

# *Sarah's Healing Touch*

## *for Women*

### **10 Ways To Create A Pleasant Atmosphere For Family Meal Time**



The attitude of our hearts will determine the atmosphere of our home which will affect the actions of each member of our family

1. ***The Aroma.*** The aroma of food cooking always makes a welcoming atmosphere. In many modern homes the homemaker rarely cooks as they eat out for most of their meals. They can be beautiful show homes but unless meals are being cooked in the home, they lack atmosphere. They can feel cold and uninviting. There's nothing like coming into a home, even a humble home, where there is a big pot of soup simmering on the stove or homemade bread baking in the oven.
2. ***The Cleanliness.*** Make sure the house is tidied up before you eat the evening meal. You cannot enjoy a meal when everything is in a mess. Get all the children involved in a "clean up" at a certain time before the evening meal or before Daddy comes home. "Let us do a 'one-two-three'" we say in our home and we all try to do it as quickly as we can. This is also showing honor to the father.

Especially when you have visitors, make sure that everything is clean and tidy and all clutter is put away.

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3. **The Lighting.** It is very welcoming to come into a softly-lit or candle-lit room. You can have candles burning in certain areas in the dining room, but light the dinner candles just before your guests are seated and leave them burning until they all leave the table. A humble meal with creative lighting will be treasured far more than a three-course meal in harsh lighting.
4. ***The Music.*** Soft and serene music adds atmosphere to your table!
5. ***The Table Arrangement.*** When the table is set attractively, it draws you to the meal. The creative homemaker sets the table beautifully. Inspire creativity in your children when they are asked to set the table. Do not make it sound like a duty. Instead, help them realize it is an opportunity for their own artistry. Make it a competition for your children, when they have their turn to set the table each night or each week to see who can set the table most creatively. Competition will inspire interesting decorations.
6. ***Candles And Flowers.*** Candles are one of the most common but lovely decorations of the table. Candles give a beautiful atmosphere and add a soft glow to the home.

It is usually too expensive to purchase flowers, except for a special occasion, but look out for wild flowers, or even one flower that you can find somewhere. Flowers will elevate a humble meal to a higher dimension.

7. ***The Place Cards.*** You can do this on special occasions for your family, and it is nice to do this for visitors also. They feel much more comfortable when they know where they are to sit, rather than wondering which would be the most suitable place. Place cards also make those who come to the table know that you have thought about them coming and therefore it makes them feel welcome.
8. ***The Food Display.*** Arrange the food on your table decoratively. Your food could be very simple, but if you arrange it beautifully, it can look like a five star restaurant. It makes a person "feel so good" when food is beautifully displayed. Do not slop it out on the serving dishes, but make it look attractive. Add fresh herbs, greenery and even flowers to decorate your dishes. One writer says, "The humblest of foods become more appealing when served beautifully."

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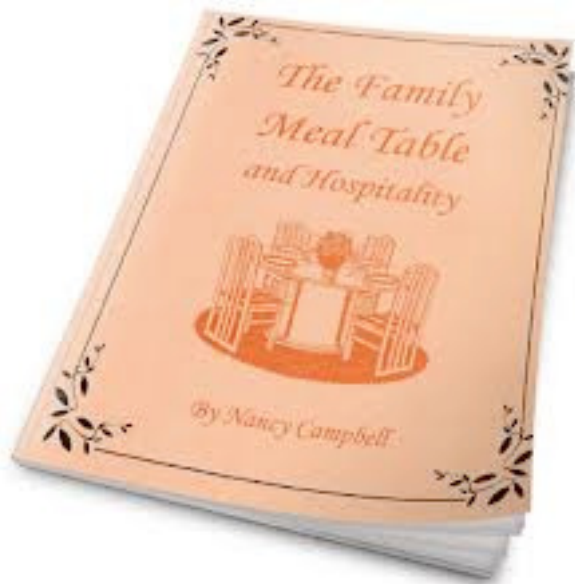
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9. *The Festiveness.* Frequently make your home festive. I picked up these words from somewhere, "The essence of successful entertainment does not lie in the amount of money you spend in preparing for your guests. It lies in the time, thought, and care you devote to the surroundings, activities, and menus. The vital secret to a happy festival of any size or budget is to give your guests things they are not used to...Select a humble menu, and always remember that it is much easier-and more appreciated- to offer novelty instead of extravagance." Remember-create festive times in your home, not only for guests, but for your family too.
10. *Your Attitude.* You can do all the right things, but if you are upset or mad about something, your family or your guests will feel it. They'll end up feeling churned in their stomach too! Remember...

Heart preparation is even more important than meal preparation!

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*All the above wisdom is taken from the book*

*The Family Meal Table and Hospitality by Nancy Campbell*

*This is just a small sample of some of the ideas, insight, and encouragement that is offered in this book. I highly suggest getting your own copy! You can order this book on the website [www.aboverubies.org](http://www.aboverubies.org) or amazon.com*

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