

Session 6

Belonging Together

Key learning

We need one another in order to flourish.

Application

Recognise our unique worth and value our interconnectedness with each other.

Habits focus

Reimagine a world where all collectively flourish.

Before the session

You will need:

- A ball of string
- Your group's vision board



Set up your room


For the **Walk** activity in **Space**, you'll need room for your students to move forward side by side in one line.

For the **Interweaving Stories** activity in **Space**, students will ideally sit in a circle.

Intro

 00:00

 5mins

 Slide 1


Aim of the session

This session is called **Belonging Together**.

In this session we are going to:

- Recognise the value of each one of us and the unique contribution we have to make.
- Explore how we are connected to each other.
- Practise reimagining by celebrating the ways our uniqueness and differences can enrich one another.

This session draws deeply on the idea of ubuntu - Appendix 12 on p92 explains this in more detail.

 Slide 2



Recap


Recap the previous session and remind the group of the three habits of being curious, being present, and reimagining.

Ask your group what they remember from the previous session and if they have any examples of actions or stories from the past week related to the theme.

Story

 00:00

 20 mins

 Slide 3




Film

Discuss:

What do we learn about hope in this film?

You might like to draw out examples of the following: the power of coming together, seeking hope, telling a new story.

 Slide 4



Bible passage

1 Corinthians 12: 15-22, 26





Share the passage:

“Suppose the foot says, “I am not a hand. So I don’t belong to the body.” By saying this, it cannot stop being part of the body. And suppose the ear says, “I am not an eye. So I don’t belong to the body.” By saying this, it cannot stop being part of the body. If the whole body were an eye, how could it hear? If the whole body were an ear, how could it smell? God has placed each part in the body just as he wanted it to be.

If all the parts were the same, how could there be a body? As it is, there are many parts. But there is only one body. The eye can’t say to the hand, “I don’t need you!” The head can’t say to the feet, “I don’t need you!” In fact, it is just the opposite. The parts of the body that seem to be weaker are the ones we can’t do without...

If one part suffers, every part suffers with it. If one part is honoured, every part shares in its joy.”

Question for discussion:

-  What do you think the writer (St Paul) is trying to say here?
-  What do you think of the idea of a community being like a body?
-  What would change if we recognised our need of one another?
-  Where do you see similar principles and values in other faiths, worldviews or cultures and community traditions?



Key learning

Please highlight the points below:

- We are each unique, with a contribution to offer that only we can make.
- We need one another in order to flourish.
- Other people are not difficulties to be overcome but gifts, without whom we are poorer.
- It may be helpful to share one of these quotations from Archbishop Desmond Tutu, who describes the idea of 'ubuntu':

Either:

"Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness...

I can be me only if you are fully you. I am because we are, for we are made for togetherness, for family. We are made for complementarity.

We are created for a delicate network of relationships, of interdependence with our fellow human beings, with the rest of creation.

I have gifts that you don't have, and you have gifts that I don't have.

We are different in order to know our need of each other. To be human is to be dependent."

or

"I am human because I belong, I participate, I share."



Activity

Interweaving stories

Experience our interconnectedness and need of one another.

Start here



1

Students sit or stand in a circle.

Say, or summarise, the below:

- During this course, we have reflected on our high value – each made in God's image.
- We've explored our uniqueness and the ways in which we are different from one another and the ways we can navigate these differences well.
- We've also thought about the power of coming together in a world which is not always as it should be.
- We flourish when we recognise both our uniqueness and our interconnectedness with one other.

2

Invite students to reflect (and/or share) about this idea of interconnectedness as follows:

- How have you relied upon someone this week?
- Has someone done something for you this week that you appreciated?
- How could you show someone you value them this week?

3

Explain that students will now have a theme to discuss. They will take it in turns to say what they associate with the theme – it could be an experience, an opinion or something else. They don't need to have any deep knowledge or expertise.

Give the students a theme to discuss e.g.

- Hope
- Flourishing
- Travel
- Social media
- Local fast food eatery
- Sport

Note: this isn't a long activity so choose a topic which students can discuss comfortably in a short period of time without opening up painful experiences which cannot be explored fully here.

4

- Ask for a volunteer to start and give them the ball of string.
- Students take it in turns to share their reflection on the theme. The other students practise the habits of being curious and being present – seeking to understand others and listening deeply.
- Students wrap the string around their hand, then pass the ball of string to the person who wants to speak next. Overtime the string will weave together.

5

After five minutes, draw the conversation to a close and ask students to reflect.

Repeat with another topic, continuing to pass the ball of string around..



Key learning

Please highlight the points below:

- Our individual understanding is incomplete without the perspectives of others
- Our stories are interwoven.
- In this activity, we have been:
 - **Being curious** – seeking to understand others
 - **Being present** – listening deeply to others' contributions
 - **Reimagining** – seeing our perspective and understanding grow through joining with others.

→ Optional extra activity ⌚ +10 mins

Find '**Belonging**' in Appendix 11 on p91.

Sanctuary

 00:00

⌚ 10 mins



Top takeaway

Ask your group (to write down or say aloud):

What is something you want to remember from this session?

Give the group a minute to reflect before answering.



Vision board

In this final session, use this time to invite students to reflect on what they have learnt and explored throughout the course by looking at the vision board.

- 1.** Invite students to share what they have most valued from the course.
- 2.** Ask a volunteer to write the three habits across the vision board.
- 3.** Invite each student to say (or write on the board) one action they would like to take in order to practise one of the three habits:

Be Curious, Be Present, Reimagine.



Prayer and reflection

Please use this as a prayer or guide for reflection:

Loving God, fill us with your Spirit now.

We think about the fact that our stories are woven together.

Help us to **be curious** about others' stories – listening as often as we speak.

We think about our need for one another if we are all to flourish.

Give us the courage to **be present** – showing up and sticking around.

We think about the things we have learned throughout this course.

Inspire us to **reimagine** what's possible – finding hope, knowing that you can transform all things.

In Jesus' name. Amen

End of session 6