

Cooking the Book



A Bible overview with a difference!
Each week a recipe provides the framework
as participants explore their life experiences
then connect them with God's story.



Contents



2	Introduction
3	Unlock Method
4	Session 1: Something from Nothing (Creation) leader's notes
5-7	Session 1: Visual Aids for Creation Story
8-9	Session 1: Recipe card - summary of session for participants
10	Session 2: Tricky (The Fall) leader's notes
12-13	Session 2: Recipe card - summary of session for participants
14	Session 3: Doing What We Want (Judgement) leader's notes
16-17	Session 3: Recipe card - summary of session for participants
18	Session 4: Unwanted Gift (Jesus Birth) leader's notes
20-21	Session 4: Recipe card - summary of session for participants
22-25	Session 4: Visual Aids for Story of Wise Men's Journey
26	Session 5: Once Upon a Time (Parables) leader's notes
28-29	Session 5: Recipe card - summary of session for participants
30-31	Session 5: Visual Aid / Invitation to heaven for participants
32	Session 6: It's a Miracle (Miracles) leader's notes
34-35	Session 6: Recipe card - summary of session for participants
36	Session 7: It's Not Fair (Jesus' trial & Crucifixion) leader's notes
38-39	Session 7: Recipe card - summary of session for participants
40	Session 8: Nonsense (Jesus' Resurrection) leader's notes
42-43	Session 8: Recipe card - summary of session for participants
44	Session 9: Down to Us (Pentecost & Early Church) leader's notes
46-47	Session 9: Recipe card - summary of session for participants
48	Session 10: Perfect Party (Heaven) leader's notes
50-51	Session 10: Recipe card - summary of session for participants
52	Session 10: Pass the Parcel story prompts
53-54	How It Really Went. Details of how this course went when first used in Liverpool.

Cooking the Book



Introduction

Cooking the Book is a Bible overview with a difference, it uses recipes as a framework for exploring the experiences of group members and how they connect with the story of the Bible. Cooking during each session creates a natural rhythm for the different sections of the sessions. Eating the food at the end of the sessions also gives each week the feel of a celebration.

These materials were first used with a group of women in Anfield. The Unlock worker for Liverpool already knew the women through a weekly community meal. They had been asking to learn how to cook the things they were served at the meal. The meal takes place in Christ Church Walton Breck, and over the years the women had also been asking some searching questions about the faith of those involved in running the meal. So this course was made to fit this group with their particular circumstances in mind. We are grateful to the girls for their contributions to these materials.

We are offering you these materials with the understanding that we don't think one size fits all. You know the people that will be in your group, we don't, so you may well be best placed to design your own course with their particular needs in mind.

Whilst the materials are written as a guide for each session it is essential that you adapt the materials to your context and group members. As these sessions are based on the reflective learning cycle that Unlock uses it may be useful to familiarise yourself with Unlock's methodology (www.unlock-urban.org.uk/pdf/unlock_theory.pdf). Using an approach that starts with other people's experiences means that you have to be flexible, that might mean that you don't stick to the outline at all! Sometimes the prompts lead people into stories that go in an unexpected direction. As a group facilitator it is most important to listen to the stories and, using your own knowledge of God & the Bible, introduce 'God's story' in relation to what they have said - not necessarily as laid out in the session plan.

In using the sessions in Anfield the next week's materials were adapted based on what happened in the previous week's session. An appendix showing how each of the sessions actually went is at the end of these materials. It will show that things don't always go to plan but often lead people to make more unexpected connections with God.

What's in this pack?

For each of the 10 sessions this pack contains:

- a one page outline for the leader
- a recipe card for the participants. These are 2 sided and there are four per page. Print these pages back to back and cut into post card sized handouts for participants. These are only suitable if your participants can read but only have a small amount of content so should not be overwhelming.
- visual aids for certain sessions
- details of how the course went in Liverpool

Practical Considerations

As the course is a cookery course as well as a Bible overview the course facilitator will need to familiarise themselves with the hygiene and safety considerations necessary in a public kitchen. Unlock cannot take responsibility for these elements of running the course but that may give you an ideal excuse to involve a co-leader, who already has that particular expertise, in the leadership of the sessions.

Read ahead; you will need to be familiar with the recipe and get all the ingredients ahead of time. If the recipe is not one you know you might want to cook it yourself before the session, or change the recipe to one you are more familiar with.

Weeks 1, 7, 9 & 10 have elements that need preparing in advance, including some aspects that need to be communicated with the group beforehand, ideally at the previous session.

We have used Bible text from the Good News Bible with permission.

Most of all enjoy it!

The Unlock Method

Unlocking real life stories of urban people
Start with the group telling stories from their real life experience.

Leading to more experience
What we learn now is learnt for life and changes us. We also learn to keep reflecting!

Revealing Good News of the Down to Earth Christ
The real life stories are compared to similar situations in the Bible.

Releasing life changing skills and confidence
Change happens as a result of linking real life experience with the Bible. This change often leads to action among others.

Session 1: Something from Nothing

Bible Focus: Creation

Cookery Focus: Explore existing skills and learn to make basic vegetable soup

Visual: Hands holding world

Sound track: All heaven declares by Noel & Tricia Richards © 1987 Kingsway's Thankyou Music

<http://jesuscaressite.com/jcs/jesus-cares-site/all-heaven-declares/>

O Lord my God Words: John Adams (1767-1848). Music: Lowell Mason, 1824

http://www.dailymotion.com/video/x4v1kg_yinka-ayefele-oh-lord-my-god_music or more traditionally

<http://www.youtube.com/watch?v=DcF75h4Bhk8&feature=related>

He's got the whole world in his hands (traditional) http://www.youtube.com/watch?v=PZYBAtpZ-F0&feature=Playlist&p=6E6B4E680566A394&playnext=1&playnext_from=PL&index=38

Jesus loves me this I know traditional credited to William Bradbury

<http://www.youtube.com/watch?v=0DYDvyBKZJA>

Ice breakers: (pick one if you need one!)

I went to the market, a memory game. The first participant says "I went to the market and I bought" adding an item to the sentence. Following participants must remember the things previously said and add one more.

Memory game - place all the vegetables for the cooking on a tray - cover with a tea towel and remove one without anyone else seeing what is taken. Can anyone spot what is missing.

Cooking:

Ask participants to bring their favourite vegetable, or bring a selection yourself and ask participants to choose their favourite.

- Why is it their favourite?
- What's good about it?
- What vegetable are they like and why?
- Does it look like a meal?

Prepare to cook. (Ensure food hygiene practises are followed - wash hands, clean surface, apron, hair tied back etc.) Each participant chops their vegetable(s) (this gives you a chance to see their skills).

