

Community Discovery Tool

INSTRUCTIONS

This will be a trail, a curated collection of arenas of activity relating to the domains. You could also think of it as a contemporary labyrinth. A labyrinth is an ancient practice for contemplation and inspiration. If you did take this approach, use the following as a guide for doing so:

Purgation: Releasing and shedding as we walk towards the center. As you travel to each site, identify and let go of preconceptions about the example and the domain.

Illumination: Resting in the center to receive inspiration. When visiting a site, take time to observe and take in what you are seeing, hearing and feeling.

Union: Returning to our lives with a new awareness.

However you treat this, it will take you on a journey to consider where young adults are gathering and finding meaning.

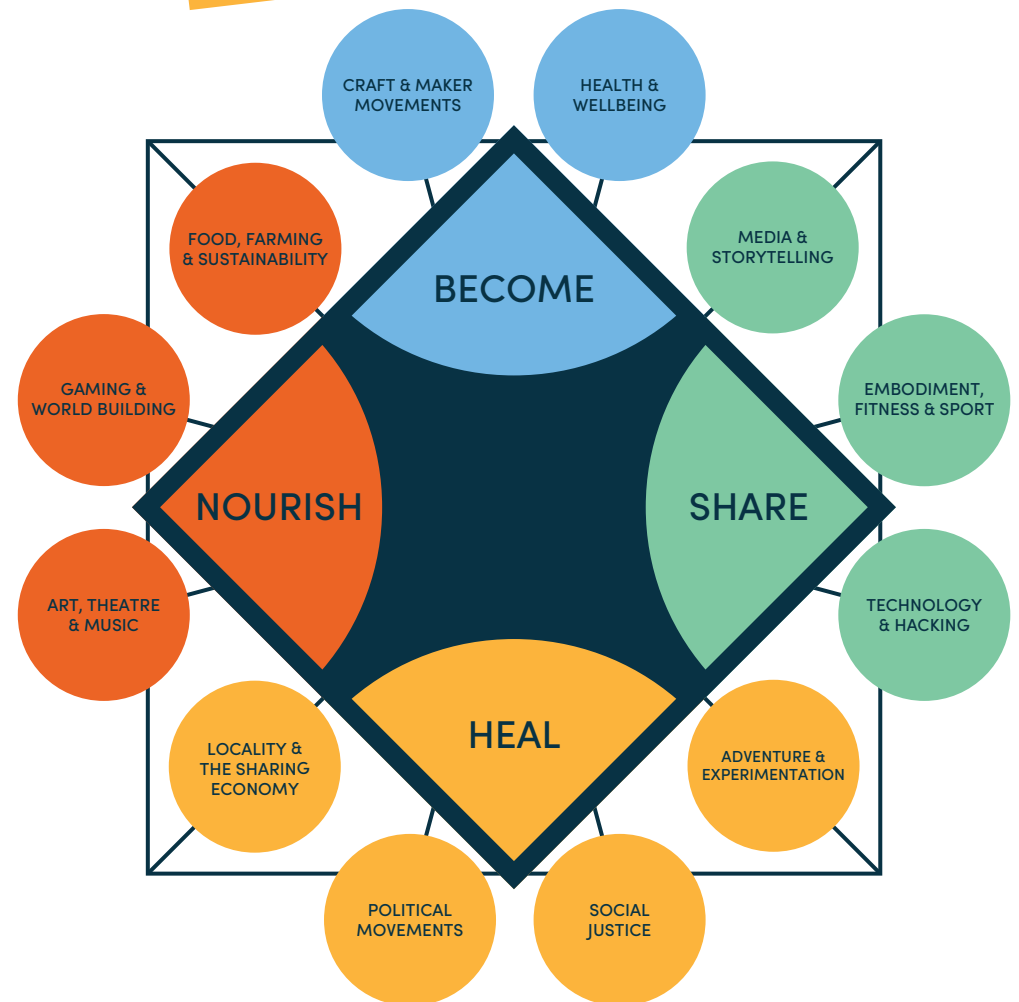
August 2020

DOMAINS DIAGRAM

A "domain" is the word we used for an arena of meaning and purpose where young adults tended to form significant communities, and developed practices that helped them meet existential, social, creative, and physical needs (i.e., practices of becoming, healing, sharing, or nourishing). Sometimes young adults approached these domains with a kind of reverence that looked a lot like prayer or worship.

