help of Rev. Leo's keen spiritual insights as well his many conversation starters, real-world exercises, and sublime recipes, you'll soon find yourself nourishing your family — body, mind, and soul — one meal at a time!

The Art of Family

It is not the lack of time that crushes our family lives; it is the lack of presence, overwhelmed as we are with the tasks, anxieties, and guilt of being in a family. Between working, housecleaning, and parenting, how do we carve out a minute for ourselves? How can we give ourselves to our spouses and children in the conditions we find ourselves in? Gina Bria writes, "This is how: by being present—not in every moment [we're tired enough!]¹—but in key daily activities such as play, spiritual discussions, tender physical attention, and little daily rituals that can see us through the pace of life today to a strong, coherent, lived family life." With a warm, compassionate tone, anthropologist, nutritionist, and public speaker Gina Bria provides ideas for creating families that withstand the pressures of modern society. The key is creating a personal family culture around the domestic rituals associated with family, such as making your home your true haven from the outside world, really understanding how to play with your children and in your marriage, caring for each others' bodies (young and old!) and finding a spiritual path to travel together. In essence, Gina Bria shows us how to assign meaning to everyday tasks, which builds a family that withstands conformity, rejection and conflict.

Fifty Ways to Feed Your Soul

Forget special spandex clothing. Forget, too, any complicated spiritual rituals or expensive workshops. Readers of *Fifty Ways to Feed Your Soul* don't need any special props or instruction to find peace and serenity. Instead they get tried and true advice from people just like themselves, the readers of *Spirituality & Health* magazine. Author Rosemary Cunningham, a regular contributor to *Spirituality & Health*, invited the magazine's readers to reflect on their daily lives and share the simple actions that nourished their souls. With black-and-white photos throughout, *Fifty Ways to Feed Your Soul* is the perfect inspirational--and practical--gift for anyone on any occasion.

Finding Your Soul Family

In this book, Alison Wem offers a new approach to managing stress and anxiety in our 21st-century lives. *Finding Your Soul Family* provides you with techniques to help you know yourself better and to enhance your sense of personal calmness so you can be more effective at work and live more harmoniously at home.

Feeding Your Soul with Food from the Father's Table

About the Book *Feeding Your Soul with Food from the Father's Table: 30 Daily Inspirational Devotions* explores the spiritual questions that people ask themselves. This text attempts to answer those questions from a biblical point of view. This self-help book of spirituality and faith will help its readers to find the help and the answers that they long for using the word of God to direct and answer them. This text will help those who need a hand to help them through difficult times through thirty days of inspirational devotions to guide them. About the Author Dr. Willie R. Hill, Sr. was born in Flint, Michigan in 1954. He currently resides in Falkner, Missouri. He is a volunteer chaplain at the local community hospital. Hill is also a member of his local chapter of the NAACP. He has three children and six grandsons. In his free time, he enjoys building wood carvings and decorative pieces, playing chess, and being outdoors for activities such as farming and yard work.

LITTLE BOOK ON SOUL CARE.

Spiritual Food or SOUL FOOD is just as important to eat as eating breakfast, lunch or dinner! I am sure you have heard this phrase before, "YOU ARE WHAT YOU EAT!" It is usually a statement that is made in reference to food. However, it can also be applied to the things we "feed" our thoughts, minds and spirits on a daily basis. The foods we eat are responsible for sustaining our physical bodies and allowing us to maintain good health. Likewise, the PROSPERITY of our SOULS depends on our SPIRITUAL FOOD CHOICES. In other words, what we put in our MINDS by way of our EYES, our EARS, and our MOUTH and the WORDS that come out of our MOUTHS, have the potential to nourish or deplete us

SPIRITUALLY! As Believers, we must be sure we are constantly feeding our spirits with the right things, which should mostly or even ALWAYS come from the God's Word.

Spiritual Soul Food

Make your table a place where your family and friends long to be—where they will find rest, renewal, and a welcome full of love. Beloved author Sally Clarkson (*The Lifegiving Home*, *Own Your Life*, *Desperate*) believes that meals lovingly served at home—and the time spent gathered together around the table—are a much-needed way to connect more deeply with our families and open our kids' hearts. Food and faith, mingled in everyday life, become the combination for passing on God's love to each person who breaks bread with us. In *The Lifegiving Table*, Sally shares her own family stories, favorite recipes, and practical ideas to help you get closer to the people you love . . . and grow in faith together.