Make vegetable soup - fry onion until soft and brown add water and chopped vegetable; season with salt and pepper. Leave to simmer.

Unlocking Real Life Stories . . .

(You may only need one of these questions, or one of your own to draw out life stories from participants that bring out their experience of good things or their creativity.)

- What have you made that was good?
- What have you eaten that was memorable?
- Have you ever had a 'perfect' meal?
- What makes food good?
- Ever made something out of nothing or sorted out a bad mess?

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Briefly tell creation story (simple script, use a children's bible story book and/or use pictures)

Genesis 1: 26 - 31 (abridged)

Then God said, "And now we will make human beings; they will be like us and resemble us.." So God created human beings, making them to be like himself. He created them male and female, blessed them, and said, "Have many children, so that your descendants will live all over the earth and bring it under their control. I am putting you in charge of the fish, the birds, and all the wild animals." – and it was done. God looked at everything he had made, and he was very pleased.

- How does this account of creation connect with the stories we shared before?
- How does it feel that God looks at you and sees you as good?
- If we asked God the question 'what have you made that was good?' what would he say?

Eat soup! - was that good? How do you feel - we made something good!

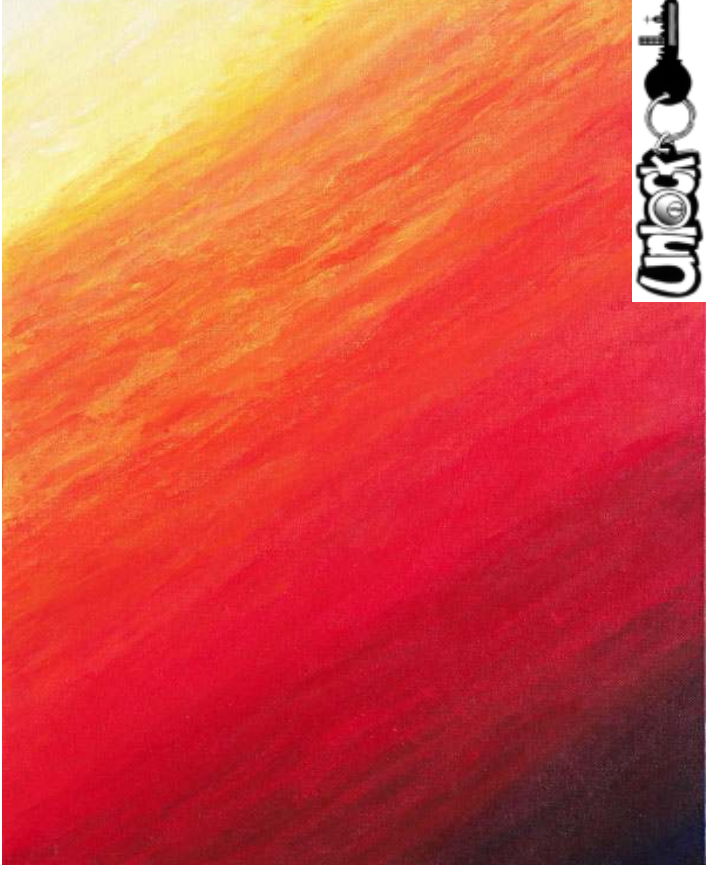
Take away:

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?

If the group has no suggestions you could suggest that they try to focus during the week on the 'good' things around them.









Unlock



Unlock



Cooking the Book
Session 1
Something from Nothing



Cooking the Book
Session 1
Something from Nothing



Cooking the Book
Session 1
Something from Nothing



Cooking the Book
Session 1
Something from Nothing



Something from Nothing - Sense out of Chaos

What have you done or made that was good?

*So God created humans
to be like himself;
he made men and women.
God gave them his blessing
God looked at what he had done.
All of it was very good!
from Genesis 1
in the Bible.*

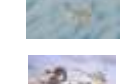
Vegetable Soup

Chop an onion, fry it until it softens & goes brown. Add chopped vegetables, salt and pepper, cover with water. Leave to simmer for half an hour.

How does this account of creation connect with the stories we shared before?

How does it feel that God looks at you and sees you as good?

Focus on the good things around you.



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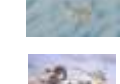
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Session 2: Tricky

Bible Focus: The Fall

Cookery Focus: Pasta - simple tricks with basic ingredients

Visual: Hands holding cracked and broken world

Sound track: Frail from Jars of Clay album Much Afraid 1997, Fragile from Sting's album Nothing Like the Sun 1988

Ice breakers: (pick one if you need one!)

Make favourite animal with modelling dough. Ask each participant what they made and what they like about that animal. Then ask them to destroy it.

Folded over paper drawing game - first person draw head, folds it over, next person draws body etc

Cooking:

Measure out enough pasta for a portion each. (Each participant measures out their own portion according to packet or roughly 75g-115g/3oz-4oz dried pasta.)

Place in pan submerge in water, sprinkle with salt and boil for 8 - 10 minutes.

Each participant prepares a different accompaniment to the pasta...

Such as:- Grated cheese, lemon juice + tarragon, butter and basil, olive oil + crushed garlic, tuna + sweet corn, pesto.

Unlocking Real Life Stories . . .

- Have you ever been tricked?
- Have you ever tricked anyone?
- Have you ever blamed someone else for something that you did?
- Have you ever listened to the wrong advice?
- Have you ever led anyone else into trouble?

Then all participants have a taste of each - same basic meal but turns out very differently depending on what we choose to do with it...the simplest kind of cooking trick! You could do this tasting using a blindfold, see if the participants can recognise which one they taste.

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Read or tell the story of the fall... (you could use an apple or even an exotic fruit as a prop)

Genesis 3 (abridged)

The snake asked the woman, "Did God really tell you not to eat fruit from any tree in the garden?"

"We may eat the fruit of any tree in the garden," the woman answered, "except the tree in the middle of it. God told us not to eat the fruit of that tree or even touch it; if we do, we will die."

The snake replied, "That's not true; you will not die. God said that, because he knows that when you eat it you will be like God and know what is good and what is bad."

The woman saw how beautiful the tree was and how good its fruit would be to eat, and she thought how wonderful it would be to become wise. So she took some of the fruit and ate it. Then she gave some to her husband, and he also ate it...

The Lord God said, "Did you eat the fruit that I told you not to eat?"

The man answered, "The woman you put here with me gave me the fruit, and I ate it."

The LORD God asked the woman, "Why did you do this?" She replied, "The snake tricked me into eating it."

