

Introduction to Coffee Hour

What You Need to Know

“COFFEE HOUR” can be an act of Christian charity and an opportunity to talk with friends and greet guests following Divine Liturgy. Families from the Church take turns bringing a simple snack from their home to share and setting out coffee and hot water for tea. This offering of food is to be freely given and simply enjoyed for what it is, a small snack. This is important since Orthodox Christians fast on Sunday mornings in order to receive Holy Communion, but it is not intended to be a “light lunch.” So Coffee Hour is an opportunity to practice hospitality and kindness toward one another. This is why children (or anyone for that matter) cannot run around in the basement during this time and why everyone should work to see that seniors and other special guests are respected and served first.

WHEN AM I UP TO BRING SNACKS? - We use a system that divides the parish into four groups so that each group will bring snacks once a month. (See [“Coffee Hour Groups.”](#)) All our parish families and members are included in one of these groups to bring snacks. If you are gone or do not attend Coffee Hour and do not bring a snack, since this is “potluck” style, there still should be enough for those who are there. If you are present, please try to bring something. On the occasional “5th Sunday of the month” everyone is asked to bring a snack, with the hope that those who remember this will have brought enough for all. Currently Jennifer Gillquist has offered to oversee scheduling coffee hour groups. You may contact her by text: 907-632-1064, or email: jennifergillquist@gmail.com

HOSTING COFFEE HOUR - Each Sunday, two or more families will be assigned to host. (See [“Coffee Host Schedule.”](#)) Not every family in the Church is on the hosting list. It does not include families who very seldom attend Church or for whom hosting might present a physical difficulty or a scheduling conflict. If you feel you should be excluded from hosting, please let Jennifer know. As it is now, your family should have to host only a once every four months. Host families are responsible for set up and cleanup and for making coffee and hot water for tea. Instructions for how to host are provided on a separate sheet (See [“HOW to Host Coffee Hour”](#)), as are also instructions for how to use the new Bunn coffee pots (See [“Coffee-Making Instructions.”](#)). A 4-month schedule will be available on the website so you can see when you are assigned. You will get a reminder call on Thursday or Friday before you are to host. **IMPORTANT:** If you must be absent, please trade with some other family ahead of time if possible (last minute is okay too). Then let Jennifer Gillquist know that you have traded, so she will be able to alert the right family in the future, with whom you have traded. Also let the other host family know. **SUPER IMPORTANT:** Jennifer is not going to find someone for you to trade with. This is your responsibility.

Thank you to everyone who faithfully brings such good snacks to share. The following guidelines will continue to help make Coffee Hour an enjoyable time:

- Do participate by bringing snacks for about 4 families and please bring it ready to serve.
- Be sure to bring fasting snacks during the fasting seasons such as Great Lent, Advent, and the Dormition Fast. This will appear in the Coffee Hour reminder.
- Please avoid bringing very messy snacks that can get in the carpet.
- If it is your week to bring food, remember to help set up and clean up also.
- We will make 3 full pots of coffee from now on to be sure we have enough coffee.
- If you have special dietary needs, you may need to bring your own food.