

Unlock Walk 2020



Theme: Welcome (even in a climate of isolation)

This resource includes some of the ideas from walk workshop, as originally planned, and also ideas relevant to our current situation under lockdown due to the COVID-19 pandemic.



Welcome

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Choose a rock from the picture and imagine holding it in your hand:

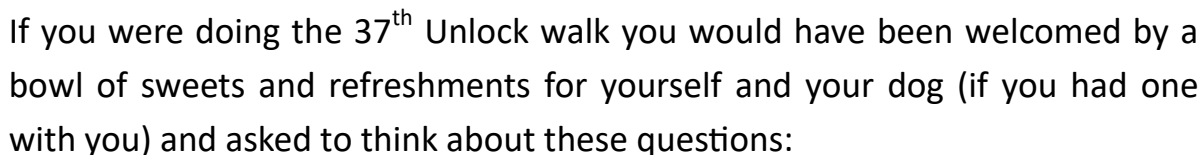
- Imagine it's texture, it's weight, it's temperature.
- What does it make you feel and think?
- Who would you like to give it to? Why?



- What does the word 'welcome' mean to you?
- How has the way you welcome others been changed by the current lock-down?
- What ways are you finding to express 'welcome' in this situation?
- What ways are you finding to be a 'good neighbour'?



Our Stories



- What has someone done to make you feel welcome today?
- How have you expressed welcome to someone you have passed or walked with today?

From your answers we were going to build a DIY bar chart of all the different ways we had been welcoming towards others. In the background a playlist of songs relevant to the theme of welcome would have been playing.

Smiled with someone, or said 'Hello'	Listened	Provided nourishment	Got help	Cheered someone up	Prayed for someone	Helped with guidance



You can listen to the songs on these links:

Spotify: <https://open.spotify.com/playlist/7HrXjVf5Pj9bkkT5Fgz5g8>

Youtube: https://www.youtube.com/playlist?list=PLx29_x9gAmhWbmXbSMzopXK11MTkSUld9

Each song has been chosen to help us think about 'welcome'.

As you listen, these questions may be helpful.

Twenty First Time – Monk and Neagle: Has a person's circumstances ever left you feeling so uncomfortable that you chose to ignore their need? Has anybody ever ignored your need? How can we challenge this initial reaction in ourselves and others? Is it important to do so?

No Outsiders – Rend Collective: Can you think of a time that you welcomed a stranger with no questions and conditions, in the way that God welcomed you?



Come to the Cross – Michael W Smith:

Have you ever judged someone as unworthy? Who? Do you think this was a fair assessment?

Good Grace – Hillsong: This song reinforces the knowledge of God's love; he is madly in love with you. How does having this knowledge change the way that you relate to others? Does it change your behaviour?

Reckless Love – Cory Asbury: How can we show others how much they are loved by God?

Love Each Other – Graham Kendrick: What is Church to you? Do you find Church to be a place or a people who you serve and who serve you with love, or is it something else? How do you serve one another?



Lift Your Head Weary – Crowder (ft Tedashii): The song talks about building a mighty fortress out of your burdens and of love lifting you high. Can you think of a time that the love of God has helped you overcome your burdens? What effect might loving others have on their ability to overcome their burdens?

Praise you in this storm – Casting Crowns: Look at the lyrics below. Can you think of a time that God has used someone else to deliver help to you when you've needed it? How might the Spirit be prompting you right now to deliver the help that someone else needs?

'I lift my eyes unto the hills
Where does my help come from?
My help comes from the Lord
The maker of heaven and earth'



By Our Love: For King & Country: When have you not walked with other Christians hand in hand? When has there been conflict and discord that has affected the love you have shown and been shown in turn? Conflict can't and shouldn't be avoided. Unhelpful and unhealthy attitudes and behaviour should be challenged, but how can we do this while still being known by our love for one another?



The next part of the Workshop focused on the people and ministries that have shown welcome and love in the East End over the decades and up to the present day.

This is a photograph of the timeline you would have seen entitled:

Tower Hamlets A History of Inviting Others to Rest



East End Stories of Welcome



The text follows...

