



nurturing authentic, thriving community

From Scarcity to Abundance

If you want a song (you want a song)

You gotta sing (you gotta sing)

If you want a song (you want a song)

You gotta sing (you gotta sing)

'Cause once you find your song

(ewwwwwww, ewwwwwwwww)

Then the world can sing along

(ewwwwwwwww, ewwwwwwwww)

If you want a song (you want a song)

You gotta sing (you gotta sing)



If you want change (you want change)

You gotta change (you gotta change)

If you want change (you want change)

You gotta change (you gotta change)

‘Cause once you change yourself

(ewwwwwww, ewwwwwwwww)

Then you can change something else

(ewwwwwwwww, ewwwwwwwww)

You want change (you want change)


You gotta change (you gotta change)



If not now, then when?
Not later, not then
If not us, then who?
It's gotta be me and you



If you want love (you want love)
Give it away (give it away)
If you want love (you want love)
Give it away (give it away)
And the best place to start
(ewwwwwww, ewwwwwwwww)
Is inside your little heart
(ewwwwwwwww, ewwwwwwwww)
If you want love (you want love)
Give it away (give it away)



If you want a song (you want a song)

You gotta sing (you gotta sing)

If you want a song (you want a song)

You gotta sing (you gotta sing)

‘Cause once you find your song

(ewwwwwww, ewwwwwwwww)

Then the world can sing along

(ewwwwwwwww, ewwwwwwwww)

If you want a song (you want a song)

You gotta sing (you gotta sing)



Culture of Scarcity

Culture of Neighboring

Inauthenticity: You should fit into expectations of others even if it feels fake and unrealistic.

Joy: Discover your authentic self and a community where you can live authentically.

Independence: You must be self-reliant. Receiving and giving help is a sign of weakness.

Relationship: You are stronger when you have a community that gives and receives care.

Insufficient: There is not enough resources to go around, you should gather and protect resources for yourself first.

Abundance: Everyone has gifts. When we discover, connect, and mobilize gifts individuals and communities thrive.

Head, Hands, Heart

Head: What do you know so well you can teach it to someone?

Head, Hands, Heart

Hands: What can you
make, create, do with your
hands?

Head, Hands, Heart

Heart: What are you so passionate about that it moves you to action?

Way Opening and Way Closing

Way Opening: When you are connected and aligned with the Holy Spirit.

Way Closing: When you experience internal or external resistance and frustration.

Loneliness and Isolation

A 2020 study by Cigna, titled "Loneliness in America," reported that nearly 3 in 5 adults in the United States (approximately 61%) felt lonely.

Why Neighbor?

Combating Isolation

36% of people report feeling lonely “frequently” or “almost all the time”

43% of young adults reported increases in loneliness since the pandemic.

About half of lonely young adults report that no one in the past few weeks had “taken more than just a few minutes” to ask how they are doing in a way that made them feel like the person “genuinely cared.”

[Weissbound, Batanova, Lovison, Torres. Loneliness in America, How the Pandemic has Deepened an Epidemic of Loneliness and What We Can Do About It. Making Caring Common. Harvard School of Education. February 2021.](#)

Why Neighbor?

Researchers found that social support, including support from neighbors, was consistently identified as an important factor in older adults' ability to remain in their homes. The review also found that social support from neighbors was associated with better mental health outcomes for older adults.

<https://academic.oup.com/gerontologist/article/56/4/651/26055>

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Why Neighbor?

In a study published in the journal PLOS Medicine, researchers found that people with stronger social relationships had a 50% reduced risk of mortality over a 7.5 year follow-up period. The study also found that the protective effect of social relationships was comparable to the effect of quitting smoking and exceeded the effects of other risk factors such as obesity and physical inactivity.

(Holt-Lunstad, Smith, Baker, Harris, & Stephenson, 2015)



SoCe Neighborhood

SoCe is short for South
Central

Wichita, Kansas just
south of downtown





Animator Network

Phase 1: 10 week training

Phase 2: Implement a plan

Faith-Based Communities

Resources for Churches

Good Neighbor Experiment:
Training cohorts of churches



neighboringmovement.org/naumf



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