

Amanda Beckman – This I Believe

Let's do Lunch!

I believe in doing lunch. By "lunch" I do not mean getting together with a classmate or coworker to discuss work. I mean getting together during midday in a place where food is served and spending quality time with someone who is, on some level, special. "Doing lunch" began in my life thanks to my father. He and my mother divorced before my first birthday and my mother received custody of my brother and me. For awhile we visited my father's house every-other weekend, but after about 13 years I decided I no longer wanted to go to his house. It was then that the tradition of Sunday Lunch was born. Every Sunday my dad and step-mother drive approximately two hours to eat lunch with my brother and me. Occasionally my step-mother doesn't come along; sometimes we cancel lunch all together because everyone is busy. Sometimes my brother is absent; sometimes I am. Throughout the years friends have joined for a lunch or two, but typically it's always been the four of us. Not too long ago, my brother got married and now his wife is also a part of our tradition. Every Sunday we meet at a restaurant. Not a fancy restaurant. "Doing lunch" doesn't mean an upscale dining experience. "Doing lunch" means stale cafeteria food, fast food, or a casual restaurant. It doesn't so much matter what you're eating; it's the people you're with and the conversations you have. Since I've gone away to college, it has become increasingly difficult for the four of us to get together for lunch as we used to. "Doing lunch" remains a large part of my life because now it's the best way for me to stay connected to my friends. When I go back home, friends from

high school and I will get together at a fast food restaurant to eat and talk; these meetings usually last 2-3 hours. At school my friends and I will find time in our busy schedules to meet in the cafeteria for lunch and even though these lunches are significantly shorter, they are usually the best part of my day. I believe in doing lunch because it's more personal and far more enjoyable than a phone call or e-mail. It's less formal than going out to dinner, but still a suitable time to announce wedding plans or to confirm a graduation. It's a time where inside jokes are born and personal experiences are shared. "Doing lunch" is more than just sharing a meal; it's sharing lives and building memories.