

**Suggested Interview Questions for Shauna Niequist**  
author of *Bread & Wine: A Love Letter to Life Around the Table with Recipes*  
(Zondervan)

What is sacred about people eating together?

You say that the church, and modern life in general, have wandered away from the table. How can we pull life back to the table?

What do you hope that people will change about their eating, cooking, and gathering, after reading your book?

Like many people of your generation, you didn't learn to cook growing up. How did you learn?

What's your advice for people who do not know how to, or do not like to, cook?

You say we shouldn't be intimidated to invite people into our homes even though we may have zero Martha Stewart tendencies, because people aren't craving perfection. What are people longing for, and how can we provide it?

How can we get over the cultural expectation that everything, even a dinner party, is a performance or a competition?

What does bread and wine mean for you as a Christian?

What can Christians do to take the holiness of the Eucharist beyond the church walls?

Loving to cook and to eat can lead to a struggle with weight, as you acknowledge in the book. How can we strike a balance between feasting and fasting?

You talk about shame in the book—shame about our bodies, if we're carrying extra pounds, or perhaps shame about our homes not being as neat or as stylish as our neighbors. How can we overcome shame?

You experienced heartbreaking miscarriages and difficulty getting pregnant, while surrounded by what seemed like dozens of pregnant friends. How did you cope during that difficult time, and how did the table figure into it?

An exhausting season of work and travel left you feeling as though you were being run by your appetites. How did you find ways to heal and ground yourself?

You seem to have a knack for nurturing deep friendships. How can we cultivate such sustaining friendships in the midst of hectic lives?

You traveled quite a bit with your father when you were young. How did those travels shape you, and how are you trying to share such experiences with your own kids?

What do you imagine having for your last supper?

What's your favorite thing to cook for others?

What's your favorite thing to have someone else cook for you?