



RECOVER.



Speculative Stories of the Soulful City

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INTRODUCTION

Connection is like water. As the Edmonton we know is disrupted by the pandemic and its countless knock-on effects, we are reminded that having a roof over our heads and food in our bellies is critical, but insufficient.

Connection is a life force: it's that which we find in our own bodies when we are able to care for and listen to them; that which we experience when we venture outdoors, taking in the awesomeness of the trees, mountains, rivers and lakes; that which we seek in the traditions and rituals that mark losses, blessings, and the passage of time; and that which now, more than ever, we appreciate as togetherness - whether in choirs, on sports teams, in worship, alongside each other at work, play, and rest.

RECOVER, the City of Edmonton's urban wellness initiative, understands wellbeing is so much more than satiating our material needs, it's embracing our most human needs for love, belonging, meaning, purpose, acceptance, and actualization.

What might a city look like that enabled its residents to feel well and whole? Let's imagine a resurgent and soulful city, not just a survivalist city.

What is this publication?

This publication shares **six provocations** for a resurgent, soulful Edmonton. These six provocations visualize the kinds of interactions that might exist in a city that fosters wellbeing as healing and connection for all.

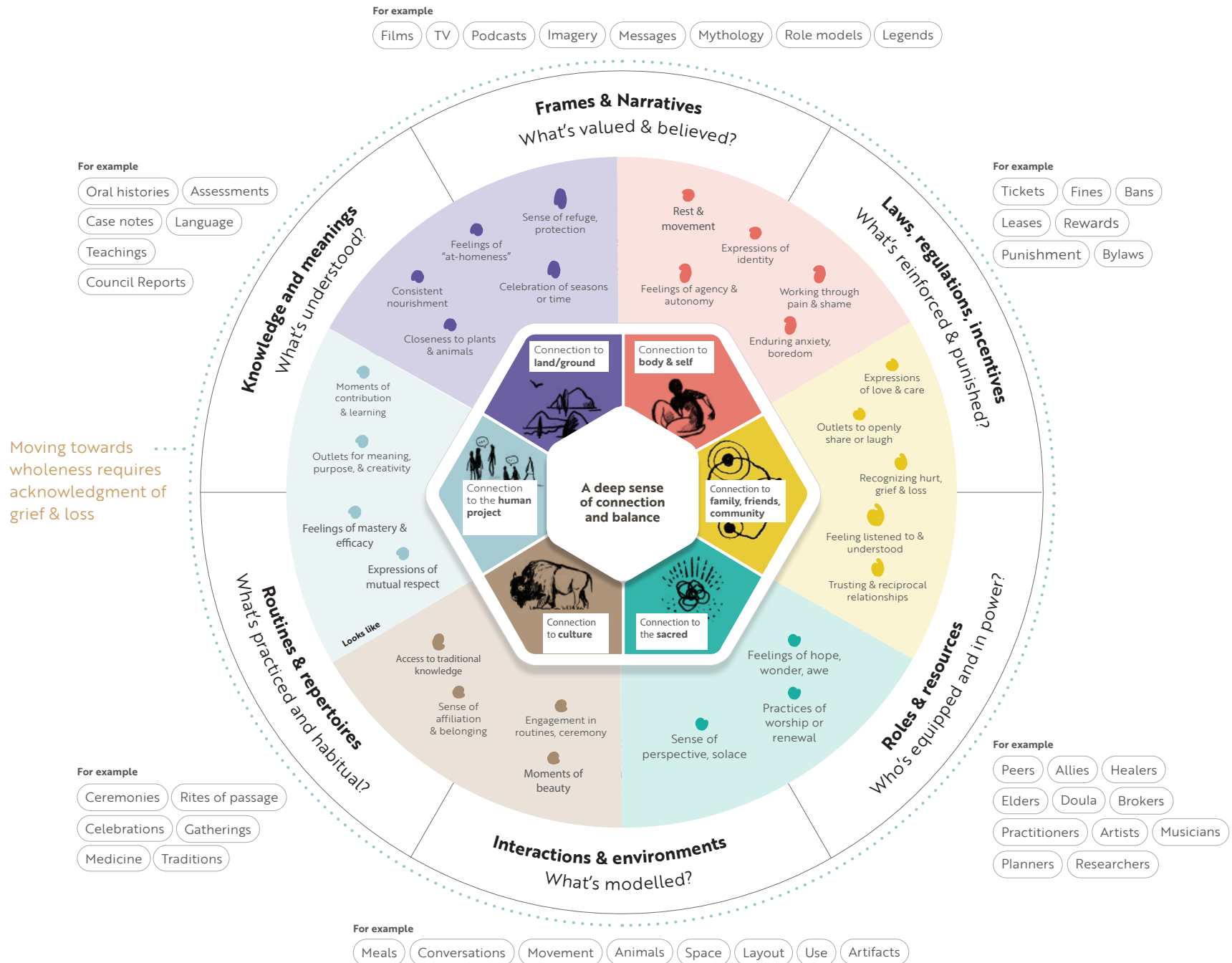
What is a provocation?

It's hard to talk about what doesn't yet exist -- especially if we each hold different pictures in our heads. How can we bring a more soulful city into being if we don't have shared language to describe what could be?

Here's where speculative design comes in. Designers like to use provocations: something visual and tangible that makes an idea concrete enough to elicit reactions. Provocations aren't recommendations. The designers behind them aren't saying, "Look here, I've got the solution." No, a provocation is like a sketch on the back of a napkin that you make while your friend is trying to describe what extraterrestrials might look like. "Is this it?" you ask. Then your friend can tell you they pictured them with totally different posture and a more geometric style of tattoos. A provocation is a starting point, a communication tool, a way to spark dialogue and co-creation. Alternative futures are what we collectively imagine into being.

Wellbeing as connection

RECOVER's Wellbeing Framework



The parts of connection

Fifty-nine stories of Edmontonians living on the streets plus 3000+ years of Eastern, Indigenous and Western teachings sing a strikingly similar tune: wellbeing is holistic and relational. A life well lived cannot be reduced to one thing. We are well when we experience balance: when our bodies, minds, hearts and spirits dance together.

RECOVER's Wellbeing Framework, illustrated on the page prior, describes six dances of connection: to self, to friends, family & community, to land, to culture, to the human project, and to the sacred.

When we are in step with ourselves, we feel rested and nourished, free and expressive, capable and resilient. When we are in step with friends, family and community, we feel listened to and understood, loved and cared for, and able to love and take care of others. When we are in step with the land, we feel a sense of refuge and protection, at-homeness, and peace. When we are in step with culture, we feel a sense of affiliation and belonging, roots, and history. When we are in step with the human project, we are learning, growing, and discovering meaning, purpose, and creativity. And when we are in step with the sacred, we have a sense of perspective, wonder, awe, and hope.

The levers of connection

How can a city choreograph wellbeing? Since industrialization, cities have heavily invested in physical and social infrastructure: roads, sewers, transportation, buildings, programs, services, and benefits. These investments have elongated our lives, but not always the quality of our time together.

Our wellbeing isn't only shaped by the concrete, but by the relational: by the stories we tell, the meanings we hold, the spaces we create, the rituals we practice, the norms we set, the roles we take on, and the human moments we enable. This is the stuff of culture (as illustrated in the outer ring of RECOVER's Wellbeing Framework).

Cities foster culture. A Soulful City fosters a culture of wellbeing through the histories it reckons with, whose truths it recognizes, the data it counts, the messages it extols, the behaviours it sanctions, the behaviour it punishes, the events it demarcates, the interactions it facilitates, and the roles it fills. In a Soulful City, wellbeing is not the sole responsibility of paid professionals nor the domain of one sector or one government department, but a collective pursuit, stitched into everything we do. This document offers six starting points for how to do so.

How to use these provocations

Provocations are meant to get conversations going. So we invite you to share these sketches & mock-ups with colleagues, friends, and neighbours. Find out if you mean the same thing when you use familiar words like 'wellbeing' and 'connection.' Cross out ideas that don't resonate, generate your own concepts, and re-draw what interactions of the future could look like. Ask yourself and others ...

"I imagine that in a more connected Edmonton, people might say or do things like"

"Can I see myself in these stories, using these objects, engaged in these kinds of relationships? Why or why not?"

"What feels most different to the present? What would it take for this to be true ...?"

"If not this scenario, what else?"

"Where is stuff like this already happening? What does it remind me of?"

"These ideas make me think about ... I wonder if ... How about if ..."

A speculative story, Edmonton 2032.

They checked their watch.

Six days had passed since their last breath. Not the shallow, survival kind. But the deep, grounding kind. Now that time had given up its authoritarianism and reclaimed some of its languor — productivity was so last decade — they could afford to pause. Pushing the mindfulness button on their phone served to both silence the onslaught of notifications and alert the Ministry of Moments that they, Gabe Gabor, intended to take an hour or two of their wellbeing benefit. The great pandemic of 2020 had helped to erase the pretense of nine-to-five schedules and loosen the rigidity of work.

Trained, in the pre-Covid era, as a disability support worker, Gabe no longer saw themselves as just another worker bee in the hive, but as an active agent in their own neighborhood, stitching relationships between people whose brains and bodies functioned in all sorts of beautiful and sometimes unknowable ways.

See data visualizations in



**Dashboards of
the Future**

12

Liberated from the lists of have-to's and should-do's, Gabe followed a sparrow towards the river, past elm trees with their barren arms outstretched to catch the incoming snow. At ᐃᑭᑦ (ÎNÎW) River Lot 11∞, Gabe gravitated towards the lost & found garden, picking up rocks inscribed with names, objects and memories. Dani, **a loss listener**, was tending to the fire, as a handful of neighbours gathered in circle to commemorate all things temporal. **The park's ethnobotanist,** Suju, wandered over to offer Gabe some tea, brewed with bark, sage and ginger, a melding of her Cree and Punjabi ancestry.

Gabe nodded in appreciation, and shared a family story in return. Granny Gabor was all about simplicity: hot water and a squeeze of lemon (with a sneaky shot of whiskey) never failed to quench the thirst. Swapping stories used to feel so ... personal. Growing up Gabe had learned that it wasn't polite to overshare. You kept your distance. You always, always, said you were fine when asked, "How are you?" **But Miss Manners was yet another casualty of the Covid era.**

Discover more new roles in



**Soulful City
Corkboard**

33

See what replaced it in



**Next
Etiquette**

88

Politeness put up walls. Kindness mended fences. Manners mattered in a world full of strangers and strangeness, spinning some semblance of order, however illusory. Indigenous teachings had finally, some five-hundred years overdue, cracked the Western veneer of perfection and debunked the White stranger mythology. Niw_Hk_M_Kanak. We are all related. As relatives, care and concern, not rules and regulations, are the lifeblood of our interactions.

Even the cops had come to realize that rules and regulations, absent respect and trust, did little good.

After more than a decade of laying bare institutional racism and sanctioned oppression — actively participating in truth & reconciliation circles, paying reparations, demilitarizing, and redefining justice as healing— the police (now called restorers) were showing up a little differently. Gone was some of the moral righteousness, that cliquey swagger, and in its place was a newfound humility, a shared vulnerability. The world wasn't so black and white. What held cache was a capacity to see people as people. Not criminals or victims. And that necessitated discernment, not mere enforcement.

Explore alternative rules in



**Tickets for
Wellbeing**

76

Giving up binary thinking, and living in the fog of gray (no, not the sexy shades of gray), well, that was hard. Gabe missed the clarity of good versus bad, right versus wrong, safety versus risk. It was so much neater to draw hardlines, to say “not in my backyard,” than to renegotiate boundaries and borders.

A few months back, someone named Stan encroached on Gabe’s space, moving into a tiny house in the back alley. Tiny houses dotted the urban landscape, promising folks without four walls respite and renewal. Gabe’s neighbours had rallied hard against the idea. They angrily formed Facebook groups, picketed city council, and amassed petitions. Kids rode their bicycles in the alleyway. What if their tires were punctured by the needles left behind? What if they were assaulted? What if they were drawn into drug dealing?

There’s nothing like a common enemy to bring people together — until there is a common story. Gabe was ashamed to admit how far their mind spun scary tales; how, in the absence of actually knowing Stan, talking to him, laughing with him, tearing up with him, feeling just a teaspoon of his gumption, fear of the other just took over.

And to think it was just a simple card, with an invitation for a coffee, that got conversation flowing.

Now that's not to say everything was easy. They were still trying to sort out the noise — Stan was a nocturnal tinkerer — but, despite the rubs, Stan's arrival changed how they experienced place. Gabe had never felt more part of something.

On Sundays, at 7pm, to usher in the week, Gabe, Stan and pretty much everyone on the block, opened their windows and doors for a spirited toast to life, in all its messy glory.

Peruse a sample of



**Future Greeting
Cards**

48

See why in our



**Home
Ritual Recipes**

62

“Cheers”

“Cin cin”

“干杯”

“Prost”

“Caafimaad wanaagsan”

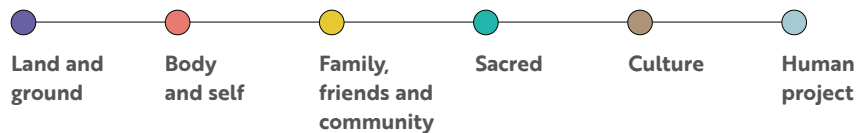
“Santé!”

“Miyomahchihowin”

ARTEFACT 1

Dashboards of the Future

An example of connection to:



through the following cultural lever/s:

Knowledge & Meanings

INTRODUCTION

Every week day, we measure the rise and fall of the stock market (The Dow). Every month, we measure how many people are in the labour force (Statistics Canada). Every night, we measure the popularity of television shows (Nielsen Ratings). Every moment, we measure the number of views, likes, and shares of photos and messages (Facebook, Twitter, Instagram, Tik Tok).

Every five years, we count who lives where, their demographics, employment, education, and health status (The Census).

