

Cooking as Contemplation:

A Spirituality for the Kitchen

Day of Reflection at Dominican Retreat

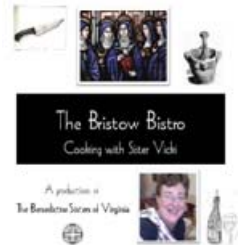
Tuesday, May 18, 2010, 9:30 a.m. – 3:00 p.m.



Do you love to cook? Are you happiest when you are preparing food for your family or friends? Cooking brings us closer to GOD when we approach it as a unique way of loving - a unique life-giving service. Time spent in the kitchen can be contemplative – even in the everyday-chaos of family life. We will consider the place of food preparation in Scripture. What can those stories tell us about the goodness of feeding one another? Of true hospitality? We will also look at the place of food in post-modern culture and reclaim the gift of food as sacred.

Presenter: **Sister Vicki Ix, OSB**

Sr. Vicki is a member of the Benedictine Sisters of Virginia. She has served as Vocation Director for the monastic community since 2004. Sister's blog, "Monastics on a Journey," and her cooking show on YouTube have helped to make the monastic way of life more visible in the 21st century. Before entering the monastery, Vicki was both a teacher and a sous chef. Her graduate work includes a degree in Culinary Arts and Restaurant Management from the New York Restaurant School, in Manhattan and an M.Div. from Saint John's School of Theology – Seminary, MN.



The offering for the day is \$45.00.

Dominican Retreat
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McLean, Virginia
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