

HOW TO CONNECT A CHAINSAW TO YOUR BIKE

MORTEN RAND-HENDRIKSEN
25 SEPTEMBER 2025

**THE WORDS AND OPINIONS YOU'LL HEAR TODAY ARE MY OWN.
THEY DO NOT REPRESENT MY EMPLOYER, MY FAMILY, OUR SON'S
HAND-PUPPET, PIGGY, OR ANYONE ELSE. I'M NEURODIVERGENT,
WHICH MEANS I OFTEN SEE PATTERNS OTHERS DON'T. YOU MAY
FIND MY THOUGHTS TO BE PROVOCATIVE, AND YOU MAY DISAGREE
- THAT'S OKAY. YOU'RE ALLOWED YOUR OWN OPINIONS, AS I AM
MINE. THIS IS A CONVERSATION, AND CONVERSATION IS HOW WE
BUILD SOCIETY AND THE FUTURE TOGETHER.**

Remember who armed you
Dennis van Zuijlekom
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HANDS-ON MCP: HOW TO CONNECT ANYTHING TO AI

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Morten Rand-Hendriksen

Making sense of AI, tech, and society



github.com/mor10/fpd-mcp-workshop



Dead Drops by Aram
Bartholl @ #isthemessage
in Kunstenlab

Harco Rutgers
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commentary in snack-sized mouthfuls

"I want AI to do my laundry and dishes so that I can do art and writing, not for AI to do my art and writing so that I can do my laundry and dishes."

Author and videogame enthusiast **Joanna Maciejewska** nails it
(although bathroom cleaning goes ahead of laundry and dishes)

"I'm sure I deserve a lot of..."



ChatGPT 4o ▾



Temporary Chat ⓘ

do my laundry and dishes

I'd love to help, but sadly I can't physically fold socks or scrub plates (yet). 😊

That said, I can:

- Help you make a super quick to-do list or schedule so it's less overwhelming
- Suggest laundry and dishwashing hacks to save time or effort
- Draft a fun playlist or podcast list to make chores less boring

What would you like help with first?



Search the web



ChatGPT can make mistakes. Check important info. See [Cookie Preferences](#).



Announcements

Introducing the Model Context Protocol

Nov 25, 2024 • 3 min read



Today, we're open-sourcing the [Model Context Protocol](#) (MCP), a new standard for connecting AI assistants to the systems where data lives, including content repositories, business tools, and development environments. Its aim is to help frontier models produce better, more relevant responses.

Introducing the Model Context Protocol

Nov 25, 2024 • 3 min read

Model Context Protocol

The Model Context Protocol is an open standard that enables developers to build secure, two-way connections between their data sources and AI-powered tools. The architecture is straightforward: developers can either expose their data through MCP servers or build AI applications (MCP clients) that connect to these servers.

Today, we're open-sourcing the [Model Context Protocol](#) (MCP), a new standard for connecting AI assistants to the systems where data lives, including content repositories, business tools, and development environments. Its aim is to help frontier models produce better, more relevant responses.