We believe that young adults are already deeply engaged in a lot of sacred activity in these domains of meaning and purpose—sometimes they even recognize that it's sacred. Sometimes they connect that activity to God, sometimes they do not. However, they do tend to recognize they have been on holy ground somehow when they engaged in these activities.

For more info, please visit: bit.ly/2zCGUvm



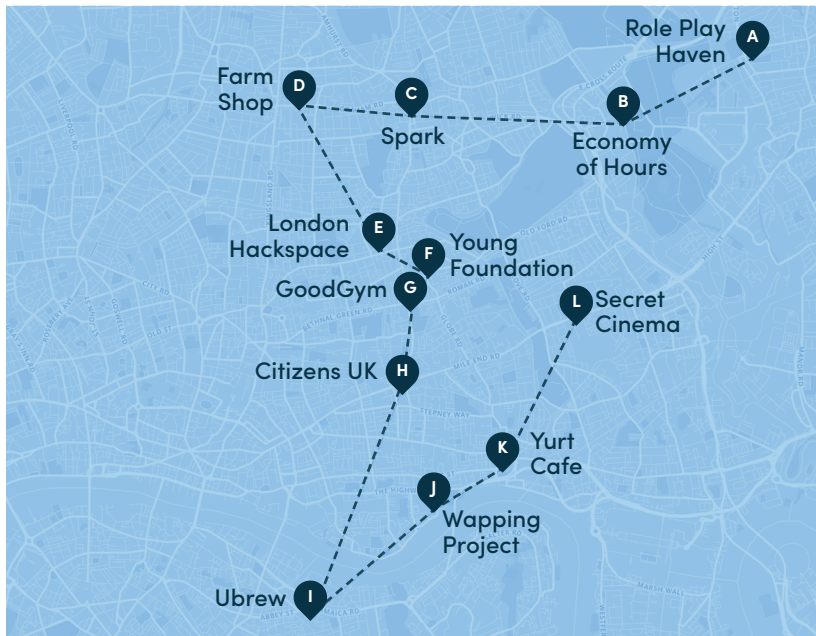
STEP 1

EAST LONDON

This pack contains a map and a set of cards. Each card has an example of an arena of activity for one of the domains. You'll also notice there is a US example for each domain.

This trail serves as an example for you to look at and examine in order to help spark your imagination for creating our own trail for your own context.

As you read through the East London examples, try and picture yourselves there and think about what questions would you be asking of yourself, the project you're visiting and of each other.



STEP 2

YOUR TRAIL

Using the same layout as the East London trail, you are now going to create your own. It is up to your group to decide whether it will be for your neighborhood, your city or your state. You might need to start thinking of examples before you completely decide this.

Use your own knowledge, ask friends and family and use the Internet to identify examples for each of the domains.

You do not need to find an example for each domain but try to identify at least eight. Remember: you should be able to demonstrate how the example activity enables one or more of the areas of sharing, becoming, nourishing and healing. The following is a reminder of these areas:

Sharing – Purpose, relationships, creating beauty;

