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Mutual transformation comes out of what genuinely resonates between people.

For example, I am a birder, and when I discovered one of the newcomers at Kinbrace appreciated birds, we started going birding together. I was able to introduce him to birding areas in BC lower mainland. He told me stories about growing up in his country and the birds. Eventually this shared birding experience ended (he got his work permit and started working 16-18 hours a day to support his family, and I moved further away to a different city). We still stay connected by text message, but we don't have expectations that we will connect to go birding in this season of our lives. Mutually transformative relationships don't have to be artificially prolonged.

**Thank you
for attending!
Join us next time.**

25 Mar 2023

Welcome

22 Apr 2023

Mutual Transformation

17 Jun 2023

Celebration

14 Oct 2023

Trust

02 Dec 2023

Prayer

Mutual Transformation

Take-home wisdom*



*Becoming
Neighbours*

Designed and facilitated by
Kinbrace and Worn Words
Instagram: @becoming_neighbours

Workshops

Becoming Neighbours

*courtesy of Kinbrace staff

1

Labels and seeing each other as 'refugees' or 'citizens' blocks transformation.

I work to see people for who they are--more than their migration status.

Let's remove the labels as quickly as possible!

2

Mutual transformation is about time and presence.

In a sense, it's simple: you prioritize being present to the other person. Across time. Despite discomfort.

3

Mutual transformation is an openness to receive:

People who want to be generous can feel uncomfortable asking for help. You think of yourself as having privilege or power. But something mysterious happens when we ask for help: showing your own need can balance the power imbalance.

5

When we become aware of how we are being changed in a relationship, it can help us to become more aware of how we are asking others to change too.

4

Mutual transformation happens when we lose the lens of victimhood.

Once, I was helping a refugee claimant with their claim, and their story was really difficult. My day had been hard, but not bad in comparison. I started to tear up. They invited me to share my story. In sharing my pain our relationship deepened and became more mutual.

6

Mutual transformation sounds like a big concept, but it happens in ordinary moments.

For instance, in my role I spend a lot of time driving with people picking up furniture. I talk about my favourite car; I ask what kind of car they used to drive. Mutual transformation isn't the goal—it just happens as we spend time together.