

July 9 2023  
Fabric Group Guide  
What If...with Gabrielle Clowdus of Settled

# What if?

Welcome Everyone! What if you had 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? Ooh - I can only imagine! Enjoy - Melissa

## Opening ideas

10-15 mins

Welcome! This summer we are exploring a favorite question - What if? Something that is staying with me from this week is...

**Aaaaaahhhh. You made it.** This is good... take three nice deep breaths and let each one help you settle in.

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.

**Check-In:** Share names, hellos, and tell about a place or moment that felt like "home" somehow to you recently. Let us know how you are doing! And what you might need from other group members today.

## Discussion & Practice Ideas

30-60 mins

1. What are some things that make your home more than just a house?
2. Talking about roller coasters in the first week of What If, Greg said **"if you really want a thrill, don't just have a life. Live a life!"** What does that mean to you? Growing up, did you think of "God" as more of an expander or a limiter of your life? How does this fit with this week's What If gathering?
3. This series suggests that a woven, what-if, life-fully-lived takes two things seriously: who you really are and how the world actually works. What does this conversation about home make you wonder about related to who you are and how the world works? *I wonder...*

**What If**  
...our city,  
neighborhoods  
streets,  
apartments and  
houses were  
marked by  
growing  
homefulness?

Try a [R.O.A.M.](#) together (**R**ead, **O**bserve, **A**pply, **M**editate) through one of the week's suggested readings from [the Sunday Paper](#) (or often posted on [Facebook](#)). .

## Idea to Close

5-10 mins

Say thanks to one another! Invite everyone to name one thing (a reminder, an idea, a connection...) they will take away from this time. Make sure you've made plans for when and where you are meeting next, who is leading, providing hospitality, etc.  
Next meeting:



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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. 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! Circle back with the group or an individual to share how something felt to you or check in. Here's a great [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.

