



Journeys in the Spirit

inward outward upward downward



Youth Work Edition

Issue 31

June 2017

Working with others to make a difference

The youth edition of Journeys in the Spirit provides a range of ideas to use with 12–18 year olds in a Quaker context. It offers activities for one-off sessions or weekends and comes out three times a year. Some suggestions are made about age suitability. Timings are not stated, as this will depend on the group and how the activities are used. Each issue explores a theme.

Journeys in the Spirit is offered with the intention of providing an opportunity for exploring, creating and learning in an atmosphere of worship in partnership on our shared journey in the spirit. There are four directions to our spiritual journey: inwards to ourselves; outwards to others; upwards (or is it further inwards?) towards the deeper mystery; downwards to the world we live in.

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The theme for this issue

This issue reflects the theme of Yearly Meeting Gathering in 2017. This gathering is the third Yearly Meeting of exploring how as Quakers we can live out our faith in the world, with a focus on building movements – working with others to make a difference to the world.

This issue seeks to offer a variety of approaches and ideas to encourage young people to explore how they can join with others to make change happen. It recognises that change happens and lasts when people come together and stay together. The underlying message is that change does not need to rely on the powerful, but that we all can be part of it.

For Quakers the way things are done is as important as what is achieved and this is reflected in the approaches suggested.

Using the material

This material can be used in a series of short sessions or as a theme for a longer event, interspersed with other activities. Please feel free to adapt this resource to your setting and the needs, interests and ideas of your group.

It is hoped that the ideas set out in what follows will encourage young people to act alongside others to bring about change in the world in ways that enable their Quaker faith to be lived out.

While encouraging young people to consider these things it is also important to link them up with what others are doing within local and area Quaker meetings.



Gathering Points

Heads Up

You will need post it notes and pens for this activity. Start by inviting participants to think of someone who has built a movement or who has campaigned for change. Pass out the pens and post it notes and ask them to write the person's name on the post it note. Once this is done they should stick this on the forehead of the person on their left. Moving clockwise around the group, invite each person to ask a question about what the person on their post it note has done. Encourage them to ask questions that will help them to work out who they are, these questions must require a 'yes' or 'no' answer. This could range from "am I famous" to "am I male?"

Helium stick

You will need a very thin stick or dowel rod (the thinner the better). Organise the participants into groups of a maximum size of 8. Take the rod and hold it horizontally at the chest height of the tallest person. Ask the participants to all hold up the stick together just using their index fingers, and then lower it to the ground as a team. To achieve the task, everyone must keep both of their index fingers in constant contact with the stick. The stick can only be resting on the index fingers (so team members can't for example wrap a finger over the top). If they struggle for a while, suggest that they take a break to form a plan based on their past experience. Have a look at the starting point questions below and observe how the group is interacting.



Starting Points

Heads Up

If you used this gathering point, ask the group what their choice of people might tell us about our understanding of movement building or campaigning for change. For example, were they all famous? Had they all done "big" things? Is this what movement building is? Can people think of examples of anyone they know who has built a movement or campaigned for change?

Helium stick

If you used this gathering point, ask the group what this activity tells us about working together. How did it make them feel? What were the challenges? What did the group have to do or change to succeed at this task? How well did the group communicate (encourage examples)? Did everyone have some input (if the group says yes, ask for an example of each person's contribution)? What positives can you take away? How might this activity relate to working with others?

Exploratory questions

Invite the group to think about the phrase 'working with others to make a difference'. Invite the group to consider the following questions, after each question have a pause and ask the group to share in pairs. What does change mean to you? What does working with others mean to you? Who is other? Think of a time you have given something up or taken something up to make a difference. Following this invite feedback from the group.



Reflection Points

Reflections on change

For this activity, use the Reflection Points resource 'Quotations' at www.quaker.org.uk/resources-youth, scrolling down to 'Resources for current issue'. Cut out the quotes and spread them throughout the room. Invite participants to wander around the room looking at the quotations. After 5 minutes you could ask some questions to create discussion. Invite people to stand beside the quote 'that resonated with them', invite those standing by the same quotes to talk about what it was that resonated with them, if appropriate invite people to feed their thoughts back to the whole group. Then invite people to stand by a quotation that challenged them, repeat the feedback process. You might conclude by asking people if this activity led to any other thoughts or feelings.

What do we bring?

For this activity, use the Reflection Points resource 'What do we bring?' at www.quaker.org.uk/resources-youth, scrolling down to 'Resources for current issue'. Read aloud, or ask a participant to read aloud, the quote on the additional sheet.

Ask the group to reflect on this individually, and then in pairs or groups of three, ask them to discuss these questions, changing around the pairs and groups between each question.

- Are there things that you already do in your life to contribute to positive change?
- What skills do you use or might you use when working with other groups?
- Do you consider any of these to be distinctively Quaker skills?

Having reflected on these questions, bring the group back together to explore the question:

- What skills and beliefs can we as Quakers bring to working with others to create change?



