

## Memorable Meals - by Lorelei Pepe

I enjoy watching cooking shows and have a few favorites. Being Italian, I enjoy watching Lidia B. a real mother type figure who cooks with such joy and love and homegrown dishes. Also, I watched a series with Stanley Tucci, where he toured all of Italy and each region had its own specialty. It was fascinating to see him with the chefs and eating at the table with lots of strangers but there was such a sense of sharing he was always welcomed. Then there was a series with Julia Childs where home cooks like myself, watched her video and then had to duplicate her meals. She was "quirky" and funny and full of fun.

Food was and is still the center of my life. Growing up every night the family would get together for a family meal around the kitchen table. Mom was the heart of it and came up with lots of different meals as she was creative. Sunday dinner was extra special, as after church we would come home and eat our pasta, roast beef, lots of homegrown veggies from the garden, and roasted potatoes. We were even allowed to taste a bit of wine as we got older too. Mom would take us 4 kids to church while my dad stayed home and cooked a roast beef. It was huge, as he was a butcher and would cook it and then the next day take a lot to the store and sell it cooked too. It was delicious!

Sometimes, we got to go to Grandma's which was a real treat. She was a big, warm loving woman, always with a smile and always with her apron on. She was famous for her spaghetti and meat balls and salad and garlic bread. We finished every morsel on our plate every time!

Grandma was very faithful and made sure we took turns praying before we had dinner and thanked God. She was very thankful as she suffered during the depression when food was scarce, and no one knew where the next meal was coming from. It was hard for us to imagine not having enough food!

It seems that sharing a meal makes us all connected no matter what faith or religion or background we are. It reminds me of the last supper that Jesus had with his disciples. As a sign of his love, he washed the disciple's feet before they ate. He was a humble, caring loving person. I don't think the disciples realized how impactful this last meal would be. From paintings I have seen it looks like they were having a good time, except for one, Judas, who would later betray Jesus.

Jesus' famous words with the "breaking of the bread" and "drinking of the cup" resound worldwide today when we have communion once a month in church. Jesus knew he would be giving his life for our sin, and this was God's plan, but it was not easy. Jesus was human too but very unselfish and giving. You can read the full account of this in Luke 22:13-28.

Jesus impacted the entire world with his short ministry. I think we forget there has been no one else like him and I personally would have liked to know him. Next time you partake in communion, think about him as a man and as our Lord, as he gave himself for us, because he loved us so much. As it says in John 3:16 "whoever believes in him should not perish but have everlasting Life".

Something to think about it.