



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, promotes healthier habits, provides spiritual nourishment through scripture and pastoral reflections, and supports community outreach with 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 welcome church members and non-members alike to submit. Cookbooks are a tangible way to gather stories, recipes, and wisdom from across generations. 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. Visit this QR code to submit using our online form, or click [this link](#) to go directly to the form.
2. Type or handwrite your content, and drop off paper copies at the Welcome Center front desk.



Q: When is the deadline?

A: Late 2026. Cookbook publishing can take up to two years from concept to published book. Our content collection window will continue through the Open Table fall season of 2026. We plan to conclude content submissions during winter 2026 in order to begin editing and layout during spring of 2027. This targeted timeline will allow for a **fall 2027 publication** (just in time to commemorate 50 years since Covenant Shares publication!).

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

A: Pre-sales are expected to begin during Open Table 2026 season. **Order forms will be posted and distributed widely once ready.** *Covenant Serves* will make excellent holiday gifts and treasured keepsakes for our own households.

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. This collection aims to be inclusive of all tastes and traditions – while offering supplemental information to guide healthful approaches and practices. The Health & Wellness Ministry hopes to receive all types of recipes – especially ones with a connection to Covenant Presbyterian’s history – in addition to contributions that promote healthier lifestyles or ways of cooking at home with ease. For example, do you have a kid-friendly recipe that is also vegetarian? Are you known for a potluck dish that is also gluten-free and budgetwise? Other recipe attributes that are helpful include quick prep, “Covenant Classic,” make ahead, healthier choice, comfort & care friendly, and freezer friendly. We are accepting recipes in these categories: Apps & Snacks, Mains, Sides, Sweets, Breakfasts & Breads, Sauces / Dressings, Beverages, and This & That (miscellaneous recipes non-food).

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.** We can help with editing, if needed. Covenant Presbyterian is abundant in history and relationship – often forged around shared meals. When the cookbook team met with church members Kandy Cosper and Jane H. Taylor, our conversation yielded details beyond lemon bars and what being a “Covenant hostess” entailed. We learned about an annual Boar’s Head Feast (complete with actual head on a platter) to a certain sanctuary pigeon incident where the bird may or may not have been served. When it comes to food and fellowship, Covenant has always had a strong tradition. Founding members literally fasted to make possible Covenant’s construction, and Joe Martin inspired a series of “Bring a Friend to Lunch” Fridays to build bridges during a time of division. Do you know of any tales that should be told? Please consider sharing them with us, long or short, with or without pictures.

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

A: Parish Nurse **Karen Willis** and Health & Wellness Ministry member **Shannon Blair** are leading the **cookbook committee with an enthusiastic team of volunteers** with varied backgrounds and skill sets. To join this collaborative effort, please reach out, if so called to: [Karen Willis](#) (704.804.756) & [Shannon Blair](#) (704) 641-0303).

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. With contributions from our members, insights from health professionals, and reflections from pastoral staff, 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.**