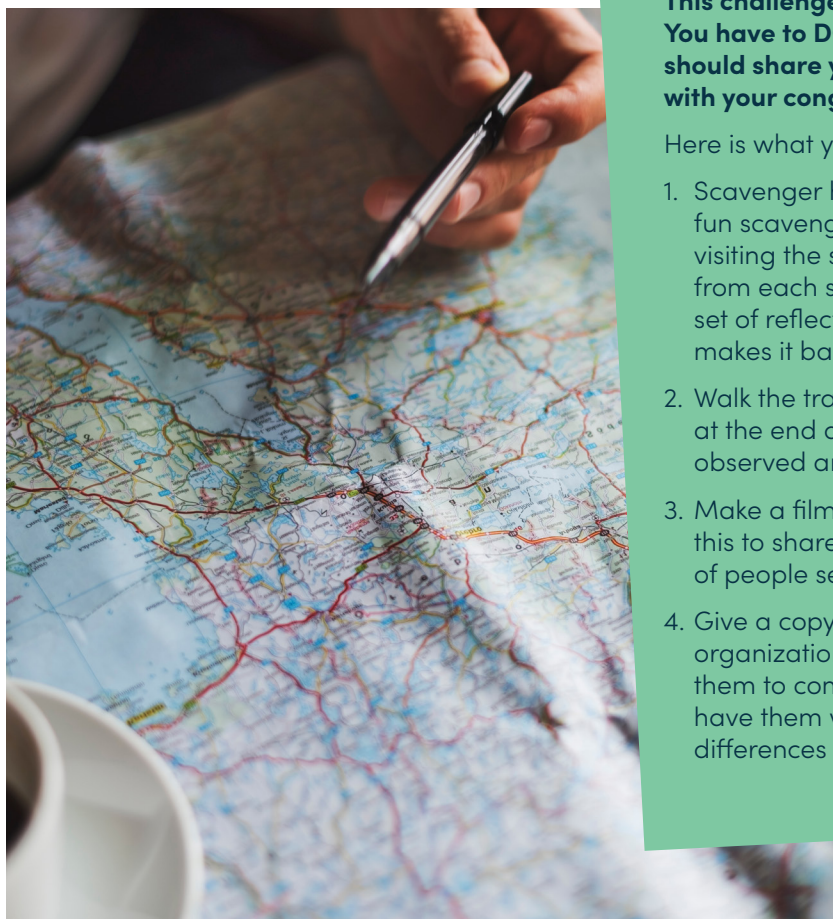
Becoming – Integrity, identity, autonomy;

Nourishing – Self-nourishment, emotions, caretaking;

Healing – Recovery from abuse, neglect or poverty, social altruism.

When you have decided as a group on an example, complete a blank card for each example.

Write down these examples on a map. You can use a map from the local tourist board, use the functionality of Google Maps that allows you to drop pins in various locations, or even hand-draw one if you would like.



This challenge is not just a paper exercise. You have to DO something with it. You also should share your learning from this challenge with your congregations.

Here is what you could do:

1. Scavenger hunt — Make the domain trail a fun scavenger hunt, with teams of people visiting the sites. They have to collect a token from each site, or a photo, answer a short set of reflective questions and the team that makes it back first are the winners.
2. Walk the trail as a group and have discussion at the end about what the group has observed and learned.
3. Make a film of the different places and use this to share with your congregation as a way of people seeing the community.
4. Give a copy of this game to another organization in your community and invite them to complete it. Then walk their trail and have them walk yours. Note similarities and differences in what each of you came up with.

Political Movements

CITIZENS UK



112 Cavell Street, Whitechapel, London, E1 2JA
citizensuk.org

ABOUT

Citizens UK is the home of community organizing in the UK, with diverse civil society alliances in London, Milton Keynes, Nottingham, Birmingham, Wales and Leeds. Citizens UK organizes communities to act together for power, social justice and the common good.

US Example

PANTSUIT NATION

Chapters located across the US

About

Pantsuit Nation is a private Facebook group and Twitter hashtag used to rally camaraderie among Hillary Clinton supporters during her 2016 presidential campaign. Pantsuit Nation links the timeless method of using storytelling to drive social and political change with a modern ability to reach a large, digitally savvy audience eager to participate in collective action. The founder considered Clinton and her pantsuit to be emblematic of the historic effort towards equal rights for women.

