

# Mary Ellen's Kitchen Table

## Fictional sample Story Capsule

This sample is fictional and created to show the structure of a StorySitting deliverable. Real projects are private unless a family gives permission to share them.

## Story focus

A daughter opens a Story Room for her mother before the family home is sold. Relatives add photos, recipe cards, porch memories, phone call-ins, and questions. StorySitting maps the story, guides a recorded conversation, and shapes the result into a capsule about the kitchen table as the center of family life.

Family contributors	8
Photos submitted	14
Voice memories	6
Interview quotes selected	12
Printable booklet concept	16 pages

## Before: scattered family material

**Photo:** Mom standing by the stove, 1989. Nobody knew whose birthday cake was on the counter.

**Recipe card:** Chicken and noodles, with "do not rush this part" written in the margin.

**Question:** What did you feel when you first walked into this house?

**Voice memory:** A grandson calls in to say the bottom drawer always had birthday candles, napkins, and the good scissors.

## Story Map Preview

**Main theme:** The kitchen as the family center.

**Interview focus:** First home, routines, recipes, children, holidays, apologies, and ordinary family rhythms.

**Voice focus:** Children and grandchildren describing what happened around the table.

**Best output:** Digital capsule, Family Voice Collection, and a 16-page printable booklet file.

## Sample edited story section

### The Table Where Everything Happened

Mary Ellen did not think of the kitchen table as anything special until her children started naming the things that happened there: homework, birthday cakes, arguments, apologies, card games, Sunday chicken and noodles, and the small talks that somehow became family history.

The table sat close enough to the stove that everyone remembers the sound of pans and the smell of noodles before they remember the room itself. It was where the children learned which drawer held the birthday candles, where cousins squeezed in during holidays, and where Mary Ellen kept listening even when she pretended she was only getting dinner ready.

### Sample pull quote

*"I didn't know I was making memories. I thought I was just getting dinner on the table."*

### Sample caption sheet

Recipe card, 1976	The note in the margin - "do not rush this part" - became the family joke and the best description of the table.
Kitchen table, family home	The table became the place where homework, birthdays, arguments, card games, and Sunday chicken and noodles were made.
Bottom drawer	Every cousin knew this drawer held birthday candles, napkins, and the good scissors. It became a place of family history.

### Sample audio excerpt labels

**Grandson call-in, 0:47:** The bottom drawer, birthday candles, and the good scissors.

**Guided interview, 1:12:** Mary Ellen describes the first night in the house.

**Daughter voice note, 0:38:** Sunday noodles and how everyone knew not to rush the pot.

### Sample family invitation note

We are gathering memories for a StorySitting project about Mom and the kitchen table before the house is sold. Add one memory, question, photo, or voice note. It does not have to be polished. StorySitting will help shape the pieces into something finished.