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## How Bentley Meeker, Lighting Designer, Spends His Sundays



Bentley Meeker with his girlfriend, Alicia Boyes, at an outdoor market on the Upper West Side.  
YANA PASKOVA FOR THE NEW YORK TIMES

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### Sunday Routine

By ANNIE CORREAL

In 2010, [Bentley Meeker](#) left an anonymous note in the temple of the [Burning Man festival](#), concerning his relationship with his son, who is now 15 and lives in California. After the temple burned down — as is the ritual at the annual Nevada event — he found resolution. Grateful,

Mr. Meeker, 47, a lighting designer whose regular gigs include White House state dinners, approached festival organizers about contributing his skills to future temples. This summer, he plans to illuminate the “[Temple of Promise](#)” in collaboration with Scooter Wilson and Adam Crocker. His method: Edison tungsten spots, which he has also installed in the converted warehouse in East Harlem where he lives with his girlfriend, Alicia Boyes, 38, a restaurant consultant.

**WAKE AND MEDITATE** I’ll get up at 8, I’ll jump on The New York Times, I might meditate. Alicia is a T.M., a transcendental meditator. I spend 20 minutes with my eyes closed, thinking about whatever. Then I’ll make myself a blueberry, strawberry, cashew butter and coconut water smoothie. Everything organic. Well, I guess weirdly not the coconut water; I got to get on that. Then I’ll take my vitamins.

**THE CONNECTEDNESS OF KARATE** I’ll jump in the car and head to [Double Dutch Espresso](#) on Eighth Avenue and 118th. I’ll get either a green tea or an almond latte. Alicia got me drinking lattes; before it was just teas. Then I’ll go to karate at [Harmony by Karate](#) on 81st and Broadway. Alicia will go running in the park. I’ve been doing karate for 15 years. It’s kind of a beautiful thing. There’s kind of a connectedness that it has. It’s not gratuitous movement.

**A BITE** Then we’ll hook up — I mean, we’ll meet up. We’ll go to [Lincoln Restaurant](#). Alicia was the maître d’ at [Per Se](#) for a number of years. I was a customer. We would work at events, and I saw her there. We met. We got to be friendly. And then we got to be friendlier. The chef at Lincoln used to work with Alicia, Jonathan Benno. We’ll see if J. B. is there and go for a bite. I’ll have some kind of egg in tomato sauce. Maybe I’ll even have a piece of fish.



Preparing a smoothie.

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**HUNTING AND GATHERING** If we can, we go to a farmers' market; if not, we go to Whole Foods. Maybe we get truffles from [Gourmet Attitude](#). Celine is a friend of ours and she gets the best truffles. She was so happy to hear that Alicia and I were together, because she knows Alicia from Per Se and me from the neighborhood. She was like, "Oh, my god, I can't believe it!" and she gave me this massive truffle.

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**BRIGHT TO DIM** We hang some on the roof, catch up on reading; then we'll start to cook at the house. I can't cook to save my life, but Alicia has a whole kitchen pedigree. She was Aspen Food and Wine Fest best up-and-coming chef, she worked at [Bouley](#) and [Eleven Madison Park](#), in their kitchen. So she can cook. I'm freaking stoked about that. For dinner making, I'll turn the lights up. It's an open kitchen, the whole floor is 1,800 or 2,000 square feet. I'll turn the lights up full so I can see what I'm doing and don't chop one of my fingers off. Then I'll adjust it down from there, so it's more romantic and moody. I've got a wine cellar downstairs, so I'll grab something from downstairs depending on what she's

cooking. If there's anything that even resembles something braised I'm pulling out a Côte-Rôtie or an Hermitage.

**THE ARTIST UPSTAIRS** I have an artist-in-residence, her name is [Betty Kay Kendrick](#). Have you heard of "[In Pursuit of Magic](#)"? Her and her partner [Chloe Crespi](#) are behind that. It's like positivity vandalism. If she's painting up there, we'll take people to check out her work. And we'll put some music on. We have this freaking unbelievable sound system — "devastating" is the word I like to use, especially for the neighbors. I don't have a lot of parties, but the parties I have are pretty epic. We'll listen to some electronic lounge music with dinner. I happen to like an artist called [Shlohmo](#), and [Dr. Toast](#).

**KICKING IT** And then everybody boogies out and Alicia and I will kick it. I'll give my son a call. We'll do an evening meditate. We'll talk about the day, our dreams. My life coach [Lauren Zander](#) is all about designing your life. We'll talk about our day and if it came back as we designed it. We'll talk about the highlight. Then we hook up.



Mr. Meeker practices karate at Harmony by Karate on 81st and Broadway.  
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Mr. Meeker and Ms. Boyes live in a converted warehouse in East Harlem.  
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#SundayRoutine readers can follow Bentley Meeker on Instagram [@bentleymeeker](https://www.instagram.com/bentleymeeker).