Talking points

Up to the mountain top

Reflect on the last speech given by Martin Luther King using the ideas you can find under Talking Points 'Up to the Mountain Top' at www.quaker.org.uk/resources-youth, scrolling down to 'Resources for current issue'. This was given the day before he was assassinated. To access this go to <http://bit.ly/MLKspeeches> and scroll down to 'I've been to the Mountain Top' and select the relevant part.

Yes We Can!

'Yes we can' was the slogan of President Obama's election campaign. Reflect with group on President Obama's story of Anne Nixon Cooper the 106 year old voter and his Farwell Address that you can find under Talking Points 'Yes We Can!' at www.quaker.org.uk/resources-youth, scrolling down to 'Resources for current issue'.



Listening points

The following are some songs to listen to:

- *The revolution will not be televised* by Gil Scott-Heron
- *Glory* by John Legend
- *Why? (The King of Love Is Dead)* by Nina Simone
- *Pride (In the Name Of Love)* by U2
- *Up to the Mountain* by Patty Griffin
- *Take A Look Around Feat* by BJ The Chicago Kid, Bilal
- *Keep Marchin'* by Raphael Saadiq

All can be found on Spotify www.spotify.com/uk/ by searching for the song title. Ask the young people to listen to the words of each song played and then to share how these relate to “Working together” or “Making a difference”.

Q:Witness

Q:Witness is a podcast from Quakers in Britain in which people involved in acting on issues important to Quakers talk about the work they are doing and how people can get involved. There are episodes on subjects ranging from peace education and forced migration, to fracking and nuclear weapons. This podcast is available to listen to or download here: <https://www.quaker.org.uk/our-work/podcast>.

Listen as a group to a clip from episode 11 on ‘Money & Banking in The New Economy’, starting at 2.15 through to 3.30. This section of the podcast introduces a thought experiment, inspired by the American philosopher John Rawls, which provides a way of engaging with the idea of economic inequality and how to create a fairer system. You can explore this experiment with the participants. To accompany the audio clip, you can find the text of the thought experiment under Listening Points ‘Q:Witness’ at www.quaker.org.uk/resources-youth, scrolling down to ‘Resources for current issue’.



<http://www.cartooningforpeace.org/en/cartoonotheque/living-together/> (Cristina Sampaio, Portugal)



Viewing Points

Two short videos to encourage reflection and discussion:

'How to start a movement'

In a broad sketch of a movement developing, this 3 minute TED talk uses a video of a growing crowd of dancing people to illustrate leadership and people coming together for a shared purpose: http://bit.ly/ted_dancing_man Ask participants for any thoughts about the video, and ask them to consider:

- What does leadership mean to them?
- What role should leadership play in working with others? When should we follow and when should we lead?

Time Gee on 'Movement Building'

As a group watch a clip starting at 2.15 through to 5:20 of the video of Tim Gee's talk on Movement Building from Britain Yearly Meeting 2016. In the clip Tim discusses the importance of relationships in creating and contributing to movements for change.

The link to the video, and reflection points on it, can be found under Viewing Points 'Tim Gee on Movement Building' at www.quaker.org.uk/resources-youth, scrolling down to 'Resources for current issue'.

Feature films on the theme of working with others to make a difference:

These films depict groups using different approaches or having different aims finding common causes and working with one another across apparent divisions to challenge injustice and achieve change. These films can be used as the basis for a discussion about injustice, change, leadership and solidarity.

Pride (15): "Pride is a British comedy drama, set in 1984, about a group of London based lesbians and gay men who travel to a small Welsh village to support the striking miners" (BBFC 2014). Pride gives an example of groups with seemingly disparate interests, recognising one another's struggles and working together in solidarity.

Selma (12): "Selma is a US drama based on the marches from Selma to Montgomery, Alabama in the 1960s involving Martin Luther King Jr." (BBFC 2015). Selma depicts Martin Luther King Jr. and other key civil rights leaders working with local people in the town Selma, Alabama to challenge the denial of the voting rights of black people in the United States, through peaceful protest, groups working together, lobbying and solidarity across lines of inequality.



Action points

Creative Campaigning

Ask each individual to start by thinking:

- Of one world issue that you want to change.
- Of one issue in this continent that you want to change.
- Of one issue in this country you want to change.
- About something in your town or city you want to change.
- About something in your immediate community that you want to change.
- Who might you work with on this?

As a group agree a change that you want to work with others for. You might consider linking up with a local youth group to undertake a gardening project, or joining with a local church that runs a homeless shelter or group for refugees and asylum seekers. Once you have agreed your issue you should use the Pillar of Power activity (see below) to explore how they might bring about change.

Pillar of Power

Based on the Turning the Tide tool 'Pillars of Power', this activity uses the game 'Jenga' to create a practical and fun way for participants to explore how they can identify issues they care about, and how they can work with others to bring about change. The full details of this activity can be found under Action Points 'Pillar of Power' at www.quaker.org.uk/resources-youth, scrolling down to 'Resources for current issue'.

