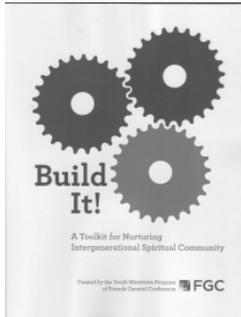


Build It! A Toolkit for Nurturing Intergenerational Spiritual Community



Spiritual community occurs when we experience the power of coming together as Friends of all ages to laugh, play, worship, and talk with one another. The *Build It!* toolkit offers a collection of games, activities, and other best practices for Friends who wanted to create intergenerational opportunities in their own monthly meetings.

The toolkit is available from QuakerBooks for \$11 (paperback) or \$5 (ebook). <https://www.quakerbooks.org/book/build-it-o>

***Build It!* Sample Activity: This I Believe (p.44)**

Purpose: To voice our beliefs and experiences in a few words or sentences. It's a wonderful opportunity to hear the diversity of what Friends in the meeting believe.

Time it takes: Twenty minutes

What you need: People and a list of topics.

How it's done: Have the group sit in a circle. The facilitator begins by saying "This I believe about (insert topic e.g. love)." When they are ready, someone stands and says, "I believe love is _____." This activity is an opportunity to voice, in a word or a few sentences, what you believe about a particular topic. (Sometimes it helps to define the statement as an elevator conversation: when someone asks you what you believe as a Quaker, you only have the amount of time in the elevator to answer). People remain standing after they have spoken. Everyone does not have to share, but they may stand at any point to indicate they are not going to share. When everyone is standing, the leader knows everyone who would like to has shared. Everyone is invited to sit again and the leader introduces the next topic. Example topics are love, God, Quakers, the Bible, equality, integrity, and simplicity. Participants sometimes have great topics to contribute. Emphasize the importance of not attacking or responding to anyone else's beliefs; we want to honor one another's personal beliefs and create space where people feel safe to share them. Usually three to five rounds work best for one sitting.

Variations: You can insert "This I have experienced" for "This I believe."

Build It! Sample Activity: Sculpting Vessels of Light (p.50)

Purpose: To explore spiritual questions and create with our hands.

Time it takes: Twenty minutes to work with clay, and some time to share with the group.

What you need: Clay and water (maybe some newspaper to lay out so you don't make a mess).

How it's done: Everyone receives a hunk of clay and is asked to close their eyes and look within. People can simply sculpt what comes to them or they can respond to a query. Some queries could be, "If the Divine was a vessel, what would it look like?" or "Where does your Light shine brightest?" The facilitator should let people know that there is no right or wrong way of doing this activity and no experience with clay is necessary. It's a time to explore what arises in response to looking inward and asking spiritual queries. After about twenty minutes bring everyone together to share what the experience was like for them and what they created.

Build It! and Integrating Newcomers

A Short History of Quakerism in 10 Easy Points, a 25 minute skit available in the *Build It!* toolkit, could provide a fun and engaging way to introduce newcomers and young people to Quaker History.