

## WELCOME TO LIGHT AND PEACE!

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We are grateful for your help in this ministry of worship, story and table fellowship with city children. We hope you will feel the abundance of God's Spirit in our midst, and that you will be nurtured and filled with love along with the children and the program leaders.

Food is a focus of high emotional intensity for inner-city children. Some of our kids habitually hoard food and are easily drawn into fights over food. A significant part of the work of this ministry is to provide table fellowship in the fullest sense: to be a place where, week after week, there is reliably plenty of food and it is shared fairly, while the children's hunger for loving and respectful adult attention is also satisfied.

This brochure should answer most of your questions about your part in our ministry. But please feel free to call (203) 785-8248 if you need any further information, or have any questions. The Children's Mission office is normally open from 10:30 to 5:30, Monday to Friday, and Saturdays from 10:30 to 1:00. If you get the phone machine, please leave a message and we will call you back.

## COOKING FOR LIGHT AND PEACE

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### 1. What should we cook, and for how many?

Supper will be for between 40 and 45 people—28 to 32 children and 12 to 14 adults and teens—plus yourselves. We serve family style, at 4 tables, so please distribute all dishes into 4 pans or serving containers to be placed on the tables. The largest of these, for the oldest children, should contain enough to feed up to 8 children, aged 8 to 10, plus 3 adults or teens; the others somewhat less, for up to 8 children aged 3 to 8, and two or three leaders. Set aside some portions for yourselves!

Please provide:

- a) **A protein-rich, filling main dish, such as a pasta casserole, prepared in advance.** You should come out with plenty if you multiply your recipe to go with 6 pounds of pasta, or 7 cups of rice.

Possibilities: macaroni and cheese; pasta with meat balls or meat sauce; lasagna with or without meat; tuna or chicken with noodles; chicken pot pie; chili or baked beans with cornbread or rice; chicken wings or nuggets with biscuits; beef or turkey franks with baked beans; meat loaf or salisbury steak with rice or plain pasta. Pizza is always an option, though expensive.

Please check with us to find out if there are any special dietary needs for this year's group of children. We will be happy to talk over your menu choices.

- b) **Vegetable.** Most of the children like: lettuce (especially iceberg); carrot and/or celery sticks (or whole "baby carrots"); sweet corn (frozen, 3 bags); sliced cucumbers and/or whole cherry tomatoes; raw sweet peppers; green beans; applesauce.
- c) **Bread if desired.** Sliced white bread, or dinner rolls or French bread; preferably pre-buttered.
- d) **Condiments.** Catsup, mustard, salad dressing, parmesan cheese, etc. as needed—one container per table. (Small bowls work fine as containers; you do not need to bring 4 whole bottles of catsup, for example.) Condiments are highly valued by the kids and they go through them fast! Ranch or other creamy salad dressings especially popular and are preferred over oil-and-vinegar types.

- d) **Milk.** 3½ gallons of whole or 2% milk.
- e) **Cookies.** Homemade or store-bought. Avoid frosting and excessive amounts of chocolate, and please: No Oreos! They are too loaded with stimulating ingredients, and the kids make a huge mess by dipping them in their milk. *It's important that the cookies be uniform in size so that each child's serving can be clearly the same.*
- f) **Fruit if desired.** Pre-cut into snack-size pieces (apples into quarters, for example).

**NOTE: Children are not allowed to take food home with them on our vans,** so please do not package dessert as a take-home item.

## 2. Where do we do the cooking?

The children eat in the parish hall, which has a kitchen adjacent to it from which the food is served. This home-style kitchen has two stoves, two refrigerators, two dishwashers, and plenty of counter space. Normally, of course, your food will be prepared ahead of time, because of time constraints. If, for some reason, you would like to cook in this kitchen, please consult us to arrange a time.

## 3. How much time, and how many people, will this involve?

Plan to be at St. Paul and St. James from 5:00 p.m. to 7:45 p.m., with 3 or 4 adults and your precooked main dish, which should be fully defrosted and at or near room temperature. A larger group, including youth or children, can be involved in off-site cooking ahead of time.

Baking cookies is an especially nice project for children. If you wish to bring a larger serving team, please discuss this with us ahead of time.

## 4. What else do we bring?

We supply plates, paper cups, cutlery, and napkins, serving bowls and spoons, milk pitchers, bread baskets, potholders, towels, aprons, and a limited supply of standard ingredients and utensils in the kitchen and pantry. If you need anything special, call ahead to check with us, or bring your own.

(Please note: the nearest grocery market to the church closes at 6:00 pm.)

## 5. How do we park and come in?

If you are coming from out of New Haven, please call for directions. The driveway is on Chapel Street to the left of the sanctuary main doors. If the weather is nice, the door at the first landing of the fire escape will be open and you can come right in, or you may enter through the chapel entrance which is unlocked at 4:00 p.m., or ring the bell at the top of the stone steps at the rear of the parking lot, or the front doorbell at #57 Olive Street. We will welcome you and help you unload your car.

## 6. What will we actually be doing?

Part of the joy of serving for *Light and Peace* is the experience of worshiping with the children and hearing the Scripture story. If this is your first time serving with us, please allow some time for orientation, and for worship in the chapel from about 5:55 to 6:30. After worship, the children adjourn to their activity time while you complete your meal preparation. Supper follows the activity time, and then the children are dismissed to the van and the volunteers clean up together.

**5:00 - 5:15** Welcome, orientation, put food in oven

- 5:15 - 5:45** **In pantry:** do other preparation as needed; set tables with plates, napkins, forks, spoons, glasses (provided)
- 5:50** **Greeting / gathering** (chapel)  
The children are greeted and receive a small snack; we chat together and welcome visitors.
- 5:55 - 6:30** **Worship**
- 6:30 - 6:50** **Activity time**  
**Complete food preparation,** fill glasses with milk; put all food out on table; eat your own supper now if time allows!
- 6:50** **Ring bell** (briefly) as 5-minute warning.
- 6:55** **Ring bell** for serving.  
**The children go to the tables** and grace is sung.
- 6:55 - 7:10** **Supper (main course)**  
**Circulate with any refills** of food and milk; respond to any spills, etc. *Everyone except the serving team should remain seated at the tables, to help cut down on movement and distraction.*  
**As children finish the main course,** clear the dishes from the main course.
- 7:10- 7:20** **Announcements and dessert**  
**Be prepared to take a bow!**  
**As the main course is being cleared, bring out dessert** to each table, *for distribution by the adult leader.* If seconds of cookies are available, make sure that quantities are fairly distributed between the tables.
- 7:20** **Dismissal and cleanup**  
Adults not accompanying children on the vans clean up the cooking and serving areas, the chapel, and the classrooms. If you were too busy to eat your own supper earlier, take some time now! We all clean up together, and many hands make light work.
- 7:45** **Go in peace,** with our thanks!

## **ADDITIONAL NOTES AND POINTERS**

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Children are not permitted to take food home.

Please do not allow children into the kitchen or accept their offers of help. It's important not to give the impression that any one child is getting a special privilege, particularly concerning food.

At worship, please use discretion in responding to children's bids for attention and affection.

Children age 4 and under may sit on laps. Older children should not be permitted to sit on your lap.

Please give us your suggestions, feedback, questions and criticism. Please pray for the children, their families, this ministry, and our many volunteers and benefactors!