Then the LORD God said, "Now the man has become like one of us and has knowledge of what is good and what is bad. He must not be allowed to take fruit from the tree that gives life, eat it, and live for ever." So the LORD God sent him out of the Garden of Eden and made him cultivate the soil from which he had been formed. Then at the east side of the garden he put living creatures and a flaming sword which turned in all directions. This was to keep anyone from coming near the tree that gives life.

- How does this story connect with the stories we shared before?

Take away:

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Have you learnt anything about God, yourself or cooking?
- Something you intend to do after the things we have thought about?

If the group has no suggestions you could suggest that they try to spot 'tricks' or temptations and ways to avoid them.





Cooking the Book

Session 2: Tricky

Adam, Eve & what went wrong



Cooking the Book

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Adam, Eve & what went wrong



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Adam, Eve & what went wrong



Cooking the Book

Session 2: Tricky

Adam, Eve & what went wrong



Tricky

Adam, Eve and what went wrong

Have you ever been tricked or tricked anyone?

The snake asked the woman,

"Did God really tell you not to eat fruit from any tree in the garden?"

The woman saw how beautiful the tree was ... she took some of the fruit and ate it. Then she gave some to her husband, and he also ate it....

The LORD God asked the woman,

"Why did you do this?"

She replied,

"The snake tricked me into eating it."

from Genesis 1
in the Bible.

Pasta Tricks

Measure out enough pasta for everyone eating.

(roughly 75g-115g/3oz-4oz dried pasta)

Place in pan submerge in water, sprinkle with salt and boil for 8 - 10 minutes. Try these different toppings: Grated cheese, lemon juice + tarragon, butter and basil, olive oil + crushed garlic, tuna + sweetcorn, pesto.

What do you want to remember from this session?

How can you avoid the temptations or tricks that come our way?

Tricky

Adam, Eve and what went wrong

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What do you want to remember from this session?

How can you avoid the temptations or tricks that come our way?

Session 3: Doing what we want...

Bible Focus: Judgement

Cookery Focus: Bread & Butter Pudding Cheap but indulgent pudding (basic not boring!)

Visual: Hands holding broken world with a tear drop falling onto world...

Sound track: Flood from Jars of Clay album Jars of Clay 1995, Protection from Massive Attack album Mezzanine 2003, Lead me from Delirious album Cutting Edge Disc 1 1997

Put the oven on (gas 4) at the start of this session so it heats up.

Ice breakers: (You may not need one by now & the pudding needs 40 minutes in the oven)

Chubby bunnies - fit as many marshmallows in your mouth as you can and say chubby bunnies

Or pictures of drink, chocolate, ciggies, sports car, couple kissing...each person choose a picture that shows something they want! Don't always want what is good for us!

Try to perform a task with the wrong tool - butter bread with a fork.

Cooking:

(You could make one big pudding or lots of individual ones - the amount of custard you make will depend on the size of your group and the pudding dishes you are using. If need be, measure the dishes by filling them with water and then measuring it to give you the quantity of liquid to make.)

Everyone butters 2 slices of bread, then rips them up. Then build the dry part of the pudding, a layer of pieces of bread, sprinkled with sugar then nutmeg, then a handful of raisins, repeat these layers until the dish is full.

Make the custard by beating 3 eggs for each litre of milk, add milk and a teaspoon of vanilla essence. The custard shouldn't need any sugar as it is already in the dish. Pour the custard over the layers, let it soak in for a moment and top up if necessary. Place dish on top shelf of oven for 40 minutes.

Unlocking Real Life Stories . . .

Film clip from Evan Almighty (Universal 2007) from start of Chapter 4 on the DVD for 6 minutes (up to when he faints). Then ask if anyone has ever tried to go against what they knew they should do?

Or use pictures from icebreaker and ask what happens when this is good & how can it go bad?

- Have you ever felt 'I was made to do this'?
- Have you ever rescued anyone?
- Have you ever had the wrong tool for a job?
- Have you ever tried to put something together without the instructions?

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Genesis 6:5 to 8

When the LORD saw how wicked everyone on earth was and how evil their thoughts were all the time, he was sorry that he had ever made them and put them on the earth. He was so filled with regret that he said, "I will wipe out these people I have created, and also the animals and the birds, because I am sorry that I made any of them." But the LORD was pleased with Noah.

(Tell the story of the flood from Gen 6 & 7 with the amount of detail appropriate for your group)

- How does this story connect with the stories we shared before?
- We talked about feeling 'I was made to do this' - does the story show what we are made for?

Remove the pudding from the oven and have a portion each - perhaps balance out talking about judgement with a reminder that it is good to enjoy & share good stuff!

Take away:

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?

If the group has no suggestions you could suggest that they try to recognise when they have been judgemental and then to try and see the best in that person or situation.





Cooking the Book

Session 3

Doing what we want



Cooking the Book

Session 3

Doing what we want



Cooking the Book

Session 3

Doing what we want



Cooking the Book

Session 3

Doing what we want



Doing what we want...

Has doing your own thing ever gone wrong?

When the LORD saw how wicked everyone on earth was and how evil their thoughts were all the time, he was sorry that he had ever made them and put them on the earth. He was so filled with regret that he said,

"I will wipe out these people I have created."

*But the LORD was pleased with Noah.
Noah did everything the Lord told him to do.*

from Genesis 6 to 9
in the Bible.

Bread & Butter Pudding

Butter some bread and then rip it up, put a layer in the bottom of a heat proof dish, sprinkle with sugar, nutmeg, raisins, then another layer of bread. Repeat until dish is full. Make custard with 3 eggs + a teaspoon of vanilla essence per litre of milk. Pour into dish, place on top shelf of oven at gas 4 for 40 minutes.

What do you want to remember from this session?

What can you do to find favour with God rather than grieving his heart?

Doing what we want...

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Session 4: Unwanted Gift

Bible Focus: Jesus Birth

Cookery Focus: eggs - omelette.

Visual: Hands holding baby

Sound track: Hope from Sarah Masen's album The Dream Life of Angels 2001

Ice breakers: (You may not need one by now)

Have a box of eggs with one of the eggs boiled and cooled in advance. Ask participants to see if they can pick the boiled one - tell them that you are going to crack open on your head the one that they think is boiled! Each person take one egg, see if they can tell - if no-one knows then tell them that boiled eggs spin well whereas uncooked ones wobble and spin wonkily. Once you have all agreed which one is boiled, crack it on your own head - if you are brave enough!