William & Catherine Booth



1865: William and Catherine Booth preached and lived out practical Christianity — soup, soap and salvation on the streets of East London.

They set up shelters for the homeless, a family tracing service, soup kitchens, rescue homes for women fleeing abuse and prostitution.

They oversaw the world's first free labour exchange and campaigned to improve working conditions.

1878: this became The Salvation Army.

Dr Barnardo



1867: Barnardo set up a 'ragged school' providing a free basic education.

In 1870: He opened his first home for boys.

1873 or soon after: With his wife they opened a home for girls.

1887: He introduced 'boarding out'. Children stayed with host families. This was an early form of fostering

Barnardo believed that every child deserved the best possible start in life, whatever their background.



Annie MacPherson



1968: Moved to compassion by the poverty she saw in the East End of London, Annie opened the Home of Industry in Spitalfield

1870's: She founded the Home Children scheme. This gave poor and orphaned children a new start in Canada. (The practice of sending children overseas was challenged in the Doyle Report of 1875).

1889 St Hilda's East Community Centre



<http://sthildas.org.uk/>

Founded in 1889 and still open today, St Hilda's East Community Centre is a vibrant multi-purpose community organisation. It provides a wide range of services and opportunities for local people of all ages.



Gateway Housing



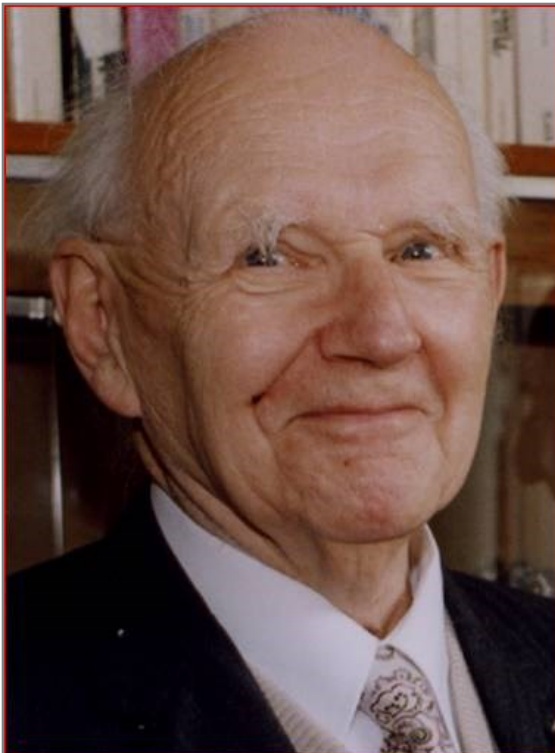
www.managementcentre.co.uk

1926: Set up as Bethnal Green Housing Association.

2008: renamed Gateway Housing Association.

They have 3000 homes in the heart of London's East End and train local people to carry out house maintenance. They also run local community projects, enable shared ownership for older people and run courses to equip local people for employment.

Roger Dowley



1971: Founded Evangelical Urban Training Project with Peter Hall (working in Birmingham inner city). This became 'Unlock'.

1972: Wrote a paper on evangelism in the inner city for a Conference on Strategy for Evangelism.

1970's: Ran EUTP courses throughout the UK.

His whole life was dedicated to the 'inner city'.



GrowTH



East End Stories of Welcome

2020: Local churches in Tower Hamlets responding to local homelessness together:

- Providing emergency night shelter for seven months of the year without discrimination or favour.
- Providing longer term supported housing for formerly homeless men.

Developing social enterprises to assist guests towards mainstream employment.

www.thisisgrowth.org

Tower Hamlets and the East End of London has a mixed reputation.

How has reading about these people of faith and the ministries in this area impacted your perception of the area?

How have the works you have read about offered 'invitation and rest' to the people of this area in their era?



The community of the East End is still welcoming and inviting others into rest even in the midst of the Covid-19 lock down.

In response to their readers requests, Roman Road Newsletter created a COVID-19 Community Guide. This includes information about how the community is supporting each other.