We do not regularly measure how well people are, whether they feel connected to body, ground, spirit, culture, family, friends, or to a broader purpose. Wellbeing -- just like the stock market, labour market, popularity and likability -- is dynamic, fluctuating over time and with context. Fluctuations hold intelligence value, enabling course corrections along the way.

What would a Soulful City value and measure?

Listening infrastructure

Rather than just track what has economic salience, a Soulful City would pay attention to what holds human salience.

The Soulful City...

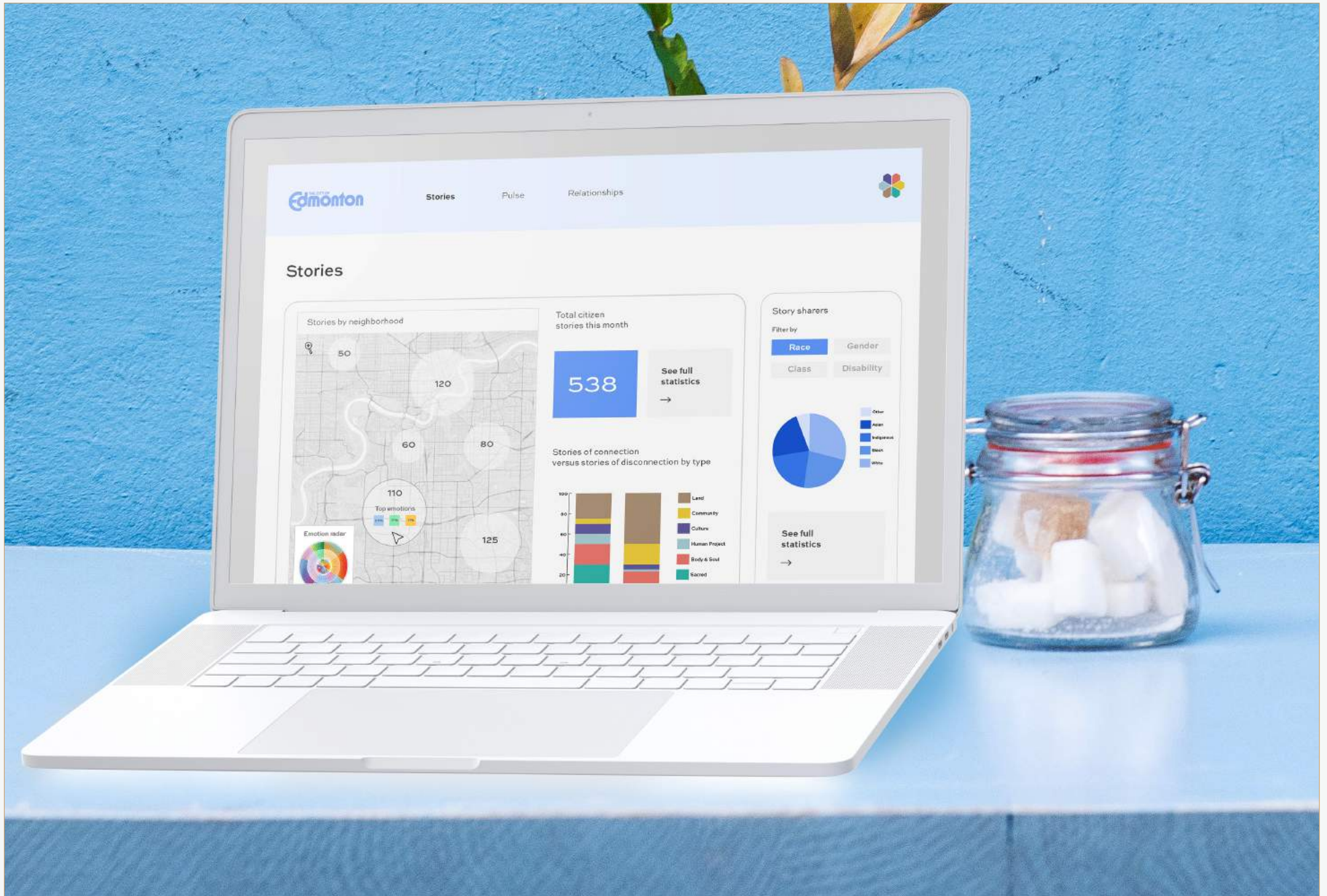
listens to people's everyday experiences and perceptions, and treats their stories and feelings as consequential data.

Imagine if cities invested in listening infrastructure: in online platforms, phone lines, and neighbourhood research teams dedicated to hearing how people are really doing, day by day, week by week. Now imagine these conversations distilled into actionable data that was as commonplace as weather, financial, or traffic reports.

“

In today's Soulful City wellbeing report, we're seeing a lot of worry, angst and uncertainty in the south, while in the north, we see an upward trend in people feeling grounded and connected to nature. With walking tours in full force next week, in all neighbourhoods, we expect to see an increase in meeting neighbours and connection to place.

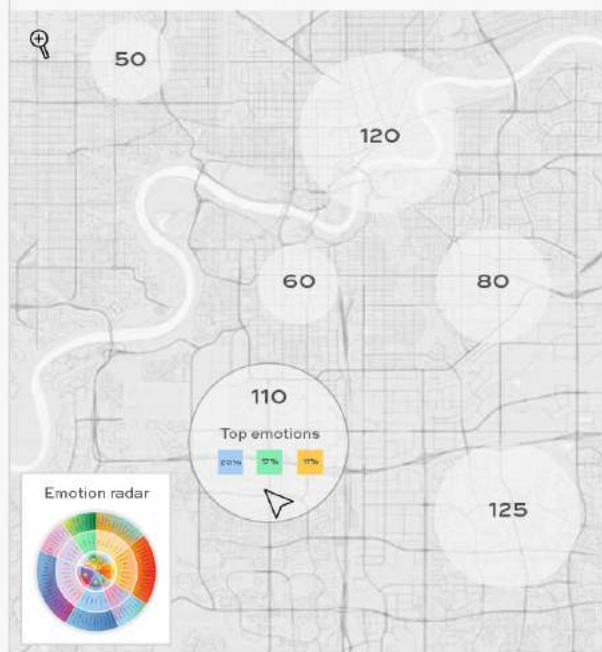
A **city-level** dashboard of the future





Stories

Stories by neighborhood



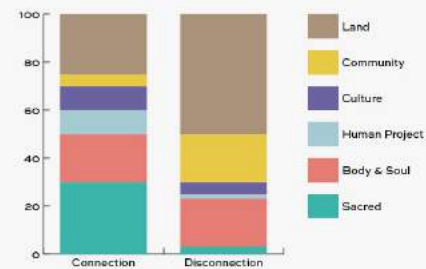
Total citizen stories this month

538

See full statistics



Stories of connection versus stories of disconnection by type



Story sharers

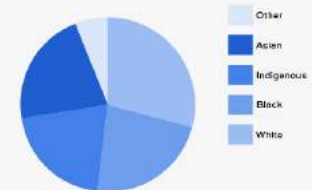
Filter by

Race

Gender

Class

Disability



See full statistics





Pulse



DECEMBER 2032

Levels of balance

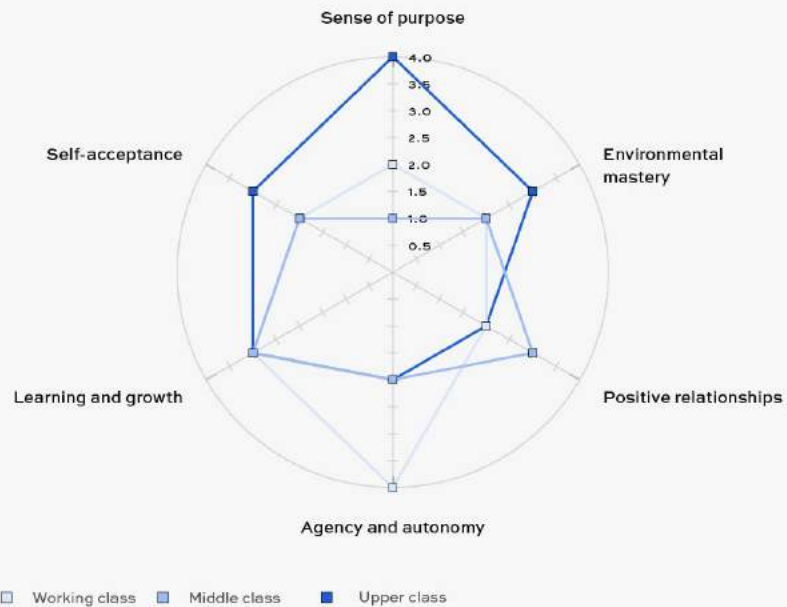
Filter by

Class

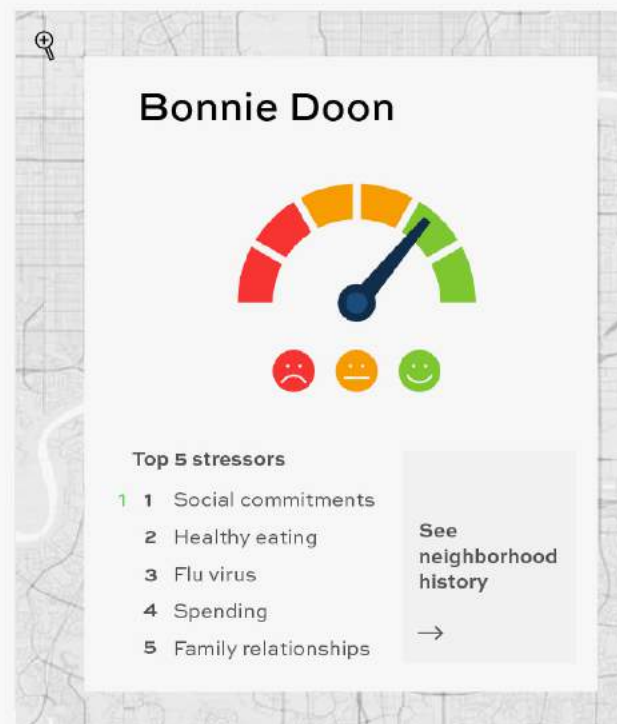
Race

Gender

Disability



Stress by Neighborhood





Stories

Pulse

Relationships

Relationships

Level of engagement

70Neighborhood
roles**80**Volunteer
roles**50**Political
roles**101**Educational
rolesMoments of grief &
loss recognized**308**

Level of reciprocity

627 hrs

Shared time

440

Shared meals

40

Shared spaces

\$4000

Shared money

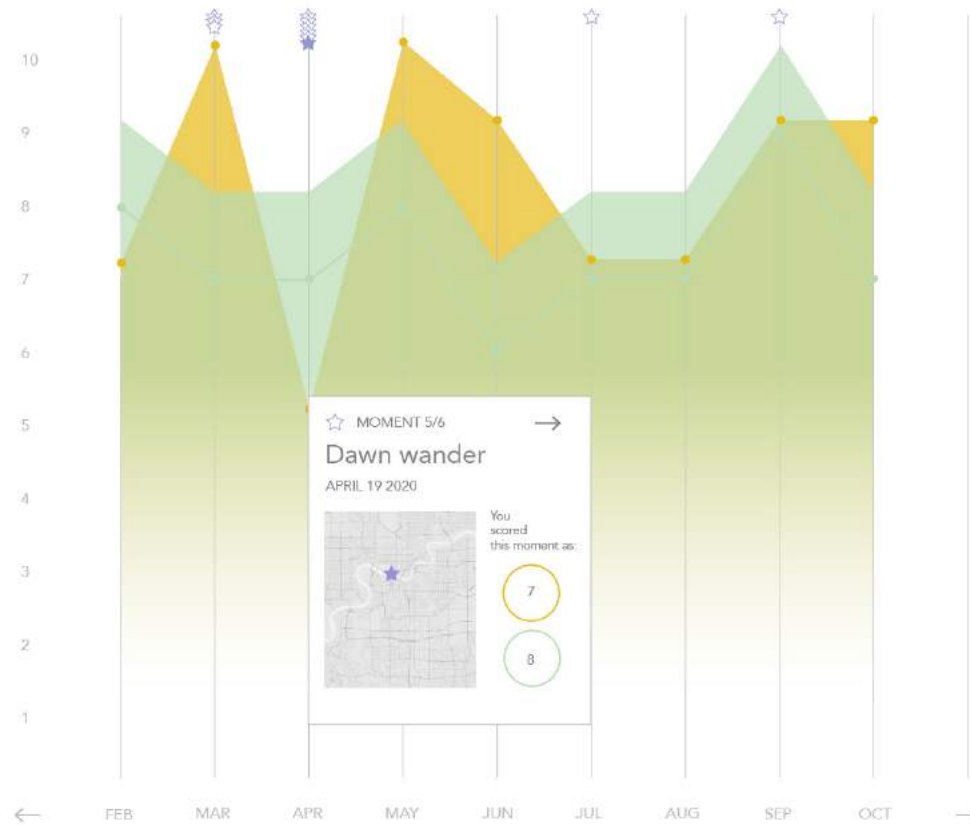
Number of positive
tickets awarded**188**

