



# OUR PLACE

August 20, 2023  
Fabric Group Guide  
*Our Place is Finite and it is One*

Welcome Everyone! Regular, long haul space to **share, care, trust and grow** with others is one of the best ways to find and know our place within, not over or outside of this world we are a part of. Thank each other right now! - Melissa

## Opening ideas

10-15 mins

Welcome! This summer we are exploring [Our Place](#). Something that is staying with me from this week is...

**Be here.** [Follow Katy's lead](#) from Sunday's welcome! Start at 17:56 (or share centering music, words and/or movement you find helpful). I loved how Katy said "when we are here it gives us an opportunity to soak up what can happen here together..."

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. Think of a favorite place of yours here on our place, Earth. What is it like? What do you love about it?
2. Sunday we each made our own small representation of ourselves in playdough - we got attached to them and said "it is good." Then we were asked to mush ourselves together! And it became this big ball. *What was this like for you if you were there?* Greg said "there is something seductive about being apart from rather than a part of...but the idea that we are separate is an illusion." *What do you think?*
3. The idea of our interconnectedness as part of nature "is science and it is also spiritual!" Around 50 mins in the [livestream](#). *What did you hear in that? Talk about it.*
4. Try [ROAM](#)-ing (Read, Observe, Apply, Meditate) through a Bible reading together. Let go of how you usually hear this biblical language and imagine what it meant to people who lived so closely tied to the world that their existence depended on their relationship to it. Psalm 148 \* Genesis 2.4-17 \* Matthew 13.31-33
5. Think back to the place you thought of in question 1. What is a word, phrase or image from this week's gathering that your place adds an exclamation point to?



## 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.