PROTOCOL

FORMAL RULES

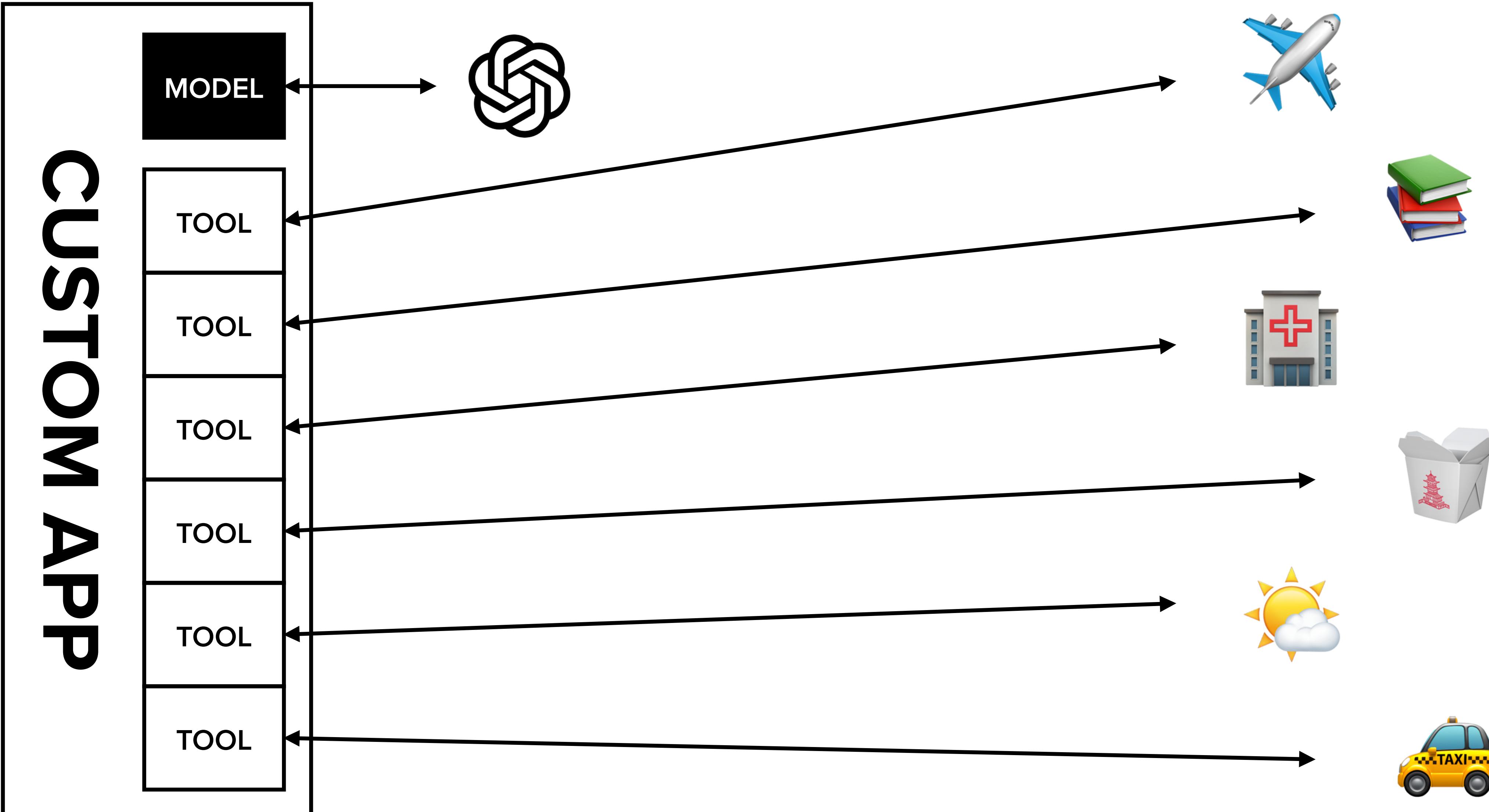
CONTEXT

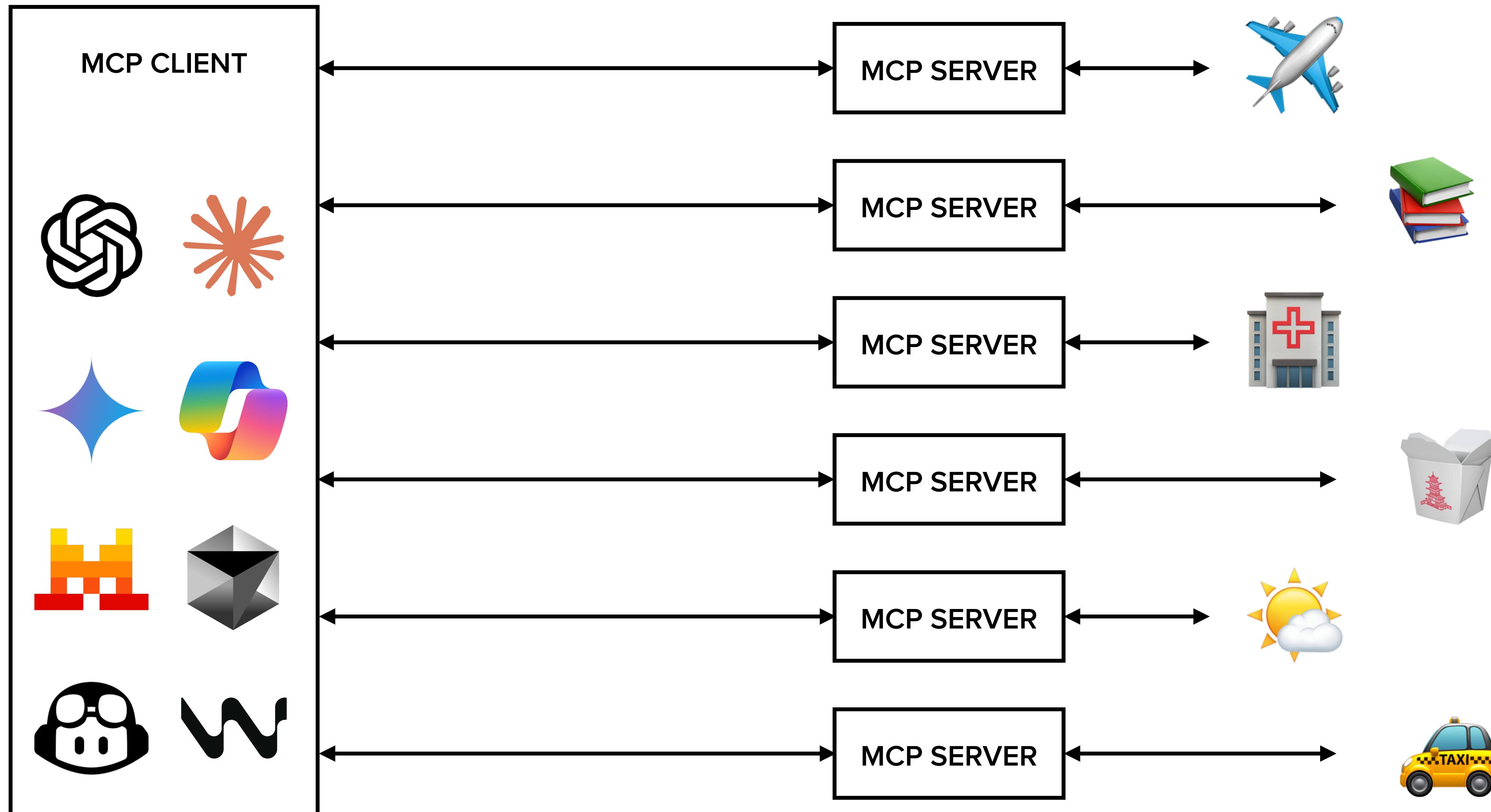
STANDARDIZED INTERFACE

MODEL

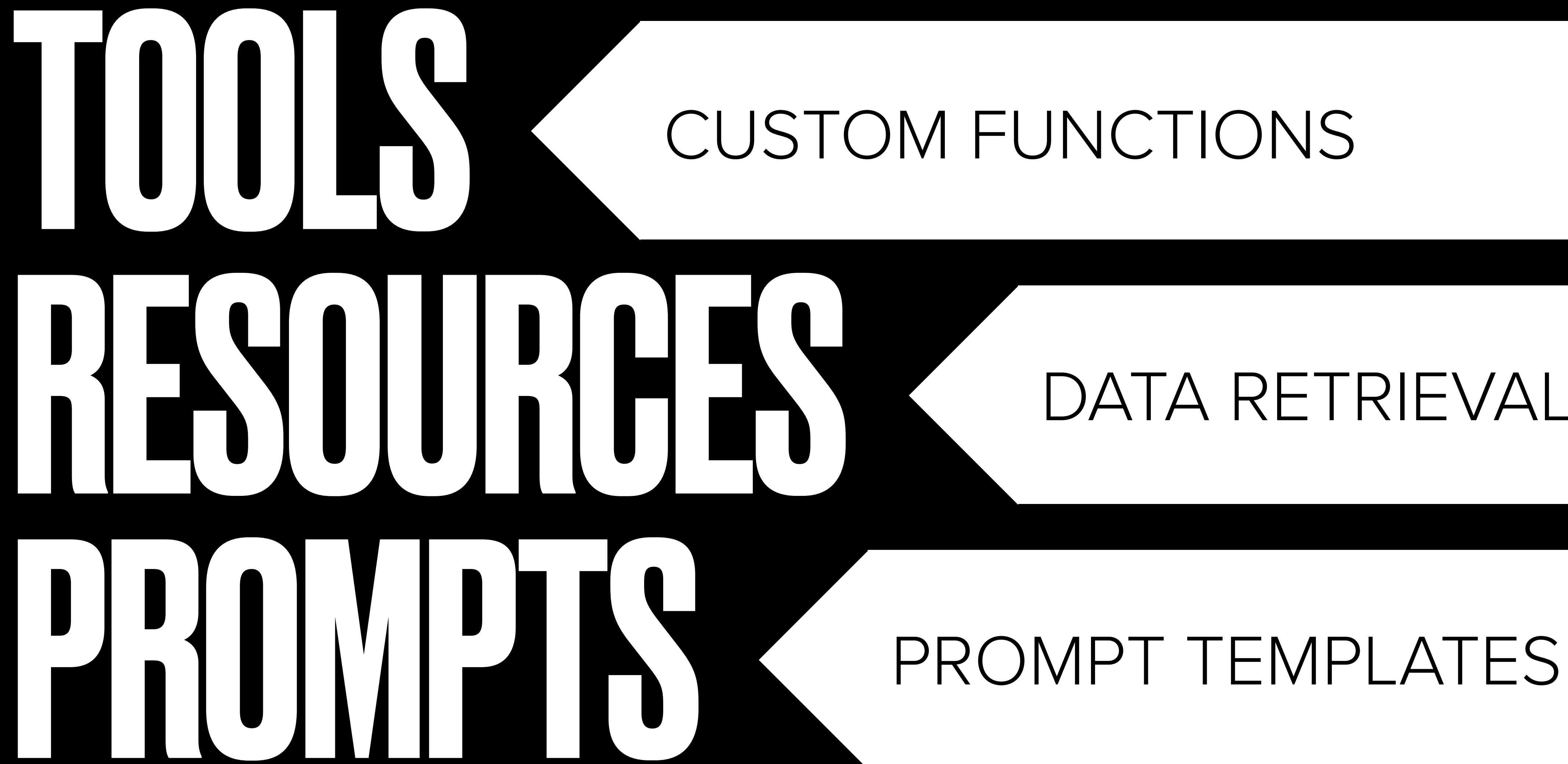
AI ENGINE

CUSTOM APP





**THE SERVER
TELLS THE CLIENT (AI)
WHAT IS AVAILABLE.**



**THE CLIENT (AI)
TRIGGERS THE MCP
FEATURES**

**PLUG ANYTHING
INTO AI...**



