

# Workshop 6a: Movement Building and Community Organizing

## *Session A: Solidarity = Power*

### Learning Objectives/Desired Outcomes:

*Participants will leave this workshop with...*

- Exploration of how we define and express power
- Increased understanding of the value of and conditions for shared power
- Critical analysis of a cooperative urban farming venture and the organizing/movement building approaches that made it possible
- Continued design of a mini-participatory action research project to engage community resources for a given solidarity economy project (or set of projects)

### Materials

- PAR posters with the essential components, the goals and the critical questions generated by the group
- Flipchart paper and markers

### Preparation

- Practice the “Embodying Power” and the “Flexing vs. Reaching” exercises ahead of time, so you feel comfortable leading participants through them
- Create a poster with the following questions written on it for the reflection on “Lessons from South Central Farms:”
  1. What is inspiring to you about this story?
  2. What is relevant to the Urban Campesinos project? (*Optional question*)
  3. In what ways did the South Central Farmers reach and/or flex?
  4. How did they build shared power?
  5. Who are the major stakeholders they built relationships with to build a successful cooperative business and a movement for food justice in South L.A.?
- Identify a part of the documentary about South Central Farms that you like to show, and be prepared to fill in the gaps and answer questions the group may have about the project. Be prepared to share about the following:
  - a. Acquisition of the land (and what led up to it)
  - b. Community organizing and Movement Building to keep the land
  - c. Losing the land but maintaining the Movement:
    - i. The Cooperative
    - ii. The organic farm and business model
    - iii. The South Central Farmers Health and Education Fund

# Agenda

## 1. OPENING CIRCLE (Seeds) = personal connections

<b>Embodying Power</b>	<b>Time: 10 min</b>
<p><i>Instructions:</i></p> <ol style="list-style-type: none"><li>1. Set the context and build a bridge from last session to this session: <i>Today we will continue designing our participatory action research project and we will explore the idea of shared power so we can make sure to design our project in a way that builds a sense of shared power.</i> <i>Let's start by expressing power with our bodies - when I count down from 3, everyone strike a pose that represents power.</i></li><li>2. Count down from 3 - everyone strikes a power pose. <i>Good! Now go ahead and relax and think for a moment about the pose you struck - what kind of power did you represent? Power over (dominant power)? Power with (shared power)? Or power within (personal power)?</i> <i>I will count down from 3 again, and this time strike a pose that represents a different kind of power.</i> <i>Good! One last time - a different form of power - 3, 2, 1!</i> <i>Great!</i></li><li>3. Facilitate a short reflection: <i>How was that? What did you notice about your relationship to power?</i></li></ol>	<p><i>Purpose:</i></p> <p>To explore understandings of power. To recognize there are multiple forms of power</p> <p><i>Facilitator Notes:</i></p> <p>The physical poses are a chance to reflect in the different forms of power in a quick and kinesthetic way. People get a chance to experience what each form of power feels like in their bodies. They may notice that there are forms of power they hadn't thought about. Usually we only think of dominant power.</p> <p>By embodying personal and shared power, as well as dominant power, we begin healing our relationship to power. It is important that we feel comfortable in our own power and in building power with others.</p>

## 2. FIREBUILDER (Preparing the soil) = relationship and trust

Note: An activity entitled "Flexing & Reaching" was previously used in this section, and is no longer available for community use. Please refrain from using this activity if you have downloaded previous versions of this workshop.

## 3. BRIDGE EXERCISE (Planting the seeds) = connecting personal experiences to the big picture

<b>Appreciative Inquiry into Shared Power</b>	<b>Time: 20 min</b>
<p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>1. Ask pairs to join with another pair to form groups of 4</li> <li>2. In groups of four, each person shares a story of a time they experienced shared power. What was it like? What made it possible?</li> <li>3. Provide each group with a poster paper</li> <li>4. Ask each group to draw an image that represents for them what shared power looks like and feels like. Around the image, ask groups to write words that reflect the conditions that contribute to shared power and/or that make shared power possible</li> <li>5. Hang the posters all together in one area for everyone to see</li> </ol>	<p><i>Purpose:</i></p> <p>To identify the conditions that allow for shared power</p> <p>To prepare to apply those conditions to the creation of the participatory action research project</p> <p><i>Facilitator Notes:</i></p>

