

July 23 2023
Fabric Group Guide

What If...with Cathy Heying of [The Lift Garage](#)

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 how you are doing! And what you might need from other group members today.

Discussion & Practice Ideas

30-60 mins

1. What was your first car? Or your first vehicle?
2. 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 did this week’s message and watermelon demo make you wonder about who you are? *I wonder...*
4. Listen to the prayer Cathy shared starting at 29 minutes in the podcast. She followed that by saying “be careful about entering into an earnest conversation with God...” Why do you think she said that?

Try a [R.O.A.M.](#) together (**R**ead, **O**bserve, **A**pply, **M**editate) through one of the suggested readings from [the Sunday Paper](#).

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.