In considering your action for change you may wish to make use of the *Toolkit for Action* and *Be the Change* which have been put together by Britain Yearly Meeting to support Quakers in taking action. Details of these resources can be found under Action Points 'Two additional resources' at www.quaker.org.uk/resources-youth, scrolling down to 'Resources for current issue'.

The Power of Empathy

When people think about working with others to make a difference, it is often tempting to focus on the big things, for example civil rights. Because civil rights are important and they have a massive and significant impact on people. The people who brought about civil rights changes all started somewhere and they started out small. President Obama's work for civil rights started in his early 20's, and in his farewell address he recounts that "I witnessed the power of faith, and the quiet dignity of working people in the face of struggle and loss... this is where I learned that change only happens when ordinary people get involved, and they get engaged, and they come together to demand it".

As a group watch the Power of Empathy, to access this go to <http://bit.ly/LCOSempathy>. Chris is a speaker about his experiences of being a Third Culture Kid, which means that as a teenager he was constantly moving to new countries and having to adapt to this and blend in, which isn't easy. However, one blessing it gave was empathy and he shares a short story about a time he demonstrated this in school. You should be aware that this clip may bring up strong feelings for some participants, if appropriate you may wish to direct them to <http://www.yospace.org.uk/advice>.

Ask the young people to think about their peer group. Considering how might their interactions breathe life into their peers?



Worship points

This little light of mine

Ask the group to think about ways they may share their light to bring about change as you play “This Little Light of Mine” by the Soweto Gospel Choir, to access this go to <http://bit.ly/SGCLOM>. At the end of this activity invite participants to light an electronic candle as they share their how they will share their light.

Leadings - Lectio Divina

Lectio Divina is a slow contemplative way of reading a sacred text in order to reflect on the text, come to understand its message and connect with the spirit behind the passage.

You should use this method with the group to encourage their individual reflection on *Quaker faith & practice* 29.02, which is available, along with full instructions for Lectio Divina, under Worship Points ‘Leadings – Lectio Divina’ at www.quaker.org.uk/resources-youth, scrolling down to ‘Resources for current issue’. This passage explores what leads Quakers to act, and how we can act alongside other groups and organisations.



Ending Points

9 personal decisions for the Common Good

Use the quotations and questions that can be found under Ending Points ‘9 personal decisions’ at www.quaker.org.uk/resources-youth, scrolling down to ‘Resources for current issue’. Invite people to read through the quotations and think about their response to the questions posed.

Making a difference

Think about a positive feeling and a challenging feeling about working with others to make a difference. Share these in pairs. Invite people to share these feelings if they are comfortable to do so. Then invite the group to take a few moments to think about something that they have learnt and an action they will take. Invite participants to share this with the whole group.

MLK from The Unforgettable Fire

Conclude by listening to MLK from The Unforgettable Fire by U2. If you wanted you might project an image of a thunderstorm with a rainbow for people to focus on.

Review

Encourage the young people to contribute to the review of the effectiveness of using this material. Maybe ask the young people the following:

- What have you enjoyed about the session(s)?
- What have you learnt about working with others to make a difference?
- What will you do as a result of your thinking?
- How might this enable you to live out your Quaker faith in the world?

Discuss with the others involved in coordinating the sessions what went well and what you might have done differently. How might you follow up what has been explored, especially finding ways to support young people's actions? How can you link this with other Quaker action locally?

Additional resources & links

yqspace.org.uk a website for young Quakers, with information on events, links to resources for action, and information and advice for young people.

The full spiritual preparation documents for Yearly Meeting Gathering 2017 can be found on the gathering website:
www.quaker.org.uk/ym/spiritual-preparation.

In the 'Our Work' Section of Quakers in Britain website, you can see the issues Quakers are working on locally and nationally, and you can access the 'Toolkit for Action' and the Q:Witness podcast:
<http://www.quaker.org.uk/our-work>.

Links to other organisations

Christian Aid:
mpower resource for young people
www.christianaid.org.uk

Cafod Youth Topics:
monthly activities on world issues
www.cafod.org.uk

Youth Work magazine:
a monthly Christian youth work publication
www.youthwork.co.uk

Russell House Publishing:
resources for working with young people
www.russellhouse.co.uk

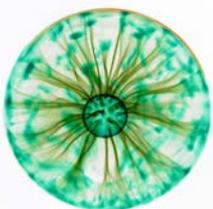
Oxfam:
resources for youth work on global issues
www.oxfam.org.uk/coolplanet

This issue

This issue of *Journeys in the Spirit* Youth Edition was written by Cat Waithaka and Jethro Jeorrett. The editor was Howard Nurden. With thanks to Lauren Parker, Jess Kendal and Jo Parker from the JYM 2017 Arrangements Committee for inspiring some of these activities. In addition thanks are owed to Turing the Tide and to Ellis Brooks of QPSW.

Next issue

The next issue of *Journeys in the Spirit* Youth Edition will be on the campaign to end hunger in the UK, it will be sent out on Monday 9 October.



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Published by Children & Young People's Staff Team, Quaker Life

