

A simple guide to being
invitational

Growing Our Community

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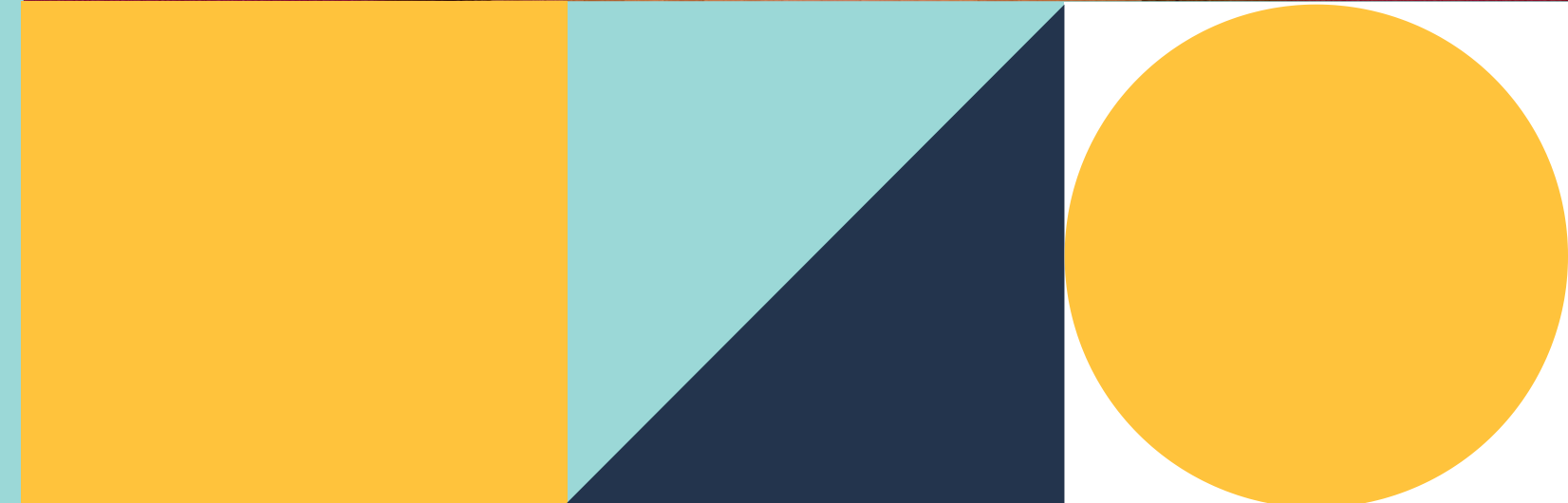


Just a few things

before we begin...

Indicating your pronoun in writing is a way of being inclusive and welcoming without saying a word.

Let's make sure they're present after your name in your Zoom window!



Getting to know you...

In the chat bar:

I am...

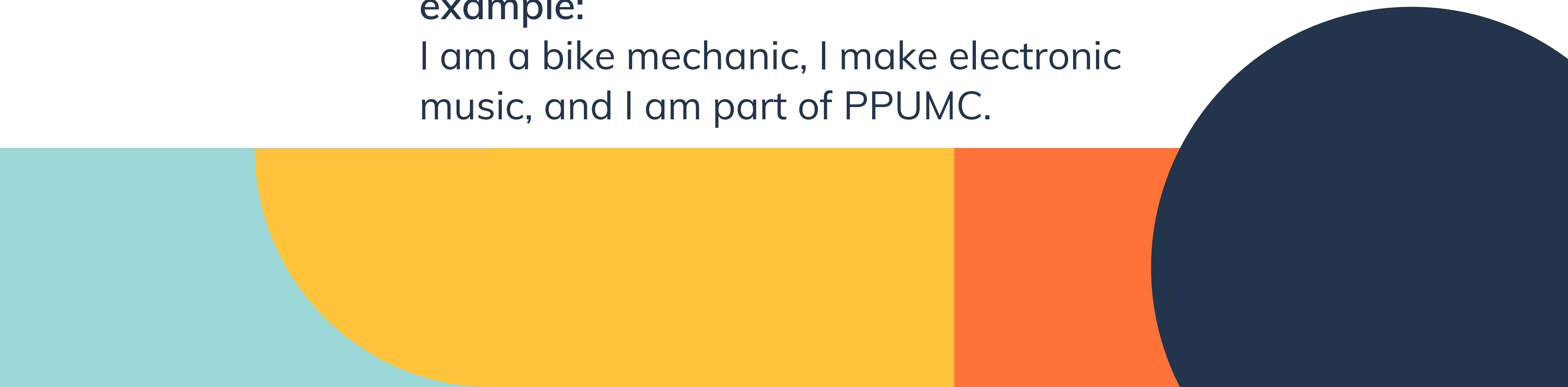
I do...

