



# THE JUST KITCHEN

## Discussion Guide

### Chapter 1: The Kitchen as a Keeper of Story and History

1. What was the geography of your kitchen growing up? What smells, sounds, feelings are there? Who is there? How does it make you feel?
2. How has a kitchen from your growing-up influenced your kitchen now?
3. What family stories center on a kitchen?

### Chapter 2: The Kitchen as a Place of Interaction

4. Where do you purchase the majority of your food?
5. What could you do to shorten the distance between where your food is produced and your kitchen?
6. Which of Michael Pollan's food rules do you find most challenging? Why?

### Chapter 3: The Kitchen as a Place of Preparation

7. What steps do you take to prepare your kitchen before you cook?
8. In what ways might preparing your kitchen be self-care or a spiritual practice for you?
9. What is your go-to meal when you don't have time to prepare?

### Chapter 4: The Kitchen as a Place of Transformation

10. What's something you have experienced in the kitchen that makes you feel awe?
11. Name a time when you had to cook with random ingredients in your house. How did it turn out?
12. What does it look like to practice being and having enough in your kitchen?

### Chapter 5: The Kitchen as a Place of Reflection

13. In what ways can cooking be prayer/meditation for you?
14. How do you practice creativity in your kitchen?
15. What's one way you could bring mindfulness practices into your kitchen?

## **Chapter 6: The Kitchen as a Place of Healing**

16. What part of your relationship with food feels disordered?
17. How has food helped you heal from a bad personal or cultural story?
18. What can happen in your kitchen to help heal your relationship with creation?

## **Chapter 7: The Kitchen as a Place of Community**

19. Name a good experience of cooking with others. What made it special?
20. How can we be as intentional in cooking for ourselves as we are for others?
21. What would it take to make your kitchen (not only your table) a place where everyone feels welcome?

## **Chapter 8: The Kitchen as a Place of Mutuality**

22. How can we lessen power dynamics when we're cooking for others?
23. How can we prevent participating in "toxic charity"?
24. What are some ways we offer people genuine hospitality through cooking?

## **Chapter 9: The Kitchen as a Place of Celebration**

25. Describe an ideal holiday meal. Who is cooking? What does the kitchen feel like?
26. What's one aspect of your kitchen that you celebrate? What's one aspect you'd like to be able to celebrate?
27. How can we celebrate creation in our kitchens?

## **Chapter 10: The Kitchen as a Place of Hope**

28. What gives you hope?
29. What about cooking makes you feel hopeful? What about cooking makes you feel dread?
30. What's one way resurrection/new life shows up in your kitchen?