A **personal** dashboard of the future -
connection to the sacred

4



YOUR SACRED JOURNEY



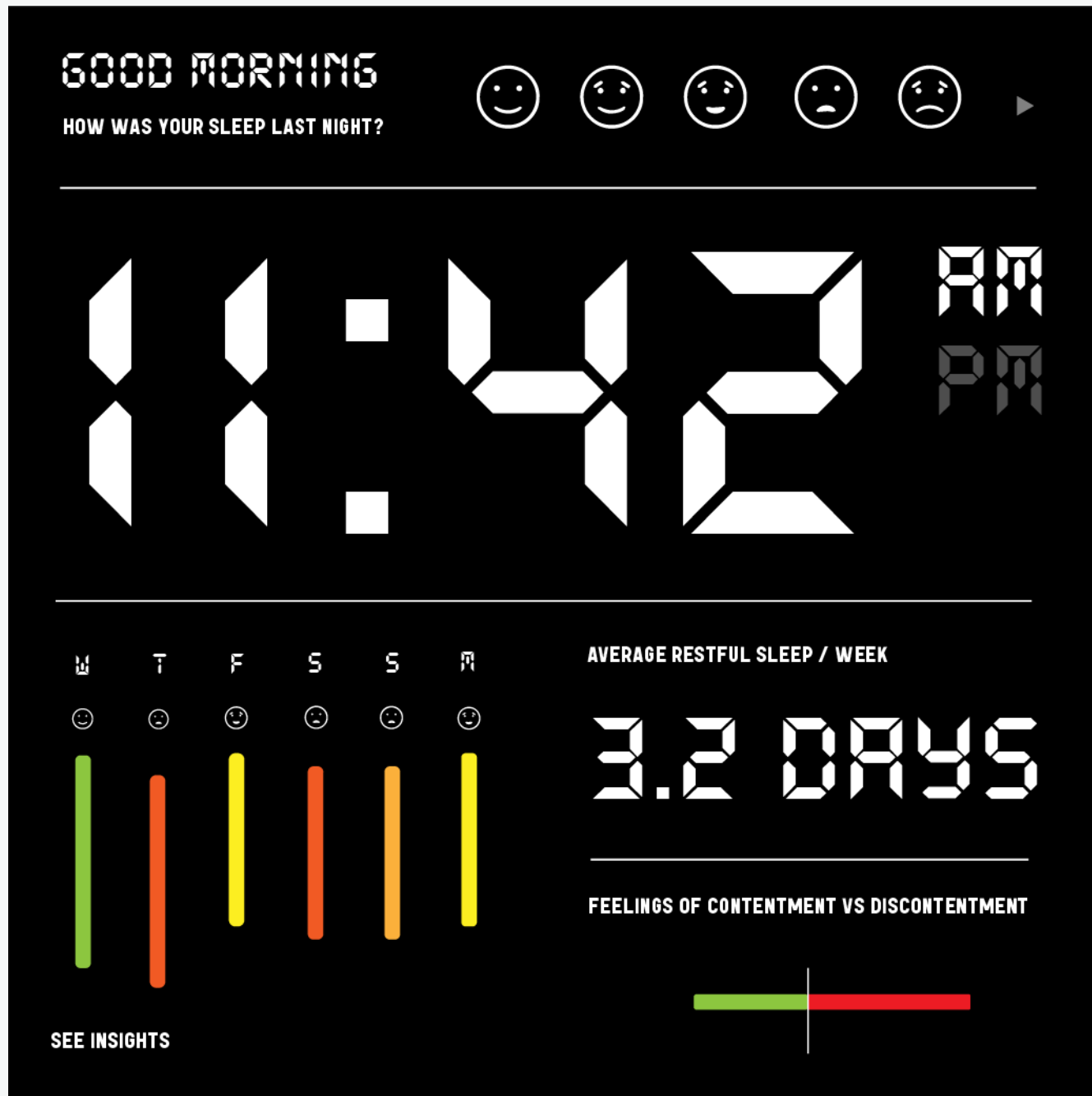
Strength of
relationship with
higher power

Feelings of
comfort in
spirituality

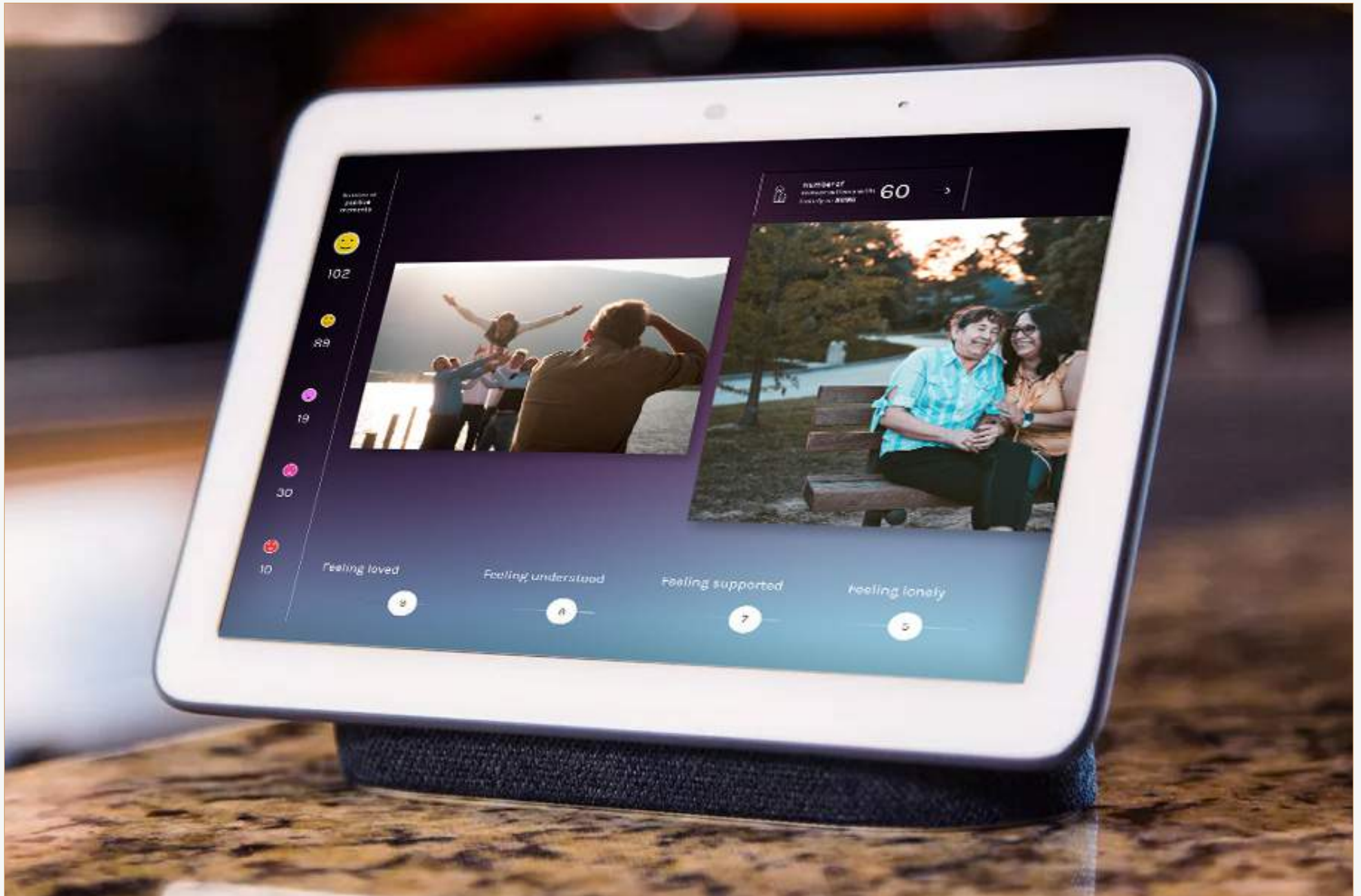
Moment of
awe and
wonder

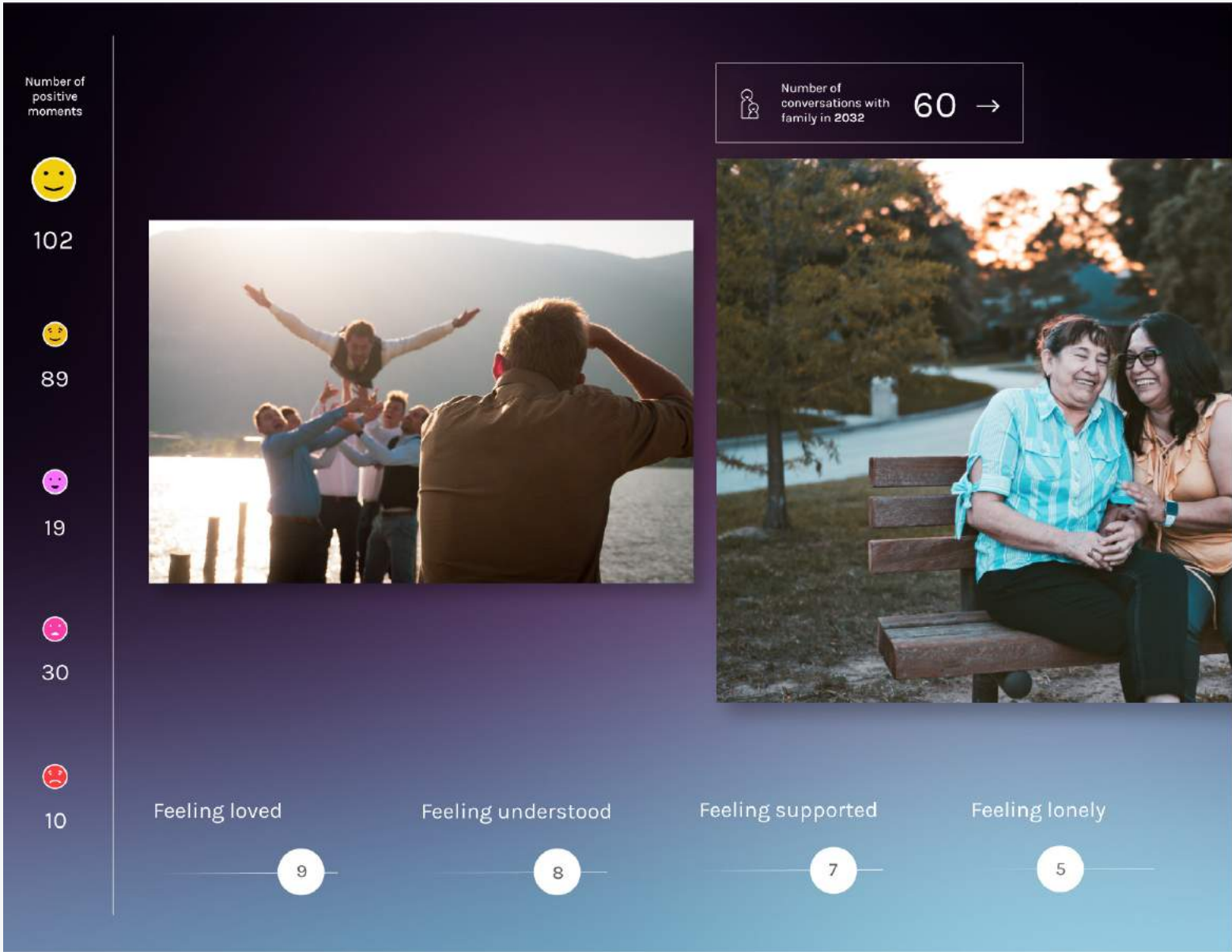
A **personal** dashboard of the future -
connection to self & body





A **personal** dashboard of the future -
connection to family, friends & community

