



AT THE SPARK TABLE

A Traveling Recipe, Reflection, and Signed Keepsake Collection

Created by Dr. Sherry-Ann Brown

A meal first prepared as a gift became a dish she loved making for herself, then a table she could share with the world.

Collection starter guide and national-visit framework

The Story That Gives the Collection Its Shape

Sparkling Cranberry Jerk Tilapia began in relationship. Dr. Brown first prepared it for someone else. Hospitality opened a creative space in which tilapia, tomato, garlic, peppers, onions, cranberries, sparkling cider, jerk seasoning, Worcestershire sauce, parsley, herbs, and cinnamon found an unexpectedly beautiful harmony.

She liked the result so deeply that she continued preparing it for herself. Repetition transformed a spontaneous act into embodied knowledge: the dish became familiar, trustworthy, and personally nourishing. She then chose to document and share it with the world.

The sequence matters because it describes mature stewardship. A gift emerges while serving. The giver receives its fruit. Practice develops fluency. Documentation preserves it. Public sharing multiplies it.

The Four Movements

COMPONENT	MEANING
1. Gift	Care for one person opens the creative act.
2. Self-receiving	The creator recognizes that she may also be nourished by what she carries.
3. Embodiment	Repeated practice turns intuition into trusted, transferable knowledge.
4. Multiplication	The personal recipe becomes a public offering and a traveling table.

Collection Promise

At the Spark Table gathers original recipes, stories, symbolic reflection, books, conversation, and signed keepsakes into hospitable encounters. Every artifact carries a complete recipe or table practice, the story of its emergence, a reflective lens, and space for a personal note from Dr. Brown.

Lens One: Gift and Strength Program

The recipe offers a complete teaching metaphor for helping people understand and leverage the capacities they already carry. Strengths and gifts are the same capacities viewed through different lenses; the program helps participants recognize expression, context, stewardship, and fruitful application.

COMPONENT	MEANING
First prepared for another	Strengths and gifts often become visible while a person responds to a real need. The same capacity may be described as a professional strength, spiritual gift, relational contribution, or practiced way of serving.
Prepared repeatedly for self	Self-receiving is stewardship. The person learns to benefit from, regulate, and replenish the capacity she offers others.
Tilapia	Accessible, sustaining contribution: valuable, adaptable, and ready to carry surrounding flavor.
One pot and tomato base	The shared environment and culture that hold distinct capacities together and allow each one to function.
Single-layer fillets	Each participant remains visible and has room to develop.
Peppers, onions, and garlic	Varied expression, layered identity, and concentrated influence. A modest ingredient can affect the entire field.
Cranberries and cider	Preserved experience, creative tension, joy, lift, and fruitfulness.
Jerk and Worcestershire	Courage, cultural inheritance, catalytic heat, and quiet depth.
Parsley, herbs, cinnamon	Fresh expression, learned technique, signature nuance, and discernment in application.
Heat, covering, and rest	Challenge within safety, protected formation, and time for learning to integrate.
Tasting before seasoning	Assessment followed by thoughtful interpretation. Observation guides language and application.
Sides and second batch	Supporting relationships and tools surround a strength; a well-designed program can welcome additional participants.

Program pathway: encounter, recognize, receive, practice, name, leverage, serve, and multiply.

Lens Two: Convergence Q45

The dish is an edible expression of convergence. Independent components enter one vessel, retain their identities, influence one another, and create an outcome that none could produce alone.

COMPONENT	MEANING
Origin occasion	Hear: a need, invitation, relationship, or possibility enters awareness.
Intuitive first pot	Discern: ingredients, timing, proportion, and emerging harmony are perceived.
Repeated preparation	Respond: insight becomes action and action becomes practice.
Recipe and keepsake	Steward: embodied knowledge becomes transferable and traceable.
One pot	The convergence field in which gifts, experiences, relationships, place, timing, needs, and invitations meet.
Four fillets	A contemplative correspondence with Hear, Discern, Respond, and Steward.
Five flavor families	Sweet, tart, savory, warm, and fresh notes illustrate coherence among distinct dimensions.
Medium to medium-low heat	Wise regulation of pace and intensity across stages of formation.
Covering	Development that occurs beyond public view before visible readiness.
145 degrees F	Discernment joined with evidence and a clear marker of readiness.
5-7 minute simmer	Grace moving toward maturation and completeness, offered as contemplative numerical language.
Eight movements	Renewal and new beginning: intuition becoming a reproducible pathway.
8-12 minute cooking	Renewal maturing into ordered communal expression.
Two-minute rest	Witness, partnership, pause, and integration before service.
Remaining sauce	Reusable infrastructure that can receive more people and possibilities.

A private act of hospitality, a personal practice, and a future national offering now occupy the same recipe. Past, present, and future converge at one table.

Lens Three: Spark Unfolding Book Club

Within the Book Club, the recipe becomes edible memoir and living paratext. It demonstrates how a story moves from a private scene into repeated personal meaning, communal interpretation, and a tangible object carried home.

