

# Nest City Book Club Guide

A Nest City Social Habitat is a social space where we explore three things simultaneously: how to make city habitats that get us where we want to go, how to practice being citizens who serve cities, and how to 'fly' in ways that allow our cities to serve citizens. These three things form The Nestworks, a model that enables the emergence of possibilities, clear purpose and priorities, and skilful implementation (what we will do and how we will do it).



When you meet as a group, you may find the **Nest City Social Habitat Guidelines** helpful—yours to download for free at [www.bethsanders.ca/resources](http://www.bethsanders.ca/resources).



## how to use this guide

This is a place for readers to contemplate the questions at the end of each chapter: the Nest-Making Practices. Use the space provided to make some notes, write an idea out, or doodle. You are giving yourself time and space to integrate the materials you have read.

### Reflect on your own

This is time and space for you to integrate the material you have read, and see what resonates, or does not resonate, for you. Explore the questions that catch your attention, or invent new questions.

### Reflect with a group

This is time and space for you, along with fellow city makers (colleagues, neighbours, friends, family or people you don't know) to integrate the material you have read. Explore the questions that catch your attention, or invent new questions.

### Reflect on your own and with a group

Perhaps you like to reflect on your own before jumping into conversation with others. Use this workbook to gather your thoughts and reactions before joining in with others. Two colours of ink? Or have two different versions of the workbook? Whatever works for you.

### Start with the foreword, preface and introduction

Start with reading the three short pieces at the beginning of Nest City and decide how fast you want to read and reflect on the book. How frequently do you want to meet? How much material do you want to have read each time? What agreements do you need to have with each other at the beginning to ensure a good quality social habitat for your learning journey, alone and together?

# Foreword, Preface + Introduction

## Self

What resonates with me? What commitment am I prepared to make to read this with others? What sort of schedule will work for me?

## Other

What is resonating for others? What commitments are they making to read this as a group? What schedule will work for the group?

## City

What is happening in our city (or cities) right now that has my attention?

## Care

What agreements do we need to have with each other about this learning journey? Do the [Nest City Social Habitat Guidelines](#) work for us, or do we need to make some adjustments?

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# 1 Cities are a Survival Skill

## Self

What do I think, make and do? What do I offer to others with my work (paid or unpaid)? What is the work I do with love?

## Other

What is the work of others around me? Who loves the work they do? Who does not work with love? How does love of work affect what they offer to me and others and the city?

## City

On the whole, what does the city offer to me as a citizen? What does it offer for all of us?

## Care

In what ways does the work I do care for others? How does the work care for me?

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## 2 The City Habitat is a Collective Endeavour

### Self

What do I appreciate in the city around me? What brings me joy? What improvements do I see are needed in the city around me? How does my experience of the city, the joy and improvements, shape my work in subtle or dramatic ways? What is the work I long to do?

### Other

What work are others doing to bring me joy in my city? What work are they doing to improve the experience of city life? How are they organizing themselves?

### City

What efforts does my city make to bring the four voices (civic institutions, city builders and developers, civic organizations and citizens) together to help the city see itself? What are we collectively called to respond to?

### Care

What support do I need to allow honest feedback? What do others need? What does my city need?

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## 3 Cities are Evoluntary Systems

### Self

In what ways do I practise expanding my evolutionary intelligence? What systems am I part of in my city? How do I nourish my relationship with these systems?

### Other

What parts of my city are alive with possibility? What nourishes that possibility? How do I connect with the systems of the city?

### City

In what direction do different city systems want to go? In what direction does my city want to go as a whole?

### Care

In what ways does my city care for itself? In what ways do different city systems look after each other's needs?

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## 4 Planning is Work that Serves the City

### Self

In what ways do I engage with the planning of the city? How do I see myself as a city planner?

### Other

In what ways are others pulling the city in a different direction from where I'd like to see the city go? How are other ideas the same and different from mine?

### City

What are the values embedded in the city's formal plans? Do they align with what I value? Do they align with what I sense citizens are looking for?

### Care

In what ways do I ensure I am an "instrument in good working condition", to serve the city as my best "me"? How does the city support citizens to show up as their best selves?

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## 5 Destination: We Are Adrift and Alive

### Self

What is my significant, or intrinsic, purpose? How am I fundamental, or instrumental to the city?

### Other

What exciting work do I see in others? How are they, as people and their work, building blocks for the city?

### City

What purposes are alive in me and my city? Into what new purposes am I and my city expanding?

### Care

What support do I need to be honest with myself? What do others need? What does my city need?

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## 6 Journey: Messy and Uneasy

### Self

What do I notice in myself right now? What am I itching to improve? What tensions do I experience in the city and how do they cause me to grow?

### Other

What do I know about how others experience the city around me? How is my experience the same as and different from theirs?

### City

How does my city create social habitats that allow us to explore the diversity of tensions in the city? Do we ignore tension? Do we rely on others to fix what needs improvement? How do we pay attention to what is not working, and needs our attention?

### Care

What support do I need to notice tensions in myself? What does my city need to embrace tensions in healthy ways?

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## 7 Emergence: Thresholds of (Un)Known Possibility

### Self

What practices create the conditions for me to see possibility in my life? What are the possibilities I see right now?

### Other

What relationships do I have that fuel possibility in me and other(s)?

### City

What prototypes are performing new possibilities in my city?

### Care

What support do I need to be able to see possibility, rather than what's wrong? What do others need? What does my city need?

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## 8 We Are City Makers

### Self

What am I courageously smitten with? Is it an idea, a project, something tangible or intangible? What has got its hooks in me?

### Other

What are others courageously stepping into? What am I courageously stepping into with others? Where am I serving my city with others? In what ways?

### City

Who does my city want to be? What ideas keep popping up? What are the new ideas looking for attention?

### Care

What support do I need to be courageously smitten, to allow something to get its hooks into me? What support do others need from me? What do I need from my city?

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## 9 We Are Evolutionary Agents for the City

### Self

What does the evolutionary agent in me long to do to shape my city? (Don't forget: The evolutionary agent might be looking for small things to do.)

### Other

What are the qualities of physical places that encourage healthy interaction among us?

### City

Where are new social and physical habitats emerging in my city?

### Care

What makes me feel mentally, emotionally, physically, and spiritually amazing: my true Self?

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# 10 We Ride the Winds of City Emergence + Bird's Eye View

## Self

In what ways do I engage in inquiry?

## Other

In what ways do I engage in inquiry with others? What do I see the same and/or different when I collaborate with others and a shared vision emerges?

## City

As a city, in what ways do we inquire about the well-being of the city? What supports do we need, as a whole city, to inquire about who we are and where we want to go?

## Care

What support do I need to engage deeply in inquiry? What do others need and how can I support them? What does my city need to courageously inquire about itself?

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