PRACTICES

BECOMING

When people work together they have the power to change their neighborhoods, cities, and ultimately the country for the better.

SHARING

Brings together over 350 diverse civil society institutions including churches, mosques, synagogues, schools, universities and community groups.



Technology & Hacking

LONDON HACKSPACE



447 Hackney Road, Hackney, London, E2 9DY
london.hackspace.org.uk

ABOUT

A non-profit hackerspace in London: a community-run workshop where people come to share tools and knowledge. The Hackspace hosts a variety of events covering topics from electronics to brewing and biohacking to lock picking.

US Example

FREESIDE ATLANTA

675 Metropolitan, Pkwy SW #6066,
Atlanta, GA 30310

About

Freeside is a non-profit maker space for hackers, designers, artists, students, and hobbyists in Atlanta. All tools have been donated by members of the community, who develop and work with open source and free technology wherever possible. Classes and events are open to all.

PRACTICES

BECOMING

Hackerspace members have responsibility for running of the organization as well as 24/7 accesses to the space.

SHARING

The London Hackspace holds open evenings every Tuesday where members and non-members hang out, hack on projects, socialize, and collaborate.



Locality & The Sharing Economy

ECONOMY OF HOURS



Innovation Coworking , 90 Main Yard, London, E9 5LN
economyofhours.com

ABOUT

Echo is an Economy of Hours: a marketplace without the money. Members buy and sell their skills, services and resources they have for those that they need, using a currency called Echoes. Echo brings together local people and local organizations – including startups and sole traders, established businesses and not-for-profits – to create a community-wide economy of hours where the more you put in, the more you get back.

US Example

LOCAL TOOLS

Ashville, North Carolina

About

The Local Tools service is currently powering over 80 lending libraries for tools, kitchen goods, sporting goods or just about anything.

PRACTICES

NOURISHING

Value is put on time rather than the skill offered, challenging the ingrained belief that some skills are inherently more valuable than others.

SHARING

It's part of Echo's philosophy to value everybody's time equally. Every hour of any service or resource is worth one Echo.



Health & Wellbeing

YURT CAFE



St Katharine's Precinct, 2 Butcher Row, London, E14 8DS
precinct.rfsk.org/home/yurt-cafe

ABOUT

The Yurt Cafe is a social enterprise. It opened its doors in November 2015 as part of the new community project St. Katharine's Precinct. The Precinct is made entirely from shipping containers and yurts that includes such facilities as a Wellbeing Hub, London's first Yurt Cafe & Reflective Space and Artist Studios.

US Example

RESISTANCE COFFEE

Seattle Wa

About

A local community standing up against adversity with relentless hope and care for everyone in the neighborhood. It is a coffee shop with community programs led by members of the community with work space above the coffee shop.

PRACTICES

NOURISHING

Food and produce are locally sourced.

BECOMING

The Cafe and Precinct have been created to help the local community find collective interests and personal meaning, through art, gardening and spiritual practice.

SHARING

The intention is for the project to become a place where relationships are made and developed.

HEALING

A part of the cafe is The Reflective Yurt. It is available during cafe opening hours for quiet contemplation and prayer. Reflective retreats are also held in the space.



Embodiment, Fitness & Sport



GOODGYM



Bethnal Green Underground Station, London
goodgym.org

ABOUT

GoodGym is a community of runners that combines getting fit with doing good. GoodGym runners stop off on their runs to do physical tasks for community organizations and to support isolated older people with social visits and one-off tasks they can't do on their own. New runners and people of all fitness levels are welcome and nobody is ever left behind.

US Example

ORANGETHEORY FITNESS

Boca Raton, Florida
(with multiple locations worldwide)

About

Orangetheory Fitness is a privately owned fitness franchise based in Boca Raton, Florida. It offers group personal training workouts based on high intensity interval training that blend cardiovascular and strength training. It strives to build community around fitness, particularly for women.