The Lifegiving Table

"[This book] is a guidebook for parents using modern, everyday reality and universal, life-affirming themes to expand spiritual awareness in the home. It is non-denominational in nature and focuses on principles such as soul to soul versus role to role, oneness, self-love, boundaries, authenticity, joy and gratitude inviting spiritual development for both parent and child" -- p. [4] of cover.

Soul to Soul Parenting

As God-conscious families, we all struggle to maintain a vibrant faith that will lead to strength and happiness in the midst of declining social values and daily challenges. Marital commitment, child rearing, financial stewardship and family harmony are problems that can become intensely magnified, draining our joy and ability to sufficiently thrive. Overflowing with Biblical teaching, practical examples and real encouragement, *Soul Food and Living Water* provides the spiritual nourishment you and your family need. Written in culturally sensitive language, reflecting the rich heritage and strong's faith of African Americans, *Soul Food and Living Water* refreshes and equips families for today's challenges. *Soul Food and Living Water* is a personal invitation to come and dine at the Lord's table, to be comforted in His presence and to feast upon His Words. So eat well and drink deep!

Soul Food & Living Water

In this updated version of a classic, John-Roger outlines the goal of the family this way: "The family is the foundation of society. Love is the foundation of the family. God is the foundation of love. Families are brought together to refine and sandpaper each other and then to move that refined consciousness into awareness of soul." The four chapter include: Husbands and Wives, Kids, Love and Discipline, and Family and Home.

The Spiritual Family

Find Joy Thru Spirituality The You in You explores the concept of spirituality, asking questions and challenging children, adults and families to discover who they are on the inside and how they interact with the outside world. Parents can use it as a guide in building a good spiritual and philosophical foundation with their children that transitions into everything they will encounter in life. *The You in You* is insightful for people of all ages

The You in You

Joined by Grace introduces engaged and newly married couples to the rich traditions of Catholic prayer: how Catholics pray, texts of our most commonly used prayers, and a primer on devotions. A warm invitation to the faith and a simple approach to Catholicism, *Joined by Grace* is a book for beginners and those who want to know more about Catholic prayer life. The book offers guidance about the ways to pray, background information on prayers and devotions, and simple how-to-instructions. Family members and friends, as well as pastors, mentor couples, and others working in marriage ministries will find this a perfect gift for engaged and newly married couples. Couples can learn how to pray spontaneously, offer thanks and praise, petition God, and express sorrow. There is guidance on blessings, praying with scripture, and liturgical prayer. The book also can be used to learn common Catholic prayers such as the Our Father, Doxology, and Hail Mary. Beyond the most essential Catholic prayers, the book offers insight and instruction for participating in the great devotions of the Church

such as the Stations of the Cross, the Rosary, the Angelus, and Eucharistic Adoration. The last part of the book offers meditations on the seven sacraments as conduits of grace in our everyday lives.

Joined by Grace

Nothing satisfies our hunger for good food and good friends like sharing a home-cooked meal. And nothing satisfies our hunger for God like time spent in prayer or reflecting on his Word. Combine the two and you have a recipe that will delight your soul. Through 90 readings and more than 50 recipes, *The Kitchen Devotional* offers you a daily serving of faith and encouragement. You'll enjoy reading about · gathering with family and friends · lessons learned in the kitchen · the ministry of hospitality · feasting on the Word · the ingredients of a memory · the recipe for soul care. Whether you're the consummate host, the ultimate foodie, or just someone who loves spending time in the kitchen or gathered around the dinner table, you'll savor the timeless truths found in these pages.

The Kitchen Devotional

Tim and Sue Muldoon bring a wealth of experience as parents, spiritual guides, and religious educators to a practical book for parents that offers six sacred rules for integrating faith formation into everyday family life. This basic guide to family spirituality not only provides parents with the practical tools they need but also offers the refreshing perspective that faith is not about adding to our to-do lists. Rather, it means doing what we already do with a new attentiveness. Drawing from the treasury of Ignatian spirituality and the breadth of Catholic tradition, the Muldoons present six sacred rules that encourage, stretch, and revitalize family faith—helping parents give their children basic lessons in learning to pray, deepening love, widening faith, and cultivating a spiritual vision of life.

