



*Each of us has a history, a story that moves us to be who we are in the world. When we uncover a person's narrative, we connect, regardless of differences. When we sit together over a meal and share bread with one another, we form an endearing bond that ties us to our community and our Mother Earth. How can we cultivate thoughtful conversation and genuine connection, food sharing and equitable sharing of abundance, and practice sustainable caring practices in our lives and community?*

*~ A Table in Time*

You are invited to join Slow Food Denver and a A Table in Time and our partners, to host a Slow Food Denver dine-around this year. These dinners will inspire lively conversation and build community around the table. We are grateful to those of you hosted in 2016 and helped us shape this program.

There will be two dinners all happening on the same nights in various communities around Denver in June and October this year. Choose one or both times to host.

### **Why dine-around dinners?**

We wanted to create a way for people to connect and engage with the local Slow Food community by slowing down and gathering at the table for inspiring, meaningful conversation while sharing simple, delicious food in someone's home. We've partnered with organization that share our vision for cultivating thoughtful community.

### **What does it mean to host a dinner?**

This is a great opportunity to get involved with Slow Food Denver by opening up your home to host a dinner, inviting people to your table for meaningful conversation and connections, all in the spirit of Slow Food. Hosts will work with Slow Food Denver to finalize an invitation, invite guests, and plan their evening. Co-hosting is encouraged. We recognize that hosting a dinner requires generosity of time and resources - remember that as a host you don't need to do it alone! Consider inviting your guests to contribute to the dinner by bringing food or beverages.

Our partner, A Table in Time, has provided a wonderful framework for hosts to use to inspire engaging conversation during the dinners. Each host will be provided with questions and tips to guide your dinner. As a host, you choose how you would like to use this information - make the evening your own! Our other partners bring new enthusiasts into our community, creating a broader global view.

We request that hosts capture photos at their dinners and share on social media or send to us to share. We want to create some buzz and energy around this delicious

community-building happening around the table in Denver!

**Do the dinners have a theme?**

We have given each dinner a theme to guide the conversation - but the evening will unfold in its own way. The themes we have chosen to inspire gatherings are:

June - Breaking Bread, Building Bridges

October - Nurturing Health and Care Through Fair, Clean Food For All

**Will guests be charged for the dinners?**

To foster the spirit of community-building, a small nominal fee for dinners, representing a commitment to participating. We are grateful to the hosts and community members who are graciously volunteering to arrange these dinners and build community through food. We ask that guests acknowledge and respect the generosity of the hosts.

We encourage hosts to request dinner guests bring a small plate or provide parts of the menu and/or beverages for the evening.

While these dinners are not intended to be fundraisers for Slow Food Denver, we will include an option to make a donation on each invitation - any donations will support the coordination and support of this dine-around dinner program and other similar programming in our community.

**How do I invite my guests?**

Slow Food Denver will create a invitation for using EventBrite. We will share the invite link with you and you can choose to invite guests directly yourself (before we share the link publicly), can share your invite with our Slow Food community, or invitations can be made using a combination of the two options. It is the host's choice. Slow Food Denver will help manage the rsmps for you and share the final guest list.

**What if I want to attend a dinner, but not host?**

Make sure you are on the Slow Food Denver mailing list, so you will receive any announcements about dinner invitations. Be sure to rsvp quickly to reserve your place!

**What happens after the dinners?**

This program is supported by a terrific partner, A Table in Time, and others and we want to hear how it goes! We will send out a few questions to the hosts and guests after each round of dinners to get some feedback. We hope that hosts will choose to host another dinner - and we hope that guests will become future hosts. Most of all, we hope that our community is strengthened after gathering around the table and sharing stories together.

### **What is A Table in Time?**

Founded by Amy Quinn, A Table in Time is an inspired dining experience, uniquely local, with memorable conversation and lively participation around the table, generating enthusiasm for life, trust between people and social goodwill. It is also a book, **A Table in Time: Host a Gathering for the Mind, Body and Soul**, published in December 2016. The values behind A Table in Time dinners are:

- ~ Connect to others with our best selves
- ~ Hear different perspectives and be heard
- ~ Experience joy around the table
- ~ Bring peace to the world just by gathering together

The concept aligns so well with Slow Food's vision and values, that we couldn't imagine a better partner for this program.

### **Ok, I am ready to host, what do I do now?**

Email [info@slowfooddenver.org](mailto:info@slowfooddenver.org) and let us know which date(s) you would like to host. Hosts for the April dinner will get a follow up immediately requesting some information from you about the format of your dinner and how you would like to invite guests. We will then work with you to finalize the invitations, share host materials with you, and manage the invite process. Hosts for later dates will receive follow up closer to those dates.

**It's time to gather around the table. We can't wait to hear your stories.**