

MEDIA ALERT

WHAT: 40-Day Meal Challenge launches across Houston.

Change the world from your kitchen table!

- » Share five mealtimes a week with the ones you love.
- » Sometime over the 40 days, share two mealtimes with someone outside your circle.

WHERE: Kingsland Baptist Church (Katy, TX) and more than 15 other Houston area churches

WHEN: » Begins Sunday, April 7, 2024
» Ends Sunday, May 19, with Community Tables

WHY: Disconnection and loneliness are epidemic, but change begins at your kitchen table. This challenge helps families unplug, reconnect, share conversations, and rediscover the power of meaningful mealtimes.

HOW: Learn more and join the challenge at www.RestoretheTable.org.

WHO: Ryan Rush introduced the 40-Day Meal Challenge to his congregation several years ago to amazing results. He is the Senior Pastor at Kingsland Baptist Church and author of **[Restore the Table: Discovering the Powerful Connections of Meaningful Mealtimes.](#)**

Ryan Rush is available for interviews. Contact Pamela McClure for scheduling:
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Ten years ago, we challenged our people to commit to sharing five meaningful mealtimes a week with the ones they love. The results were far beyond what we could have imagined! We heard stories of families drawing closer and new habits formed that lasted for years.

This year, Kingsland Baptist kicks off a 40-Day Meal Challenge alongside more than 15 Houston-area congregations. Join us on April 7!

Ryan Rush, PhD, Senior Pastor, Kingsland Baptist Church (Katy, TX), Author of ***Restore the Table***

Dr. Ryan Rush has set the table for us all. Now all we have to do is wash up, put our phones away, and gather around the table. This intentional practice to restore the table will help us all reconnect. Ironically, that's what we need most in this "connected" age. Our church is eager to take the journey together.

Dr. Roger Patterson, Senior Pastor, CityRise Network (Greater Houston, TX, Author of *Fight For It* and *A Minute of Vision for Men*)

Pastor Ryan is a good friend and fellow pastor in the vineyard of West Houston-Katy. I have seen under his hood, and he is the real deal full of integrity. He lives out with his family and his church what he writes and preaches. His heart for restoring the family in our community and nation is much needed. Listen. Read. Apply. Let's restore the table!

Jim Leggett, Senior Pastor, Grace Fellowship Church (Katy, TX)

Participating area churches include:

- » CityRise Church, Houston TX - <https://cityrise.org/>
- » Houston Northwest Church, Houston, TX - <https://www.hnw.org/>
- » West Houston Chinese Church, Houston, TX - <https://whcchome.org/en/>
- » Tallowood Baptist Church, Houston, TX - <https://tallowood.org/>
- » Clear Creek Community Church, Clear Lake, TX - <https://www.clearcreek.org/>
- » Bay Area Christian Fellowship, Clear Lake, TX - <https://bacc.cc/>
- » First Baptist Church, The Woodlands, TX - <https://thewoodlandsfirst.org/>
- » WoodsEdge Community Church, Spring, TX - <https://www.woodsedge.org/>
- » Sugar Creek Baptist Church, Sugarland, TX - <https://sugarcreek.net/>
- » Rose of Sharon Baptist Church, Houston, TX - <https://www.roseofsharon4thward.org/>
- » Grace Fellowship, Katy, TX - whatisgrace.org
- » The Fellowship, Cinco Ranch, TX - <https://thefellowship.org/>
- » Redeemer Community Church, Katy, TX - <https://redeemercommunity.life/>
- » Kingsland, Katy, TX - Kingsland.org
- » PowerHouse Church, Katy, TX - <https://www.phckaty.com/about>
- » Cornerstone Evangelical Presbyterian Church, Katy, TX - <https://www.cornerstonekaty.org/>
- » Waypoint Church, Richmond, TX - <https://www.mywaypointchurch.com/>
- » The Vineyard Church, Katy, TX - <https://katyvineyard.org/>
- » River of Life Family Church, Katy, TX - <https://riveroflifeonline.com/>



Restore the Table: Discovering the Powerful Connections of Meaningful Mealtimes

By Ryan Rush

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