

General Fellowship & Visitors/Invited Guests Lunch Guidelines

As the new year of hosting our 'General Fellowship' and 'Visitors/Invited Guests' luncheons commence, I wanted to thank all those who volunteered this past year for their time, effort and finances so that our church continues to be a welcoming place for our invited luncheon guests.

As Seventh-Day-Adventists we believe that the Lord blessed the Sabbath day and hallowed it. We believe in coming to church to receive the blessing that GOD has promised to us and also to receive spiritual nourishment as well as being a blessing to others.

"Exodus 20:8-11 Remember the Sabbath Day to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the Sabbath of the LORD thy GOD: in it thou shalt not do any work, ... For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day and hallowed it. "

Our hosting team member's, should try as much as is possible, to avoid working in the fellowship hall kitchen during church service. Our pastor should have our full and undivided attention during the worship service. Spiritual nourishment is equally as important as physical nourishment!

We should all get our minds around the following guidelines with a positive Christian attitude:

- *All hosting team members should be in the sanctuary for opening prayer thru closing prayer.
- *Our Deacons have committed to set up the tables and chairs on Friday. Please consider inviting those deacons and their families for lunch.
- *The first Sabbath of each month will continue to be our general fellowship luncheon "pot luck" style.
- *For the most part – our 'planned menu' for visitors/invited guests luncheons are working well.
 - >Baked potatoes & toppings (assortment of vegetables, tofu, salsa, etc.)
 - >Haystacks (chips, beans, lettuce, tomatoes, sour cream, salsa, etc.)
 - >Mexican (enchiladas, tortilla's, tostada's, Spanish rice,etc.)
 - >Italian (pasta dishes, eggplant, lasagna, salads, garlic bread, etc.)
 - >Breads, soups and salads...
 - >Vegan meals (egg-less and dairy free entrees) tofu, tempeh, legumes, pasta, raw salads, bread, etc.)
- *For visitors/invited guests luncheons, the hosting team members should agree on the menu and team members should coordinate Entrées, Green Salads, and Desserts – this will insure a balanced meal. The menu decision should be submitted to the church office so it can be printed in the church bulletin about two weeks in advance so those church members who would like to join the luncheon with the hosting team can bring complementary items or call the hosting team leader for suggestions as to what is needed.
- *The designated team hosting the lunch should bring "double" the amount of food that it would take to feed themselves to insure sufficient food for the visitors.
Example: if there are 7 team members there should be enough food for 14 people.
- *As Adventist Christians we should make every effort to share more 'healthy' type of desserts.