Preaching to the Choir: 
Keeping Your Home Fires Burning While Helping Others

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Keeping Your Home Fires Burning While Helping Others

- What’s Cooking?
- The Aroma of Love
- Turn up the Heat
- Let it Simmer a While
- The Cool Down
- The Fragments
- Enough to Share with Others
What’s Cooking

- Use the right ingredients for what you want to prepare
- Realize that it will take time for it to all come together
- Enjoy the meal
The Aroma of Love

- Using herbs
- Using Spices (Mild, Spicy, Hot)
- Using some good Grapes
Turn up the Heat

- Talking or Singing in the Kitchen
- Dance around the Table
- Laugh until it hurts
Let it Simmer a While

- Let Patient’s have it’s work
- Listen to the music in the air
- Let it sink into your soul
The Cool Down

- Stir up the Pot
- Add some water
- Be cool, it will come back to life
The Fragments

- Dealing with the leftovers
- Put them away together
- Remember the ingredients are still in the leftovers marinating
Enough to Share with Others

- Good cooking is meant to be shared
- There is no substitute for good cooking
- The experience can last a life time