For Example:

- Tower Hamlets Council have created a voluntary team to support those at the highest risk. (<https://romanroadlondon.com/coronavirus-how-to-help-tower-hamlets>)
- St Pauls Old Ford Church is handing out free school meals as a replacement for those children that were relying on being fed at school. (<https://romanroadlondon.com/coronavirus-how-to-help-tower-hamlets>)
- FoodCycle on Bow Road turns surplus food into meals. They had to close on the 23rd March but on the 30th they trialled and then relaunched a delivery service to certain locations. (<https://romanroadlondon.com/coronavirus-how-to-help-tower-hamlets>)
- Bow Food Bank have managed to assist with the launch of another food bank in another area. <http://www.bowfoodbank.org/wp>
- Hello Hackney brought forward its plans for online support groups and launched them as soon as they had to close face to face groups. This has enabled virtual social inclusion. <https://blog.hellohackney.net>

And the list continues...



Jesus invites everyone:

“Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light.”

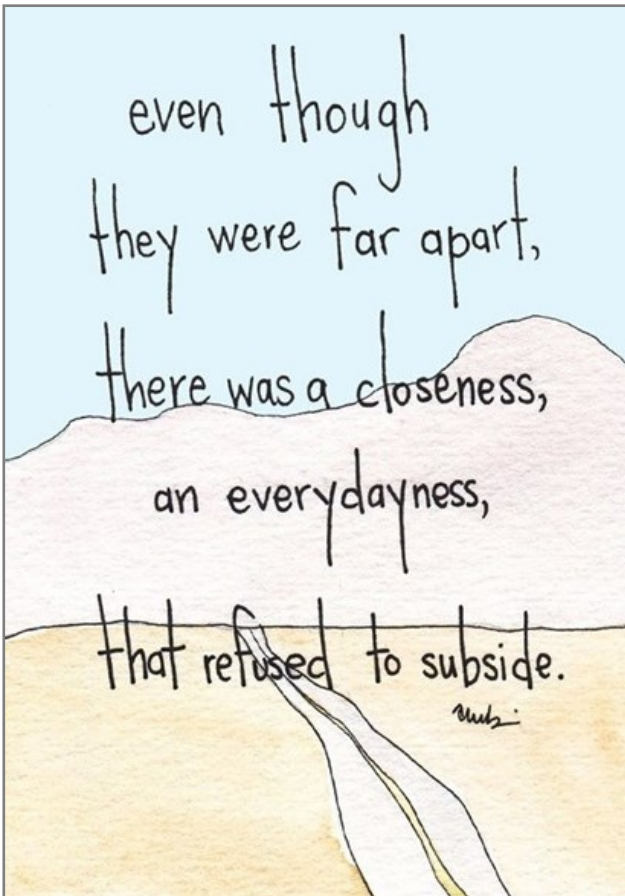
Matthew 11:28-30 GNB



- Look at the picture.
- How does it make you feel?
- How does the figure in the picture reassure you that you can trust Jesus' invitation to 'Come to me and find rest'?



Our Response...



In the Workshop we would have been painting rocks to leave somewhere to encourage a stranger or to take home to encourage ourselves.

We would have taken a card home suggesting ways to invite and welcome our friends, neighbours, community and even strangers.



The world has changed so suddenly.

A month ago, had someone come into my home, I would have welcomed them by offering them a hug and a cup of tea. Now I don't even allow people into my home.

Physical contact, where required, is followed up with obsessive hand washing and the very idea of sitting next to someone in a café causes me horror - two metres at all times.

During times of sudden and great change, our response is to be close to others, seek companionship. I don't know the last time society had to keep such huge physical distance,

but I do know that despite this, welcoming and loving our neighbours and our communities has never been more important.

Thankfully, physical distance does not remove the ability to be close.

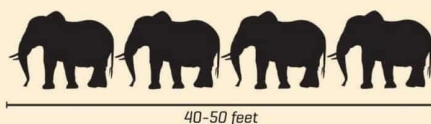
Below is a list of suggestions of how to be welcoming and invite others into Jesus' rest at this time.

