



Gareth's fool-proof guide to hosting a...

"MEAL WITH A MESSAGE"

THE MEAL

Spaghetti Bolognese – serves 4

This recipe costs about £2.50 to make! You can easily increase it by multiplying the amounts or adding what you have around.

- 1 medium onion
- 500g lean turkey mince (cheaper than beef, and you won't be able to tell the difference)
- 2 cloves of garlic
- Any other vegetables you have in the fridge
- 1 can chopped tomatoes
- Chopped herbs (or buy tomatoes with the herbs already in the can!).
- 400g Spaghetti (or whatever pasta you prefer)

1. Fill the kettle and switch it on.
2. Chop onion and fry in a bit of oil until it is soft and starts to brown.
3. Add mince, chopped garlic and any other veg you have. Fry until meat is browned.
4. Pour the boiling water into a pan and add pasta (with a little salt if you have it). Bring to the boil and cook according to the instructions on the packet.
5. Add tomatoes to the meat and vegetables and simmer gently while you wait for the pasta.
6. Serve, garnished with copies of FREE and lashings of conversations about Jesus.

NB: Add a small can of kidney beans and some chilli powder, swap the pasta for rice, and you've got Chilli!

THE MESSAGE

- Pray. Invite some friends round for dinner, but make sure you **tell them** that you plan to have a discussion.
- Pray. Serve dinner.
- At some point, either while people are eating or between courses, start the discussion.
 - **Explain** what events week is all about, and what's going on.
 - **Give out FREE**, explain *what it is*, and *why they need to read it* (ideally by explaining how it's relevant to *your* life).
 - **Kick off a discussion**. E.g. Get them to look at Mark 1v1 and ask them, "who do you think Jesus is?" followed up with "why do you think that?"
- Take time to listen to where your mates are coming from – don't just look for opportunities to jump in with what you think.
- Don't worry if you don't have all the answers – tell them you don't know, but offer to find out.
- If questions come up which relate to the lunch bar, make a point of inviting your mates along.
- Afterwards, see if your mates would be interested in studying Mark with you.
- If the idea of doing it alone is a bit much, pair up with someone else.
- There will be some CU Guests around to help out during Events Week – think about inviting one of them along to dinner. They'll help cook and wash up, they can answer questions, and just by being there they'll probably start a discussion.
- Oh yeah, **PRAY**.