



# BEYOND BELIEF NETWORK

## Beyond Belief Network Guides: Speed Faithing

### What is speed faithing?

Based on the structure of speed dating, speed faithing is an opportunity to share beliefs with people from different traditions. The idea is not to convert, or deconvert, each other, but in the short time available to share the basic foundations of one's worldview in an effort to better understand each other.

### Why should my community host a speed faithing event?

There is a lot of misunderstanding about what humanist values and beliefs are. Speed Faithing, and other interfaith events, are opportunities to dispel some misconceptions about humanist and other nonreligious identities. It's also an opportunity for humanists to learn about and build relationships with religious individuals and communities.

### What does a speed faithing entail?

#### Set up

Invite members of your community and other communities to participate as your guests. Nearby congregations, service partners, or neighbors could be invitees. In a room large enough to accommodate all the participants set up chairs facing each other. Print out or post suggested questions to get the conversation started. For example:

- What makes you a member of your tradition?
- What are the three most important things to know about your tradition?
- Does your tradition have holidays?
- What is your tradition's approach to social action?
- Who are some important figures in your tradition?

#### Activity

Greet participants and ask them to pair up, preferably with a person they do not know or from a different tradition. (If one tradition is over represented that's okay. Beliefs vary within a tradition too!) Explain to the participants that one will have three minutes to answer the discussion questions. After three minutes the activity leader will ring a bell and the other person will have three minutes to answer the questions. After three minutes the leader will again ring

the bell and the two will have two minutes to give feedback on the other's statements. After two minutes ask participants to find a new partner and repeat the activity. After a few rounds have a discussion with the whole group discussing what was learned. You may need to prompt discussion. Example prompt questions:

- What is something you learned?
- Did you find that you were changing your statements about your beliefs as you heard others' statements?
- Do you feel more confident with your knowledge about your and other's traditions?
- Are you likely to have conversations about your beliefs after you leave this event?

If you'd like you can add an additional element to allow members of one tradition to learn from each other and share as a group. After the speed faithing activity invite participants to gather with members of their own tradition. Ask each group to share what statements they made during the speed faithing activity and as a group decide on the three most important things to know about their tradition. Give the groups ten minutes to discuss and then ask them to share with the whole group. This can lead into the closing group discussion.

### **Materials**

- Chairs
- Discussion questions printed out or posted so all participants can see them.
- Materials or reading lists about participating traditions (recommended, not required)

### **Recommendations**

- Use your social media capacities to announce your event ahead of time.
- Reach out to local religious communities and invite them to the event.
- You may want to ask participants to commit beforehand so you know how many people will be there and to ensure that more than one tradition is represented.
- Student groups, ask your campus religious studies office or chaplain office to announce the event and invite faith based student groups.
- Take pictures and/or video to showcase your community after the fact.
- Be prepared to politely but firmly refuse individuals trying to argue. Remind them that this is an event about learning, not converting or debating.
- If you are going to serve refreshments, make sure they are interfaith friendly. Have vegetarian options.

### **Resources**

- Joining Foundation Beyond Belief's [Beyond Belief Network](#) will give you access to additional resources, including a forum to share ideas with other local humanist communities. For more information, contact [bbn@foundationbeyondbelief.org](mailto:bbn@foundationbeyondbelief.org).

## Questions or Concerns?

If you need help with planning your event or have additional questions, the best way to contact Beyond Belief Network is to use the contact webform, which enables us to track the resolution of your question: [foundationbeyondbelief.org/contact-bbn](https://foundationbeyondbelief.org/contact-bbn). You can also email us at [bbn@foundationbeyondbelief.org](mailto:bbn@foundationbeyondbelief.org).