



It's untranslatable, really, but I can tell you it exists in some form in nearly every culture: *la sobremesa*. It's all about those slow, sweet moments after the meal when you just hang out at the table, enjoying the last sips of your drink, waiting for *el cafecito*, telling stories, laughing, and just being together.

With the holidays upon us, I thought it would be a good reminder to all not to skip this magical ritual. Let's not rush off to the next thing (note to self: leave the dishes for later!). Let's take the time to linger, connect, and fully enjoy the people around us.

One moment I'll always remember happened the night Ray came to pick me up for our first date. It was New Year's Eve (many moons ago). Around our dinner table sat my parents and three of our parish priests, enjoying after-dinner drinks and cigars. A pretty usual Sunday night occurrence in our house. I'll never forget the look on Ray's face when he walked in and took in that scene. Priceless.

I remember thinking, "Is he even going to want a second date after this?" But that moment turned into one of those memories I'll never forget. Sometimes, it's the unexpected things that make these gatherings so special. The first date, by the way, was pretty memorable too. And as you can see, it turned into many more.

Over the years, the faces around our table have changed. Some of the people who once lingered here are no longer with us, and we miss them more than words can say. Others have joined us along the way. New faces and new laughter. Yet at its core, it's still about connecting and sharing time with one another.

This week, I'm feeling especially thankful for all the *sobremesas* I've been blessed with, and I look forward, God willing, to the many more to come. This sacred act, my friends, this lingering at the table and in each other's lives, is truly worth its weight in gold. May you enjoy yours this holiday season and all others to come thereafter.

What's your favorite *sobremesa* moment? And what are you thankful for today?

Until next Thursday's post...si Dios quiere.

"When we sit at the table, there is more going on than satisfying hunger. It is sad to think of those who eat simply to satisfy their hunger and who do not permit themselves to linger under the many spells offered by a good meal - the satisfaction of our hearts, our minds and our spirits."

- *Leo Buscaglia*



Enjoying Colada Joe cafecito.

#723

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