PRACTICES

BECOMING

Gives new meaning to an arguably self-seeking activity of getting fit in the act of doing something more meaningful in the process.

SHARING

A great way to get fit, meet new people and do some good.

HEALING

An example of social altruism, where healing occurs through serving others.



Food, Farming & Sustainability



FARM:SHOP



20 Dalston Lane, Dalston, London, E8 3AZ
farmlondon.weebly.com

ABOUT

FARM:shop is home to an urban farming hub featuring revolving urban agricultural experiments, such as a rooftop chicken coop, a fish farm and hydroponic food served in an on-site cafe. There is also a flower and plant shop and events space available for hire.

US Example

HANDS ON NASHVILLE

37 Peabody St, Nashville, TN 37210

About

Hands On Nashville meets community needs by finding meaningful ways for people to volunteer. Students and recent graduates are amongst the majority of volunteers. They find satisfaction in meeting and working with adults with learning and physical disabilities.

PRACTICES

SHARING

Lasting friendships have grown from the activities and community fostered in this space. FARM:Shop gave people the opportunity to find others they shared common ground with.

HEALING

FARM:Shop runs care farming workshops for adults with learning difficulties; it also provides opportunities for the local elderly population living in apartment complexes to be involved in gardening activities.



*Gaming &
World Building*

ROLEPLAY HAVEN



25 West Ham Lane, Stratford, London, E15 4PH
facebook.com/rphaven

ABOUT

The Role Play Haven, a non-profit organization, is the largest gaming role playing club in London, with branches in Lewisham (South East London) and Stratford (East London). It aims to provide an excellent gaming experience while raising money for charity.

PRACTICES

BECOMING

Many people find a strong sense of identity in the role-playing community. Characters allow people to step into the people they want to be and can help increase confidence.

SHARING

Role Play is about building relationships with real people in a context that is so often virtual and pretend. The community is real even if the worlds they play in are not.

US Example

ACTIV8

366 Hilton Road, Ferndale, MI 48220

About

Video gaming lounge. By gamers for gamers.



*Adventure &
Experimentation*

SECRET CINEMA



St Clements Hospital, 2A Bow Rd, London, E3 4LL
secretcinema.org

ABOUT

Launched in 2007, Secret Cinema is a growing community of all who love cinema, experience and the unknown. It has been described by The Guardian as "part immersive theatre, part bespoke film screening, part cosplay parade." Screenings take place in a variety of spaces, from abandoned London buildings, to parks to large-scale productions in some of the most spectacular spaces worldwide.

PRACTICES

NOURISHING

Immersive experience such as this helps the individual to connect with their emotions in an unexpected way.

BECOMING

Secret Cinema is run by storytellers, inventors, explorers, place-makers, cultural entrepreneurs, film fans fuelled by a desire to fill the void left by an over-saturated technological world.

SHARING

Secret Cinema creates unique spaces for social encounters, adventures and discoveries where films come to life.

US Example

ESCAPISM PORTLAND

7110 NE Glisan St., Portland OR, 97213

About

Escapism Portland is a live action room escape game where small teams solve clues, puzzles, and tasks in order to unlock new secrets and eventually escape the room. Communication, teamwork, and skills of observation help the best teams to make it out alive.



Media & Storytelling

SPARK



Hackney Picture House, 270 Mare St, London, E8 1HE
(and across the UK)

stories.co.uk

ABOUT

Spark London was Britain's first true storytelling club, and now it has nights across the UK. Everyone is welcome to sit back and listen, or tell their own stories. There are only three rules at Spark:

- It must be true;
- It must be your own story;
- It must be under five minutes long.

US Example

SLAM POETRY
AT SPIDER HOUSE
2906 Fruth St, Austin, Texas

About

Austin Poetry Slam is an open weekly spoken word competition, showcasing 12 original spoken word artists in a no holds barred, raucous, energized competition.

