

CITY SEMINARY OF NEW YORK

Ministry in the City HUB Sense Walk

The aim of this sense walk is to practice *"the art of noticing"* the city.

You will receive a card containing a sensory focus for your sense walk. You are welcome to follow directions exactly, to swap cards with a friend, or to develop your own riff on the given instructions. The point is that you create a set of constraints and conditions to unsettle your normal modes of sensing, to *practice paying attention*, as you might practice piano scales, a new baking technique, or a baseball pitch.

Notice what you begin to *notice* on this walk.

We suggest that these are the contours of your walk:
as far north as 121st St;
as far east as St. Nicholas,
as far west as Morningside Park,
as far south as 116th Street.

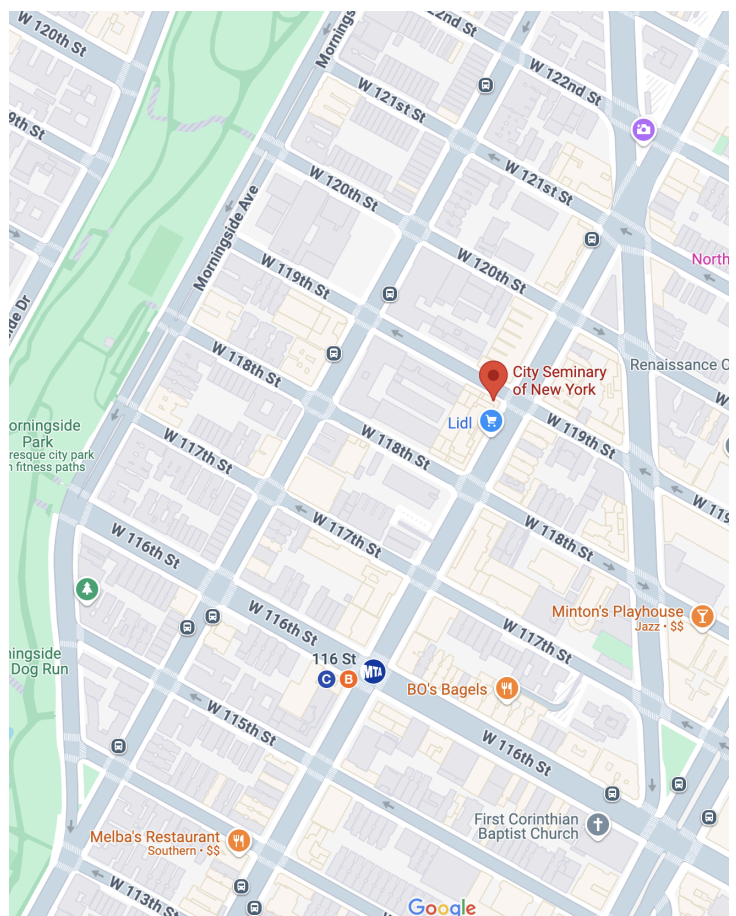
CSNY is at 302 W 119th St.

Card References:

Ortiz, Manuel. "The Church and the City." *The Urban Face of Mission: Ministering the Gospel in a Diverse and Changing World*, edited by Manuel Ortiz and Susan S. Baker. P&R Publishing, 2002.

Williams, Rowan. *Being Disciples: Essentials of the Christian Life*. Eerdmans, 2016.

Walker, Rob. *The Art of Noticing: 131 Ways to Spark Creativity, Find Inspiration, and Discover Joy in the Everyday*. Knopf, 2019.



MONITOR THE FEELINGS

TO MONITOR OUR SURROUNDINGS IS TO
FOCUS ON WHAT'S OUTSIDE OF OURSELVES:
WHAT WE SEE, HEAR, SMELL, FEEL, AND PERHAPS EVEN TASTE.
BUT SOMETIMES WHAT REALLY MARKS A PLACE IS
SOMETHING LESS SPECIFIC – A FEELING WITHIN US....
MONITOR PERIODICALLY THE STATE OF BODY AND MIND...
YOU'LL NOTICE SOME FEELING WITHIN YOU.
IDENTIFY THE SPECIFIC SOURCES OF THAT FEELING.
LATER, TELL SOMEONE ABOUT IT.
THE ART OF NOTICING (72-73)

