



ABUNDANCE

INTRODUCTION

We have been taught that we live in a world of scarcity. We don't. While there are limited resources, there are abundant ways to meet the needs of the community and ourselves. Change begins by working inside of the box you have and taking stock of the materials around you.

This one-day immersion involves experiencing food abundance, institutional change, and justice-centered reflection. The abundance comes from the opportunity to produce enough healthy food for ourselves and our community. This practice involves adjusting our views of land and property. The experience ends by challenging the participants to develop their own methods of creating community change.



ONE-DAY MISSION

GOAL

- Discover local organizations and projects promoting urban gardening and sustainability.

LEADER'S GUIDE

YMCo One-Day Mission trips are mission outlines meant to be conducted in a variety of locations. The mission is focused on one goal and has two-to-three smaller objectives written into the experience. Leaders are invited to be creative with these one-day mission trips and adapt their immersion experience to their community and their participants. That being said, think of this as a guide and not the destination.

- **Gathering Notes:** Prior to the gathering, determine and explore the community garden for your immersion and contact the site leader.
 - Search Engine: *[Community Garden Finder](#)
 - Designate adult group leaders for the experience and prepare emergency transportation as a precaution.
 - Be sure to ask members of the group if anyone has particular allergies or conditions that would make it hazardous or uncomfortable for them to participate in the garden work.
- **Experience Notes:** No matter your location, be sure to consult with the leader of the community garden and consider, What exactly will the group be doing? What tools are available in the garden and what tools will we need to bring? Prepare the group to dress weather-appropriate for the garden experience. Check with the community leader for necessary gear. Make sure everyone will have access to water or brings water with them. If it's going to be a sunny day, don't forget the sunscreen!
- Expand your experience by also visiting a *[fair-trade](#) store in your area.
- **Break:** Leaders are encouraged to cook what was gathered but it is not a must. One other option might be to find a local restaurant in the immersion community and support their work. Break time can also be combined with reflection time depending on the allotted period for the mission experience.
- **Reflection:** Reflection time could be done as a whole group or broken down into small groups with the intention of coming back together. Set time expectations, establish group rules for how to determine speaking turns, what feedback sounds like, and how to keep up with responses/solutions.
- **Departure:** One suggestion is to use this time to challenge the group to do the work they have discussed. Use this time to end in prayer or thoughtful reflection. Feel free to continue the topic in the coming weeks.

VOCABULARY

- **Community-supported agriculture (CSA):** consists of a community of individuals who pledge support to a farm operation so that the farmland becomes, either legally or spiritually, the community's farm.
- **Food justice:** food is a basic right for all people.
- **Biodiversity:** the interdependent communities of soil life, plants, animals, and people.
- **Fairtrade:** trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers.
- **Local:** food that was produced and distributed in one's community.



ONE-DAY MISSION

IMMERSION

Gathering:

- The participants gather at a central or home location where they will return for either lunch or dinner.
- The participants will depart to observe and contribute to a local community garden.
- If/when possible, the participants will use public transportation to travel to their destination and to return to their home location.

Experience(s):

- The use of **public transportation** is a reality for living in an impoverished area. Transportation of this kind is usually time-consuming, not convenient, compact, expensive, and difficult to track.
- Introduction to a **community garden** and its purpose.
 - Examine how community gardens are one of the few sources of local fresh foods available in inner-cities and rural communities.
 - Discuss community gardens also help the skills necessary for community members to produce their fruits and vegetables, lowering their cost of living.
 - Assess how community gardens become a **local** space where income can be earned for those in need.

Break:

- Once the participants have completed their experience, they may depart back to their home site or stay near the community garden.
- During the break portion, two things should be occurring, a meal should be made from what was gathered if possible, the group should be discussing produce would they consider necessary.
- Some participants may not want to take form the community garden, remind them that abundance means enough for all. It may not be everything we want but it takes care of our needs.
- After the break (30 minutes to 1 hour), continue to the reflection session.

Reflection:

- There are four tasks for reflection: read and reflect over the session bible verse, allow a time to examine emotions, create a space for discussion, and to provide a space for creative solutions.
- Leaders are to use the reflection questions on the following page to analyze the participants' feelings and but are encouraged to begin by simply asking, "How the experience made everyone feel? What was noticed? How does everyone feel now?".

Departure:

- Once the participants have completed their reflection time, it is time to depart.
- Invite the participants to share what they hope to take away from the experience.
- Close by having a participant re-read the bible verse.



ONE-DAY MISSION

BIBLE READING

Suffering one, storm-tossed, uncomforted, look, I am setting your gemstones in silvery metal and your foundations with sapphires. I will make your towers of rubies, and your gates of beryl, and all your walls of precious jewels. All your children will be disciples of the Lord— I will make peace abound for your children. You will be firmly founded in righteousness. You will stay far from oppression because you won't fear, far from terror because it won't come near you. If anyone attacks you, it's none of my doing. Whoever attacks you will fall because of you. Look, I myself created the metalworker who blows the fire of coal and who produces a tool for his work. And I myself created the looter to destroy. No weapon fashioned against you will succeed, and you may condemn every tongue that disputes with you. This is the heritage of the Lord's servants, whose righteousness comes from me, says the Lord. All of you who are thirsty, come to the water! Whoever has no money, come, buy food and eat! Without money, at no cost, buy wine and milk! Why spend money for what isn't food, and your earnings for what doesn't satisfy? Listen carefully to me and eat what is good; enjoy the richest of feasts. Listen and come to me; listen, and you will live. I will make an everlasting covenant with you, my faithful loyalty to David.

Isaiah 54:11-17; 55:1-3 - Copyright © 2011 by Common English Bible

REFLECTION QUESTIONS

Explain how urban gardens might solve some of the challenges of food insecurity.

1. Why are community gardens necessary? What obstacles prevent food abundance in these communities in the first place?
2. How might community gardens address the need for healthy food choices in impoverished communities?
3. What challenges might those who want to start a community garden face?

Imagine how your community might help participate in creating abundance.

1. What are some scarcity myths that you may have heard?
2. Where in your congregation/organization can creating a space of abundance happen?
3. What can you do?

RESOURCES

- [**The Lexicon of Sustainability: Food Terms](#)
- [*GLOBAL HEALTH: HUNGER AND FOOD AROUND THE GLOBE \(3-5\) - Food Insecurity](#)
- [*Cultivating Food Justice Race, Class, and Sustainability edited by Alison Hope Alkon and Julian Agyeman](#)
- [*AMERICAN COMMUNITY GARDENING ASSOCIATION Resources](#)
- [*Buying From A Fair-Trade Enterprise](#)
- [*Community Gardens - 10 Steps to Successful Community Gardens \(Module 1 Part 1\)](#)
- [*5 Ways To Go From A Scarcity To Abundance Mindset](#)

*Indicates an active link