

# Laura Lavigne



“Pull up a chair. Take a taste.  
Come join us. Life is so endlessly delicious.”  
— Ruth Reichl

## Gratitude Potluck Checklist

- [Essence Cards](#)
- [Sprinkling Cards](#)
- Tables
- Chairs
- Tablecloths
- Paper plates, cups and plasticware
- Flowers in small vases
- Name Tags
- Sign up sheet and pen
- Little cards for the dishes
- Bell or equivalent
- Pebbles or marbles
- Vase with water
- Small desk / table / podium

**1. Allow it to be simple**

**2. Allow it to be easy and fun**

**3. Allow others to share in the joy of making it happen**

**4. Allow it to become what it wants to become**