

The Expectations

As a Lab Rat, you are committing to explore this topic openly and honestly. You will share how this topic has personally impacted your life and will spend several weeks researching the topic through a variety of new and diverse lenses. As our Lab Rats meet, your journey will be recorded and shared with our wider community—serving as our guides throughout the process. This is a unique opportunity to share a rich experience with both an intimate group and a broader community.

You will be participating in an introductory Zoom call and four meetings that will take place over a two to three month period. You will be researching information related to how society has arrived at our current beliefs on this topic and what impact those beliefs have had. And you will be creating and presenting your own creative artistic piece related to the topic.

Once our Lab Rat meetings are concluded, our behind-the-scenes team will begin editing and preparing this material for our community discussions. You are invited and encouraged to participate in both these online and in-person discussions.

The Process

✓ Confront

Let's start with what we know... or what we think we know... by examining what we currently believe and what our personal experience has been with this topic. Understanding where we are is the first step in the process.

✓ Deconstruct

Let's deconstruct where our views of this topic come from. How did we get here? What historical, social, religious events and traditions have led to our current views on the topic? And what impact have these traditions had on our society?

✓ Reframe

Let's try to reframe things with an exercise that forces us to look at the topic from a new perspective. Often we are trapped looking at something from within our own box. Figuring out how to see beyond this box is vital to growth.

✓ Rebuild

With the goal of placing radical love at the center, and armed with our new awarenesses, let's rebuild our understanding and obligation to the topic. Where do we go from here using the truest form of love?

FREQUENTLY

Asked Questions

Where will meetings take place?

Meetings 1, 2, and 4 will take place on stage at Canvas Church. We will be recording these meetings using the in-house cameras. Meeting 3 may or may not take place at Canvas depending on the planned exercise, which is specific to each topic. You will receive necessary information regarding Meeting 3 at the appropriate time.

How long will meetings last?

Each meeting will take approximately 3 hours. This allows for set-up of the space, tech checks, the meeting, and break-down of the space.

What is the format?

Each meeting will be moderated by Ken Chan. For meetings 1, 2, and 4, the Lab Rats will participate in a traditional panel discussion led by Ken. Meeting 3 will be its own thing and could take any type of format from field trip to group exercise.

What kind of homework can we expect?

Following meeting 1, and in preparation for meeting 2, Lab Rats will be assigned research that will delve into the history and impact of the topic. Some specific resources will be assigned but others will be the Lab Rat's responsibility to find and contribute. Following meeting 3, Lab Rats will be assigned a creative project that could include anything from creative writing to mixed media art that they will present at meeting 4.

Do I have to be a Lab Rat for the next topic?

No. You are agreeing to participate as a Lab Rat for this one specific topic. If interested in future topics, you will need to resubmit a Lab Rat interest form for each topic that interests you.
