

Fabric Group Guide

June 25, 2023 - Special Summer Sunday Week

Drag Bingo and Being Church



Welcome Everyone! Fabric Groups are a regular, long haul space to **share, care, trust and grow** with others inspired by the conversations and experiences we have in common as Fabric. Enjoy this time! - Melissa

Opening ideas

10-15 mins

"Fabric is an attempt to be church in a way that matters for you - whether you've had a good, not-so-good, indifferent or no church experience at all..." - Greg Meyer in [this week's short video message](#)

Aaaaaahhhh. You made it. *This time is about well-being. Yours, mine, ours. Time to pause the "doing" and notice your being... scan for sensations and thoughts, notice your breaths in, out. A little deeper now - breathe lots of life and love in... and now lots of life and love back out from that being that is you! One more time...in...out. Thanks for being. Thanks for being here!*

Intro/Check-In: Share names, hellos, and something you did for fun this week.

Check out the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them, highlight one that feels especially helpful or healthy to you and/or invite the group to talk about them in pairs.

Discussion & Practice Ideas

30-60 mins

1. Fabric is founded on the conviction that people being church together CAN make a big difference - for the good - in people's real lives and the world. In [the video](#), Greg named two realities that make this challenging to believe and act on:

- a. "Church" has earned some reputations that aren't so great. From extraneous to harmful - there is baggage! *In some ways - this is the easier one to talk about. Go ahead - list your baggage! Together or in pairs. Then move on...*
- b. "This being church stuff is hard!" Let's admit it, being church asks things of you, me and us. *Share some examples. How would going to a building, joining a club or signing on to a set of rules, traditions or doctrines be easier?*

"Our Why has many arms and legs and we each intersect with it differently, but it is centered on the idea of being community together in ways that matter and help us grow, with the presumption that none of us are at the same point, and none of us walk the same path. But we can do it together and life is better when we do. And that there is more to life than you, me, the rest of the world and universe around us, but a 3rd strand that weaves us into a bigger, deeper, fuller, more beautiful way of being."
- Greg, this week (approx)

2. Check out the "why" on the right. *How was Drag Bingo an opportunity to practice that? Do you see connections into or with a more typical Fabric Sunday morning?*

Try a [R.O.A.M.](#) (Read, Observe, Apply, Meditate) through one or more of these readings

for some bigger perspectives on celebrating, pride and being church this week: Psalm 146, John 8.1-11, Isaiah 40.11-20

Idea to Close

5-10 mins

Say thanks to one another! Invite everyone to name one thing (a reminder, an idea, a connection...) that matters for them to take away from this time. Close with a woot woot...drag queen style give it up for one another!



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Group Agreements

1. **Push pause.** The world is noisy. Before speaking, take a breath.... let Silence be a voice in your Group.
2. **Be present.** Your being here matters! Step up to share when you are ready. Step back to listen.
3. **Share what you want** when you want. You don't have to do anything you don't want to do.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Starting to feel judgmental of yourself or others? Get curious with open and honest questions. Ask "how" not "why" to be on a tour, not a trial of yourself and others.
6. **Listening is a superpower.** Listening to others share their own experiences, struggle and strength is empowering. So is being listened to!
7. **Speak from your own experience,** to the whole group. Avoid crosstalk, fixing, interpretation, or unsolicited advice or help.*

*Anne Lamott called help "*the sunny side of control.*" But we do need feedback, care, support and help sometimes! If someone asks, clarify first "*What does support look like right now? Or How can we/I use this next 20 minutes in a way that would be helpful?*" If someone doesn't know or is in crisis, pull out your [Care IQ](#) tools.

These agreements are practiced, not perfected! Circle back with the group or an individual when (not if) you mess up or to share how something felt to you. [How to apologize.](#) Practice when it's easy! Early and often.

