Getting Beyond “Interested”
Life...
More than Just a Package of Services
Sharing Our Gifts
Building Relationships
Making Our Communities Better Places to Live
What Do You “Like”?
I Like Plants

What Do We Do with that Information?
What Does “I Like Plants” Mean to Me? I might…

- Grow plants at home
- Visit a Pick-Your-Own-Strawberries Farm
- Go on the local garden tour in my neighborhood
- Walk around the public gardens
- Visit the Farmer’s Market
- Other possibilities…
What Does “I Like Plants” Mean to Me? I might...

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Did I share my gifts, develop a relationship and/or make my community a better place?
How Do We Take It Another Step?

Interests, Gifts & Talents, and Style
Four Spokes & the Hub
First Spoke: Role
Role

A role is a person in a place doing something predictable.

If you don’t do anything to promote positive social roles, then society will – by default – impose one or more...common negative roles upon this person.

~ Janet Klees
What Is a Role?

- Typical – nothing “special”
- Regular & on-going
- Involves active participation
- Involves other people
- Describes who you are
Deb Wisniewski

- Mom
- Daughter
- Spouse
- Neighbor
- Friend

- Photographer
- Church member
- Camper
- Weaver
- British Mystery Fan
- Baker…
## Interests/Activities vs. Roles

<table>
<thead>
<tr>
<th>Interest/Activity</th>
<th>Roles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music</td>
<td>Musician, Dancer, Ticket Taker, Entertainer, DJ, Host or producer of a radio show</td>
</tr>
<tr>
<td>Animals</td>
<td>Feline Friend, dog-walker</td>
</tr>
<tr>
<td>Painting</td>
<td>Artist, Gallery owner, Art Fair Volunteer, Illustrator</td>
</tr>
<tr>
<td>Water</td>
<td>Swimmer, Boater, Instructor, lifeguard</td>
</tr>
<tr>
<td>Children</td>
<td>Childcare provider, Aunt or Uncle, Babysitter</td>
</tr>
</tbody>
</table>
Other Important, Often Overlooked Roles:

- Family Roles: Aunt, Uncle, Sister, Brother, Grandmother,…
- Neighbor
- Friend
- Others

What do we do in these roles?
Activity: Roles

Use the “Rule of 20” to brainstorm at least 20 possible roles if someone “likes plants”
Second Spoke: Welcoming Places
Welcoming Places
Finding Welcoming Places in Your Community

- Welcoming
- Fits your style: prefers loud/busy/crowded vs. quiet/low-key/fewer people
- Connected to your interests
- Typical for most people – not “special”
- Where you can go on a regular basis
- Where there are opportunities to interact with other people
- Where it may be possible for you to participate and contribute
Place: Finding Places in Your Community

- Welcoming
- Fits your style
- Connected to your interests
- Typical for most people – not “special”
- Where you can go on a regular basis
- Where there are opportunities to interact with other people
- Where it may be possible for you to participate and contribute

Where are the places in your community? How do you find them?
How Do We Find the Places?
Bulletin Boards
Local Newspapers
Online: Volunteer

VolunteerMatch.org
Where volunteering begins.
Third Spoke: Presence
Presence

Definition:Existing, occurring, or being present in a place
Being Present: Show Up
example: Dancing

Turning up to watch and listen to the music
Having Presence: Do Something

Going to the bar to buy drinks.
Actively Participating:
Join in with other People

Joining in the beginners dance lesson.
Connecting: Interact with People

People asking me to dance & me asking other people to dance.
Contributing: Share Your Gifts

Handing out leaflets on the front desk to new people as they arrive.
From Presence… to Contribution

<table>
<thead>
<tr>
<th>Activity</th>
<th>Being Present</th>
<th>Having Presence</th>
<th>Actively Participating</th>
<th>Opportunity to Connect</th>
</tr>
</thead>
</table>

**Opportunity to Contribute**
What do we need to do to create opportunities for the person to contribute?
I Like…

- Being Present: Show Up
- Having Presence: Do Something
- Actively Participating: Join in with other People
- Connecting: Interact with People
- Contributing: Share Your Gifts
Fourth Spoke: People
Why Do We Want to Involve Other People?

- Fun
- Support & encouragement
- Sharing – it’s easier to do with someone else
- Role model
- Provide a ride
- Help us make connections
People: Who should you ask?

- Who are the people you already know?
- Who are the people who would be interested in doing the same thing you’re interested in? How can you get connected with them?
- Who might support your efforts to be more involved?
- Who would put the focus on you?
- Who would you enjoy spending time with?
Four Spokes and a Hub

*Putting it all together.*
Gifts, Talents, Interests, Style

- Places
- Presence
- Roles
- People
Four spokes and a Hub: Putting It All Together

_Ideal:_

- Frequent (often), regular (same time, place), intense (various roles or activities) presence
- In one or more valued & typical settings
- Where you see the same people across settings & roles
- Where you see 1-5 people frequently and regularly
- And you engage with those 1-5 people because of the engaged role that you play – ample time for socializing and your contribution is clear, distinct and recognized.

Adapted from: Janet Klees
Putting ABCD into Practice: One-to-One Conversations
Questions to Ask:

- Where are you from and how long have you lived there?
- What do you like about your community?
- If you had a magic wand, what would you change?
- What can you do to make that change happen? (What gifts do you have?)
- Can I connect you to other people who might want to work on this?
Putting ABCD into Practice: Three Questions
What can you do for yourself?
What can you do with some help?
What do you need someone else to do?
Three Questions…

These need to be asked in this order:

1. What can you do for yourself?
2. What can you do with some help?
3. What do you need someone else to do?
Moving Forward...
Nothing About Us
Without Us
Moving Forward

What’s working?
Moving Forward

- What’s working?

- How does this change what you’re doing now?
  - What can we stop doing to create space for people to do what they can do for themselves?
  - What can we offer to the community beyond the typical services?
Moving Forward

- What’s working?

- How does this change what you’re doing now?
  - What can we stop doing to create space for people to do what they can do for themselves?
  - What can we offer to the community beyond the typical services?

- Next Steps
Resources

- **ABCD Institute**: For a complete list of publications or to learn more about ABCD, visit: http://www.abcdinstitute.org

- **ABCD in Action**: An online community of people who are exploring ABCD at http://abcdinaction.org No cost to join and we never share your contact info.
More Resources

- *Building Communities from the Inside Out*, by John (Jody) Kretzmann & John McKnight
- *Switch*, by Chip Heath and Dan Heath
- *Walk Out, Walk On*, by Margaret Wheatley & Deborah Frieze
- *Sharing Community*, by Lisa Mills & Gary Messinger
- *Waddie Welcome & the Beloved Community*, by Tom Kohler & Susan Earl
- *The Great Neighborhood Book*, Jay Walljasper
Resources

- Volunteer Match: [https://www.volunteermatch.org](https://www.volunteermatch.org)
- Meet-up: [https://www.meetup.com](https://www.meetup.com)
Don’t ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive.

~Howard Thurman
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