**4. BIG PICTURE LEARNING (Sun and Water) = New learning/big picture content**

Lessons from South Central Farms	Time: 50 min
<p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>1. Let the group know you are going to watch an excerpt from a documentary about South Central Farms, and that afterwards you will discuss the questions on the poster (review the questions on the poster)</li> <li>2. Facilitate a talk on South Central Farms - the major components: <ol style="list-style-type: none"> <li>a. Acquisition of the land (and what led up to it)</li> <li>b. Community organizing and Movement Building to keep the land</li> <li>c. Losing the land but maintaining the Movement: <ol style="list-style-type: none"> <li>i. The Cooperative</li> <li>ii. The organic farm and business model</li> <li>iii. The South Central Farmers Health and Education Fund</li> </ol> </li> </ol> </li> <li>3. Facilitate a discussion on the following questions (from the poster): <ol style="list-style-type: none"> <li>a. What is inspiring to you about this story?</li> <li>b. What is relevant to the Urban Campesinos project?</li> <li>c. In what ways did the South Central Farmers reach and/or flex?</li> <li>d. How did they build shared power?</li> <li>e. Who are the major stakeholders they built relationships with to build a successful cooperative business and a movement for food justice in South L.A.?</li> </ol> </li> </ol>	<p><i>Purpose:</i></p> <p>To pull inspiration from another solidarity economy project that drew on the power of organizing and movement building</p> <p><i>Facilitator Notes:</i></p> <p>The South Central Farms ended up losing their land in South Central, but because they took an organizing and movement building approach to trying to save the land, they inspired many others to claim lands for community farming, and they were able to raise funds and support for continuing their work on another piece of land. There are important lessons here for expanding our vision beyond just the actual project to the work needed to build a solidarity economy.</p> <p>Note: There may be some critiques of South Central Farms which is good because the group can learn from what worked well and also from what didn't. The idea here is not to idealize SCF.</p>

## 5. CREATING CONTENT (Harvest): Analysis and/or action steps

Participatory Action Research Project Reflection	Time: 20 min
<p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>1. Return to the PAR posters from last session, with the essential components, the goals and the critical questions generated by the group</li> <li>2. Reflect on the critical questions: <ol style="list-style-type: none"> <li>a. Are there any critical questions you would add or change after what we've discussed and learned today?</li> <li>b. Are our questions helping us think about how we are building shared power?</li> </ol> </li> <li>3. Make any changes or additions to the critical questions</li> <li>4. Reflect on the organizing goals: <ol style="list-style-type: none"> <li>a. What are our opportunities to "reach" towards what we want when it comes to the Urban Campesinos project (or other solidarity economy project of focus)?</li> <li>b. What can we reach towards that will build community assets and/or shared power?</li> </ol> </li> <li>5. Add ideas to the organizing goals</li> <li>6. Reflect on the targets: <ol style="list-style-type: none"> <li>a. What allies can we build with to help us achieve this?</li> <li>b. Who in the community should we be reaching out to in this research project?</li> </ol> </li> <li>7. Add targets to the planning poster</li> <li>8. And then ask: <ol style="list-style-type: none"> <li>a. What do each of these targets need to be genuinely engaged? What do they most care about? What would make them interested in collaborating with us?</li> </ol> </li> <li>9. Take a few notes and let the group know you will come back to the targets later to think more about what they need and to generate specific questions for them</li> </ol>	<p><i>Purpose:</i></p> <p>To continue building out the PAR project applying reflections on the Lessons from South Central Farms to their own opportunity to build shared power and new allies.</p> <p><i>Facilitator's Notes:</i></p> <p>If you don't like the word, "targets," you could replace it with something like, "potential allies"</p>

## 6. CLOSING CIRCLE (Saving Seeds) = Reflection

<b>Reflection Circle: All I need is one word</b>	<b>Time: 10 min</b>
<p><i>Instructions:</i></p> <ol style="list-style-type: none"> <li>1. Invite everyone to stand in one final circle for the day.</li> <li>2. Share your quick reflections about the day, making sure to emphasize what you appreciate about the group.</li> <li>3. Say something like:</li> </ol> <p><i>I'd like to hear one quick reflection from everybody in the room. Take a moment to think of one word or one sentence you'd like to leave the group with today. It could be how you're feeling about this group and/or it could be one idea from today that you want to be sure to remember—like one word or idea that stood out to you from today. Whoever is ready, can start and then they will decide what direction to go around the circle.</i></p> <ol style="list-style-type: none"> <li>4. As people are sharing, model active listening.</li> <li>5. To conclude, say some brief closing words that build off what people said to weave a shared narrative. Focus on what you are hearing from the group in terms of our relationship to power and how we are building power through the Participatory Action Research Project</li> </ol>	<p><i>Purpose:</i></p> <p>To efficiently capture take-aways from the workshop; build group cohesion, and practice concise communication/the use of powerful words</p> <p><i>Facilitator Notes:</i></p> <p>It's okay if people say the same word twice.</p>