and

I am part of PPUMC

example:

I am a bike mechanic, I make electronic music, and I am part of PPUMC.





Today's Discussion

Outline of Topics

- 01 Why connect?
- 02 Why you?
- 03 Why now?
- 04 Simple steps to be invitational



Words of Inspiration

"There is no power for change
greater than a community
discovering what it cares about."

— Margaret J. Wheatley



Why connect?

We need each other.

During this time of social distancing, so many people are realizing their inherent need to connect with others. We are social creatures who need one another. It's as simple as that.

Many people are experiencing heightened anxiety, loss of connection, and isolation right now. We are an incredible community in a position to alleviate some of that, simply by being who we are and offering what we do. Communities like ours are natural cures for loneliness.



LONELINESS EPIDEMIC

Americans (January 2020)
Pre-pandemic

73%

heavy social media users
(Facebook, Instagram...)

58%

Women

53%

light social media users

63%

Men

3/5

Americans were lonely

Baby boomers - Lowest loneliness score

18-22 years old - Highest loneliness score

And now?

APRIL 2020 STUDY...

Those feeling more lonely because of the pandemic

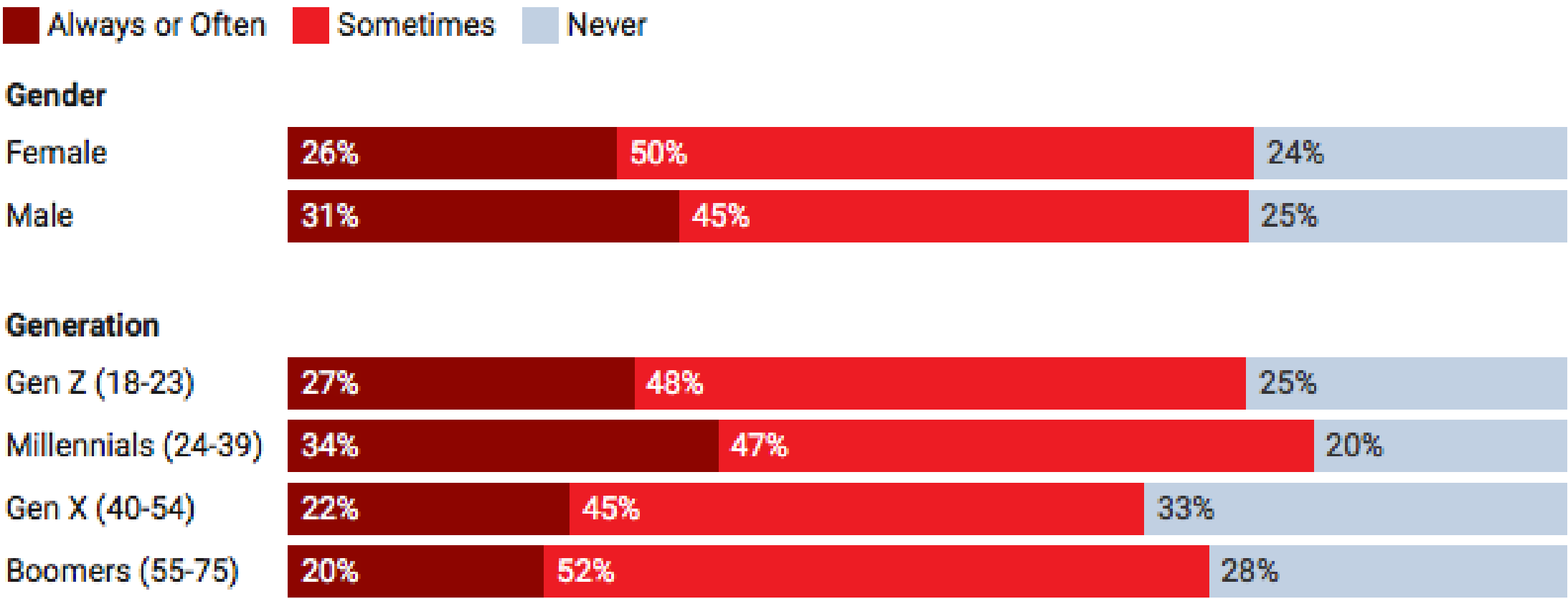


Chart: Emily Barone/Elijah Wolfson for TIME • Source: [Social Pro](#) • [Get the data](#) • Created with [Datawrapper](#)



What helps?

Meaningful connections with other people is "what really matters"

"Sharing that time to have a meaningful interaction and a meaningful conversation, to share our lives with others, is important to help us mitigate and minimize loneliness."
-Doug Nemecek, chief medical officer for behavioral health at Cigna.

Knowing someone is there for you

"Studies have shown that feeling socially supported can make a measurable difference for mental health, regardless of how much socializing you're actually doing." -Jenny Taitz, assistant clinical professor of psychiatry at UCLA.

Close relationships that bring emotional security and wellbeing

Good work-life balance

Good co-worker relationships

Shared goals with co-workers

Less social media use, more real connection with others

People who scored lower on the loneliness scale, had some of the above things in common...



Why you?

It takes a village...

No one person can build a community. It is truly a community effort. We can't do this alone.

Who would they rather hear from?

If someone were asking you to come to an event, would you rather it be the person hired to recruit people for the organization, or someone who is already part of it, loves it, and wants more people to be part of it, too?