Six Sacred Rules for Families

This a–z of self-care takes you through the alphabet of cultivating purpose, inner peace, and joy in your life. *Find Your Glow, Feed Your Soul* is the perfect gift for a loved one who needs a boost (yourself included). From the letter a for acceptance to the letter h for harnessing your bravery to the letter z for zeroing in on what you want, you'll learn how to incorporate happiness and gratitude into your daily routine while also spending some time discovering a more spiritual you. Each chapter is a beacon to help you discover your inner glow, with self-exploration exercises at the end to help you cultivate the quality it highlights. We could all use a little more inner glow. So many of us let fear and self-doubt dictate our lives in big and small ways—keeping us from making a new friend or preventing us from going back to school or feeling happy or simply being our best selves. With *Find Your Glow, Feed Your Soul*, you can easily learn to practice mindfulness and incorporate positivity into your everyday life. You'll find words of encouragement whenever you need them in this beautiful little nightstand book. Find ways to create a more spiritual, soulful, and happier you with this gorgeous devotional begging to be gifted. Words of encouragement and inspiration from women around the world come together in the *Everyday Inspiration* series from Rock Point. Follow the journeys of hundreds of strong female leaders from past to present through thoughtful biographies and empowering quotes, and receive advice for how to live a more thoughtful and fulfilling life overall through performing acts of kindness for other or various methods of self-care. The perfect gift for family and friends, these gorgeous hardcovers featuring foiled covers and full-color interiors bring these amazing words of wisdom to life. Other books in the series include: *Grit & Grace*; *Beautifully Said*; *Follow Your Bliss*, *Find Your Calm*; and *Hello Gorgeous!*

The Family Churchman

This book provides a practical step-by-step guide to soul activation. This four step process involves: Connecting with your soul; Befriending your soul; Trusting your soul; Becoming one with your soul. You are a soul in a human body but your ego is unaware of this. To fully step into soul consciousness, you must learn how to align the beliefs of your ego with the values of your soul, and commit to leading a values and purpose-driven life. The ultimate arbiter of where you have got to on your journey into soul consciousness is the quality of the connections you have with other people—not just your family and friends, but the strangers around you. Every person you meet is a soul who is working on the same project as you—promoting the evolution of human consciousness. Rejoice in your common heritage and purpose by connecting with them wherever you are and whenever you can. When you fully realize who you are, you will understand that in caring for others, you are caring for yourself.

Find Your Glow, Feed Your Soul

Nutritional educator Kesten demonstrates that by cultivating the sacred aspect of food, one can nourish both body and soul. Includes insights from more than 45 scientists and spiritual teachers. Illus.

What My Soul Told Me

Break the Mold explains how Family Patterns and Family Karma form within the family line. This insightful book illuminates how you have in fact been born with the ability to change harmful family patterns and also, carry the obligation to do so. We have inherited some great, and not so great, things from our ancestors. It is time to recognize what needs to be cherished, eliminated, and what we need to take from there and improve. Learn to recognize a pattern as being, not your own, but part of your family's Pattern or Karma. We must be aware of: - Ego vs Soul - Different types of Karma, from personal, family, and collective. - A deeper explanation about the family patterns, which she believes is now in the DNA or Genome of a person. Contrary to some beliefs, Rev Borges contends it is possible to change dysfunctional patterns. She also shows us step by step how to change these patterns through a series of exercises and prayers. A true road to success is paved with happiness, joy and peace.

Feeding the Body, Nourishing the Soul

Spiritual Food For Your Soul Food For Your Everyday. Is a book that will help and bless those who are babies in Jesus Christ seeking to build up their spiritual walk with God. And also it will help and bless believers in Christ who love the word of God. Be blessed as you spend time reading this book.

Break the Mold

Simple Living Simple Food will nourish your soul. Throughout her 20s, author Susan K. Younger achieved her childhood dream of becoming successful in architecture as a Store Planning Director. But when the vagaries of her career and the economy required hectic moves between 4 states in 4 years, she found herself yearning for the organic life of her childhood. Remembering the sage advice "be yourself"-learned from her parents over the family dinner table-she revamped her life in an unorthodox and extremely satisfying way. In her first book, Susan shares her heartfelt stories of the bonds of family, friends, business and life-fueled by the power of simple food. Those of you over 60, get ready for waves of nostalgia. Young people starting families will find a timeless child-rearing model. Busy professionals will be reminded that a simple lunch is the best relationship-building tool. And for everyone, it's a great reminder that small and simple is the comfort food of life.

