The Kingstowne Communion: 10th Birthday Story Project

Participant Guide

We're creating a 10th Birthday video to celebrate what God has done and is doing through The Kingstowne Communion. We're not looking for "perfect." We're looking for honest moments, real feelings, and specific stories.

You'll have about 10 minutes. Most people will share one main story (30–90 seconds) plus a couple of short "lightning" answers.

What We're Hoping For

Please:

- Share one clear story or moment
- Be specific and honest
- Speak from your heart, not a script

Please avoid:

- Reading from a page
- Trying to cover everything about your time at Kingstowne
- Long theological essays or mini-sermons

Step 1: Choose Your Prompt

Pick **one main prompt** to focus on *(please share this on the sign-up, too)*:

Big Picture

1. In your own words, why does the Kingstowne Communion matter to you?
2. Tell us about one moment when you realized the Kingstowne Communion was different from other experiences you'd had with church.
3. Finish this sentence: 'Kingstowne is the kind of church where…'

Courageous Conversation

4. Share a time when you felt safe to ask hard questions, be honest about doubt, or share something vulnerable at Kingstowne. What happened, and how did that change you?
5. Tell a brief story about a courageous conversation you experienced here that has stayed with you.

Creative Community

6. Describe a Kingstowne worship service, event, or gathering that felt especially creative, surprising, or meaningful. What was happening, and why did it matter to you?
7. Share a story of when you went from feeling like a stranger to feeling truly known at Kingstowne. Who or what made that shift happen?

Collaborating for the Common Good

8. *(For Partners/Collaborators)* How has partnering with the Kingstowne Communion impacted the work you do in our community?

9. Tell us about a time you saw Kingstowne really engage with and invest in the community in a profound way. What did you see, and how did it make you feel?
10. Finish this sentence and tell us a story: 'At Kingstowne, solidarity looks like…'

Past/Present/Future

11. Tell the story of how and when you first got connected to Kingstowne. What was going on in your life then, and what did you find here?
12. How is the Kingstowne Communion shaping your faith or your life right now?
13. What is your prayer or hope for the Kingstowne Communion over the next 10 years?

Lightening Prompts (for Everyone)

During your recording session, you may also be asked some short "lightning" prompts about 5–15 seconds each *(which are also **great opportunities to get kids involved**)*, like:

- Kingstowne Communion matters because…
- One word I'd use to describe this church is…
- I've seen God at Kingstowne when…
- Kingstowne helped me to…
- At Kingstowne, I feel closest to God when…

Step 2: Prepare (Without Writing a Script)

Before you come to record:

1. **Pick your prompt** *(one from above).*

2. Think of **one story or moment** that answers it.

3. Jot down **3–4 bullet points only**, not full sentences. For example:
    - "first Sunday back in church in a long time"
    - "someone remembered my name"
    - "invited me to serve"
    - "finally felt like I belonged"

4. **Practice once out loud** (in the car, shower, etc.). Aim for **30–90 seconds**.

5. Let it be **real, not polished**. It's okay if it's a little messy; that's where God shows up.

Step 3: During Recording

We'll guide you through it. When you arrive:

- We'll get you settled and test audio/lighting.
- We'll remind you of your prompt and may ask one or two gentle follow-up questions.
- You can **start over anytime**.
- It's okay to show emotion. Pause, breathe, and continue when you're ready.
- Only share what you're comfortable sharing.

Thank you for helping tell the story of what God has done and is doing at The Kingstowne Communion!