



Pastor's Corner



The Silent Kitchen - A Cultural Warning from America to India

When the Kitchen Falls Silent, the Family Begins to Break • Did you ever imagine that a quiet kitchen could change a nation's future? It happened in America — and it could happen in India too, including

in our religious communities, if we don't learn the lesson in time, writes Er. M. S. Stephen from Chennai.

1. What America looked like in the 1970s: • Grandparents, parents, and children lived together. • Every evening, families ate home-cooked meals at the dining table. • Food was not just nourishment—it was a source of bonding and shared values.
2. The 1980s Onward: The Cultural Shift: • The rise of fast food, takeaways, and restaurant culture replaced home-cooked meals. • Parents became too busy with work; children turned to pizza, burgers, and processed food. • The voices of grandparents faded, family bonds weakened.
3. Ignored Warnings, Painful Results: • Experts had warned: "If you outsource your kitchen to corporations and family care to governments, families will fall apart." No one listened—and the predictions came true.
4. The Collapse of traditional family life in the U.S.: • In 1971, 71% of American homes had traditional families (parents + children). • Today, it's just 20%. • What's left? Elders in old-age homes, Youth in rented flats, alone, Marriages breaking, Children battling loneliness.

5. Divorce Rates in the U.S.: • 50% for first marriages • 67% for second marriages • 74% for third marriages.
6. This isn't just a coincidence. It's the Cost of a Silent Kitchen: • Home-cooked food carries more than calories: A mother's touch • A grandfather's wisdom • A grandmother's stories • And the magic of shared mealtimes • But now, food comes from Swiggy & Zomato. • The kitchen dies, and the home becomes just a house—not a family.
7. Health Fallout: A Growing Crisis • Fast food addiction in the U.S. led to: Obesity, Diabetes, Heart disease • The health industry thrives on this preventable decline.
8. But It's Not Too Late—We Can Still Reignite Our Kitchens • Japan still cooks and eats together—and they live the longest. • In Mediterranean cultures, food is sacred—and so are relationships.
9. India's Warning Bell: Don't let the Kitchen Die • Rising reliance on outside food • Declining family mealtimes • Increasing loneliness and health disorders.

What You Can Do Today • Light your kitchen stove again. • Cook a meal. • Call your family to the dinner table. Because bedrooms make a house, but kitchens make a family.

A Final Thought: "Do you want to build a home—or run a lodge? The choice is yours."

God bless. + Lumen, CSC