To share your unique experience

Each of you has a story, a reason that PPUMC is special, a reason that you keep coming back. YOU are in a unique position to grow our church community, simply by sharing your story with others. It's not the same without YOUR story.

Find your story...



What's special?

What makes PPUMC special for you? Is it the community, the music, the social justice work?



Remember that time?

Can you remember a story that really embodies this special PPUMC characteristic for you?



Share it!

Ask about someone else's story of spiritual community, then share yours. You will gain a deeper connection and open up a space to be invitational.

Why now?

Easy to invite, easy to try out

We are in the midst of one of the most challenging times and most amazing opportunities. Through the pandemic, online connections have been lifelines in weaving our communities together in new and innovative ways.

It has never been easier to join a worship service, a book club, or a thoughtful gathering from across town or even across the world, without having to leave your house. This also means that just by forwarding a link to someone, you have invited them to give PPUMC a try. It has never been easier to be invitational, or to try out a church recommended by a friend.



Together, our
light shines so
much brighter.





What you can do

Simple steps to be invitational...

- Share a link with a friend or family member
- Share a fun PPUMC event on social media (remember: heavy social media users tend to be more lonely)
- Hang a flyer (get it from PPUMC)
- Share the digital flyer with your friends, community newsletters, or on social media
- Start a conversation

Expect more tips and
tricks for growing our
community coming
your way soon!

Together, we are
mighty.

Thank you!

ANGELA & AK HED VINCENT

References:

Most Americans Are Lonely, and Our Workplace Culture May Not Be Helping

<https://www.npr.org/sections/health-shots/2020/01/23/798676465/most-americans-are-lonely-and-our-workplace-culture-may-not-be-helping>

COVID-19 is Making America's Loneliness Epidemic Even Worse

<https://time.com/5833681/loneliness-covid-19/>





Let's chat!

What are your thoughts?

- Have you ever been invited to something? How did you feel? Has it ever lead to something amazing?
- What's hard about being the inviter? (think asking someone out...)
- Are you "out" about being a church-goer?
- What's the story you want to tell?