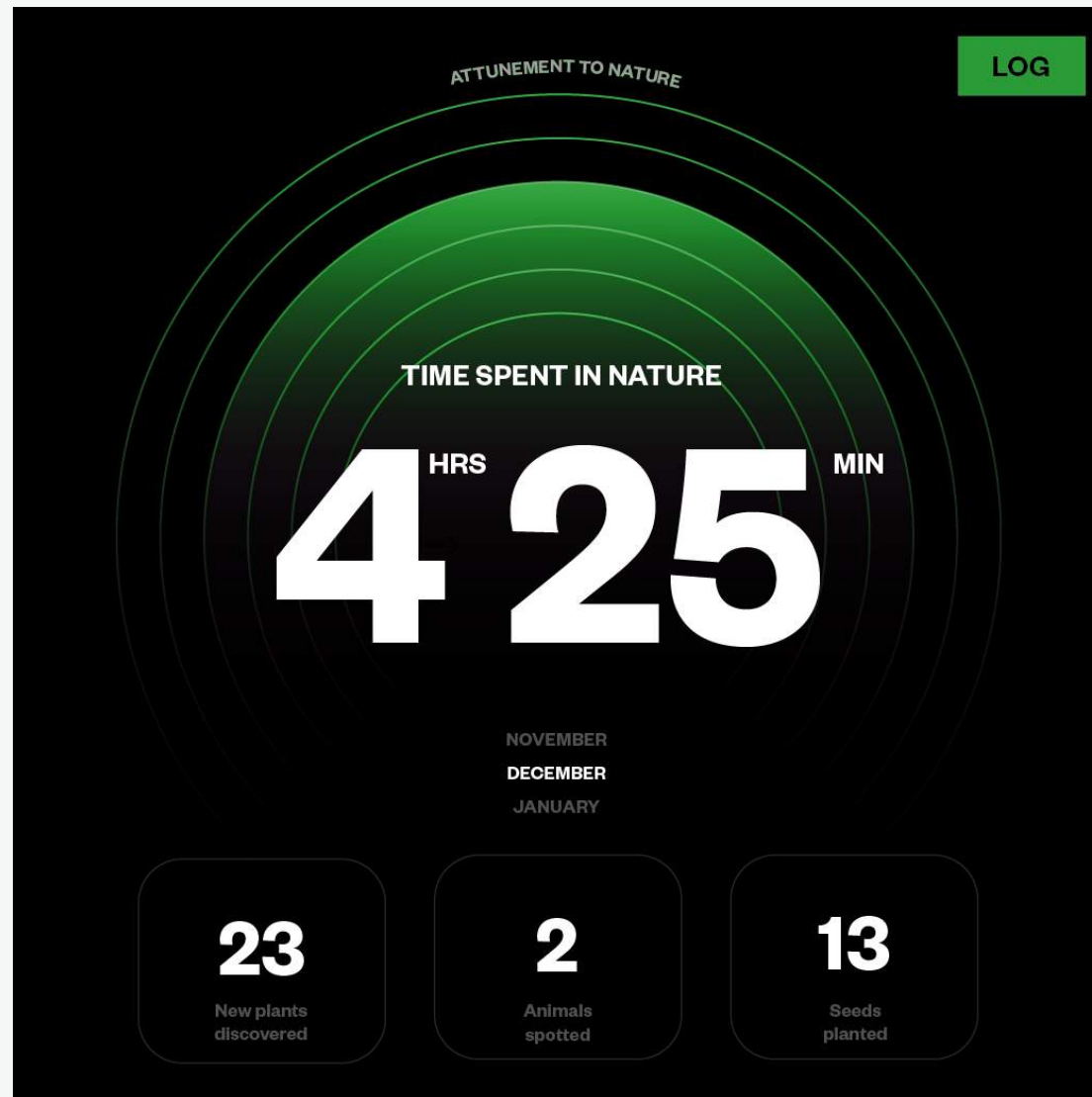




A **personal** dashboard of the future -
connection to land & ground



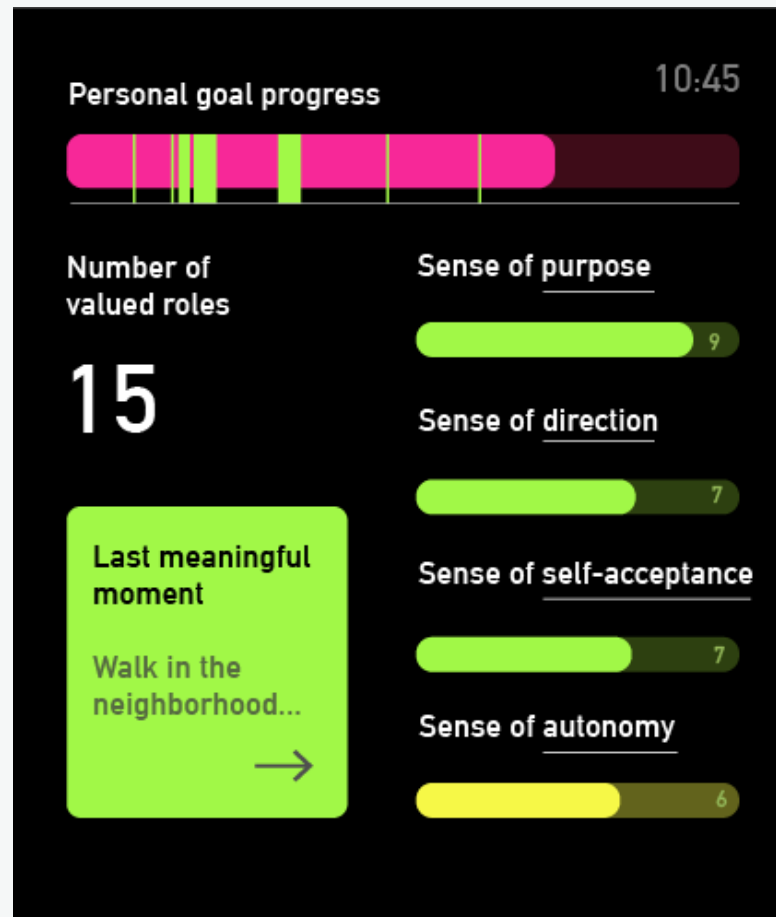
8



A **personal** dashboard of the future -
connection to the human project

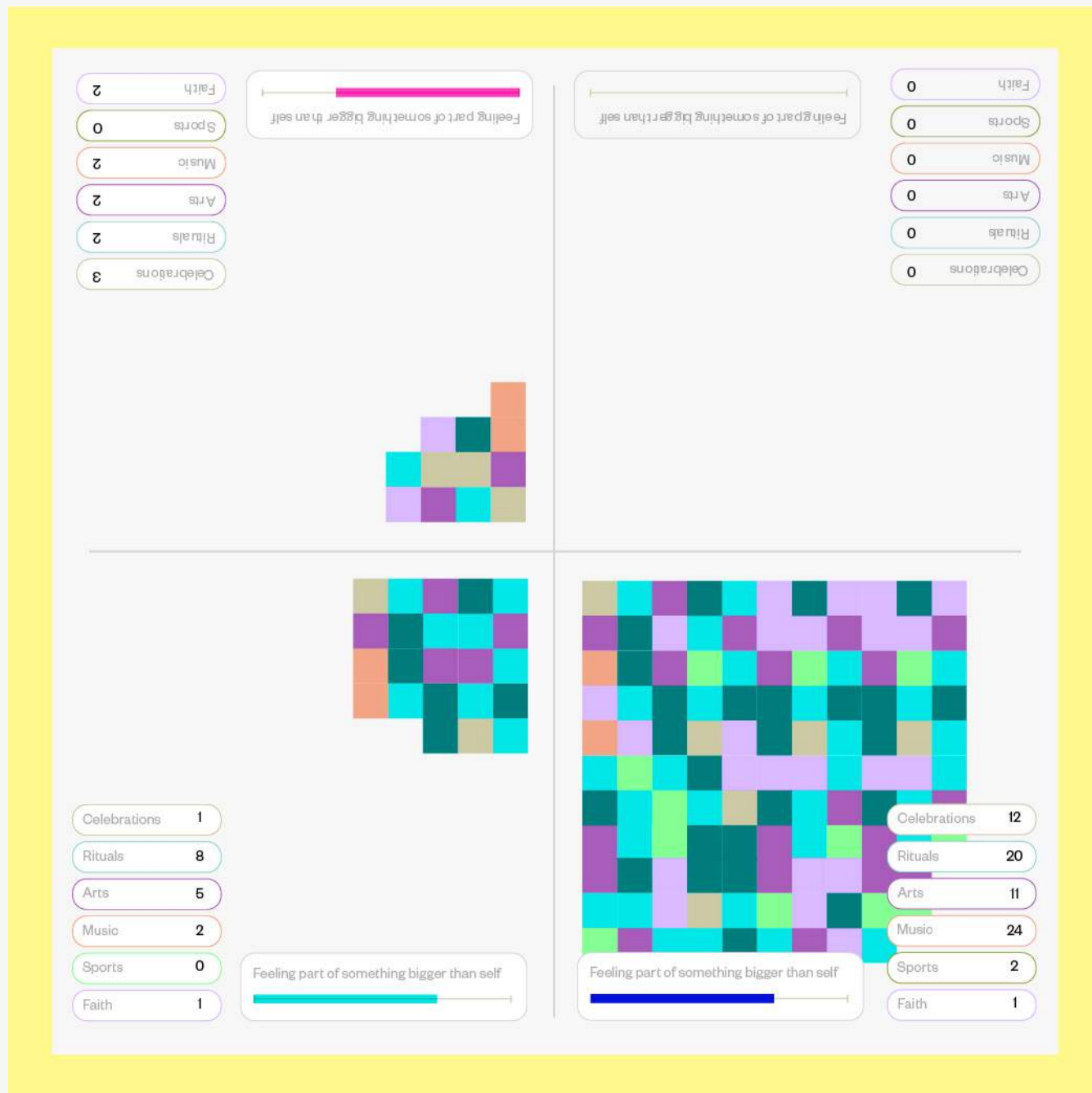


9



A **personal** dashboard of the future -
connection to culture





INVITATION

Make your own Dashboard

1. Pick what to measure

Connection to body & self

Level of self-acceptance

Amount of physical pain

Time spent mindfully

Connection to family & friends

Level of loneliness

of healthy relationships

Feeling listened to

Connection to sacred

Feeling part of something bigger

Moments of awe

Sense of perspective

Connection to land & ground

Moments of beauty

Time spent outdoors

of chats with neighbours

Connection to human project

Level of meaning and purpose

Strength of goals

Sense of achievement

Connection to culture

Level of self-expression

Amount of art, sport, music consumed

Sense of representation

2. Choose your data

Choose from below or develop your own

Self-report rating

Qualitative story

Location log

Spending

Social media posts

Conversation analysis

Mood diary

Time tracker

3. Choose way/s to visualize the data

Choose from below or develop your own

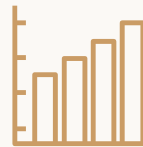
Spider diagram

Pie chart



Bar graph

Word cloud



Timeline

Heatmap



4. Decide where to display

Choose from below or develop

Television

Phone

Computer

Watch

Refrigerator

Photo frame

Alarm clock

Tablet

INVITATION

Make your own Dashboard

1. Pick what to measure

3. Choose way/s to visualize the data

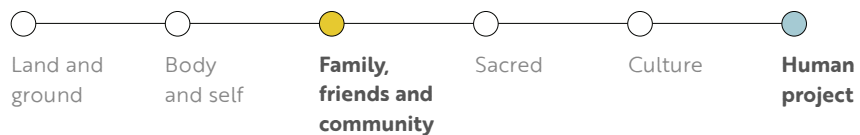
2. Choose your data

4. Decide where to display

ARTEFACT 2

Soulful City's Corkboard

An example of connection to:



through the following cultural lever/s:

Roles & Resources

INTRODUCTION

Today, wellbeing is nobody's job. Doctors look after physical health. Mental health workers look after mental health. Housing workers look after housing. Benefit workers look after income. What if wellbeing became everybody's job? How might we think about caring roles and community contributions?

Not just thankless work

Care is effort. An effort that is largely shouldered by women, especially immigrant women from the global south. Where care is officially recognized, it's too often turned into transactional and low-wage work, absent mutuality. Love is reduced to rigid rules and uniform standards.

The Soulful City...

promotes, enables, and ritualizes informal care between regular people, as well as properly remunerates trained & experienced carers.

Appreciating the whole person

Specialization is a consequence of the increasing professionalization of care. Each 'worker' can assist with only one part of life, and has no mandate to understand people's experiences holistically. In community, we need not be limited by a narrow job description or scope of practice. We can operate in the round.

The Soulful City...

sees people in all their complexity...and delights in it.

A blend of formal and informal roles

A Soulful City recognizes caring professionals aren't enough. In contemporary Canadian society, many of our social functions have been outsourced to professionals and experts, to disability workers, mental health workers, social workers, even the police.

When we, as everyday people, relinquish our roles in responding to the (sometimes challenging) needs of family, friends, neighbours, and strangers in our midst, we lose opportunities for compassion, reciprocity, and mutual learning. For too many, caring for their community has become a privilege in tension with paying the bills. Others of us have lost touch with our need to connect with others through acts of kindness and shared humanity.

In the Soulful City...

all of us have a contribution to make. Luckily, there are a multiplicity of paid and unpaid roles on offer, designed to make our neighbourhoods stronger, closer knit, and more inclusive. Some require lived experience, deeper skill, and discernment. It's not academic qualifications that carry weight so much as a certain spiritedness, curiosity, relationality, and perspective.

PROVOCATIONS

A notice board with roles of the future



We're a peer coaching group raising all kinds of kids reasonably well.

We've got experience with child protection, single parenting, being broke, and a lot more.

We're here to get each other through, with a little joy and a big dose of "good enough."

Bring the kids and if you've got meal ingredients to contribute bring 'em along but no worries: we always manage to cook up something edible together!

Looking to move to (or within!) our fine neighbourhood?

Have a room or apartment to let but holding out for the right person?

I match people for great living situations. I see my job as expanding your family and support network. A lot of people find it difficult to navigate shared housing once they're out of school, or exiting their twenties: that's where I come in!

Some of my areas of specialty include **interest-based multi-family housing, intergenerational matches, and connecting single parent families** to build households with more support, functionality, family-like connection.

SAM JACKSON
FOLEY ARTIST AND LOCAL AUDIO LOVER
SAMJACKSONFOLEY@GMAIL.COM | 780-555-4783

As we all know this neighbourhood is on 🔥...and I'm catching it all through sounds! Invite me to your celebrations, to hear the thumping of small feet in the apartment above, the raccoons living in a nearby tree, the garage band on the block, or your morning walk. I'd love to capture the local sounds that have meaning for you!

Librarian by day,
Barrio Bibliotherapist by night



Going through a tough transition like recovery from addiction or injury?



Maybe retirement or a loss?



Feeling like you're going through the ebbs and flows of depression?

As a bibliotherapist, I make personalized reading lists (but also podcasts & movies) to help you persevere, get new perspectives on your experiences and see new paths forward. Fiction is therapeutic!



This is my passion. Call for an introduction. I can provide references (from your neighbours!)

Remuneration is usually by barter.

NEIGHBORHOOD CELEBRATIONS

WEDNESDAY 2PM

ate Maria's new found love painting. And you can try self!



MARCIA'S OPEN HOUSE ART SHOW

WEDNESDAY 3PM

Little Liam has recovered fully from surgery and is back on his feet. Let's walk down the block with him!

GROUND

8PM

ddiction Corner
r
m a



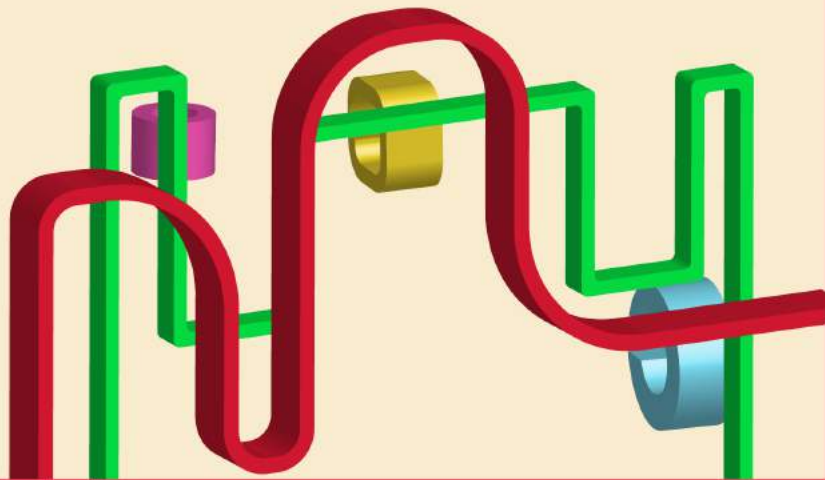
ADDICTION RECOVERY CELEBRATIONS

Have a wellbeing milestone that should be celebrated! Contact me, the Celebration Captain in the 'hood at: celebrate@ourgriesbach.ca

Get in touch with the

Roommate Matchmaker

Check out
my matches here



**Looking to move to (or within!) our
fine neighbourhood?
Have a room or apartment to let
but holding out for the right person?**

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Parents on the block.

