



LEARNING TO COOK LIKE GRANDMA OFFERS MORE THAN JUST A HOT MEAL

Holy Family now offers a cooking class for budding chefs of all expertise, including a kid's station, helping to establish mealtime as a time for family and friends.

Food, meals and hunger are heavily mentioned throughout the bible. Our corporal works of mercy call for us to feed the hungry. This dependence of food creates a dependence upon God to sustain life on earth. But God created food to nourish our bodies as well as for enjoyment, providing delicious fare and an opportunity for friends and family to gather. "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me." - Revelation 3:20

It is this sense of gathering and sharing faith and family values that inspired parishioner Michelle Jeffries to begin a cooking class at Holy Family, *Learn to Cook Like Grandma*. Growing up, Michelle felt fortunate to have amazing, strong women to guide her. Everyone sat around the table for dinner and enjoyed time together with family and friends. "I would come home from school and my mom cooking was such an expression of love, to cook our favorite meals," said Michelle.

After the loss of her daughter, Madeline, Michelle listened to what God was telling her in her heart and took a chance to offer a cooking class at Holy Family. (The story of the loss of her daughter can be read in the May 2015 edition of Holy Family Matters.) She felt called to share her talents through encouraging others to cook meals from wholesome ingredients and create an opportunity to get to know each other better.

"We are caught up in convenience. We feel entitled to be able to get something

quick and it's actually not that much more time," plus it can actually save money to cook from scratch, said Michelle. She hopes that by offering this class she is able to empower people to use food as an expression of love toward family, showing that cooking from scratch is not intimidating when you know what tools to use and how to use them.

The typical class starts with friendly chatter about the week, trying new recipes or anything each person wishes to share. It is truly a warm and welcoming environment. Michelle welcomes all new 'cooks' to the group, emphasizing the family-like feeling of the group.

"People can expect to become part of a great, close-knit family. This is a time of coming together to share their food history and what food means to them," said Michelle, reassuring that even if someone doesn't know how to peel an orange, she will help anyone through the process.

Parishioner Carol Hagen is one such example. Carol did not cook for her kids when

What this cooking class means to Michelle in three words: Stewardship, Gathering and Health.

Stewardship: Being good stewards with our money. Ways to save money and stay home to cook. It's so easy to grab KFC for dinner, but limiting take out can save tons of money!

Gathering: I think food is the best way to bring people together to celebrate life. Plus there are emotional benefits of families being together at the dinner table.

Health: I think cooking at home is the best way to keep our bodies healthy. Eating out and convenience foods have proven not to be healthy.

Living our Faith



they were growing up. Now, after having been a part of the *Learn to Cook Like Grandma* group, she lovingly has homemade meals ready for her kids when they come home.

“Being a non-cooker, it’s been wonderful having things explained,” said Carol.

Through a casual, easy-going style, Michelle explains the decided upon cooking technique for that particular class. The very first class was a mystery, not knowing how this class would evolve. Michelle shared tips on how to save money at the grocery store. Rather than planning each month’s cooking topic in advance, Michelle has learned

it’s best to listen to what those in class are intimidated by and tackle each cooking related worry class by class.

“It’s not about my plan, but the people’s desires. I am just letting [the class] take its course, letting God lead,” said Michelle

While learning how to cook is the overt objective of this class, the residual effect of comradery may be considered just as important. Parishioner Victoria (Vicky) Hadel has made many connections with other parishioners through attending the class.

“It’s like ‘hey, I know you.’ It’s been fun seeing people from the cooking class around church,” said Vicky.



If you enjoy cooking or can barely put a frozen dinner in the microwave, this class can provide opportunities to create delicious meals, wonderful friends and just maybe a healthier lifestyle.

Learn to Cook Like Grandma typically meets once per month on Thursday evening at 6 p.m. in the parish hall. The food focus of each class can be found on our website at holyfamily.com in the ‘Looking Ahead’ section. If you are interested in attending a class, please email Michelle at michelle.jeffries@kcpl.com, to be sure she has enough materials.

See page 15 for a delicious salmon recipe, perfect for Lent.

LOOKING TOWARD THE FUTURE

For years Holy Family has been preparing for the future needs of our community. We have improvised with our current space, paid off debt, purchased and sold the 106th and Woodland property and invested for the next step. Due to ever-changing circumstances, Holy Family has tried to remain true to who we are and make sound decisions. These decisions have been the result of town hall meetings, task force group meetings, as well as meetings with our Bishop. The direction taken involves much prayer and consideration of what is best for Holy Family.

Each parishioner is an important piece to this puzzle. The staff at Holy

Family thanks you for taking the time to participate in our recent feasibility study. Tim Sweeny, with Praxis Non-Profit Strategies, did an excellent job of compiling the feedback from this parish community. The results gave the staff a strong indication of how you, each parishioner, wants to proceed.

The task force group has been working with Father Philip, Marie Relic and Patty Rose in laying the groundwork for the parish’s consideration. The Task Force Committee consists of: Dean Prather and Jim Edwards from Pastoral Council, Scott McBee from the Finance Council, Joe Malicoat from the Facilities Committee, Becky Kopecky from the Stewardship Council and David Kreher, parishioner. This group has had many meetings with Tim Sweeny to jumpstart this process, which has now led to working with SFS Architecture. The key players with SFS are Mike Shaughnessy, Marsha Hoffman and Brian Garvey.

Some 40 parishioners had the chance to meet these individuals during the brainstorming sessions in the fall of 2016. Those sessions gave parishioners the chance to “dream” of the ideal space for worship, classrooms and our parish hall.

Holy Family is now in the process of coming up with a possible blueprint for expansion. Different scenarios and associated costs are being explored. The hope is to present the plans to the leadership councils of the parish in March. Upon approval by the leadership of the parish, the plan will be presented to the entire parish at town hall meetings this spring.

The task force group looks forward to sharing this information with you. Until then, please pray about the future of Holy Family and where God will lead us.

Please visit holyfamily.com/future/ for all updates.