Cooking: Divide tasks between the group:-

- Beat five eggs plus 100 ml water, a spoon full of butter and a pinch of salt
- Chop an onion
- Chop 100g of cooked meat
- Chop a red pepper or 2 or 3 tomatoes or 5 mushrooms
- Grate 300g of cheese

Fry the onion till soft and golden, add the vegetables and continue to fry until softened. Add liquid and meat. Put lid on pan if you have one and cook on low heat until the liquid has set.

Unlocking Real Life Stories . . .

Whilst the omelette cooks...

Place a wrapped present in the middle of the group - the person answering could hold the present whilst they speak as a queue for others to listen.

- What would you like this to be?
- Have you ever had a present that was better than you hoped for?
- Ever had a disappointing present?

Sprinkle cheese over top of omelette and place under a hot grill until cheese melted.

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Have a picture of an ornate palace, a big city, a small village and a wooden shack or equivalent.

Matthew 2:1 - 6 & 9 - 11.

Jesus was born in the town of Bethlehem in Judea, during the time when Herod was king. Soon afterwards, some men who studied the stars came from the east to Jerusalem (hold up city) and asked, "Where is the baby born to be the king of the Jews? We saw his star when it came up in the east, and we have come to worship him."

When King Herod (hold up palace) heard about this, he was very upset, and so was everyone else in Jerusalem. He called together all the chief priests and the teachers of the Law and asked them, "Where will the Messiah be born?"

"In the town of Bethlehem (hold up village) in Judea," they answered. "For this is what the prophet wrote: 'Bethlehem in the land of Judah, you are by no means the least of the leading cities of Judah; for from you will come a leader who will guide my people Israel.'"

And so they left, and on their way they saw the same star they had seen in the east. When they saw it, how happy they were, what joy was theirs! It went ahead of them until it stopped over the place where the child was. (Hold up shack) They went into the house, and when they saw the child with his mother Mary, they knelt down and worshipped him. They brought out their gifts of gold, frankincense, and myrrh, and presented them to him.

- How is this like the stories we told earlier?
- How was Jesus different to what the wise men wanted?
- Is he different to how you would want God to be?

Take away

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?

If the group has no suggestions you could suggest that participants look out for gifts from God this week.





Cooking the Book

Session 4

Unwanted Gift?



Cooking the Book

Session 4

Unwanted Gift?



Cooking the Book

Session 4

Unwanted Gift?



Cooking the Book

Session 4

Unwanted Gift?



Unwanted Gift?

What would you like to unwrap now?

Have you ever had a present that was better than you hoped for?

Ever had a disappointing present?

"Where is the baby born to be the king of the Jews? We saw his star when it came up in the east, and we have come to worship him."

from Matthew chapter 1
in the Bible.

How is this like your story? How was Jesus different than expected? Is Jesus different to how you would expect God to be?

Omlette

Beat five eggs plus 100 ml water, a spoon full of butter and a pinch of salt. Chop an onion, 100g of cooked meat, a red pepper, 2/3 tomatoes & 5 mushrooms. In a frying pan heat a little olive oil, fry the onion till soft and golden, add the vegetables and continue to fry until softened. Add liquid. Put lid on pan if you have one and cook on low heat until the liquid has set. Sprinkle grated cheese over top of omelette and place under grill until cheese melted.

What do you want to remember from this session? See if you can recognise any gifts from God this week...

Unwanted Gift?

What would you like to unwrap now?

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Ever had a disappointing present?

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What do you want to remember from this session? See if you can recognise any gifts from God this week...









Session 5: Once Upon a Time

Bible Focus: Parables

Cookery Focus: Scouse - a traditional lamb or beef stew from Liverpool served regularly at the community meal where the members of the group these materials were designed for met.

Visual: Hands holding a book

Sound track: Welcome Home from Shaun Groves album Invitation to Eavesdrop 2001

<http://www.youtube.com/watch?v=CRMyAPW0bDg>

Ice breakers: (You may not need one by now)

I sent a letter...First, everyone should form a circle holding hands. You can be sitting or standing. Then choose one person to be IT. IT stands outside the circle and then skips around it (holding the handkerchief) while the circle sings: I sent a letter to my love, And on the way I dropped it, One of you picked it up, and put it your pocket. They should carry on singing this rhyme until IT quietly drops the handkerchief behind one of the people in the circle. That person then has to race around the circle back to their place (going in the opposite direction to IT). The last one back to the open place in the circle is IT the next time.

Cooking:

1. Divide vegetables (onions, garlic, carrots, potatoes, swede) between group to be chopped.
2. Fry the onion and chopped meat (either braising steak or a cheap cut of lamb), add the garlic then once they are browned add the rest of the vegetables and enough boiling water to cover them.
3. Season to taste, some people like to add stock cubes.
4. Cover and leave on a low to simmer.

Unlocking Real Life Stories . . .

- What is your favourite story?
- Have you ever received an invitation you didn't expect?
- Have you ever refused an invitation?
- Has anyone ever refused your invitation?

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Luke 14:15-24

When one of the guests sitting at the table heard this, he said to Jesus, "How happy are those who will sit down at the feast in the Kingdom of God!"

Jesus said to him, "There was once a man who was giving a great feast to which he invited many people. When it was time for the feast, he sent his servant to tell his guests, 'Come, everything is ready!' But they all began, one after another, to make excuses. The first one told the servant, 'I have bought a field and must go and look at it; please accept my apologies.' Another one said, 'I have bought five pairs of oxen and am on my way to try them out; please accept my apologies.' Another one said, 'I have just gotten married, and for that reason I cannot come.' The servant went back and told all this to his master. The master was furious and said to his servant, 'Hurry out to the streets and alleys of the town, and bring back the poor, the crippled, the blind, and the lame.' Soon the servant said, 'Your order has been carried out, sir, but there is room for more.' So the master said to the servant, 'Go out to the country roads and lanes and make people come in, so that my house will be full. I tell you all that none of those who were invited will taste my dinner!'"

- How does this story connect with the stories we shared before?
- What do you think Jesus was getting at, why tell this story?
- Where would you put yourself in this story?

Take away

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?

You could hand each member an invitation (hand written with their name on) saying something like 'Dear <name> You are invited to an everlasting party at my house, lots of love, God. RSVP.' - if there are non-readers in the group you could just use the visual side of the invitation.





Cooking the Book

Session 5

Once upon A Time



Cooking the Book

Session 5

Once Upon A Time



Cooking the Book

Session 5

Once Upon A Time



Cooking the Book

Session 5

Once Upon A Time



Once Upon A Time

What is your favourite story?
Have you ever refused an invitation?
Has anyone ever refused your invitation?

