

The Sky

IS BIG ENOUGH



The Sky IS BIG ENOUGH

“The sky is big enough for every bird to soar, without ever colliding.”



African Resource Center of West Michigan
Grand Rapids, Michigan



*Our elders say,
“The sky is big enough for every bird to soar,
without ever colliding.”*

Look up.

*The sky is vast enough for every bird to fly—
each one freely expressing its gifts, pursuing its goals,
and soaring toward its dreams without bumping into others
or blocking each other's path.*

There is no need to fight for space.

No need to clip each other's wings to thrive.



*If birds can grasp this simple truth,
why do we humans struggle to make room for one another?*

*Why do we create anxiety and stress
in the short time we share on this planet?*





*One reason is the scarcity mindset,
the belief that there's only room for a few to succeed.
When someone enters, we feel they are crowding us out.
When someone else rises, we feel like we're falling.
This mindset fosters constant pressure
to compete rather than collaborate.*

Another challenge is Culture Comparison. In this system, people define values, behaviors, beliefs, and social norms—and use them as benchmarks to judge whether others belong. Here, success can be narrowly defined by grades, popularity, wealth, body image, or skin color.



Seeing others thrive can trigger a deep feeling of self-doubt:

"Am I enough?"

"Will I be accepted?"

"Do I belong?"

Instead of celebrating differences, faulty culture-comparison

*often fuels anxiety, competition,
and a distorted sense of self-worth.*



*Then there's the fear of invisibility.
When someone else shines,
we sometimes fear we'll be overlooked
—that their success might overshadow
our efforts or make us feel less significant.*





*So we overperform, people-please,
or quietly withdraw.*

*At its worst, the fear of invisibility
can drive those who feel insecure
to become hostile toward those they perceive as threats.*

*But the sky is big enough.
Until we embrace this truth,
we'll remain caught in a relentless cycle of fear and anxiety
—one that quietly erodes our emotional and physical well-being.*



A scarcity mindset breeds distrust and division.

But when we celebrate one another

and honor our differences,

we create space for everyone to flourish,

and bring out the best in each other.





*Just like birds, we're meant to soar.
Each with our own rhythm, our own story,
our own flight path,
helping each other to grow and thrive.*

*Tolerance isn't about abandoning who we are;
it's about making space for others to rise.
It's about creating room for everyone
to become their best, including ourselves.*



*So, fly. But let others fly, too.
After all, "The sky is big enough for every bird to soar,
without ever colliding."*



Activity for Deeper Engagement

1. “My Sky, Your Sky, Our Sky”

Invite participants to write briefly about:

- A time they felt there wasn’t enough space for them.
- A time someone else’s success inspired rather than threatened them.
- What “enough sky” would look like in their life?

Then share insights in pairs or small groups.

2. The Comparison Ladder Exercise

Have participants draw a ladder and label each rung with things people often compare—grades, looks, popularity, money, talent. Discuss:

- Which rungs do you personally climb most often?
- What happens when we step off the ladder entirely?

3. “Spotlight Sharing” Circle

Each person shares a moment when:

- They felt invisible
- They felt celebrated

Reflect together on:

- What helps people feel seen?

4. Strengths Constellation

Participants write one personal strength on a star-shaped card.

Then they place their stars together to form a “constellation.”

Discuss:

- How does seeing everyone’s strengths together change the way you view your own?

The Sky

IS BIG ENOUGH

“The sky is big enough for every bird to soar, without ever colliding.”

Portions of this handbook and its accompanying video—including draft text, images, and narration—were generated with the assistance of AI tools.

The final message and all editing decisions reflect the lived experience, values, and creative guidance of the African Resource Center of West Michigan’s media team.

Appreciation:

We gratefully acknowledge the **Grand Rapids Community Foundation** for their generous support of the African Resource Center’s Health and Wellness Project. Their partnership strengthens our mission to promote culturally responsive care and community well-being. Thank you!

