

SAMHAIN FIELD GUIDE 03

A silent supper for remembrance

A host-ready plan for a quiet meal, clear consent, allergy-aware setup, a timed transition into stories, and portion and budget calculations.

FOR	TIME	FORMAT
Hosts and small groups	2 to 2.5 hours	5 US Letter pages

WHAT THIS GUIDE HELPS YOU DO

01 Plan a humane event Set the quiet interval, access needs, and a no-pressure pass.	02 Estimate food and cost Use the companion calculator to scale portions and estimate spend.	03 Host with confidence Follow an exact run-of-show and use the sample plan.
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HOW TO USE IT

Use the companion spreadsheet for automatic portion, shopping, schedule, and budget calculations. This printable includes the formulas and a worked example so you can plan by hand.

Build the plan around people

A silent supper is a remembrance meal with one defined interval of quiet. Guests do not need to share a belief or disclose a loss.

Start by deciding who is invited, how long the quiet lasts, and what participation looks like. A guest may attend, eat, listen, step out, or decline the quiet interval. Tell guests in advance that no one will be asked to explain their relationship or share a personal story.

Choose the event settings

SETTING	RECOMMENDED START	HOST DECISION
Group size	4 to 10 guests keeps the host plan manageable.	Larger groups may need a second host and a separate quiet exit.
Quiet interval	Start with 8 to 12 minutes after the meal is served.	State the beginning and end before guests arrive.
Room setup	One accessible shared table, clear path to the door, water in reach.	Keep a side seat available for anyone who wants to step out.
Remembrance item	One photo, name card, recipe, or object chosen by the host.	Do not display other people or private stories without consent.

Manual portion math

MENU ITEM	PLANNING RULE	ROUND UP TO
Soup or stew	12 fl oz x planned portions	64 fl oz per pot or batch
Bread	2 slices x planned portions	12 slices per loaf
Salad	1.5 cups x planned portions	8 cups per kit or bowl
Dessert	1 piece x planned portions	8 pieces per pan
Beverage	12 fl oz x planned portions	64 fl oz per pitcher

Planned portions = ROUND UP [(adults + children x 0.6) x (1 + reserve rate)]. A 10% reserve is a practical starting estimate, not a requirement. The spreadsheet calculates package quantities and estimated cost from editable yields and prices.

EXAMPLE

6 adults + 2 children x 0.6 = 7.2 adult-equivalent portions. With a 10% reserve: 7.2 x 1.10 = 7.92, rounded up to 8 planned portions.

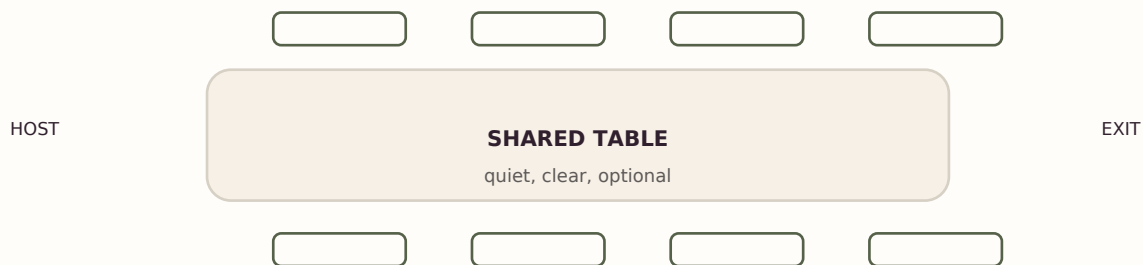
Food, access, and table setup

Food planning is only complete when needs are checked with the guest and labels are read.

Ask privately about allergies, access needs, and dietary restrictions before finalizing the menu. Confirm the specific ingredient and cross-contact plan. Do not promise that a dish is allergen-free unless ingredients, tools, surfaces, and preparation have been checked.

Use this menu architecture

ROLE	LOW-FRICTION OPTION	HOST CHECK
Main	One soup, stew, or casserole that can be made ahead.	Confirm all ingredients and cross-contact needs.
Side	Bread or grain served separately.	Keep an alternate sealed package only if it meets the guest's need.
Fresh element	One salad or cut fruit platter.	Use separate utensils; keep dressing on the side.
Dessert	One simple pan dessert or fruit.	Label common allergens honestly. Do not pressure anyone to eat.
Drink	Water plus one warm or cold option.	Place cups and water so seated guests can reach them.