Jesus said to him, "There was once a man who was giving a great feast to which he invited many people. When it was time for the feast, he sent his servant to tell his guests, 'Come, everything is ready!' But they all began, one after another, to make excuses... The servant went back and told all this to his master. The master was furious and said to his servant, 'Hurry out to the streets and alleys of the town, and bring back the poor, the crippled, the blind, and the lame.'

from Luke chapter 14
in the Bible.

Scouse Chop vegetables (onions, garlic, carrots, potatoes, swede). Fry the onion and chopped meat (either braising steak or a cheap cut of lamb), add the garlic then once they are browned add the rest of the vegetables and enough boiling water to cover them. Season to taste, some people like to add stock cubes. Cover and leave on a low heat to simmer.

How does this story connect with the stories we shared before?
What do you think Jesus was getting at, why tell this story?
Where would you put yourself in this story?
What is your answer to God's invitation?

Once Upon A Time

What is your favourite story?
Have you ever refused an invitation?
Has anyone ever refused your invitation?

Jesus said to him, "There was once a man who was giving a great feast to which he invited many people. When it was time for the feast, he sent his servant to tell his guests, 'Come, everything is ready!' But they all began, one after another, to make excuses... The servant went back and told all this to his master. The master was furious and said to his servant, 'Hurry out to the streets and alleys of the town, and bring back the poor, the crippled, the blind, and the lame.'

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How does this story connect with the stories we shared before?
What do you think Jesus was getting at, why tell this story?
Where would you put yourself in this story?
What is your answer to God's invitation?

Once Upon A Time

What is your favourite story?
Have you ever refused an invitation?
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How does this story connect with the stories we shared before?
What do you think Jesus was getting at, why tell this story?
Where would you put yourself in this story?
What is your answer to God's invitation?

Once Upon A Time

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How does this story connect with the stories we shared before?
What do you think Jesus was getting at, why tell this story?
Where would you put yourself in this story?
What is your answer to God's invitation?



Invitation

To dear

You are invited
to an everlasting
party at my house.
Lots of love from

God

RSVP

Invitation

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You are invited
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Session 6: It's a miracle...

Bible Focus: Miracles

Cookery Focus: Toad in the hole

Visual: Hands holding a first aid kit.

Sound track: The miracle of Love from Eurhythmics' album Revenge 1986

<http://www.youtube.com/watch?v=HwBPs3MhXm8>

Ice breakers:

(You may not need one by now) Ask your local joke shop or toy shop for a simple trick.

Cooking: Preheat the oven to 230°C; 450°F: Gas 8

8 Pork Sausages, 110g Plain White Flour, 300ml (½ pint) Milk, 2 Small Eggs, Salt Place the flour in a bowl, then make a well in the centre and break in the egg. Mix in half the milk using a wooden spoon, work the mixture until smooth then add the remaining milk. Beat or whisk until fully combined. Fry the sausages in a pan to lightly colour and remove excess fat, reserve the fat. Place the fat in a small roasting tin. Heat the fat until smoking hot then pour in the batter.

Add the sausage chunks and place into the hot oven. Bake for about 5-10 minutes at 230°C; 450°F: Gas 8, then reduce to 200°C; 400°F: Gas 6 and bake 20 to 30 minutes.

Unlocking Real Life Stories . . .

- Has anything good ever happened to you that you can't explain?
- Has anyone ever helped you unexpectedly?
- If you could fix one thing in your life, what would that be?

The Book:

Revealing the Good News of the Down to Earth Christ . . .

(If you have enough people in the group it might be worth trying to act this out)

Mark 5:21-43 slightly abridged

Jairus, an official of the local synagogue, arrived, and when he saw Jesus, he threw himself down at his feet and begged him earnestly, "My little daughter is very sick. Please come and place your hands on her, so that she will get well and live!"

Then Jesus started off with him. So many people were going along with Jesus that they were crowding him from every side.

There was a woman who had suffered terribly from severe bleeding for twelve years, even though she had been treated by many doctors. She had spent all her money, but instead of getting better she got worse all the time. She had heard about Jesus, so she came in the crowd behind him, saying to herself, "If I just touch his clothes, I will get well."

She touched his cloak, and her bleeding stopped at once; and she had the feeling inside herself that she was healed of her trouble. At once Jesus knew that power had gone out of him, so he turned around in the crowd and asked, "Who touched my clothes?"

The woman realized what had happened to her, so she came, trembling with fear, knelt at his feet, and told him the whole truth. Jesus said to her, "My daughter, your faith has made you well. Go in peace, and be healed of your trouble."

While Jesus was saying this, some messengers came from Jairus' house and told him, "Your daughter has died. Why bother the Teacher any longer?"

Jesus paid no attention to what they said, but told him, "Don't be afraid, only believe." They arrived at Jairus' house and went into the room where the child was lying. Jesus took her by the hand and said to her, "Talitha, kum," which means, "Little girl, I tell you to get up!"

She got up at once and started walking around. (She was twelve years old.) When this happened, they were completely amazed. But Jesus gave them strict orders not to tell anyone, and he said, "Give her something to eat."

Bring out the food and share it.

- How does this story connect with the stories we shared before?
- Do you feel close enough to Jesus to reach him for yourself or would you need someone to help you?

Take away

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?

If the group have no suggestions you could suggest looking for every day miracles around them.





Cooking the Book
Session 6
It's a miracle



Cooking the Book
Session 6
It's a miracle



Cooking the Book
Session 6
It's a miracle



Cooking the Book
Session 6
It's a miracle



It's a miracle...

Has anything good ever happened to you that you can't explain?

Has anyone ever helped you unexpectedly?

The woman realized what had happened to her, so she came, trembling with fear, knelt at his feet, and told him the whole truth. Jesus said to her, "My daughter, your faith has made you well. Go in peace, and be healed of your trouble."

from Mark chapter 5
in the Bible.

Toad in the Hole

Place 110g flour in a bowl, then make a well in the centre and break in an egg. Mix in 1/4 pint milk using a wooden spoon, work the mixture until smooth then add further 1/4 pint milk. Beat or whisk until fully combined. Fry the sausages in a pan to lightly colour and remove excess fat, reserve the fat. Place the fat in a small roasting tin. Heat the fat until smoking hot then pour in the batter.

Add the sausage chunks and place into the hot oven. Bake for about 5-10 minutes at 230°C; 450°F: Gas 8, then reduce to 200°C; 400°F: Gas 6 and bake 20 to 30 minutes.

Do you feel close enough to Jesus to reach him for yourself or would you need someone to help you?

Could you ask God to help someone you know?

It's a miracle...

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Do you feel close enough to Jesus to reach him for yourself or would you need someone to help you?

