

## At The Table

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A little over a year ago, I watched the clip above for the first time. It's produced by *President's Choice*, a food company here in Canada. **#EatTogether** has been a campaign for a few years now. When watching the video, it is clear that the food company wants you to invest in food and buy their products. However, every time I watch this video I'm struck by a bunch of little things:

- This girl seems lost in a world of screens
- Everyone is disconnected, even the doorman
- At first, no one really looks at each other
- What conversation moved them to being in the hall?
- How awkward was it to wait?
- A simple knock implies a change of heart

The video ends with the slogan "Nothing brings us together like eating together." I would agree with that statement. Gathering around a table to eat has power. Growing up, some of my favourite memories are of gathering around my grandma's farmhouse table. The house always had visitors and there was always the best food available. It was a simple table with benches and two extra chairs but somehow there was always room for who ever came by. We did, however, do more than eat at that table, which is why I would like to make an addition to the video's slogan...

"Nothing brings us together like eating together.... and talking about life, love and faith."

It was around that farm table that I heard adults talk about life, love and faith. I distinctly remember these big conversations, heated moments, tears and joys being shared around that kitchen table. Sometimes it was during a meal and often it was during coffee or playing cards. If you wanted to talk, you sat at the table.

Right now our world is saying "sit at your cubical and eat in isolation" because it's more efficient. I would say that there needs to be a return to "the table" in our world. The table is where you go when you want to talk. But what does that look like for you? What's your table?

Maybe your table is....

- The spot on your stairs at school where your crew gathers at lunch
- The locker you all meet at during third period because Sally's mom always sends the good kind of cookies.
- The empty board room that no one ever seems to use but is always booked for some reason.
- The coffee shop on the corner by work. Their coffee is just okay but you have a "table" in the morning before the joint is officially open.

I think everyone has a table somewhere in their lives but it sparks two questions:

1. Have you invited anyone to join you?
2. Have you considered the substance of your conversation?

The first question is simple: when was the last time you invited someone to join you at your table? If it was recent, well done! Now do it again. If it's been a while, maybe it's time to try again. The second question is harder to navigate. The goal is to talk about *life, love and faith*. All three are needed but we tend to just pick on only one.

My challenge to you this week is to invite someone to join you at the table and actively talk about life, love and faith. If you don't know how to do that check this video below out. If you are comfortable talking about those topics, just gather and talk. Trust the Holy Spirit to work and guide your conversation.

**VIDEO:** <https://www.youtube.com/watch?v=vDuA9OPyp6I>