A simple table plan. Keep the door path and one quiet exit open. The host sits where the meal and guest needs are easiest to observe.

Invitation language

SAMPLE INVITATION

"You are invited to a small remembrance supper on [date] at [time]. We will share a meal and keep a quiet interval of about 10 minutes. Speaking is optional. You may step out or skip the quiet at any time. Please tell me privately about food allergies or access needs by [date]."

Guest care checklist

BEFORE THE EVENT	CHECK
Send the quiet interval and opt-out information with the invitation.	☐
Ask for allergies and access needs directly and privately.	☐
Label the menu and keep ingredient packaging available.	☐
Set water, lighting, seating, and the exit path before arrival.	☐

Run the supper

The host provides structure. Guests choose their own level of participation.

WHEN	HOST ACTION	SAY OR DO
Before arrival	Finish cooking; label food; set water and seating.	Place one remembrance object where everyone can see it, without requiring a story.
Arrival + 0:00	Welcome guests and show the quiet exit.	"Thank you for being here. You can participate, listen, or step out at any point."
+0:15	Settle and serve.	Name the menu and repeat relevant allergy information. Keep serving tools separate.
+0:45	Open the quiet interval.	"We will be quiet for about 10 minutes now. The interval ends when I ring this small bell / turn on the table light. Passing is fine."
+0:55	End the quiet interval.	Use the chosen signal. Pause. Do not ask what anyone experienced.
+1:00	Offer a story bridge.	"If you would like, you may share one ordinary memory, a recipe, or a quality you want to carry. Passing is welcome."
+1:20	Close the remembrance portion.	"Thank you for sharing this meal. We will return to the rest of the evening gently."
+1:30	Finish in ordinary time.	Offer tea, dessert, cleanup roles, or a clear end time. Do not extend the event because a guest stayed quiet.

Host roles

ROLE	RESPONSIBILITY	PERSON
Host	Welcomes, explains consent, opens and closes the quiet interval.	_____
Food lead	Labels dishes, handles serving utensils, tracks any agreed food separation.	_____
Access support	Knows the step-free route, seating option, and quiet exit.	_____

IF SOMEONE BECOMES DISTRESSED

Offer a quiet, private choice: sit together, step outside, call someone they trust, or end the event. Do not interpret grief, ask for details, or turn the gathering into an unplanned group process.

Worked plan: 8 planned portions

This example demonstrates the calculator. Replace every cost, guest count, yield, and timing with your actual information.

INPUT	EXAMPLE
Guests	6 adults and 2 children
Adult-equivalent portions	$6 + (2 \times 0.6) = 7.2$
Reserve rate	10%
Planned portions	ROUND UP $(7.2 \times 1.10) = 8$
Arrival	6:00 PM
Quiet interval	6:45 PM to 6:55 PM

Quantity and estimated spend

ITEM	CALCULATION	BUY	SAMPLE COST	EXTENDED
Soup	8 x 12 oz = 96 oz; 64 oz per batch	2 batches	\$18 x 2	\$36
Bread	8 x 2 slices = 16; 12 per loaf	2 loaves	\$4 x 2	\$8
Salad	8 x 1.5 cups = 12; 8 per kit	2 kits	\$7 x 2	\$14
Dessert	8 pieces; 8 per pan	1 pan	\$16 x 1	\$16
Drink	8 x 12 oz = 96 oz; 64 per pitcher	2 pitchers	\$3 x 2	\$6
TOTAL	Sample only	-	Estimated	\$80

ESTIMATED COST PER PLANNED PORTION

\$80 total estimated food cost / 8 planned portions = \$10 per portion. Prices are illustrative. Update the companion calculator with your actual package yields, prices, dietary needs, and budget.

Arrival-based run sheet

TIME	MILESTONE
4:00 PM	Host setup begins (2 hours before arrival).
6:00 PM	Guests arrive; welcome and confirm private food notes.
6:15 PM	Settle and serve.
6:45 PM	Open the 10-minute quiet interval.
6:55 PM	Close the interval; optional stories begin at 7:00 PM.
7:20 PM	Close the remembrance portion. Ordinary evening ends at 8:00 PM.