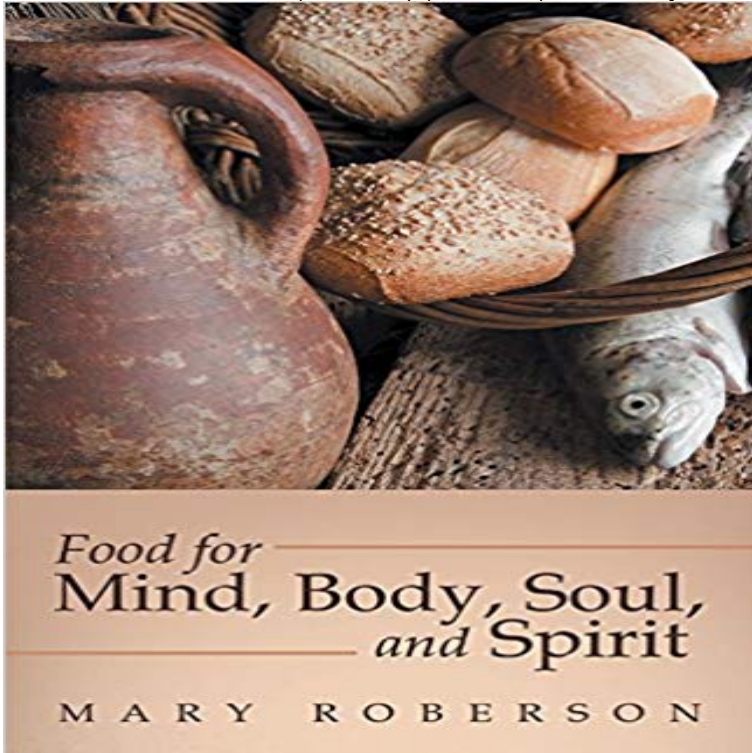


Food for Mind, Body, Soul, and Spirit



Food for Mind, Body, Soul, and Spirit mixes together a collection of recipes that come from the kitchens of cooks who shared their creations with their church communities. Added to this bounty are devotions that reflect upon the challenges of daily living and the nourishment the Holy Spirit offers for surviving and thriving in the midst of life's changes. The author, Mary Roberson, has brought together these two main ingredients—recipes and reflections—to create a guide for one's eating that takes into account all of the aspects of the human creature: mind, body, soul, and spirit. In addition to the inspiration served up by the devotions and the invitation to cook enticing food provided by the recipes, the book seasons its offerings with a sprinkling of quips and quotes. Food for Mind, Body, Soul, and Spirit traces its roots to the collaboration of the author and her late husband, Hubert Roberson, who served as the minister of the congregations from which the recipes in this collection arose. Dedicated to his ministry and memory, Food for Mind, Body, Soul, and Spirit promises to deliver a healthy and enticing diet of food for all parts of one's life and to leave the reader with a sense of spiritual and culinary satisfaction.

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