

Potluck

Next

Sabbath

Bring Enough
for 2 families
please!

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What is a Potluck?

Wikipedia says:

- Potluck dinners are events where the attendees bring a dish to a meal. Potluck dinners are often organized by religious or community groups, since they simplify the meal planning and distribute the costs among the participants... The only traditional rule is that each dish be large enough to be shared among a good portion (but not necessarily all) of the anticipated guests... Guests may bring in any form of food, ranging from the main course to desserts... Traditionally, potlucks were a simple combination of dishes brought together by event attendees without a general theme...

Here at Rohnert Park English SDA Church, we invite ALL of our members, friends, and guests to participate when we have a "Fellowship Potluck" lunch on the *second Sabbath* of every month. You are encouraged to plan ahead for these *vegetarian* potlucks. Please label your dish with the reheating instructions.

Does *vegetarian* give you pause? Avoid any animal/seafood meat or ingredient (i.e. no lard, gelatin), alcohol, and heavy spices, but you may use eggs and/or dairy products. There are so many of us willing to share a casserole recipe! Just ask around, look online, or check the church library for a recipe you like. Fix your best recipe, label it (i.e. vegan? nuts?), and we'll reheat them!

There are tons of *other things* that you can help supply:

- Fruit or vegetables, salad ingredients, legumes (beans) - fresh, frozen or canned; can be arranged on a dish or in a salad; salad dressings, mild salsas, chips, dips.
- Bread, crackers, rolls, muffins, biscuits; and/or spreads
- Potatoes, rice, pastas - ready to reheat
- Desserts (always the sweetest part of the meal) - cookies, a pie, or cake; bought or homemade.

Forgot or can't afford to bring anything this week? Then donate your time to help: set up the dining room, assist in the kitchen getting things ready to serve, help take down tables and chairs, sweep up, take out the trash, wash dishes, repack leftovers...just ask "What can I do to help?!" "Many hands make light work!"

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