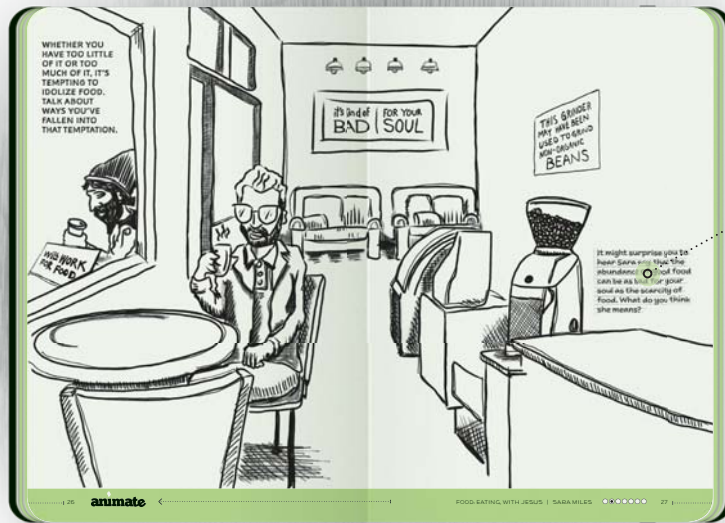




CONVERSATIONS ABOUT FOOD CAN TAP INTO ALL KINDS OF EMOTIONS FOR PEOPLE. BE ON THE LOOKOUT FOR PEOPLE IN YOUR GROUP WHO MIGHT SEEM PARTICULARLY UNCOMFORTABLE OR TROUBLED BY THIS SESSION. IF THEY SEEM WILLING TO TALK ABOUT THOSE FEELINGS, INVITE THEM TO DO SO.



Break into groups of three or four and have everyone share their responses to this question.

Talk about the ways your faith community uses food—to celebrate, to share with the poor, to bring the community together. What do you hope to communicate through these actions?

WHEN HAVE YOU EXPERIENCED food as a barrier to relationships? When has food helped you build a relationship?

IN WHAT WAYS HAVE YOU SEEN your friends, your family, even the culture around you idolize food?