PRACTICES

BECOMING

There is a sense of beauty when people come together to create stories and poems interwoven with life experiences and emotions.

SHARING

With a different theme each time, participants find themselves talking to friends and strangers about moments from each other's lives.

NOURISHING

True stories have power.

HEALING

Spark London was founded in 2007 by Joanna Yates, a business psychologist who overcame dyslexia to become an expert on the art of storytelling.



Craft & Maker Movements

UBREW



29 Old Jamaica Business Estate
24 Old Jamaica Rd, London, SE16 4AW

ubrew.cc

ABOUT

Ubrew is an open brewery, where members and their friends brew the beer. Ubrew founders believe that beer is best brewed exactly the same way it's best drank: with friends. That's why all of the memberships they sell are 5 person group memberships, meaning anyone buying the membership will have four brew partners to share the costs, beer and fun with. Members get unbridled access to one fermenter, and everything they need to fill it with beer.

US Example

THE SKETCHBOOK PROJECT
Brooklyn Art Library, 28 Frost Street,
Brooklyn, NY 11211

About

A crowd-funded sketchbook museum and community space. The Sketchbook Project began in 2006 in Atlanta, GA and moved to New York City in 2009. Since that time, this small organization has grown into a worldwide community of more than 70,000 artists. By focusing on the intersection of hands-on art making and new technology, The Sketchbook Project nurtures community-supported art projects that harness the power of the virtual world to share inspiration in the real world. The crowd-sourced library features nearly 36,000 artists' books contributed by creative people from 135+ countries.

PRACTICES

BECOMING

Finding your passion and a channel for this passion can be an important step to self-actualization.

SHARING

Ubrew is about sharing. Sharing space, equipment, recipes, skills and know-how.

HEALING

Mark Bamping (a social entrepreneur) believes brewing together can be a way for men, in particular, to grow community and share life together. His belief is that this could be part of the antidote to addressing the shockingly high male suicide rates in the UK.



**Art, Theatre
& Music**

WAPPING PROJECT



Wapping Hydraulic Power Station Wapping, London, E1W 3SG

(now closed)

thewappingproject.org

ABOUT

The Wapping Project is a platform for the continuous development of ideas, thoughts and people. It exists to enable artists to work with unrestrained ambition. It is also a restaurant, gallery and performance space.

PRACTICES

NOURISHING

Questions and aims to redefine accepted boundaries through commissioning, nurturing and championing artistic talent. The outputs of which are in turn conduits for experiencing the world and others in a deeper way.

BECOMING

The Wapping Project is a hugely permissive organization, members and observers are empowered to be who they want to be and think what they want to think.

US Example

**THE ART INSTITUTE
OF CHICAGO – EVENING
ASSOCIATES PROGRAM**
111 S Michigan Ave, Chicago, IL 60603

About

The Evening Associates of the Art Institute of Chicago are a group of young professionals, aged 21-40, who adore art, swoon over social events and are crazy about Chicago.



Social Justice

THE YOUNG FOUNDATION



Victoria Park Square, Bethnal Green, London

youngfoundation.org

ABOUT

The Young Foundation is a research and action based institute that works across the UK and internationally to create insight and innovations to tackle inequality.

PRACTICES

BECOMING

Provides significant purpose to those who work for and volunteer with the foundation.

HEALING

The Young Foundation's health and wellbeing ventures tackle health inequalities by developing innovations and the systems that support them to create and sustain health.

