

All In The Soup Together is, in part, a response to requests from my fellow soup lovers at the West Hills Unitarian Universalist Fellowship in Portland, Oregon (affectionately known as WHUUF). It is also dedicated to my 8 Grand & 9 (at present) Great-Grandchildren.* May they know the delight of cooking, sharing, and slurping soup together.

For a number of years BC (before Covid), it was my joy & privilege to provide “Group Soup” once a month following the Sunday morning Service at WHUUF.... a time that went beyond Coffee Hour, when folks gathered at tables and shared what I like to think of as *fellowship at its finest* and George Bernard Shaw liked to call *the sincerest form of love ... the love of food*.

About a year before the pandemic changed Life (with a Capital L) for all of us, we added a bit of structure to the menu. We called it “All in the Soup Together” and focused our conversation on reaching a deeper understanding of racism, white supremacy, and privilege. As part of the Human Family, we were and continue to be *All in the Soup Together*. I hope this little book of recipes & reflections will nourish us as we make our way into the unknown territory that lies ahead.

**Seth, Nate, Jessica, Megan, Shauna, Riley, Skyler, Mia, Isaiah, Ash, Jaxon, Bowie, Payton, Matilda, Ryder, Jase, & Harvey, with Love.*