COMPONENT	MEANING
The first meal	The initiating scene: a particular person and moment open the narrative.
Returning to the recipe	Rereading: a meaningful work continues feeding the reader after the original encounter.
Sharing publicly	Publication: private creation enters communal life.
Ingredients	Characters, memories, images, themes, questions, and ideas.
The pot	The book as a bounded world in which all components meet.
The sauce	Setting, atmosphere, and emotional context connecting each element.
Heat and covering	Conflict, transformation, interiority, and meanings developing beneath the surface.
Tasting	Close reading and discussion grounded in what is actually present.
Seasoning	Interpretation, annotation, and the reader's calibrated contribution.
Resting	Reflection that allows the work to continue unfolding internally.
Plating	Articulation: the reader expresses what the book has revealed.
Side dishes	Companion texts, music, visual art, testimony, and cultural context.
Signed note	A living relationship among author, host, reader, place, and moment.
Traveling keepsake	A physical archive of the Book Club's movement around the country.

Each gathering can ask four questions: What do you notice? What does it evoke in the book? What does it illuminate in your life? What will you carry forward?

The National Visit Experience

This format can travel with Dr. Brown during physical visits across the country. The recipe remains stable while the conversation, local pairing, handwritten note, and place-based memory make each gathering particular.

Suggested 75-minute gathering

- 00-10 | Welcome and table story. Introduce the recipe's movement from gift, to self-nourishment, to multiplication.
- 10-25 | Taste and observe. Invite participants to notice color, texture, aroma, balance, and the role of individual ingredients.
- 25-40 | Choose one lens. Facilitate the Gift and Strength, Convergence Q45, or Book Club reflection according to the gathering's purpose.
- 40-55 | Personal reflection. Each participant names one capacity, experience, or story that first emerged while serving someone else and now needs to be received or multiplied.
- 55-65 | Table sharing. Participants share voluntarily in pairs or small groups.
- 65-75 | Signing and sending. Dr. Brown writes a brief note, adds the city or place and date, signs the keepsake, and offers a closing invitation to stewardship.

Materials

COMPONENT	MEANING
For each participant	Printed signature keepsake, pen, reflection card, and direct recipe URL or QR code.
For the table	Prepared dish or visual centerpiece, ingredient display when practical, water, napkins, and clearly labeled accompaniments.
For the host	Attendance count, accessibility and dietary notes, consent choices, artifact register, and follow-up pathway.
Accessibility	Large-print copy on request, digital PDF, accurate video captions, spoken description of the visual, seating access, and dietary transparency.

Artifact Standard and Stewardship

FIELD	STANDARD
Collection identity	At the Spark Table
First artifact	AST-001: Sparkling Cranberry Jerk Tilapia
Front	Original food visual, recipe title, creator attribution, and the core origin sentence.
Inside or reverse	Complete recipe, food-safety marker, symbolic reflection, personal note space, signature, city or place, and date.
Digital companion	Accessible recipe page, downloadable PDF, narrated video, transcript or captions, and direct dedicated URL.
Visit record	Artifact number, location, date, host, quantity shared, optional participant reflections, and follow-up action.
Rights and consent	Dr. Sherry-Ann Brown retains recipe and collection authorship. Participant stories, names, photographs, audio, or video require separate permission.

Suggested inscription

May what first emerged as a gift become nourishment within you,
strength through practice, and a generous offering for the world.

Hospitality and safety

Label fish, Worcestershire sauce, marinades, and all accompaniments accurately. Collect dietary needs before food service when possible. Keep educational, professional-development, book-discussion, ministry, and clinical activities clearly identified according to the gathering. Participation in reflection remains voluntary.

Consent

Receiving or signing a keepsake does not authorize publication of a participant's name, image, voice, story, or reflection. Obtain separate, specific permission for photographs, recordings, testimonials, research, or promotional use.

A traveling archive

Record each visit with its date, city, host, collection artifact, quantity shared, selected program lens, and any permission-cleared reflection. Over time, the archive can show how one table moved through many communities while preserving the integrity of each local encounter.

Reflection and Visit Record

Use this page as the host or facilitator record for each gathering.

VISIT

City or place: _____

Date: _____ Host or partner: _____

Program lens: Gift and Strength | Convergence Q45 | Spark Unfolding Book Club

Number of keepsakes shared: _____ Artifact number: _____

REFLECTION

What capacity or creation first emerged while serving someone else?

How has it become nourishing, clarifying, or strengthening for you?

What would faithful multiplication look like now?

One action to carry forward: _____

FOLLOW-UP

Optional follow-up pathway: _____

Consent-cleared story or learning note: _____

THE FIRST TABLE

AST-001 | Sparkling Cranberry Jerk Tilapia | An original recipe by Dr. Sherry-Ann Brown

Recipe: <https://mission.convergenceq45.org/table/sparkling-cranberry-jerk-tilapia>