

# Fr. Leo Patalinghug

*Priest; TV Personality and Chef, “Grace Before Meals”*



## Areas of Expertise

- Catholic Religion
- Family Relations
- Cooking

## Utilized by:

- Baltimore Sun
- Fox 5, DC
- Sirius/XM Satellite Radio

## Quick Hits

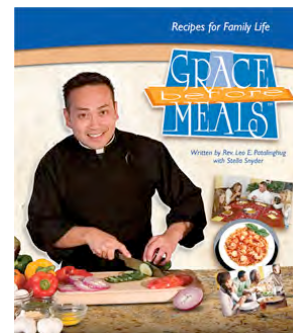
- Host of “Grace Before Meals”, a groundbreaking TV show in which Fr. Leo travels to homes and cooks for families to reinforce relationships through the power of sharing a meal together.
- Author of “Grace Before Meals: Recipes for Family Life”, a first-of-its-kind book that provides a resource for parents who want their children to know that they can always talk to their families.

## A Further Look into Fr. Leo

Born in the Philippines and raised in the Baltimore area, Fr. Leo developed his love for cooking while attending the seminary at the North American College in Rome. The Italians not only taught father Leo how to cook authentic cuisine, but they also exposed him to the passionate approach they take in preparing and sharing their meals. Ordained in 1999, Fr. Leo spent 5 years as the parish priest for St. John’s in Westminster, Maryland. It was here that Fr. Leo acquired the inspiration to write his cookbook, “Grace Before Meals: Recipes for Family Life”, as the parishioners of the church would invite Fr. Leo into their homes for dinner. Currently, he is a member of the faculty at Mount Saint Mary’s Seminary where he directs the Pastoral Field Education Program for future priests. A popular conference speaker with a growing national reputation for his ability to connect with teens and their parents, Fr. Leo has appeared at events across the United States and Canada. His enthusiasm has frequently earned him invitations to return and speak about topics like the theology of beauty, teen spirituality, spiritual combat and praying as a family. The TV show, “Grace Before Meals” is currently in development but has already been endorsed by PBS and PBS plus.

## About “Grace Before Meals”

“Grace Before Meals” is centered on one fundamental concept: the simple act of creating and sharing a meal can strengthen all kinds of relationships. Each week host Fr. Leo uses his background as a former competitive break dancer, four-time Tai Kwon Do champion, singer, teacher, world traveler and cook to get to the heart of family and relationship troubles. Through a unique combination of healthy food, humor, and years of counseling experience, Fr. Leo will get busy families back on track by bringing them back to the table.



Website: [www.gracebeforemeals.com](http://www.gracebeforemeals.com)

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