



Covenant Serves Cookbook: FAQs

Q: What is *Covenant Serves*?

A: *Covenant Serves* is a community-driven cookbook sponsored by the Health and Wellness Ministry that showcases beloved recipes and stories of food and fellowship while supporting community outreach partners like Nourish Up. The title pays homage to the Presbyterian Women's 1977 *Covenant Shares* cookbook.

Q: Who can submit recipes and stories?

A: Anyone! We hope this cookbook will document the tastes, values, and traditions of our faith community, offering a snapshot of what people cook, share, and celebrate together.

Q: When can I start submitting?

A: Now! There are two main ways to submit content:

1. To submit using our online form, visit the QR code below or [go to this website](#).
2. Not technically savvy or don't have access to the internet? Type or handwrite your content and drop off paper copies at the Welcome Center front desk.



Q: When is the deadline?

A: December 1, 2026. This targeted timeline will allow for a fall 2027 publication (just in time to commemorate 50 years since the *Covenant Shares* publication!).

Q: How can I obtain a copy of the cookbook?

A: Pre-sales are expected to begin toward the end of 2026.

Q: What kind of recipes are being collected/needed?

A: ALL recipes are welcome for consideration, even if not typically deemed “healthy” by modern standards. We especially would love to see ones with a connection to Covenant Presbyterian’s history. We accept recipes in these categories: Apps & Snacks, Soups & Stews, Mains, Sides, Salads, Sweets, Breakfasts & Breads, Sauces & Dressings, Beverages, and This & That (miscellaneous recipes non-food).

Q: Do I need to have a story with my recipe?

A: No, we would love for you to submit a recipe with or without a story.

Q: What do you mean by “stories,” and how do I submit those?

A: The stories of this community have shaped this church for generations. **You can submit the same way you would for recipes as noted above.**

Q: Who is on the committee, and can I still help?

A: Parish Nurse Karen Willis (704.804.7561) and Health & Wellness Ministry member Shannon Blair (704) 641-0303) are leading the cookbook committee with an enthusiastic team of volunteers. If you are interested in helping, please contact Karen or Shannon.

Q: Why is this project happening?

A: As a fundraising tool, proceeds will support Covenant Presbyterian’s outreach and mission efforts. This cookbook is also a response to our congregation’s growing desire for intentional living: where what we eat, how we care for our bodies, and how we feed our souls are all intertwined. We hope it will bridge the gap between physical and spiritual wholeness. **It’s not just about what’s on the plate; it’s about the stories, the prayers, and the fellowship behind each recipe.**