MAKE AN AMBIENT INVENTORY

[SHE] LOOKED FOR AMBIENT SOUNDS: SOUNDS
THAT WEREN'T IN THE FOREGROUND, THAT DIDN'T INTRUDE,
BUT RATHER THOSE WE WOULD TUNE OUT AS IRRELEVANT.
SHE CITED THE MINOR RUSTLING OF
A PLASTIC BAG CAUGHT IN A TREE.
INSTEAD OF TRYING TO TUNE THEM OUT,
SHE COLLECTED THEM.
THE ART OF NOTICING (70)

BE A BIRD-WATCHER

SIT ON A BENCH.
PAY ATTENTION TO MOVEMENTS AROUND YOU.
SKETCH THE PATHS EACH MOVEMENT TAKES.
NOTE HOW FAST OR SLOW IT IS,
WHAT MODE OF MOVEMENT IT IS,
WHAT KIND OF OBJECT IS MOVING.

TAKE A SCENT WALK

BE ALERT FOR CURIOUS AND UNEXPECTED SMALLS,
BUT ALSO FOR 'EPISODIC' SMELLS SPECIFIC TO
A PARTICULAR AREA – FLOWERS OR COOKING, LET'S SAY –
AND BACKGROUND SMELLS THAT ARE LESS INTENSIVE
BUT SUGGEST AN OLFACTORY 'CONTACT.'
ADAPTED FROM VICTORIA HENSHAW & KATE MCCLEAN
THE ART OF NOTICING (82)

READ THE TEMPERATURE

NOTICE WHEN THE AIR BECOMES
WARMER OR COOLER,
HEAVIER OR LIGHTER,
STILL OR TURBULENT.
CHART THESE CHANGES.

HUNT FOR A COLOR

SELECT A SINGLE COLOR.
CATALOG ALL INSTANCES OF THAT COLOR.
NOTICE WHERE THIS COLOR LEADS YOUR EYE.
ARE THERE ANY PATTERNS?
WHAT SURPRISES YOU?

COLLECT TACTILE SENSATIONS

TOGGLING BETWEEN A FOCUS ON THE THINGS YOU
NATURALLY TOUCH AND THINGS YOU NORMALLY WOULDN'T.
NOTE WHAT'S ROUGH OR SMOOTH,
WARM OR COOL,
HARD OR SOFT. ...
CONTRAST THE NATURAL AND THE HUMAN-MADE.
THE ART OF NOTICING (80)

FOLLOW THE QUIET

HEAD IN THE DIRECTION THAT SEEMS THE MOST QUIET.
KEEPING GOING UNTIL YOU FIND THE QUIETEST SPOT IN
YOUR VICINITY THAT YOU CAN.
NOW STOP, AND BE IN THAT PLACE.
'TAKE A MOMENT TO ABSORB IT,'
AS HIS [JACE CLAYTON'S] INSTRUCTIONS PUT IT.
THE ART OF NOTICING (65)

PASTORS, BOTH AS GATHERERS AND WATCHERS, MUST KNOW THEIR COMMUNITIES. THIS WILL ENTAIL READING THE COMMUNITY FORMALLY THROUGH CENSUS AND DEMOGRAPHIC WORK AND ALSO INFORMALLY THROUGH WALKING THROUGH THE COMMUNITY. ...IT IS EXTREMELY IMPORTANT THAT PASTORS **LEARN TO INTERPRET THE COMMUNITY** IN A WAY SIMILAR TO HOW THEY INTERPRET SCRIPTURE.

MANNY ORTIZ

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MANNY ORTIZ

"I'VE ALWAYS LOVED THAT IMAGE OF PRAYER AS BIRDWATCHING. YOU SIT VERY STILL BECAUSE SOMETHING IS LIABLE TO BURST INTO VIEW, AND SOMETIMES OF COURSE IT MEANS A LONG DAY SITTING IN THE RAIN WITH NOTHING VERY MUCH HAPPENING...

I THINK THAT LIVING IN THIS SORT OF EXPECTANCY –LIVING IN AWARENESS, YOUR EYES SUFFICIENTLY OPEN AND YOUR MIND BOTH RELAXED AND ATTENTIVE ENOUGH TO SEE THAT WHEN IT HAPPENS– IS BASIC TO DISCIPLESHIP."

ROWAN WILLIAMS

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