Could you ask God to help someone you know?

Session 7: It's not fair

Bible Focus: Trial & Death

Cookery Focus: Soda bread

Visual: Hands holding cross or crown of thorns

Sound track: Bleeding Love from Leona Lewis' album Spirit 2007

Ice breakers:

(You may not need one by now)

An unfair quiz with a prize for winner (e.g. questions about one person)

Cooking: 600g (21 ¼ oz) strong white flour, 2 tsp baking powder, 1 tsp bicarbonate of soda, 2 tblsp castor sugar, 1 tsp salt, 1 egg, 425 ml (15 fl oz) natural yoghurt

Sieve the flour, baking powder, bicarbonate of soda, sugar and salt into a large bowl. Beat together the egg and yoghurt and pour the mix into the dry ingredients. Knead the dough until smooth and shape into a round. Transfer the dough to a greased tray. Using a sharp knife mark a cross on the top of the dough. Bake in a pre-heated oven at 190 degrees C/380 degrees F/Gas mark 5 for 40 minutes until bread is golden.

Unlocking Real Life Stories . . .

- Have you ever been punished for something you didn't do?
- As anyone ever grassed on you?
- Has anyone ever taken the blame for you?
- What do you think is really not fair?
- Have you ever been bullied?

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Show clip from the film *The Passion of the Christ* (Fox 2004) or another crucifixion e.g. this one from you tube with images from different crucifixion sequences set to Bleeding Love by Leona Lewis

www.youtube.com?v=sGXI0L0ula0

Hebrews 9:27.

We die only once, and then we are judged. So Christ died only once to take away the sins of many people. But when he comes again, it will not be to take away sin. He will come to save everyone who is waiting for him.

Get the bread out of the oven to cool.

How does Jesus' story connect with the stories we shared before?

Once the connections have been made, pass the bread round for everyone to try a bit. You could explain the links with the Eucharist as many unchurched people find the Eucharist bewildering.

Take away:

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?





Cooking the Book
Session 7
It's not fair.



Cooking the Book
Session 7
It's not fair.



Cooking the Book
Session 7
It's not fair.



Cooking the Book
Session 7
It's not fair.



It's Not Fair

Have you ever been punished for something you didn't do?

Has anyone ever taken the blame for you?

What do you think is really not fair?

So Christ died only once to take away the sins of many people.

from Hebrews chapter 9
in the Bible.

How is this like your story?

Soda Bread: 600g (21 ¼ oz) strong white flour, 2 tsp baking powder, 1 tsp bicarbonate of soda, 2 tblsp castor sugar, 1 tsp salt, 1 egg, 425 ml (15 fl oz) natural yoghurt

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Anything you want to change in your life because of what we've learnt?

Something you intend to do after the things we have thought about?

It's Not Fair

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Anything you want to change in your life because of what we've learnt?

Something you intend to do after the things we have thought about?

Session 8: Nonsense!

Bible Focus: Resurrection & Ascension

Cookery Focus: Goopy Chocolate Pudding

Visual: Hands holding nothing

Sound track: Led like a lamb by Graham Kendrick an mp3 version is available at

http://www.kingsway.co.uk/Shop/Products/110133/Home/Downloads/Music_MP3s/Praise_Worship/Focus_on_The_Resurrection_MP3.aspx



Pre-heat oven to 190 degrees C.

Ice breakers:

(You may not need one by now) Tell everyone 3 bizarre things about yourself - one of them should be untrue - see if everyone can spot the lie!

Cooking: 1 teaspoon butter, 150 g dark unsweetened chocolate squares, 1/2 teaspoon vanilla flavouring, 1 tablespoon brandy, rum or whiskey, 85 g fine sugar, 4 large eggs, separated, 1 tablespoon sifted plain flour. Butter 4 150ml heatproof soufflé dishes or ramekins, and place on a baking tray. Chop chocolate up roughly and melt in a heatproof bowl in the microwave. Beat in vanilla flavour, brandy and sugar. Beat in egg yolks, one at the time, and then the flour. Mix till mixture is fairly stiff. Whisk or beat the egg whites till stiff and peaky. Gently fold the egg whites into the chocolate mixture. Pour into the dishes and bake for 10-12 minutes till puffed, and well risen. The puddings will rise and look like cakes and be goopy on the inside.

Unlocking Real Life Stories . . .

- Has anything ever happened to you that your friends or family have not believed?
- Has anyone ever told you something that you thought was nonsense but turned out to be true?

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Luke 24:1- 12.

Very early on Sunday morning the women went to the tomb, carrying the spices that they had prepared. When they found the stone rolled away from the entrance, they went in. But they did not find the body of the Lord the Lord: Jesus, and they did not know what to think.

Suddenly two men in shining white clothes stood beside them. The women were afraid and bowed to the ground. But the men said, "Why are you looking in the place of the dead for someone who is alive? Jesus isn't here! He has been raised from death. Remember that while he was still in Galilee, he told you, 'The Son of Man will be handed over to sinners who will nail him to a cross. But three days later he will rise to life.' " Then they remembered what Jesus had said.

Mary Magdalene, Joanna, Mary the mother of James, and some other women were the ones who had gone to the tomb. When they returned, they told the eleven apostles and the others what had happened. The apostles thought it was all nonsense, and they would not believe.

Jesus appeared on many occasions to disciples...

Luke 24:45-50.

Then he helped them understand the Scriptures. He told them:

The Scriptures say that the Messiah must suffer, then three days later he will rise from death. They also say that all people of every nation must be told in my name to turn to God, in order to be forgiven. So beginning in Jerusalem, you must tell everything that has happened. I will send you the one my Father has promised: Jesus means the Holy Spirit.

but you must stay in the city until you are given power from heaven.

How does this connect with our stories from earlier?

- Does it sound like nonsense to you?

Take away:

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?

If the group has no suggestions you could ask them to think what they would do if they could start all over again?



Cooking the Book
Session 8
Nonsense



Cooking the Book
Session 8
Nonsense



Cooking the Book
Session 8
Nonsense



Cooking the Book
Session 8
Nonsense



Nonsense...

Has anything ever happened to you that your friends or family have not believed?
Has anyone ever told you something that you thought was nonsense but turned out to be true?

(at the empty tomb)The women were afraid and bowed to the ground. But the men said, "Why are you looking in the place of the dead for someone who is alive? Jesus isn't here! He has been raised from death.

When they returned, they told the eleven apostles and the others what had happened. The apostles thought it was all nonsense, and they would not believe.
from Luke chapter 24
in the Bible.