Social Distancing means keeping a lion's length between you and other people at all times.



But don't use an actual lion.

Keep at least four elephant lengths between you and an actual lion.



But don't use actual elephants either...

Our Reponse



Choose one to do every couple of days as a family or household...

1. Reach out and contact people. People that you wouldn't usually contact as well as those you speak to regularly. Call, text, email, a quick knock and wave on their window when you're out for your daily exercise, especially if they live alone.
2. Paint a rainbow. Rainbows have been adopted by communities all over the world as symbols of hope during the crisis. Paint one and put it in your window, it'll bring a smile to people walking past.
3. Register as a volunteer. Councils, community projects and even the NHS, have been appealing for volunteers.
4. Offer to shop for a neighbour when you're heading out for yours. It helps someone directly and reduces the need for two people to make a shopping trip.
5. Share your skills. Someone wants to learn a skill you have, so teach them. Facetime and zoom are great tools for this or be really brave and create an online video to teach the masses.
6. Speak and smile. People are less hurried at the moment. When you are out, smile and say hello. It reminds others that they aren't alone.
7. Deliver something. Bake cookies, write notes, order Easter eggs, plant seeds – just pick something that you enjoy doing that will bring a smile to someone else, then deliver it to them.
8. Start a bear hunt. Put a teddy bear somewhere visible, suggest your neighbours do the same. Watch the excitement of passing kids.
9. Cook an extra meal and drop it in for a neighbour.
10. Paint encouraging words on a stone and leave it to be found by someone else when you go out for a walk.



We would love to hear your stories. On the next page are ways to feedback...



In the Workshop we would have made a DIY bar chart of the ways we had expressed welcome to the people we met and engaged with during the walk.

On the take-home card we were going to invite you to let us know your stories of being welcoming and inviting others into Jesus' rest in the weeks following the walk.

We would still love to hear from you.

Let us know how you have helped others feel welcomed and invited into Jesus' rest and how it has impacted you.

You can do this by:

- Sending a message to Unlock's Facebook page;
- Sending an email to rotherhamproject@unlock-urban.org.uk.
- Sending an email to sunderlandproject@unlock-urban.org.uk
- By 'snail mail' to: The Unlock Office, Handsworth Old Rectory, 402B Handsworth Road, Sheffield, S13 9BZ

We look forward to hearing from you!

We also need you to donate!

Please remember that while we want you all to enjoy using these materials, ***the primary purpose of the Unlock London Walk is to raise essential funds for Unlock's work sharing Christ's Good News with oral learners in the poorest communities of UK cities.*** We currently have four local partnership projects, in Sheffield, Rotherham, Cardiff and Sunderland, which are delivering really well; new openings to provide training, new resources in development, a partnership with the Bible Society, and plenty more work to do.

We are dependent on the income from the Unlock London walk for around 50% of our annual funding, and without that income Unlock will not be able to continue its valuable work; so we hope you will understand how important this is, and your response it. We really need you to donate generously, just as if the 2020 walk were still happening, or even more! In these troubling and uncertain times we know it's a lot to ask; but God is faithful, and we need everyone who can to pull out all the stops and raise as much money as possible for Unlock in 2020.

Details of how to donate are here: http://www.unlock-urban.org.uk/support_donations.php

Or for bank details contact the Unlock office (postal address above) office@unlock-urban.org.uk



Unlock, by various names, has been around since 1972, trying to help (mainly) urban Christians to understand and share their faith appropriately. Our life experience matters; our stories; our joys and sorrows. The Bible has plenty to say, more than we'll ever know, about our lives, if we know how to read it and apply it - if we know how to **UNLOCK** it!

The work outlined in this pack applies the learning cycle on page 19, (*usually used in small groups*). **It starts by using a 'prompt'**, to draw out group member's stories. Leaders should allow plenty of time for people to respond to the prompts and share their own experiences and listen carefully as they do. What are the themes and issues arising in the stories? Try to remember so that you can remind people later if necessary.

