



Groups are regular, long haul space to **share, care, trust and grow** - it's a process we can only do with others. Welcome!

Get Started

10-15 mins

FACILITATOR PREP: Read through the 3 sections.

1. **WELCOME!** We are exploring [It's Hard Not To](#) through Thanksgiving. **So far this conversation has me wondering...**
2. Lots of messy, real life has happened just today. Honor all that as you **push pause** to be here. *Close your eyes, take the deepest breath you've taken all day. And one more...* Showing up is the hardest part! You made it. We made it!
3. Check out the **Group Agreements** on the back/page 2. Take your time and pass them around to read each one.
4. **Check-In:** Share names, hellos, and a word about something you hope for from this time together this week.

Discussion & Practice Ideas

30-60 mins

1. Watch/listen to [THIS VIDEO](#) together. **It's worth some controversy.** How is Greg right and how is Greg full of it?
2. **On being well-lopsided.** If there is a difference between "lopsided" and "well-lopsided," what might it be?
How are you well-lopsided? Talk about ways you have tried to make others more like you and/or you more like others.
3. Unity isn't about being the same, but being held together by something even though we are different. **How is being about that commitment a growth zone issue for you personally, and for us as a community?**

What ways have you experienced or glimpsed the 'something' of Fabric that holds us together despite big differences?

- Creating community of significant relationships (Share Care Trust Grow)
- Having and putting into practice conversations that matter
- Weaving the 3 strands deeply.



Close

5-15 mins

Facilitator (or together as a group): choose part of one of the **ROAM readings** ([Ps 19](#) or [1 Cor 12](#)) that draws you deeper. Even if you can't explain why. Read it aloud slowly a few times so you can soak in it more than analyze it. Leave some silence too.

Invite everyone to share a **take away** from this time together.

Check in on plans for upcoming meetings: who is facilitating, providing hospitality, or other needs of your group. *Remember, anyone is welcome to serve the group as facilitator.* **Next meeting:**





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. "I'll pass" is always an option.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Stay curious about yourself and others. Practice open and honest questions. Asking "how" not "why" can take you on a tour instead of 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. Ask for help or feedback for yourself if you'd like, but avoid crosstalk, fixing, interpretation, or unsolicited advice directed toward another group member.

These agreements are practiced, not perfected! You can always circle back with the group or an individual to share how something felt to you or check in. Here's an [article](#) on how to apologize well. Practice when it's easy!

Sometimes there will be care and support needs that go beyond what can be addressed within your normal group operation. That's a good time to pull out the [Care IQ](#) tools.

