

plan your gathering

a guide for planning a simple and
meaningful gathering

4 Gather four friends.

3 Select three topics.

2 Set aside two hours.

1 Prepare one recipe.



invite

find your tribe.

Think of five or six people who you want to deepen your relationships with. The goal is to end up with four others, so allow room for one or two people to decline or fall off. It's ok if it's not their season.

schedule

don't get stuck on consensus.

Select a date that's between four to six weeks away, and send out invitations. At the end of your first gathering, pick a recurring date and time that everyone can plan around, and make it a priority moving forward.

tidy

create the space.

Don't get hung up on the preparation. Straighten up a bit in the area where you will meet, make sure you have a tidy restroom available, and just open your door.

setup

set the table.

Creating an emotionally safe space is far more important than a pretty aesthetic. Designate a table or surface around which you can comfortably gather to eat, drink, and write.

shop

prepare a simple meal.

I'll share recipes that you can prepare in under 20 minutes, and most for under 20 dollars. Get your ingredients a day or two ahead to simplify your day of.



love.
maaden
get together & talk