The next stage is to **find part of the Bible** that comes to mind having listened to the stories. If you are using these sessions with a non-church group you will need to be ready to provide some Bible links, but only if they are unable to do so. It is always worth giving them a chance to come up with a Bible link for themselves first; they may surprise you! Then ask the group to explore **connections**, similarities or differences.

Finally there is a **reflective activity**, giving people an opportunity to reflect on the session and any action they might want to take as a result. The reflective activity creates space in which discussion and reflection can continue in an unforced way.

How well the group know and trust one another will affect the type of story that they share, often the newer the group, the more light hearted the stories are likely to be.



Unlock uses an approach to engaging with the Bible that is different to traditional Bible studies (see page 31). Unlock's approach starts from the stories and experiences of group members, whereas a more traditional approach starts from the Biblical text. Unlock's approach has been found to work well with small groups of urban, oral learners from outside of the church. There are many free resources on the Unlock website designed for use with such groups. However, because each of these resources was designed for a particular group in a particular time and place they are unlikely be a perfect fit for your group as they stand. They are offered more as inspiration to you to design your own materials along the same lines, rather than as ready to use packages.

Unlock usually works with people outside of church who may be interested in finding out a bit more about faith but perhaps are not attracted to the formal methods of learning often associated with church. Our work is based on a reflective learning cycle and is a tried and tested way of introducing people to the Bible in a non-threatening way. Many churches have activities that draw in members of their surrounding community but then struggle with how to move on from those relationships into exploring faith, especially in urban environments where anything formal might be treated with suspicion.

This resource has been developed by Unlock workers in Rotherham and Sunderland specifically for the 2020 Unlock London walk event which is postponed until 2021 as a result of the Corona virus pandemic.

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Bible Text in these materials is taken from the Good News Bible (British Usage Edition), published by the Bible Societies and Collins, American Bible Society 1966, 1971, 1976; used by permission.

The materials contain some things which are not original to Unlock. We have attempted to identify all the sources, but in some cases it has not been possible. Unlock will take immediate steps to rectify any breach of copyright upon notification. Thank you for your co-operation in this.

If you have any queries relating to Unlock materials, please contact:

Unlock, 15 Station Road, Rotherham, S60 1HN

01709 380318 office@unlock-urban.org.uk



The Unlock Learning Cycle

Unlocking real life

stories of urban people

Start with the group telling stories from their real life experience.

Leading to more experience

What we learn now is learnt for life and changes us. We also learn to keep reflecting!

Revealing Good News of the Down to Earth Christ

The real life stories are connected to and compared with similar situations in the Bible.

Releasing life changing skills and confidence

Change happens as a result of linking real life experience with the Bible. This change often leads to action among others.



Page number	Image	Image Credit
1	Welcome sign	https://flickr.com/photos/sludgeulper/3439184087 (cropped)
2	Mug of Tea	James Shade <i>used under Creative Commons License</i>
3	Pebbles	<i>Unlock's own image</i>
4	Map of walk route	<i>Unlock's own image</i>
5	1 John 4:16	https://newspring.cc/devotionals/1-john-a-7-day-devotional/why-gods-love-is-different
6	1 Peter 4:8	https://www.bible.com/bible/111/1PE.4.8.NIV
6	Hand in hand	Public domain image
7	East End Welcome timeline	<i>Unlock's own image</i>
8	William and Catherine Booth	Public domain image
8	Dr Barnardo	www.londonremembers.com
9	Annie MacPherson	http://britishhomechild.com/resources/sending-agencies-organizations/annie-macpherson/
9	St Hilda's	https://en.wikipedia.org/wiki/St_Hilda%27s_East_Community_Centre
10	Gateway	www.managementcentre.co.uk
10	Roger Dowley	<i>Privately sourced</i>
11	Montage	www.thisisgrowth.org
12	Heart hands	https://romanroadlondon.com/coronavirus-how-to-help-tower-hamlets/
13	Jesus	https://en.wikipedia.org/wiki/Footprints_(poem)
14	Far apart	https://i.pinimg.com/736x/9e/70/aa/9e70aa0749d997dcc4dcae74a8fd2c69.jpg
15	Rainbow	<i>Privately sourced</i>

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