

A Meal of Love and Connection

By Fr. Glenn McDonald, CSB

Two years ago, I did a funeral at Santa Maria Goretti Parish for a lovely Italian woman, who had seven granddaughters. The emotion of the day remains in my heart. Sorrow filled the church — she was only seventy-one. The Italian community embraced the family with all their warmth. The flowers whispered of someone truly special.

The memory of this day returned to me when I was trying to find a way to increase the bonds of love and connection between students and their families. I could distinctly recall the impact the Italian grandmother's cooking had on her granddaughters and the impression it left on them that they were deeply loved.

In the coming months, I hope to put together a series of family activities that revolve around cooking and baking. My hope is that students can make wonderful meals with their families and create lasting memories of warmth and connection. So far, I have collected recipes for baguettes, pizza, chili, soup and gingerbread.

I hope to have the first episode out within a month or so, but in the meantime, I would invite you to think about the foods that play a role in the life of your family. Is there a special recipe that you could begin to teach to your children?

After listening to the Italian granddaughters, I can easily see why Jesus said, "Do this in memory of me" at the Last Supper. A family meal that you make with your child today could become a memory that will comfort them for years to come.