Spiritual Food for Your Soul Food for Your Everyday

Do you feel a need to have a relationship with the people around you? In a time where connection options are widely available, people are forming fewer and fewer personal connections within their homes, families, and communities. Gather at the Table is a seven week devotional will take you through steps to rebuild relationships with your family and your community by gathering at the table with food and conversations. It will have you look at the role of food as a way to nourish and sustain our daily life. It will call you to use food as a method to serve others, to examine different ways you can more effectively care for and communicate with others, and how you can move out into the world around you and begin to bridge our differences with food. Gather your family and your friends and begin the process of feeding others to not only meet their nutritional needs, but provide meals that are rich with laughter and conversations that will promote spiritual and psychological growth as well.

Simple Living, Simple Food

In Seasons of a Family's Life, Wendy M. Wright-- parent, Church historian, and follower of the contemplative tradition-- offers a reflective, story-filled, and inspirational examination of the spiritual fabric of domestic life. This practical and insightful book explores family life as a context for nurturing contemplative practices in the home. Rooted in an appreciation of our deep and wise spiritual traditions that probe the sacred alongside everyday human experience, Seasons of a Family's Life challenges us to wrestle with the great religious questions that shape our lives and offers parents a model for integrating family life and spiritual awareness. Every chapter in Wendy M. Wright's thoughtful book is a lesson in gaining an awareness of the joy in our experience as families and letting the sacred be more present in our frantically paced daily lives. Wright shows us how to pay attention to the silence that underlies our lives and encourages us to be sensitive to the ordinary moments that connect us.

She reveals a family life replete with sacred spaces, rituals that enrich our time together, shared family stories, and much more. Interwoven throughout the book is a wealth of inspiring, personal stories.

Gather at the Table

In high school, Kristen Welch wore a big, sparkly rhinestone “Jesus” pin to school every day and carried her Bible wherever she went. (Yes, she was that girl.) But she didn’t realize her faith, though sincere, was shallow; much like her artificial accessory, it would one day tarnish, no longer a true fit for who she was. As real life catapulted Kristen into places and situations she’d never imagined, there came a day when she stood shocked in the slums of Africa and realized in one desperate moment that Jesus wasn’t enough for her. At least . . . she wasn’t living like He was. On the brink of a risk bigger than any she’d ever taken, Kristen knew she didn’t stand a chance—unless she was willing to put aside the rhinestones and get branded by the real thing. Rhinestone Jesus is the story of one woman’s journey from comfortably living a safe, “good-girl” faith that didn’t cost much, to realizing that God was daring her to say yes to a bolder, more authentic, more dangerous way. This story of spiritual adventure throws the doors wide open for any woman who’s ever thought of herself as “just a mom.” Kristen will inspire and empower you to say yes to God right where you are—and stand amazed at how your life will shine.

The Medium and Daybreak

The sole purpose of this book is to help families of any age and status grow stronger--especially your family. You do not have to be intertwined within an immediate crisis, painful divisions, or huge arguments to benefit from these pages. Faithful Families Today: Instilling Spirituality in Your Family focuses more on solutions instead of analyzing problems. It is not a "top ten suggestions" for a quick family fix. It is, however, a systematic source for those who are serious about building, or rebuilding, families grounded in the teachings of Christ. Decades of pastoral counseling have opened heart-stories of worried parents and grandparents seeking to build spiritual foundations in today's society. This volume, the first in a series, offers information to Christian families for help, hope, and happiness. Dr. John Maples brings a heart connected to God to help people develop a deeper relationship with the Lord. He has a forty-year career in pastoral counseling that he plans to continue indefinitely. Learn more at FaithfulFamiliesToday.com

The Methodist family

Nutritional educator Kesten demonstrates that by cultivating the sacred aspect of food, one can nourish both body and soul. Includes insights from more than 45 scientists and spiritual teachers. Illus.