Meet upstairs
at 6pm

- 
- We're a peer coaching group raising all kinds of kids reasonably well.
 - We've got experience with child protection, single parenting, being broke, and a lot more.
 - We're here to get each other through, with a little joy and a big dose of "good enough."

Bring the kids and if you've got meal ingredients to contribute bring 'em along but no worries: we always manage to cook up something edible together!

Collecting Stories

Have a story of what’s come before us in this neighbourhood, passed down from ancestors, or experienced first hand?

I’m an amateur archivist documenting untold histories about this very spot, our neighbourhood!: Connect by social media or text if you can tell me something about:

Past rituals, ceremonies celebrations

Things people made here

Stories of settlement

Indigenous relationships to this place

Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203	Submit your stories 382-203-1203
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NEIGHBOURHOOD CELEBRATIONS

SUNDAY 2PM

Celebrate Maria's new found love of pour painting. And you can try it yourself!



MARCIA'S OPEN HOUSE ART SHOW



WALK TO THE PLAYGROUND

WEDNESDAY 3PM

Little Liam has recovered fully from surgery and is back on his feet. Let's walk down the block with him!

THURSDAYS 8PM

Weekly celebration of addiction recovery journeys at the Corner Café: come celebrate your neighbours by buying them a fancy tea!



ADDICTION RECOVERY CELEBRATIONS

OURGRIESBACH.CA

Have a wellbeing milestone that should be celebrated! Contact me, the Celebration Captain in the 'hood at: celebrate@ourgriesbach.ca



Your Neighbourhood Casting Director (NCD) has a **role for you.**

Looking for more meaning and community?


In any neighbourhood there are hundreds of roles to be filled. I'm not talking about the kind of busy work people do for money, I'm talking about soul-quenching, purpose-driven, human work.

As the volunteer Casting Director for this neighbourhood, I'm connected to a team that works in most postal codes across the city, scouting available talents and collective longings so we can induct residents into the roles they were meant for! Neighbourhood storytellers, choir masters for the masses, everyday feasting companions, and more! Forget about apps: **there's a neighbour for that!**



www.ourneighborhood.casting


PET SUPPORT NETWORK



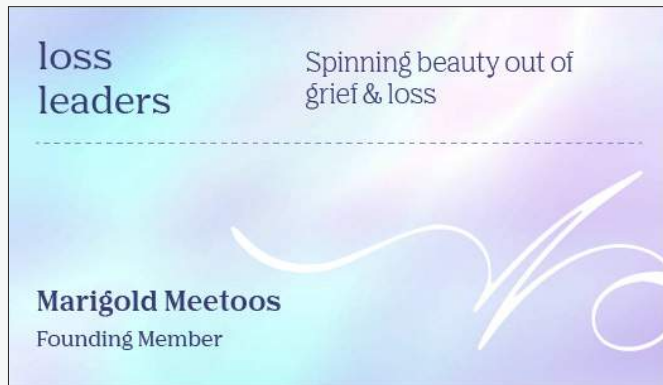
Are you an animal lover with:

- Precarious housing? 🙄
- Variable mental or physical health? 🙄
- Too tight a budget for pet care? 😓
- Little pet experience? 😬

We match pet owners who might need help with a pool of animal lovers itching to get some time with a furbaby! We all get to know each other and make sure everyone has the type of support they need. People of all abilities welcome!



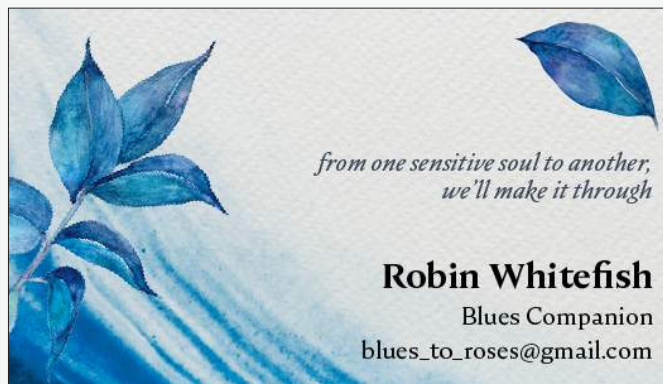
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10



11



12



INVITATION

Invent your own role

Take a look at some types of roles below for inspiration!

Community Catalysts

You see opportunity everywhere: in everyday people, places, and things. You find and bring together untapped resources, and like an alchemist, convert that potential into reality. You inspire people to share what they have, and make their treasures and talents available. To do that, you have the gift of inviting and nudging, suggesting and asking.

Brokers

You're a natural matchmaker, helping forge community connections and relationships. You comfortably navigate difference, engage strangers, and bridge people to new experiences. Brokers speak the language of reciprocity, love people and diversity, and the vision of a caring and cooperative society. You are deeply curious, genuine, and compassionate. You seek not to exploit community assets, but to grow and nourish them.

Coaches

You like to listen, validate, prompt, and encourage, using a mix of conceptual frameworks, intuition, creativity, and vibrancy. You go beyond teaching to motivate, busting barriers caused by fear, anxiety, and low self-esteem. You help to reveal structural impediments to personal power, and walk alongside people as they explore and exercise agency, confront stigma, and claim their space in the world.

Creatives

You love to use your hands, voice or body for self-expression and collective actualization. Whatever your medium -- song, dance, film, animation, collage, design, whatever -- you are all about participatory storytelling. You see creating and making as both cathartic and engaging, and regard the process as full of insight and discovery.

Invent your own role

1. Choose the function you'd like to play

Choose from below or develop your own

Catalysts:

- Recruiter
- Animator
- Curator
- Mobilizer
- Organizer
- Talent Developer

Brokers:

- Matchmaker
- Connector
- Introducer
- Barrier Buster
- Biblio-therapist

Coaches:

- Doula
- Listener
- Conversationalist
- Mentor
- Facilitator
- Elder
- Healer

Creatives

- Community Artist
- Musician
- Choreographer
- Podcaster
- Filmmaker
- Maker
- Co-Designer

3. Set your reach

Where will you engage?



3. Select themes or topics to focus on

Choose from below or develop your own

Grief and loss

Learning

Friendship

Culture

Nature

Family/Parenting

Healing

Spirituality

4. Put it all together in a business card

Your name:

**Add an inspirational
quote or doodle:**

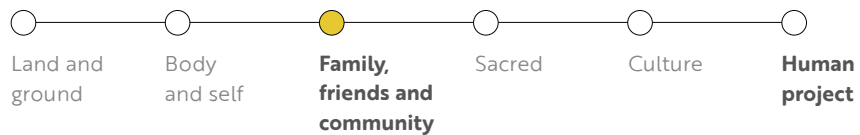
Title (Topic + Role)

Neighborhood Reach:

ARTEFACT 3

Every Day Greeting Cards

An example of connection to:



through the following cultural lever/s:

Frames & Narratives

INTRODUCTION

What moments matter? Lately, with pandemic lock-downs, many of us have been forced to slow down and live in the present. Without all the scurrying to and fro, we've been able to check-in with ourselves and others, to see how we're coping, and attune to the littler, but no less significant things.

Not just the usual events

Westerners are pretty good at recognizing and commemorating the big events of a “successful” life: graduations, marriages, promotions, births, and to some extent, deaths. Where we often have trouble is in acknowledging some of the moments of growth, loss, and struggle that feel less performative and more vulnerable.

In the Soulful City...

we'll have more rituals & language to help us respond to others' mental challenges, losses that affect our identity (relationships, jobs, abilities), as well as less-celebrated triumphs like being a reliable friend, imperfect parent, or aspiring neighbour.

Vulnerability as the new currency

Rather than stories, messages, and objects that prize achievement, productivity and power, what would it look like to whole-heartedly celebrate courage, learning, and connection?

The Soulful City...

will value vulnerability, humility, and openness as a kind of relational currency.

Every day milestones

What if we de-emphasized milestones that mark the fulfillment of traditional societal expectations? How might we recognize milestones that contribute to our personal and collective wellbeing?

In the card stores of the future, we might find sections like: Celebrating a new hobby, Finding purpose, Showing up, Making a contribution, Having courageous conversations, Thanking nature, Re-discovering ancestors, Witnessing loss, Being resilient, Taking first steps, Do overs, and more.

The Soulful City...

will mark some different milestones, encouraging all of us to take note of what those around us are up to with fresh eyes and open hearts.

PROVOCATIONS

Community card stand of the future



For aunts, uncles, grandparents, and friends who help with parenting

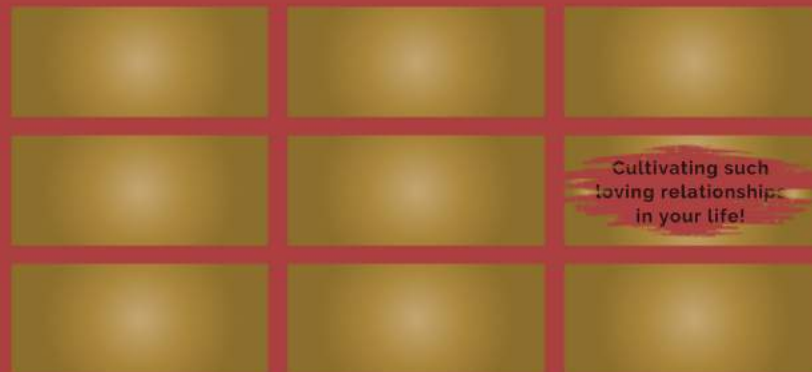
1





For diverse families

Congratulations on :