DEMO #1: ZAPIERMCP + CLAUDE

github.com/mor10/fpd-mcp-workshop

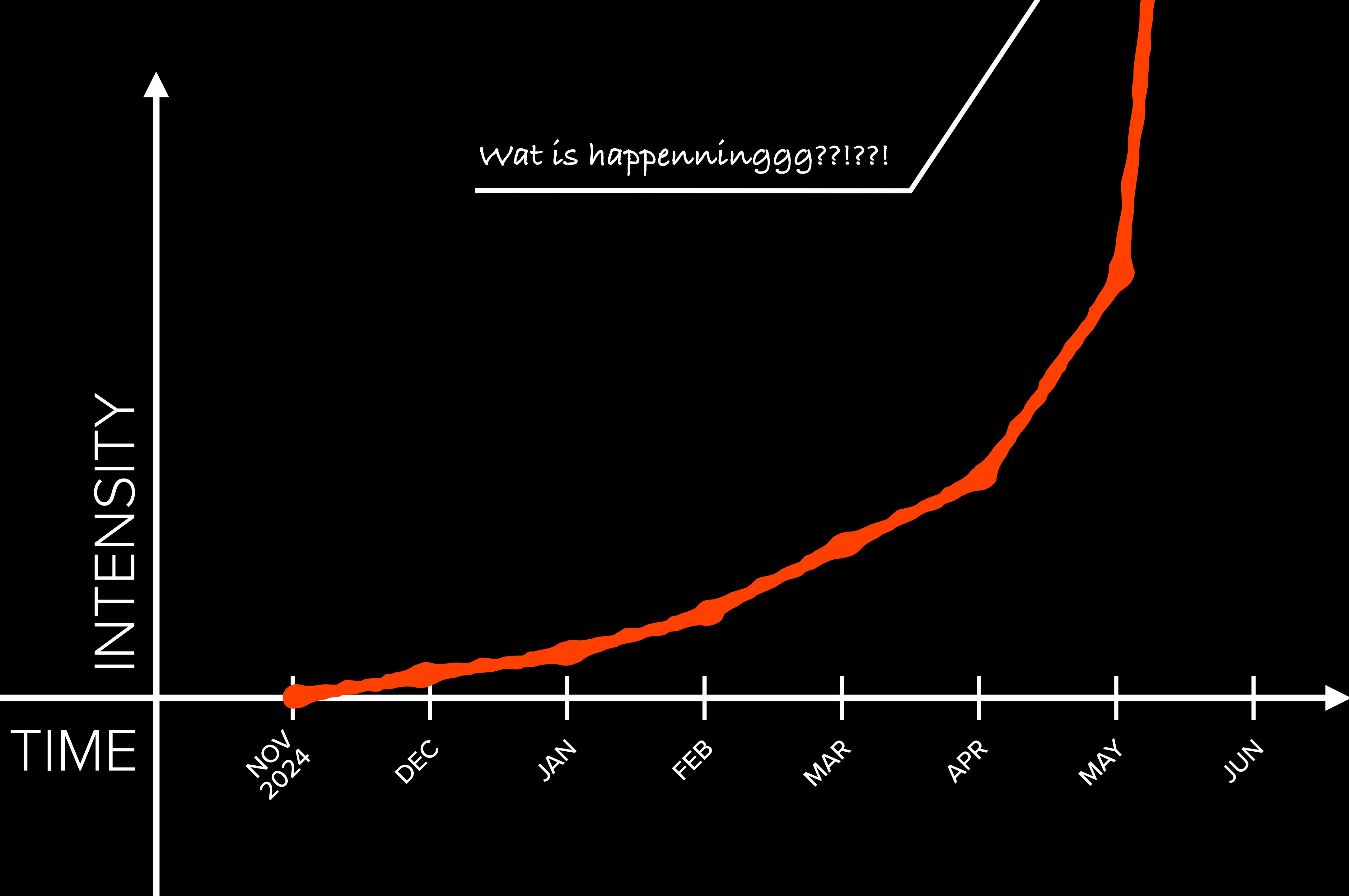
HANDS-ON EXERCISE #1: ZAPIER MCP + CLAUDE

DEMO #2:
GITHUB MCP REGISTRY
IN VS CODE

HANDS-ON EXERCISE #2: BUILD YOUR OWN MCP SERVER FROM SCRATCH

**WORDS OF ADVICE
(NOW THAT YOU ARE
SUPER DANGEROUS):**

**OPEN
PROTOCOL**



**DON'T TRUST
MCP SERVERS.
VET THEM!**



Dead Drops by Aram
Bartholl @ #isthemessage
in Kunstenlab

Harco Rutgers
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**DON'T TRUST
AI AGENTS TO DO WHAT
YOU TELL THEM TO DO**



001

PRINCIPLE OF LEAST PRIVILEGE



PRINCIPLE OF LEAST PRIVILEGE

AKA DON'T GRANT AN MCP SERVER MORE PRIVILEGES THAN YOU'D GRANT A WORKSHOP PRESENTER AT A CONFERENCE WHO ASKED FOR YOUR PHONE ONLY TO PUT IT IN HIS POCKET AND NOW YOU'RE WONDERING IF HE'LL ACTUALLY GIVE IT BACK...

**YOU CAN
DELETE
A SLACK MESSAGE...**

**YOU CAN'T
UNSEND
A SENT EMAIL.**

**THE BLAST RADIUS
OF AI AGENTS
IS INFINITE.**

**DON'T
TRUST
THE AI...**

TRUST YOUR HUMANITY.

**BUT SERIOUSLY:
MCP WILL BE AWESOME
ONCE WE FIGURE IT OUT!**

TUSENTAKK.