



## “Regenerating Community” Screening & Discussion Guide

### Contents

- A message from the *Thriving Communities* team
  - About the Film
  - Suggested Screening & Discussion Outline
  - Group Agreements
  - Discussion & Facilitation suggestions
  - Screening Checklist
  - Film Specifications
- 

### A message from the *Thriving Communities* team

Thank you for hosting a screening of *Regenerating Community*!

Documentaries are great for getting people together to start conversations - and we need to come together to confront the vast challenges we face today. You become part of this momentum by bringing your community together at this film screening. But films don't change the world – people do. So thank you for the work that you do. Good luck with your screening and the exciting, world-changing work ahead.

~ The Thriving Communities Team

### About the Film

Communities are transforming in myriad ways across the U.S. One community in Cleveland, Ohio, is growing food and a sense of place for residents, creating pathways to well-being. We originally learned about the Rid-All Community through a connection in our Thriving Communities network. From there, it led to a conversation, a visit, and a film. *Regenerating Community* first screened at our annual Gathering in 2023. In 2024, it opened the Greater Cleveland Urban Film Festival and screened at the Chagrin Documentary Film Festival.

In 2010, Cleveland, Ohio's 'Forgotten Triangle' transformed from a notorious, illegal dumping ground to a vibrant hub for urban farming, community wellness, and local pride. "*Regenerating Community*" isn't just a story about soil and seeds; it's about people reclaiming their neighborhood and restoring dignity. Watch how urban agriculture and a resilient community spirit have turned this once-forgotten corner of the city into a place its residents are proud to call home.



*"As a filmmaker, my mission has always been to shine a light on stories that inspire, challenge, and transform. 'Regenerating Communities' is a film born from that mission, a testament to the power of hope and community spirit in the face of adversity."*

- Jerry Millhon, Founder of Thriving Communities

**Director:** Jerry Millhon

**Cinematography:** [Ross Monagle](#)

**Grip:** Jim Anderson

## Suggested Screening & Discussion Outline

1. **Set the space:** Virtual or in-person, design the space and time to create the experience you want audience members to have. (See **Screening Checklist** below)
2. **Arrival and Settling in:** Welcome guests and orient them to the space. Share what inspired you to organize the screening.
3. **Introduce the film**
4. **Introductions:** Open the space for introductions. Keep it brief.
5. **Invite the audience to consider a couple of questions** before starting the film such as:
  - a. What would it mean for you or your work to contribute to the regeneration of your community in some way?
  - b. What would it take for you to take a step toward that?
6. **Screen the film** (see **Film Specs** below)
7. **Pause:** Give folks a moment to think, notice, and take note of questions that came up.
8. **Open discussion:**
  - a. Share the Group Agreements (see **Group Agreements** below)
  - b. Start the conversation with general prompts (see **Suggestions** below)
9. **Close and Take Action**
  - a. Invite everyone to commit to taking one action inspired by their experience during the event.
  - b. Share about any upcoming events.
  - c. Invite folks to follow [Thriving Communities](#) & [Rid-All](#) on social media and/or sign up for our newsletters.

Before delving into the conversation, it's important to establish guidelines and create a space where participants trust each other enough to share their experiences.

# THRIVING COMMUNITIES

**Group Agreements for Discussions** (inspired by discussion suggestions created by Sol Guy, Naomi Klein, Meaningful Movies, A Place at the Table, and Kids for Cash)

1. **Share the Air:** Create space for all to participate, and notice when that means stepping up or back.
2. **One person speaks at a time.** The conversation will only work if people can hear each other.
3. **All questions are welcome.** Try not to make assumptions.
4. **Use "I" statements.** Speak from your own experience as much as possible, and avoid advice-giving. It's a discussion, not a debate or a lesson.
5. **Be open to feeling uncomfortable** - remember that all growth comes with some discomfort.
6. **Stay engaged.** If you feel frustrated or misunderstood, take a beat, but don't drop out.
7. **Compassion:** Let's be compassionate to ourselves and each other.
8. **Active Listening:** Agree to listen to and hear each other.

## Discussion & Facilitation Suggestions

- Select a moderator/host/facilitator in advance. Ensure they watch the film ahead of time. Ask them to prepare initial questions for the group/panel before opening it up to the audience.
- Raise the lights so the audience can see each other.
- Be mindful of audience members needing assistance with microphones, sightlines to translators, and other accessibility needs.
- Encourage people to ask questions and not make statements.
- Reflection is a valuable technique to convey how participants are seen and can be used as a transition to the next topic or to direct the conversation back to the group. (Example: "It sounds like you..." and "Does anyone else have something to share?")
- Not everyone participates equally, but try to create opportunities for those who share less to step forward if they desire. If someone is stepping forward a lot, gently redirect back to the group.
- If the conversation gets heated, acknowledge the active discussion, agree to disagree, and move to the next topic.
- Consider creating a space for quick shout-outs about upcoming events towards the end of the event.

## Getting the Conversation Started

- How do you feel after watching the film?
- What specific moment(s) stood out to you? Why?



- What's one thing you learned?

### Potential Discussion Questions

- Now that you've seen this film, what would it mean for you or your work to contribute to the regeneration of your community in some way?
- What is one action you're going to take toward that?
- What else is stirring in you after watching the film?
- What's one step you're committing to take based on your experience today?

### Screening Checklist

#### Before

- Promotion
  - Reach out to Thriving Communities for support!
- Confirm space or virtual screening platform
- Set up registration/RSVP
- Prep with facilitator and speakers
- Send a reminder to everyone who RSVP'd with details
- Tech check (lighting, mics, online screening platform)

#### After

- Follow up with attendees to share about upcoming events and action opportunities in your community.
  - Share the link to [ridall.org](http://ridall.org) to donate, register for their Commercial Urban Agriculture Training Class, or visit if you are ever in the Cleveland area.
  - Share the link to Thriving Communities.

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### Film Specifications

Aspect Ratio: 1920x804, 2.39 (DCI Scope)  
FPS: 23.98  
Total Running Time: 36:07  
Multiple Formats Available (Examples: mov, mp4, etc)  
Link to trailer: <https://vimeo.com/867503783>  
Link to film: <https://vimeo.com/908084584>