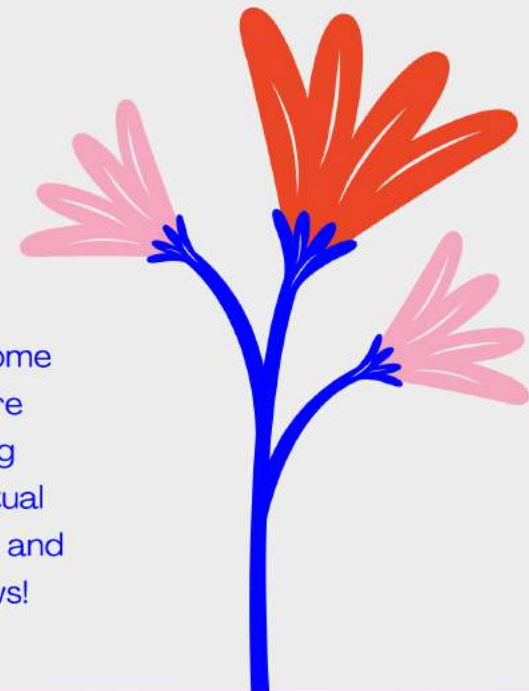
For finding spiritual practice

3



*Is it just me,
or are you
reaching a new
plane of being?*

*Seriously
though,*



*It's awesome
that you're
embracing
new spiritual
practices and
worldviews!*

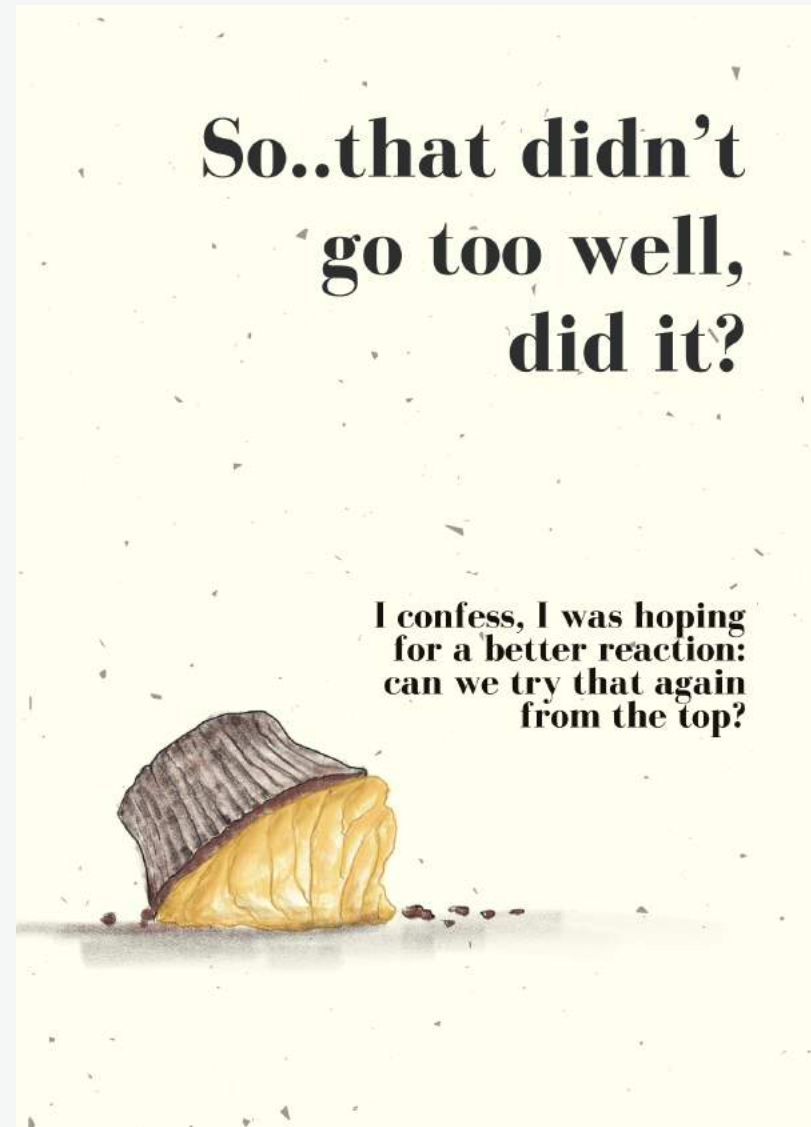
For learning traditions

4



For do overs

5



For relationship repair

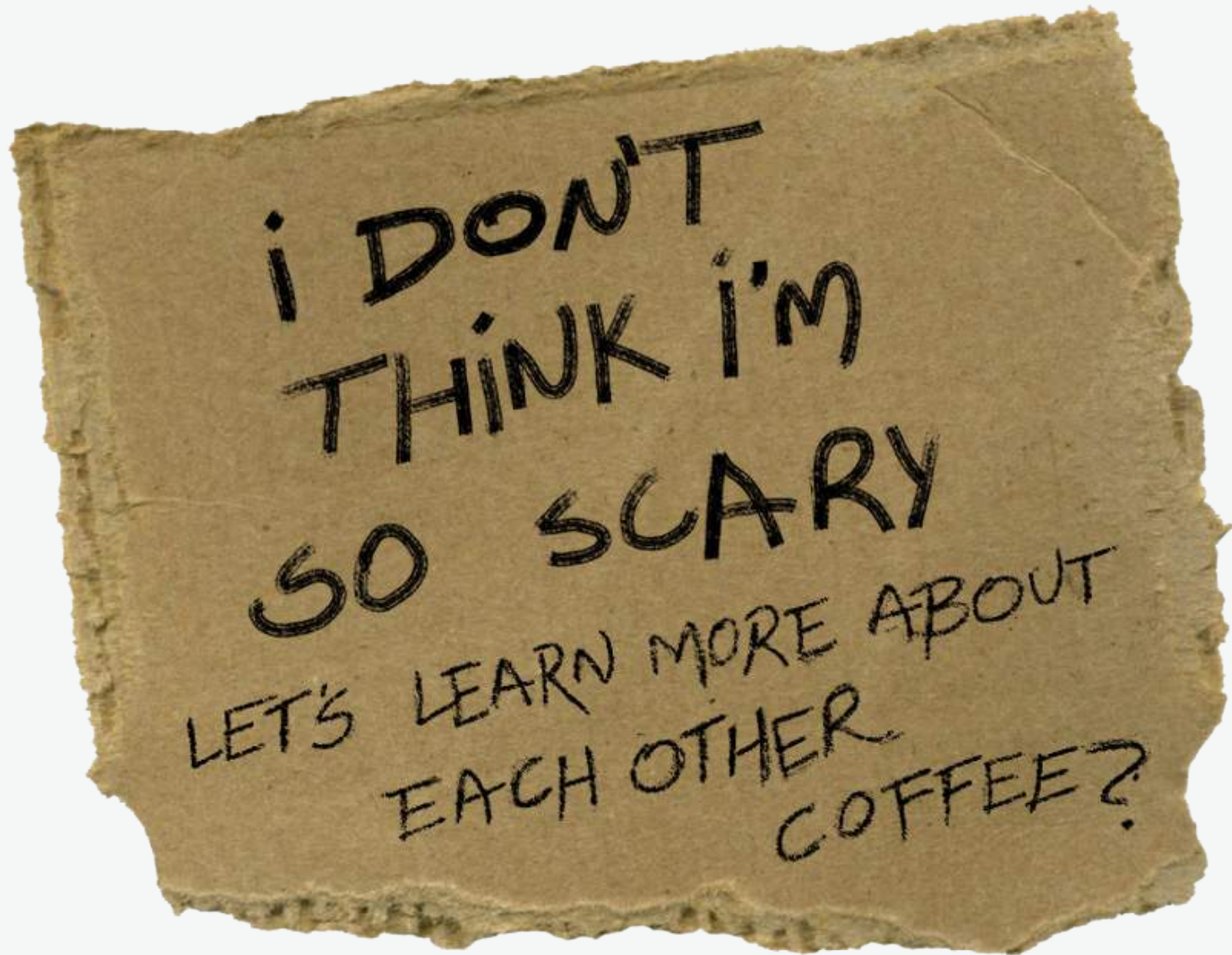
*At first, I was afraid,
I was petrified*

**BUT I GREW STRONG,
AND NOW I'M BACK
TO FACE THE MUSIC.**

**SORRY IT TOOK
ME SO LONG.**

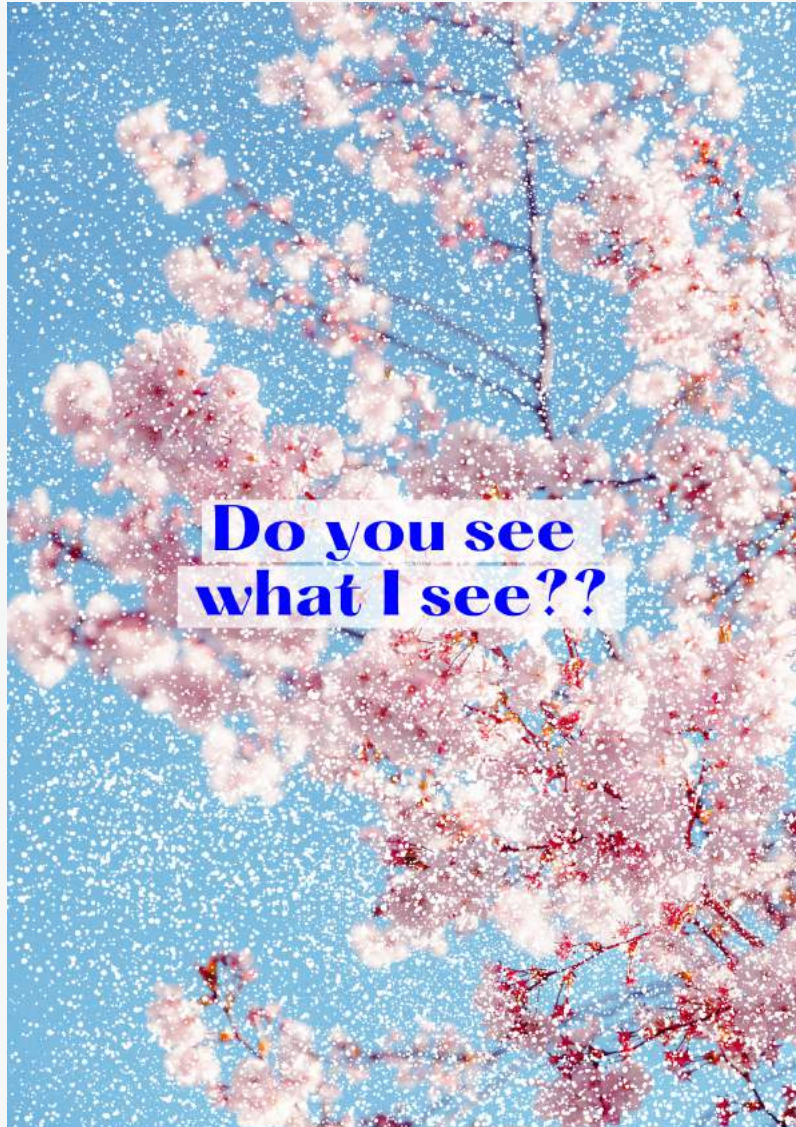
7

For a newly noticed neighbour



For appreciating beauty

3



INVITATION

Design your own greeting card

Cards can be more than a pricey gimmick: they can be an expression of care, a way to pause, reach outside yourself and recognize that life isn't just made up of commercialized holidays (think: Valentine's day, Mother's day) and socially prescribed events (think: weddings, births) but awkward, tough, lovely, and surprising moments. Commemorate a human moment with a homemade card.

1. Brainstorm the little and big life moments to acknowledge and share

Choose from below or develop your own

- Becoming single
- Living single
- Surrogacy
- Losing a job
- Getting a diagnosis
- Sharing traditions
- Finding a spiritual practice
- New neighbour
- Pet passing
- Loneliness
- Appreciation of beauty
- Relationship conflict
- Relationship renewal
- Beginnings...
- Endings...
- Messy middles

2. Choose a greeting card style

Choose from below or develop your own

- Funny
- Vulnerable
- Heartfelt
- Abstract
- Simple
- Straight-up
- Flowery
- Camp

3. Choose a recipient

Choose from below or develop your own

- Parent
- Neighbour
- Chosen family
- Hairdresser
- Child
- Stranger on a bus
- Peer
- Server
- Mentor
- Barista
- Estranged Friend
- Partner
- Facebook friend
- Ex
- Long term friend
- One that got away

4. Personalize

Get inspired by the sentence beginnings below or develop your own

- "I would be remiss not to..."
- "I hope that..."
- "You've been on my mind because..."
- "May you..."
- "In my heart..."

INVITATION

Design your own greeting card

Cards can be more than a pricey gimmick: they can be an expression of care, a way to pause, reach outside yourself and recognize that life isn't just made up of commercialized holidays (think: Valentine's day, Mother's day) and socially prescribed events (think: weddings, births) but awkward, tough, lovely, and surprising moments. Commemorate a human moment with a homemade card.

1. Brainstorm the little and big life moments to acknowledge and share

Choose from above or develop your own

2. Choose a greeting card style

Choose from above or develop your own

3. Choose a recipient

Choose from above or develop your own

4. Personalize

Get inspired by the sentence beginnings above or develop your own

INVITATION

Design your original greeting card

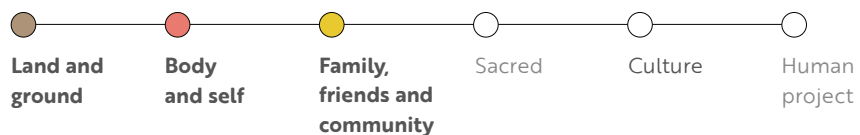
Write or draw your cover page:

Write or draw your inside page:

ARTEFACT 4

Home Ritual Recipes

An example of connection to:



through the following cultural lever/s:

Environment & Interactions

INTRODUCTION

Four walls and a roof overhead does not make a house a home. Fear, worry, loneliness, stigma, shame and boredom can cast a shadow over space, turning it from a refuge into a prison. When we focus on the acquisition of housing as the desired outcome (whether it's getting housed, moving house, or buying a house) we can lose sight of what goes into feeling safe, secure, respected, welcomed, grounded, and at peace.

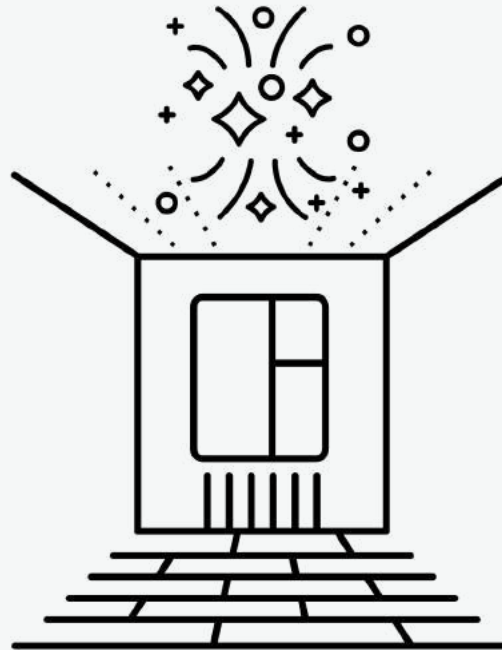
How, then, might we convert a house into a home? Alongside filling a house with furniture and food, rituals can imbue a house with belonging and meaning.

In the Soulful City...

Households - be they religious or secular - are setting their own rituals. They are going beyond every day practices like leaving shoes at the door to designing their own ways to crystallize intentions, bring neighbours together, foster healing, and forge stronger connections to their bodies and environments.



HOME RITUAL RECIPES



Make your house a home

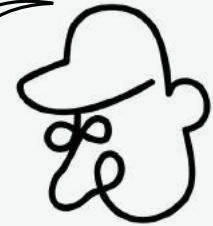
Feeling at-home is a beautiful aspiration, distinct from finding a house, or ending house-less-ness. Houses mostly come already built, but homes require assembly. Part of that elbow grease may be decorating a space according to one's tastes, needs, and budget. Another important activity that transforms a space into a home is the formation of rituals. And they don't have to cost anything.

In the Soulful City, we're mindfully creating rituals.

Looking back, many of us have memories of practicing a family or community ritual (maybe coming together for a holiday meal, or lighting a candle, or singing a song together) that we've come to realize, in adulthood, played a role in forming our sense of self and other. Though Edmonton is on a trend towards greater secularism, Soulful urbanites need not passively wait for someone else to share a ritual that stokes a sense of security, identity and belonging; they will consciously create their own!

BOUNDARY MARKERS

Rituals take us away from the mundane world and its distractions for a period. How will you demarcate the beginning and end of the ritual time?



INTENTIONS

Is the ritual a vehicle for transition? Relaxation? Belonging? Choose from seven broad categories of intentions that might be driving your ritual design.



TRANSFORMATION PRACTICES

What will happen during the ritual? This might be one action, or a set of actions. Rituals can be very simple or very complex (think secret handshake)! Maybe start simple and add complexity as desired over time.



Fill out the canvas to create your own ritual for conjuring feelings of at-homeness, however that looks to you!

BOUNDARY MARKERS

Boundary markers denote that we are going from the mundane to the meaningful. When the ritual occupies a specific physical space, the boundary is often crossed, literally, to enter that location. Even with rituals that don't have a physical dimension, we still find ways to show and say that we are entering the ritual.

EXAMPLES



Crossing the threshold of your home



Stepping onto a rug or mat



Sitting at a table



Changing clothes (e.g. from outdoor to indoor, work to leisure)



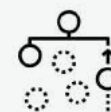
Cleaning an area by sweeping, wiping (to prepare for a ritual)



Taking a series of deep breaths



Standing, sitting, or kneeling in a particular position



Assembling (e.g. members of a household, or props)



Speaking aloud (e.g. announcing the start of ritual time)



Making a motion or gesture (e.g. bringing one's hands together)



Changing lighting (e.g. dimming a switch)



Uttering an invitation to self or others (e.g. "would you like to hold hands?")