Goey Chocolate pudding 1 teaspoon butter , 150 g dark unsweetened chocolate squares, 1/2 teaspoon vanilla flavoring, 1 tablespoon brandy, rum or whiskey, 85 g fine sugar, 4 large eggs, separated, 1 tablespoon sifted plain flour Butter 4 150ml heatproof ramekins, place on a baking tray. Melt chocolate in a heatproof bowl in the microwave. Beat in vanilla flavour, brandy and sugar. Beat in egg yolks, one at the time, and then the flour. Whisk or beat the egg whites till stiff and peaky. Gently fold the egg whites into the chocolate mixture. Pour into the dishes and bake for 10-12 minutes till puffed, and well risen.

Does the empty tomb seem nonsense to you?

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Session 9: Down to us

Bible Focus: Pentecost and Early Church

Cookery Focus: Each participant bring their own recipe

Visual: Hands holding light / candle

Sound track: Shine from Take That album Beautiful World 2006, shine from Mat Redman album

Beautiful News 2006, Faith Like a Child from Jars of Clay album Jars of Clay 1995, Shining Light from Ash's Album Free All Angels 2001, What a Friend I've Found from Delirious? Album King of Fools 1999

Ice breakers:

(You may not need one by now) Adapt 'If I were a butterfly'... teach the group the song, then ask each group member to think of one thing about themselves that makes them who they are... then re sing it using their names and characteristics... if I were a <name> I'd thank you Lord for giving me <characteristic>. 'If I were a butterfly' by Brian Howard is available at amazon.co.uk or musicroom.com

Cooking: Participants prepare their own dish...

Unlocking Real Life Stories . . .

- Have you ever received praise for something you have done?
- Have you ever been given a task you could not do alone?
- Have you ever found the courage to do something you found daunting?
- What about you (or someone else in the group) is worth showing off?

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Acts 2:1-11.

On the day of Pentecost all the Lord's followers were together in one place. Suddenly there was a noise from heaven like the sound of a mighty wind! It filled the house where they were meeting. Then they saw what looked like fiery tongues moving in all directions, and a tongue came and settled on each person there. The Holy Spirit took control of everyone, and they began speaking whatever languages the Spirit let them speak. Many religious Jews from every country in the world were living in Jerusalem. And when they heard this noise, a crowd gathered. But they were surprised, because they were hearing everything in their own languages. They were excited and amazed, and said:

Don't all these who are speaking come from Galilee? Then why do we hear them speaking our very own languages? Some of us are from Parthia, Media, and Elam. Others are from Mesopotamia, Judea, Cappadocia, Pontus, Asia, Phrygia, Pamphylia, Egypt, parts of Libya near Cyrene, Rome, Crete, and Arabia. Some of us were born Jews, and others of us have chosen to be Jews. Yet we all hear them using our own languages to tell the wonderful things God has done.

Mat 5: 14 - 16.

You are like salt for everyone on earth. But if salt no longer tastes like salt, how can it make food salty? All it is good for is to be thrown out and walked on.

You are like light for the whole world. A city built on top of a hill cannot be hidden, and no one would light a lamp and put it under a clay pot. A lamp is placed on a lampstand, where it can give light to everyone in the house

Make your light shine, so that others will see the good that you do and will praise your Father in heaven.

- How does this connect with our stories from earlier?
- How does it feel that God wants you to 'shine'?

Taste each other's food.

Take away:

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from this session?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?

If the group has no suggestions you could suggest that they imagine Jesus alongside them through the entire week.



Cooking the Book
Session9
Down to us



Cooking the Book
Session9
Down to us



Cooking the Book
Session9
Down to us



Cooking the Book
Session9
Down to us



Down to us...

Have you ever been given a task you could not do alone?

What about you (or someone else in the group) is worth showing off?

Down to you

What is your favourite recipe?

What about it do you like?

Can you tell us how to make it?

Then they saw what looked like fiery tongues moving in all directions, and a tongue came and settled on each person there. The Holy Spirit took control of everyone.

from Acts chp 2
in the Bible.

You are like light for the whole world. A city built on top of a hill cannot be hidden, and no one would light a lamp and put it under a clay pot. A lamp is placed on a lampstand, where it can give light to everyone in the house. Make your light shine, so that others will see the good that you do and will praise your Father in heaven.

from Matthew chp 5
in the Bible.

How does this connect with what we spoke about earlier?

How does it feel that God wants you to 'shine'?

What about you do you think He makes shiny?

Down to us...

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How does it feel that God wants you to 'shine'?

What about you do you think He makes shiny?

Session 10: Perfect Party...

Bible Focus: Heaven - all invited but who will accept

Cookery Focus: decorating!

Visual: Hands holding a question mark

Sound track: music that participants like, ask them to bring some.

Ice breakers: The cooking serves as an icebreaker for this session...

Cooking: ice some cup cakes! Ask all participants to bring some party food or supply it yourself. Use this time to put it all on plates and to ask the Unlocking life experience questions.

Unlocking Real Life Stories . . .

- Best party you've been to?
- Ever not been invited to someone's party?
- Best thing about throwing a party?

Party...

It may sound like kids play but most adults enjoy a party game or two!

Musical statues - each time the music stops the leader shout out the name of a Bible story from the course and the people do a statue for that story.

Musical chairs - just for fun!

Pass the parcel... Place a prompt in each layer so whoever unwraps that layer tells a story that the question, item or picture makes them think of... for example:

1. What have you celebrated recently?
2. a picture of a firework.
3. Have you ever found something you thought you had lost?
4. A coin and so on, until...

The last layer but one has Luke 15:8-10 in it for someone to read out. (You may want to 'rig' where this lands to be on someone who can read) Pause the game at this point to ask the group to connect this with the stories they have told in the game. Depending on where your group are 'at' you may also want to make this an opportunity to talk about 'being found' and what next step they might want to take to carry on getting to know Jesus as this is the last session of this course.

Then resume the game for the last layer - I suggest party poppers as the central present, enough for everyone to have one.

As the part poppers are passed round also pass round cups and food.

The Book:

Revealing the Good News of the Down to Earth Christ . . .

Matthew 18:2 - 4

Jesus called a child over and had the child stand near him.

Then he said:

I promise you this. If you don't change and become like a child, you will never get into the kingdom of heaven. But if you are as humble as this child, you are the greatest in the kingdom of heaven.

Luke 15:8 - 10

Jesus told the people another story:

What will a woman do if she has ten silver coins and loses one of them? Won't she light a lamp, sweep the floor, and look carefully until she finds it? Then she will call in her friends and neighbours and say, "Let's celebrate! I've found the coin I lost."

Jesus said, "In the same way God's angels are happy when even one person turns to him."