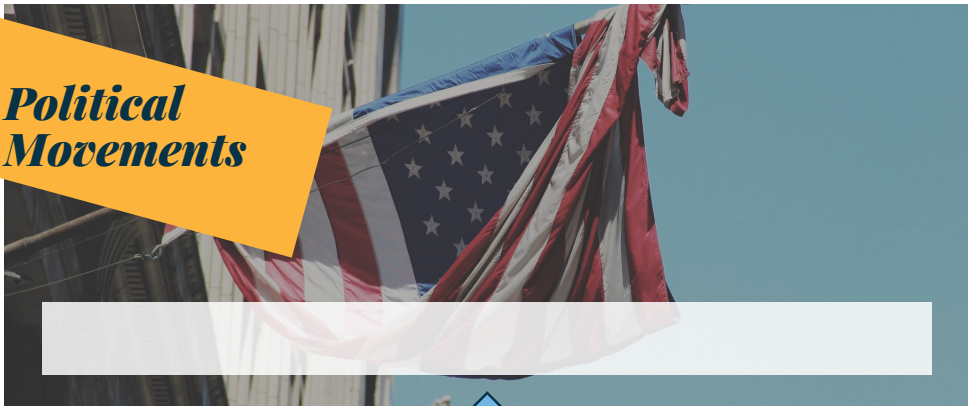
US Example

FOLO MEDIA
San Antonio, Texas

About

Folo Media reports on the challenges and opportunities for vulnerable communities in San Antonio, Texas, one of the most inequitable cities in the United States. Its vision is to transform the city and the way the community engages with income equality.





*Political
Movements*



*Technology
& Hacking*



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*Locality &
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Gaming & World Building

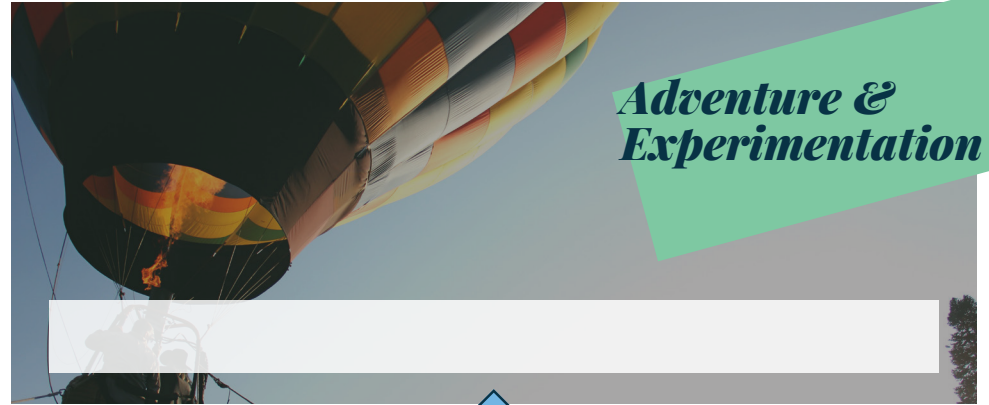


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PRACTICES



Adventure & Experimentation



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Craft & Maker Movements

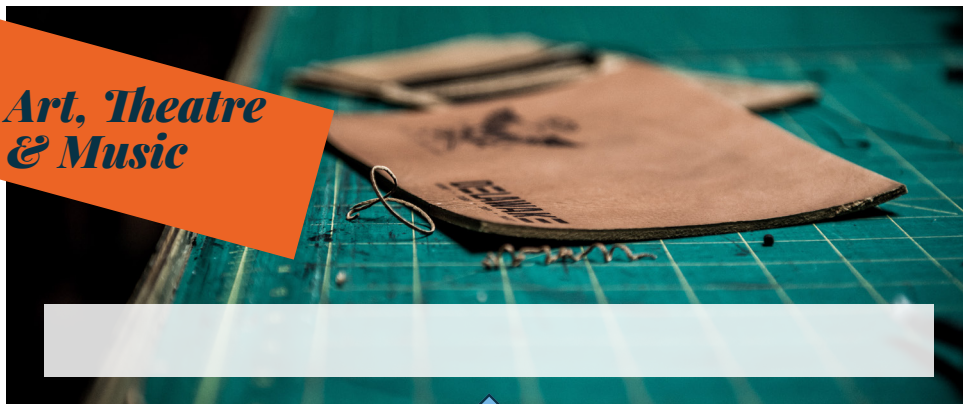


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