Observing a particular time on the clock, or position of the sun/moon



Ringling a bell, turning on particular music, or playing some sound



Conducting an activity that releases a scent (e.g. grinding coffee beans)

INTENTIONS & TRANSFORMATION PRACTICES

SELF & BODY	THOSE YOU LIVE WITH	COMMUNITY	NATURE	OBJECTS	RE-BIOGRAPHING	INTEGRATION
-------------	---------------------	-----------	--------	---------	----------------	-------------

CONNECT TO THE SELF & BODY

Become aware of, and perhaps seek to change, one's own...

Sensations | Emotions | Posture | Breath | Thoughts | Intentions

EXAMPLE PRACTICES



Journaling



Baths & showers



Walks



Humming



Smudging



Free drawing or other
creative expression



Mind/body practice such
as tai chi, yoga, stretching,
breath work



Solo dancing



Meditation



Expressive sounds



Making a drink with
evocative scents,
textures, and tastes
(e.g. coffee, tea)

INTENTIONS & TRANSFORMATION PRACTICES

SELF & BODY	THOSE YOU LIVE WITH	COMMUNITY	NATURE	OBJECTS	RE-BIOGRAPHING	INTEGRATION
-------------	---------------------	-----------	--------	---------	----------------	-------------

CONNECT TO THOSE YOU LIVE WITH

Become aware of oneself through someone else's eyes, learn and re-learn about roommates, partners and family, improve household relationships.

EXAMPLE PRACTICES



Listening deeply



Cleaning together/
washing up



Reading aloud



Sitting or standing in
a circle



Meal times (opening or
closing meals with prayers,
poetry, song, statement of
gratitude, etc.)



A series of repeated
open-ended
questions to regularly
ask each other,
especially over a
meal

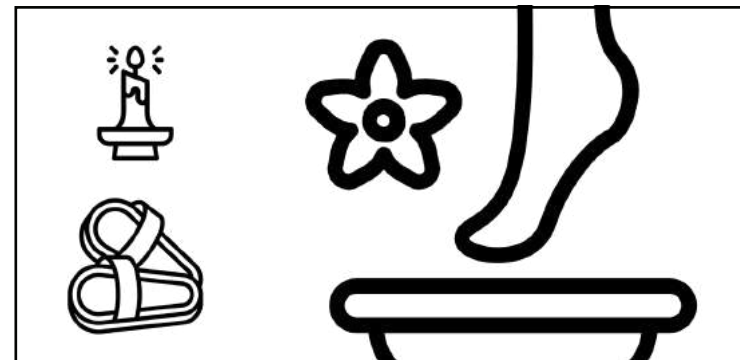


Preparing food or
drinks in a
customized way and
drinking together (eg.
tea, coffee)



Mirroring

RITUAL INSPIRATION SUBMITTED BY LENA A.



Every night Lena dims the bathroom light switch and lights a candle. She helps lower her mother into a chair that fits in their shower stall, and washes her feet before bed. As she washes them she says, "Thank you for your wisdom, Ma!" And her mother says "Thank you for keeping me on my toes, little one."

Sometimes they chuckle, and sometimes the moment feels solemn. Lena dries her mother's feet with care and puts her slippers on before helping her out again. The ritual brings humility, care, and gratitude alive in Lena's life.

INTENTIONS & TRANSFORMATION PRACTICES

SELF & BODY	THOSE YOU LIVE WITH	COMMUNITY	NATURE	OBJECTS	RE-BIOGRAPHING	INTEGRATION
-------------	---------------------	-----------	--------	---------	----------------	-------------

CONNECT TO COMMUNITY

Observe, meet, and get to know neighbours; strengthen networks of mutual support; feel belonging, solidarity, and reciprocity.

EXAMPLE PRACTICES



Greeting people & introducing oneself



Stepping onto a rug or mat



Sharing ingredients, food, baked goods



Gestures like smiling & nodding



Gift exchanges and stuff swaps



Holding an open house, open garden, front step



Extending invitations for a regularly timed neighbourhood walk and pet parade



Setting a regular time in public places (e.g. picnicking, having coffee on a park bench, smelling the blooms)



Learning & practicing different cultural traditions for greetings & showing respect



Weekly opening of doors and windows to clap, cheer, play music



Language learning & practice (languages relevant to a geographical or ethnic community of which you are a part)



Sending greeting cards to recognize holidays and neighbours' experiences

INTENTIONS & TRANSFORMATION PRACTICES

SELF & BODY	THOSE YOU LIVE WITH	COMMUNITY	NATURE	OBJECTS	RE-BIOGRAPHING	INTEGRATION
-------------	---------------------	-----------	--------	---------	----------------	-------------

CONNECT TO NATURE

Deepen one's relationship to, and awareness of, the rest of the natural world and the land on which one is living; feel awe.

EXAMPLE PRACTICES



Animal tracking



Backyard bird count



Nature journaling



Listening for the quietest bird



Returning to a particular outdoor setting in one's neighbourhood across seasons or at different times of day



Honing outdoor skills: tree and plant recognition, animal tracks, signs of weather change, bird or other animal calls, gardening



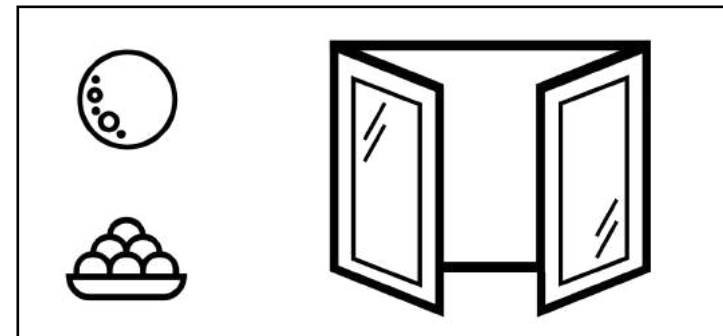
Indoor plant care



Learning astronomy/stargazing

RITUAL INSPIRATION

SUBMITTED BY MOHAMMED Q.



Jo, Mohammed, and Soriya, with her daughter Nguyêt, all live in apartments on the fifth floor. On nights with a full moon, Soriya and Nguyêt trot down the hall to Mohammed's at dusk, carrying a mini buddha and some fruit. Jo arrives, glass of wine in hand, wearing a long sweeping robe, and Mohammed welcomes them with delicious snacks. They all stand in front of the living room window, or on the balcony, and Jo addresses the moon. She talks about what's happening with the animals and the plants during that moon cycle, sometimes referencing a helpful nature guide she has. She always ends with, "Our cups over floweth!"

Mohammed then usually juggles some fruit, to much cheering, which Soriya offers to the buddha, arranging it nicely for him while giving thanks for what has happened that month. Mohammed grew up Muslim so he doesn't celebrate the full moon, only the new moon. He says his role is only to be the greatest host! Thirty minutes later, everyone is thanking Mohammed and taking leave. On the morning of the new moon, when leaving for work and school, each person puts a post-it on Mohammed's door, with their intention for the month. Nguyêt tells her school friends that the people who live on her floor are her Canadian family.

INTENTIONS & TRANSFORMATION PRACTICES

SELF & BODY	THOSE YOU LIVE WITH	COMMUNITY	NATURE	OBJECTS	RE-BIOGRAPHING	INTEGRATION
-------------	---------------------	-----------	--------	----------------	----------------	-------------

CONNECT TO OBJECTS

Meditating on the significance and symbolism of objects we keep around us. Used as a way to gain clarity on other valued aspects of our lives: relationships, beliefs, emotions, and desires.

EXAMPLE PRACTICES



Burning sweetgrass or cedar to cleanse one's space



Decorating (inside one's home and out)



Arranging collections



Repairing & mending



Cleaning, polishing treasured objects and spaces



Creating a home for the object (niche, shrine, mat/rug, urn, box, tableau on mantel or shelf)

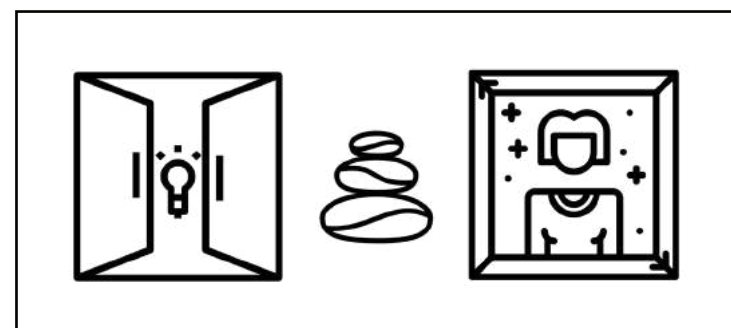


Exploring the object with your sense (smell, touch, sight, taste, hearing)



Talk to the object and what it represents

RITUAL INSPIRATION SUBMITTED BY SANDRA Z.



When Sandra walks across the threshold of her new apartment, the first thing she does, standing on her welcome mat, is reach out to grasp the smooth stone on the shelf that sits opposite her door.

She stands there, eyes closed, grasping the stone and conjuring up the face of her mother, and the memory of her mother's embrace. She does this while inhaling, and she imagines herself breathing in the earthy, spicy, smell of her mother.

After she exhales she opens her eyes, and says aloud, "I am home." The ritual reminds her of who she is, where she comes from, and that she is not alone. In that moment, she is reminded that she is connected to physically absent loved ones.

INTENTIONS & TRANSFORMATION PRACTICES

SELF & BODY	THOSE YOU LIVE WITH	COMMUNITY	NATURE	OBJECTS	RE-BIOGRAPHING	INTEGRATION
-------------	---------------------	-----------	--------	---------	----------------	-------------

RE-BIOGRAPHING

Telling a new story of self in place, to affirm a new self-image; conjuring up a desired future self, and imagining the journey to that new self, as a way of bringing that new self into being and overcoming barriers.

EXAMPLE PRACTICES



Affirmations & mantras



Self-portrait drawing



Grooming



Journaling



Tying a tie, getting dressed with care



Listening or dancing to a song to achieve a positive emotion

RITUAL INSPIRATION SUBMITTED BY HARRY L.



Harry is housed for the first time after eight years on the street. Every Sunday, he makes the buns that he learned to make at the community kitchen, and which he will deliver, one-by-one, to the growing list of people he knows in his new neighbourhood.

Before he bakes, he burns a little sage to cleanse his kitchen. While he bakes, he listens to his favourite music quite loud, and dances a little to put some power behind his kneading action. The ritual is a celebration of the aspect of home that Harry values most: a kitchen where you can feed the people you love.

INTENTIONS & TRANSFORMATION PRACTICES

SELF & BODY	THOSE YOU LIVE WITH	COMMUNITY	NATURE	OBJECTS	RE-BIOGRAPHING	INTEGRATION
-------------	---------------------	-----------	--------	---------	----------------	-------------

INTEGRATION

Making a coherent whole from parts such as bringing one's various identities together into a single self; or, in a larger household or multi-unit building, seeing a collection of people as a single tribe, family or unit, despite differences.

EXAMPLE PRACTICES



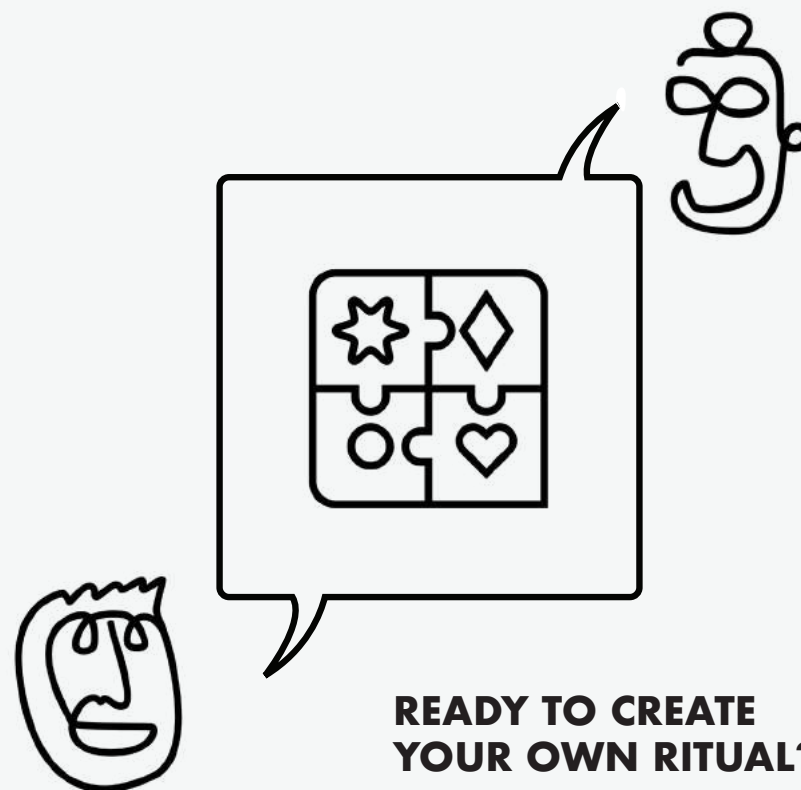
Metaphors (ways to explain the connection between disparate experiences or members of the household)



Naming (giving a household a team name)



Co-creation (producing artefacts that show relationship of parts to a whole or represent working together)

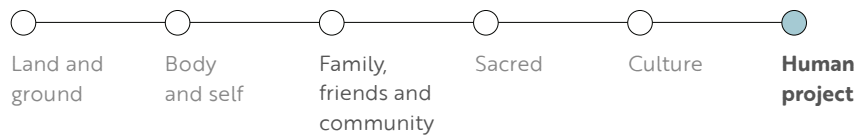


<p>1. What is the name of your ritual?</p>		
<p>2. Choose your boundary marker(s)</p> <p>Opening:</p> <p>Closing:</p>	<p>3. Choose your intention(s)</p>	<p>4. Choose your transformation practice(s)</p>
<p>5. Describe your ritual</p> <p>When will you do it? Are there specific steps?</p>		

ARTEFACT 5

Tickets for Wellbeing

An example of connection to:



through the following cultural lever/s:

Incentives

INTRODUCTION

One of the most visible interactions in cities is ticketing. Tickets punish “bad” behaviour; they are meant to both set wayward folks straight and set a public example. Only, too often, how tickets are given spawns shame and stands in the way of healing. What if tickets served a different purpose: triggering moments of care, concern and connection?

