

The Rachel Experience

I started signing up for Rachel House dinners a couple of years ago and it's been a very satisfying experience. Kensington members have been faithful and generous with their home-cooked food donations. And Bonnie McCarthy is a genius at organizing everyone. But we do need a few more people to help serve, especially over the summer months.

We arrive at our church by 4:45 p.m. one night a month and load the food into one or two cars (parking is our main challenge). Rachel's is a small halfway house for homeless and at-risk women located in downtown San Diego. About 25-30 women typically come to our dinners.

We set up the food on a long table and provide paper plates and plastic forks, etc. In another area, we set up cold drinks and desserts. As the women file by, we serve them delicious entrees by Elizabeth Clegg and various sides and salads made by the members of KCC. They never fail to thank us.

I like to sit with the residents. Last meal, we had Greek chicken and spinach pie, which a woman told me was actually called [Spanakopita](#). She gave me her recipe for it, using ricotta and feta cheese and phyllo dough. She explained how to butter each piece of the dough before layering it. She was a real pro!

This kind of interchange is common while dining with the ladies. Sometimes they talk a little about growing up in different parts of the country and what kind of food their families ate. They LOVE our food and it's great to see the big smiles when we dish it out. They insist we tell the folks who prepared the food how much they liked it. So, here it is, KCC. You are appreciated!

And the really nice thing is — they do the clean-up.

If you would like to join us, either cooking or coming along to serve, just contact Bonnie at bonniemccarthy@cox.net or (619) 980-9539. She also has a sign-up sheet in the fellowship hall every Sunday. Men, women, young, old — we welcome everyone. — Karen Boyd