Seasons of a Family's Life

“This book is a powerful tool to help you access this deeper realm of consciousness and put it to work enriching your life . . . immediately.” —August Gold, author of The Prayer Chest #1 Bestseller in New Age & Spirituality, Graphology, Parapsychology, Handwriting Analysis, Creativity, and Journaling Janet Conner is a writer, poet, and spiritual field guide, but first and always a deep spiritual soul explorer. Since she discovered how to activate a divine Voice by slipping into the theta brain wave state (border between the conscious and the subconscious) while writing, Janet has dedicated herself to exploring and sharing what it means to live at the vibrant intersection of the visible and the invisible. After hitting rock bottom while escaping domestic abuse, Janet’s inner voice told her to start writing. As she wrote, she gained clarity and strength, and felt an incredible connection to the divine. Today, research scientists are providing peeks into consciousness and how it works. Their findings give clues about what is happening in our bodies, minds, and spirits as we roll pen across paper. Writing Down Your Soul explores this research and instructs how to access the power and beauty of our deepest selves. If you want to engage in a vibrant conversation with the wisdom that dwells just below your conscious awareness, write. Write every day, at approximately the same time, with passion, honesty, and the intention of speaking with and listening to the voice within. “If you think this book is not for you because you are a writer and don’t need another writing book, think again!” —Sherry Richert Belul, author of Say it Now

Rhinestone Jesus

The winner of The Next Food Network Star season five and New York Times best-selling author of Ten Dollar Dinners shares how God used food to invite her into His love. It wasn't until Melissa d'Arabian

evaluated her relationship with food in light of her relationship with God that she began to appreciate food as not only a gift from him but also as a deeper invitation into his love. As she prayed, studied Scripture, and reflected on the stories from her own life, Melissa saw how God had used food to draw her into community, to redeem her moments of greatest tragedy, and ultimately to connect her more to him. In *Tasting Grace*, Melissa shares sixteen invitations that will transform your perception of food and the role it plays in your own life, from equality to connection to hospitality to stewardship and more. She explains how through her experiences, she learned to trust the ingredients--in recipes and in life--and join God in the act of creation. Whether you are a mom struggling to throw together a healthy meal for your family each night or a single woman longing for fellowship around your table, you will draw encouragement and inspiration from Melissa's reminder that all food, first and foremost, is a gift from God. When you return to him as the source, you will find the freedom to enjoy his beautiful and delicious creation. Advance praise for *Tasting Grace* "What a beautiful book. Using stories of her own triumphs and pain, Melissa digs past the surface layers of food as we see it on television, in cookbooks, and on social media. Rather, she helps us think about it in a whole new way—as nothing short of a spiritual force, a vessel through which we can experience (and extend) compassion, comfort, fellowship, love, enjoyment, and grace. It has given me a brand-new lens with which to examine the deeper significance of the food I cook, eat, and share."—Ree Drummond, author of *The Pioneer Woman Cooks* "The intersection between faith and food is endlessly interesting to me, and Melissa articulates the significance and beauty of that intersection so well. Melissa is a great storyteller, and she invites us into her story and gives us a seat at her table with graciousness and wisdom. This is a lovely, meaningful book."—Shauna Niequist, New York Times best-selling author of *Present Over Perfect* and *Bread and Wine* "This is a beautifully written book. These aren't just words on pages; they are an invitation to a feast, to hospitality, and to finding lasting purpose in your life. Melissa has set a table fit for a King, pulled our chairs, and reminded us there's a place for us here. This is a book that will not only feed your imagination but also your soul." —Bob Goff, author of New York Times bestsellers *Love Does* and *Everybody Always*

Faithful Families Today: Instilling Spirituality in Your Family

Praise for *Seasons of Grace* "In this beautifully written book, Alan Jones and John O'Neil deliver a timely antidote to the stressed-out, spiritually barren lives that too many of us accept as the price of success. This is a book that may both comfort and challenge you to change your life and the world for the better." -Dean Ornish, M.D., author of *Dr. Dean Ornish's Program for Reversing Heart Disease and Love & Survival* "I love this book. It is packed with inspirational stories from the lives of the authors and their friends that illustrate how feelings of gratitude for even the smallest gifts and kindnesses and joys help us to live each day to the full. Reading *Seasons of Grace* will help you to cope with the hard times, to find the silver linings. It is a splendid, joyous, and enriching recipe for life." -Jane Goodall, author of *Reason for Hope* and *The Ten Trusts* "Most people are grateful because they're happy; wise people are happy because they're grateful. Thank you, Alan Jones and John O'Neil, for reminding us of this happy fact." -Roger Walsh, M.D., Ph.D., author of *Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind* "As gentle as it is wise, *Seasons of Grace* shows us everyday life as a joyous spiritual art: the art of receiving, day by day, the life we are given—every last bit of it." -Jacob Needleman, author of *The American Soul*

Feeding the Body, Nourishing the Soul

Writing Down Your Soul