Currently, the City of Edmonton instructs its officers to enforce bylaws to “protect the health, safety and welfare of citizens by promoting compliance with our community standards...” Officers are trained in compliance, but what about discernment? When does a ticket actually reduce the health, safety, and welfare of citizens?

For many Edmontonians, especially those who already face a lot of stigma - who are without houses, who struggle with mental and physical health, and who are suffering from trauma - tickets come so fast and furious, it's dizzying. Many of those tickets are for behaviour the

recipient doesn't have the resources to address or change. Receiving a ticket, in this context, only serves to turn small offenses into bigger, more costly problems, and takes us further away from addressing the root causes of social challenges.

How could ticketing spur two-way learning, enabling enforcers to better understand the context that led to the behaviour, while connecting receivers to the compassion and resources they need for growth and change?

**Mixing compassion and creativity
with enforcement to produce a richer
and deeper sense of collective
responsibility makes dollars & sense.**

When we consider that each ticket puts in motion a chain of events that cost public systems an average of \$2000, or that a warrant is put out for the arrest of every individual who fails to pay a ticket on time (with the exception of speeding tickets), or that once arrested, the public expends \$60,000 per person per year for a stay in jail, many of us might be wondering how we could simultaneously decrease costs and increase healing.

In the Soulful City...

ticketing will become an opportunity for empathy and connection. Ticketing interactions won't be these awfully unpleasant encounters, but rather, foster understanding and reflection. Enforcers will stop to learn about what's leading a person to break a bylaw, and where relevant, offer resources and supports.

In the Soulful City, tickets won't just punish bad behaviour. Tickets will also recognize and positively reinforce behaviours that enrich community, demonstrating mutuality and conviviality.

PROVOCATIONS

A bylaw ticket of the future

For general purpose

The interaction

Soulful City officers receive training to ask open-ended questions and listen carefully to understand and gain insight. Where sensible, they work collaboratively with the recipient to imagine what could have happened differently, and what would have needed to be in place to produce behaviour that would have better satisfied the needs of everyone involved.

The outcome

An interaction with the potential to produce a sense of understanding, connection, and helpful help.

A ticket that produces useful data to support healthier behaviours, and effective enforcement in future.

See the ticket on the next page ----->

A 98463521 R

BYLAW OFFENCE TICKET

FOR OFFICER USE ONLY

BEFORE TICKETING, PLEASE FILL OUT THE FOLLOWING:

WHAT SORT OF DAY IS THE PERSON YOU WANT TO TICKET HAVING?

WHAT WERE THE CIRCUMSTANCES OR CONTEXT AROUND THEIR BEHAVIOUR?

ARE THEY WELL?

WHAT DO THEY THINK MIGHT HELP THEM TO OBSERVE THIS OR OTHER BYLAWS IN THE FUTURE?

WHAT ACTIONS HAVE YOU TAKEN TO DECREASE THE LIKELIHOOD THEY WILL REPEAT THIS OR OTHER BYLAW INFRACTIONS?

HOW CAN YOU FIND THEM AGAIN TO PROVIDE FUTURE SUPPORTS?

A 98463521 R

BYLAW OFFENCE TICKET

On or about

_____, 20____ At or near _____

DATE

PLACE

Dear recipient,

You are receiving a ticket for behaviour counter to

INSERT BYLAW

We have discussed what led to this behaviour with you, and collectively decided on the following course of action to avoid future tickets:

To support you to take this action, we are providing:

We will record our interaction for other officers' reference.

"Yes, I, _____, have been listened to and heard."

☐ I KNOW HOW TO AVOID BREAKING THIS BYLAW IN FUTURE

☐ I DO NOT KNOW HOW TO AVOID BREAKING THIS BYLAW IN FUTURE

SIGNATURE

PRINT NAME

Nº

For drinking alcohol in public

The interaction

1) Officers recognize that drinking in public may be because folks have no where else to go, have little income, and might be living with addiction.

2) Officers explore what might best meet the drinker's needs: a safe space for drinking, an opportunity for purpose, and/or recovery support. For those in need of a safe space, the officer might make drinkers aware of local watering holes. For those interested in purpose, the officer might direct to the "work for beer" sites (modeled after the City of Amsterdam), where folks can help clean-up local parks in exchange for low-alcohol beer. For those seeking a change in their drinking patterns, the officer might make a personal introduction to a Recover connector.

The outcome

People gain resources to safely drink or curb their drinking; they feel less frustration and shame, and avoid expensive fines and possible jail time.

1

A 98463521 R

LIQUID COURAGE
CANADA
Province of Alberta

Part 1

On or about _____, 20 ____ At or near **Edmonton**
date place in Alberta

We're sorry, but you can't drink here. You have three options:

Looking for a place to drink in peace?
Here's where you can be (neighbourhood specific list on reverse side)

Looking for work?
You can have a beer on us -- in exchange for joining our public spaces clean-up crew. We pay in yummy lunches and dinners, served with beer. Be at one of the parks listed on the reverse side at 9am, Monday to Friday.

Thinking about making a change?
Book a time with our Recovery Connector to consider a wide range of options.

Complainant Signature

Print Name

Nº

For sleeping in public

The interaction

1) Officers acknowledge that sleep is a basic human right and critical for the maintenance and restoration of health, coping with physical pain, and making good decisions.

2) Officers first seek to discover whether the individual has a healthy way to get regular, sufficient, good quality sleep, and offer immediate and ongoing supports to those who don't.

The outcome

People find places, routines, and other tools to improve their quality and quantity of sleep, and avoid fines and jail time for being really tired.



For loitering and other behaviours related to being in the wrong place at the wrong time

The interaction

- 1) Officers identify films that touch on themes of belonging and connection (especially from different cultural perspectives) and buy up tickets to those films, creating a quota of tickets to give away in time for certain screenings.
- 2) Officers identify a segment of people who are in contravention of bylaws, likely because they don't have other places to be.

The outcome

- 1) Officers meet an unmet need, reducing the potential of disruptive behaviour in a compassionate way.
- 2) Officers are incentivized to exercise curiosity about what is motivating people's unwanted behaviour.

Redeemable for a feel-good film. We recommend it so highly, we bought you a ticket. In return, we ask that you enjoy yourself.

OMG, YOU HAVE TO SEE THIS MOVIE!

**CINEMA TICKET
NO. 0239283**

**HEAD TO A CINEMA NEAR YOU
TO REDEEM YOUR TICKET!**

After the show, ask the ushers about a **post-film chat group!**

Our partners are running them at a number of theatres across the city. Draw out the magic of the movies a little longer!

For recognizing positive contributions to neighbourhood harmony

The interaction

- 1) Officers notice community members who make a positive contribution by spontaneously stepping into a deescalation role.
- 2) Recognized individuals are invited to join a city-wide network of neighbourhood mediators and de-escalators to hone their craft and provide mutual support; and, get a shoutout over the City's social media.

The outcome

Tickets are used to reinforce and support pro-social behaviour rather than just call out negative behaviours. Citizens are exposed to a narrative that they have a role to play in promoting a harmonious community.

**Your
deescalation
chops have
been noticed!**

Thank you for your kind and empathetic intervention.

The City of Edmonton would like to give you a shout-out for the helpful role you played today.

We're really inspired by citizens who are acting to create a greater sense of connection with others.

- ☐ Can we take your photo and use your social media handles?
- ☐ Would you like to be introduced to a dynamic network of Edmontonians playing volunteer mediation and deescalation roles in their neighbourhoods?



For recognizing ingenuity

The interaction

1) Officers notice community members who are finding ingenious ways to problem solve or bring joy in the spaces they occupy, especially those working with fewer resources.

The outcome

Tickets are used to reinforce and celebrate a wide-ranging use of creativity and ingenuity to navigate difficulty and/or spread joy.



WHAT AN UNEXPECTED DELIGHT!

INGENIOUS!

RECOGNITION OF INGENUITY

Thank you for gifting your creative and generous spirit to your community. You are enriching the experiences of those around you!

The attached ticket stub will be entered into a lottery for a series of micro-grants to support the creative endeavors of community-minded Edmontonians like yourself.

The City of Edmonton thanks you!

18.12.2032

STUB

NAME:

PREFERRED CONTACT:

Create your own ticket

Tickets are one-way punishments for stepping outside of social bounds. But, what if they were two-way moments to express care or appreciation? How might a ticket be re-conceptualized to enable connection as opposed to disconnection and shame?

2. Brainstorm implications

Choose from below or develop your own

- Gratitude
- Recognition
- Resources
- Material support
- Emotional support
- Invitations
- Learning

1. Choose an approach to a behaviour

Choose a prompt within a category or create your own within a category

Behaviours to recognize

What behaviours promote individual & community wellbeing?

- Neighbourliness
- Friendliness
- Creativity
- Conflict deescalation
- Civic engagement

Behaviours to discourage

What behaviours undermine individual & community wellbeing?

- Public defecation
- Vandalism

Behaviours to reframe

What behaviours are misunderstood, stigmatized and moralized?

- Drug possession
- Public sleeping

3. Write the ticket

Full template on next page

5. Imagine the interaction

Who spots the behaviour and gives the ticket, when and how? Describe the step-by-step process through a storyboard.

Storyboard on next page

Your ticket**Behaviour****The Implication**

Tip: Consider including multiple options!

The interaction**Step 1:**

Drawing:

Notes:

Step 2:

Drawing:

Notes:

Step 3:

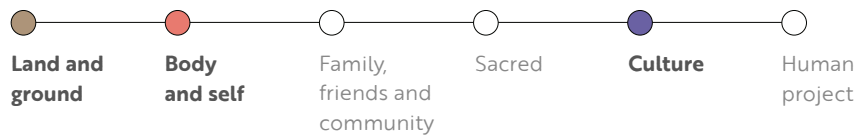
Drawing:

Notes:

ARTEFACT 6

Next Etiquette

An example of connection to:



through the following cultural lever/s:

Routines & Rituals

INTRODUCTION

Soon after exiting the womb, we are socialized to act. Institutions -- from family to schools to religion to the media -- explicitly and implicitly tell us what we should say and do. Too many of these institutions are steeped in dominator culture. How might we act in a Soulful City rooted in anti-oppressive values and practices? What could guide what we say and do, and how we are in relationship with each other?

For White women of the roaring twenties, navigating voting rights and sexual liberation, Emily Post's etiquette advice and training set the rules of decorum. Fifty years later, Miss Manners' tried to modernize etiquette, disabusing it as an artifact of the moneyed class, and rescuing it from being a relic of a bygone era.

Soulful society starts with a different premise: interdependence. We are lost relatives in need of story, ceremony, and ritual to respectfully interact. Rather than accept the distance imposed by politeness, we embrace the intimacy afforded by kindness and compassion.

Only it is. Let's put classist etiquette to bed -- along with the idea of properness, appropriateness, and rightness. There is no one way to be. Polite society starts with the premise of separateness. We are savage strangers in need of rules and regulations to safely interact.

Miss Manners' etiquette

“An indispensable manual to navigating life from birth to death without making a false move. Your neighbor denounces cellular telephones as instruments of the devil. Your niece swears that no one expects thank-you letters anymore. Your father-in-law insists that married women have to take their husbands' names. Your guests plead that asking them to commit themselves to attending your party ruins the spontaneity. Who is right? Miss Manners, of course.”

Judith Martin, Miss Manners' Guide to Excruciatingly Correct Behavior

Soulful City protocol

An indispensable manual to being in relationship with this world from birth to death and making moves -- some forwards, some backwards, and plenty sideways. Your partner wants to have a courageous conversation. Your auntie is dusting off family folklore and sharing long-forgotten herstories. Your rough-around-the-edges neighbour is inviting you for a coffee. The old tree in your front yard is extending its arms. How to show up with kindness? By embracing *Our Relations*, of course.

From...

Miss Manners'

Guide to
Excruciatingly
Correct Behavior



FRESHLY UPDATED

JUDITH MARTIN

Illustrated by Gloria Kamen



W. W. NORTON & COMPANY NEW YORK · LONDON

To...

Our Relations

Guide to
Wonderfully
Holistic Behavior



FRESHLY UPDATED

CROWDSOURCED FROM
LOCAL WISDOM

From...

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AND MAKING LOVE

INVITATION**Add to 'Our Relations' protocol****Part 1: Add a story or personal practice to 'Our Relations' that exemplifies ...**

Nurturing children	Land acknowledgments	Self location	Deep listening	Cultural humility	Saying 'What If' and 'Yes And'
Embracing that it takes a village to raise beautiful humans	Bringing an awareness of indigenous presence and land rights in everyday life	Naming power & privileges, ancestry & background, lived experiences & perspectives	Listening from a deep, receptive and caring place, absent judgment	Being oriented to learning about others and committed to redressing power imbalances	Opening up to multiple possibilities and embracing the grey over black and white

INVITATION**Add to 'Our Relations' protocol****Part 2: Ask a question to the 'Our Relations' crowd about ...**

Nurturing children	Land acknowledgments	Self location	Deep listening	Cultural humility	Saying 'What If' and 'Yes And'
Embracing that it takes a village to raise beautiful humans	Bringing an awareness of indigenous presence and land rights in everyday life	Naming power & privileges, ancestry & background, lived experiences & perspectives	Listening from a deep, receptive and caring place, absent judgment	Being oriented to learning about others and committed to redressing power imbalances	Opening up to multiple possibilities and embracing the grey over black and white