Take away

Releasing Life Changing Skills and Confidence . . .

- What do you want to remember from the course?
- Anything you want to change in your life because of what we've learnt?
- Something you intend to do after the things we have thought about?
- What next, do we want to carry on as a group?
- Who might facilitate the sessions next time
- Anything particular we want to think about?





Cooking the Book
Session 10
Perfect Party



Cooking the Book
Session 10
Perfect Party



Cooking the Book
Session 10
Perfect Party



Cooking the Book
Session 10
Perfect Party



Perfect Party

Have you ever been given a task you could not do alone?

Party Preparation Buy some cup cakes, ice them & decorate them!

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from Luke chp 15
in the Bible.

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Pass the Parcel Story Prompts

Print out this page & cut out each picture of image.

Put one in each layer of your parcel with the Bible story last.

Ask the group for a story to go with each prompt.

Once the Bible story is read ask if there are any connections with their stories.



What have you celebrated recently?

Have you ever found something you thought you had lost?



Jesus told the people another story:

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How it actually went



Session 1: Something from Nothing

We had a few teething troubles so we didn't meet the first week that we had planned to. It was perhaps just as well as the girls that had turned up didn't bring vegetables which meant that I at least knew I should bring the vegetables myself! When we did meet the session went surprisingly to plan. The girls told amazing stories of things they had made in the past. In telling the creation story, using the visuals, I held them and placed them. However the girls then picked them up and asked questions as we went along. It struck me that it might have helped them make stronger connections if the participants had the cards to start with and they tried to put them in order. In telling them that God was proud of what he had made, their reactions were amazing - 'wow, that's boss that is. God felt like I did!' The simple soup was tasty, the session was a very positive start.

Session 2: Tricky

We used the drawing game which was fun, although it took longer than I had expected. The stories the women told about being tricked exposed some difficult memories and experiences, knowing the group I was ready for this and it was okay due to the strength of our existing relationships. With a new group it might be worth thinking carefully about which question you use. The cooking and tasting went well; the women all disliked one of the different ways of preparing pasta but liked all the others. The previous week the women had asked what happened next, where it all went wrong and so were keen to hear the story. As they were asked reflective questions and made connections it was for them the first time they had discovered that it was the serpent that tricked Eve and having told their stories first they connected very strongly with Eve. They also discussed the realisation that everything going wrong might not be just God's fault.

Session 3: Doing what we want...

This week was hard work! It took 2 failed attempts to meet with insufficient members showing up on the first 2 attempts. The women were stressed due to an incident involving one of their children and in response to the prompt questions there were no stories forthcoming, so I asked a variety of questions in our conversation until the last one drew out some stories. I was glad that I had decided to ask the questions as we prepared the bread and butter pudding as the activity made the lack of responses less awkward. In responding to the story the women identified more with the drowned sinful masses than with Noah! They were glad to hear God's promise not to flood the earth again but also asked a lot about their own shortcomings!

Session 4: Unwanted Gift

Okay, so we all know the saying that you have to break eggs if you want to make omelette? Well perhaps it is one to have in mind, as I actually managed to forget the eggs for this session! One of the girls nipped to the corner shop and we all laughed about it, perhaps it wasn't such a bad thing in a group where I am seeking to minimise the learner / teacher divide? Using the present for the Unlocking life experience was intended to act as a deterrent for the group interrupting one another. It worked for a while but then one group member kept grabbing it to try and work out what was in it! IN fact it served as a story in itself as one group member hoped to get the present to herself and was disappointed to discover that it was chocolates to share as a group.

Session 5: Once Upon a Time

This week was very moving despite the girls really struggling to share stories after the food was simmering. I had asked about invitations, combining 3 of the questions from the materials and only one member had a story to tell. As a result after the Bible story I asked them who they thought they were like in the story, to which they responded enthusiastically, firstly saying that they were the uninvited guest but then one of the group said that she thought she is invited to God's banquet. Which was moving and a helpful lead into giving out the invitations.

Session 6: It's a miracle...

We missed this session out, as on the day we were going to run it 2 of the girls arrived but were unable to stay and only 1 other arrived. We had set an end date for the course due to other commitments of the group members and of the remaining sessions I felt this was the least essential - especially as the cooking is perhaps the most precarious!

How it actually went continued...



Session 7: It's not fair

The women were suspicious of the recipe, expecting to dislike it and that it would fail as bread usually takes so much longer. We each made our own roll and everyone made a distinctive shape. One even made a plait! Everyone had an 'it's not fair story' which were told with great passion! As we watched the video some of the group were clearly moved and teary eyed. However as it finished one of the group pushed her chair back and said, 'Right, I can't wait, it smells too **** good lets have that bread'. It was too late to recapture the moment and we got the bread out, each had risen well and we were impressed with our creations which we then ate warm with butter and jam. As we ate there was no need for questions to lead into making connections as the women discussed them anyway. It was following this week that the reflective process continued beyond the meeting and I had phone calls and on going conversations with the participants at other times. They were shocked to get the insight that it wasn't fair, that Jesus was innocent and yet punished.

Session 8: Nonsense!

This week the participants had lots of stories to share and it was amusing that they didn't believe that the pudding would be runny in the middle. (I was very careful about timing the cooking to make sure it was!) Not only did the group make links with their own experience but one of them said, 'D'ya know what, a while ago if you'd told me all this Bible stuff I'd'a said it was all nonsense. Some of my family think that I'm letting you fill my head with nonsense, but then that is what it sounds like ain't it. It's bound to if it sounded like nonsense even to Jesus friends'.

Session 9: Down to us

We were unable to run this session so instead sat together at a community meal and using the questions shared our experiences and talking about shining! It was not ideal and we were constantly interrupted.

Session 10: Perfect Party...

Icing the cup cakes went down well and the group were delighted to have a party. The pass the parcel worked well and the group were comfortable telling stories during the game. By now they have got into the reflective cycle and expect to share. However there were some tensions with 'who it had landed on' just like at any kids party and for this session the benefit of a co leader would have been great. In discussing the Bible context one of the group said she felt like she had found treasure through the course. So I asked them all what they might do to keep looking for more of that treasure and introduced some options available in the local area.

Co-leader

My greatest frustration with this course was the lack of a co-leader. Someone was very willing but there simply wasn't a mutually available time. One other said yes but then didn't follow through. In some respects it didn't matter but in others it did. Running the sessions is possible alone but having a partner greatly enriches any group and I hope you are able to find someone who will work with you and pray with you as you work with your group.

'Cooking the Book' was developed by Sonya Doragh, for Unlock Liverpool, in 2008-9