

## Winter Message Series: Neighbors & Helpers

**Challenge:** Think of the people in your community you may encounter on a regular basis but don't usually "see". Think of a way to engage with them, to make a connection.

**Spiritual practice:** Share spiritual community by (virtually) attending services at a church, synagogue, or temple of a faith other than your own.

**Discussion questions:** What does it mean to be part of a community? What does it mean to be fully engaged in your community? How can communities benefit from bringing together people with different perspectives?

### Journal/reflection/art prompt:

strength through diversity

### Other Resources:

#### [Intercultural Journeys](#)

Mission Statement:

"Intercultural Journeys boldly leverages the power of the performing arts to catalyze social change, challenge bias, and create spaces for dialogue and understanding by presenting culturally diverse voices that celebrate and affirm our shared humanity."

Vision Statement:

We imagine a world of more:

more welcome, more curiosity, more empathy, and more connection.

Where more voices tell our history and shape our future,

and we create an inclusive space to be still, to listen, to watch, to dance, and to learn together;

Where recognition and respect for one and all are the starting point, and not the finish line,

and love drives our journey forward.

### Family Resources from Miss Carol:

Mr Rogers has a message on being a good neighbor that still resonates for kids of all ages:

[Seven lessons from Mister Rodgers that can help Americans be neighbors again.](#)

Parenting insights from one of our most loved neighbors:

[11 parenting lessons Mister Rogers taught me](#)

Be a good neighbor - check out the volunteer opportunities, many of them family-friendly (for example, Cradles to Crayons in Phila), in your county, or one nearby:

Montgomery

<https://www.montgomerycountymd.gov/volunteercenter/>

Chester

<https://chescofc.org/give/volunteer-opportunities/>

Delaware

<https://www.volunteermatch.org/search?l=Delaware%20County,%20PA,%20USA>

Philadelphia

<https://www.cradlestocrayons.org/philadelphia/>

Lancaster

<https://lancasterpa.com/volunteer/>

Berks

<https://ecommunity.uwberks.org/Volunteer/QuickSearch.jsp>

### Readings, etc. from the Revs:

#### Articles

"[You Do Not Need to Sell This Life Today](#)" by Anne Helen Peterson

"[Villanova's Farmworker Legal Aid Clinic Provides Assistance for Chester County Families](#)" from *Chester County Press*

"[After George Floyd's Killing, a Mother Asks: What About My Daughter?](#)" from *The Washington Post*

"[Estimated 500 Attend Black Lives Matter March in Kennett Square](#)" from *Chester County Press*

"[In Philadelphia Suburbs, BLM Protests Both Denounced and Exposed Racism](#)" from *The Philadelphia Inquirer*

"[Chester County Home to Second-Most Diverse School District in Pennsylvania](#)" from *Vista Today*

"[Petition Calls for End to DEI Program in Downingtown Schools](#)" from *6ABC News*

#### Books

[The Art of Gathering: How We Meet & Why it Matters](#) by Priya Parker

[Overcoming Bias: Building Authentic Relationships Across Differences](#) by Tiffany Jana & Matthew Freeman

[Find Your People: Building Deep Community in a Lonely World](#) by Jennie Allen

[Voices in the Air: Poems for Listeners](#) by Naomi Shihab Nye

[The Flag of Childhood: Poems from the Middle East](#) by Naomi Shihab Nye

[I'll Fly Away](#) by Rudy Francisco

[The Tradition](#) by Jericho Brown

[We will Not Cancel Us: And Other Dreams of Transformative Justice](#) by adrienne maree brown

[We Do This Til We Free Us](#) by Mariame Kaba

[Lost in Translation](#) by Emma Frances Sanders

#### Quotes

"Differences are not intended to separate, to alienate. We are different precisely in order to realize our need of one another." ~ Desmond Tutu

"We don't set out to save the world. We set out to wonder how other people are doing, and to reflect on how our actions affect other people's hearts." ~ Pema Chodron

"If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together." -Aboriginal Activists (often attributed to Aboriginal Artist Lilla Watson who, while quoted saying this, insists that Aboriginal Activist groups be attributed, as the message came out of collective work)

## Videos

[The Danger of a Single Story](#) from *TED.com*

Resources about Chester County

[Chester County's Wikipedia Page](#)

[United Way ALICE Report for Chester County](#)

[Chester County Demographic Summary](#)

[Residents By Occupation, Across Chester County](#)

[Income Spectrum Over Time, 2005-2019](#)

[Owner and Renter-Occupied Housing, Across Chester County](#)

[Race, Across Chester County](#)

[Hispanic Origin, Across Chester County](#)

## Songs

"[Look Up](#)" by Joy Oladokun

"[You've Got a Friend](#)" by Carole King

"[Black Myself](#)" by Amythyst Kiah

"[Dried Up River](#)" by The Lone Bellow

Organizations/Mutual Aid info:

[Mutual Aid Hub](#) - identifies mutual aid orgs around the country:

[American Friends Service Committee](#) - great ideas for establishing mutual aid work:

[The Poor People's Campaign](#)

Article that explores the Black Panther's mutual aid efforts:

[8 Black Panther Party Programs That Were More Empowering Than Federal Government Programs](#)

Article exploring history of mutualistas in Texas:

[The Long and Forgotten History of Texas' Mutualistas](#)

Questions? Suggestions? Feedback? Please feel free to contact one of the members of the Spiritual Development Ministry:

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