

Fabric Group Guide

Week of 10/30/22

Purposes & Preferences and closing doors



Fabric Groups are a way to follow your instinct for community. They are all about regular, ongoing space to share, care, trust and grow with others; inspired by the conversations and experiences we share as Fabric.

Open

5 mins

Facilitator: Welcome everyone and read the purpose of Fabric Groups above.

Everyone: center together by reading these wisdom words together.

"Come to me if you are worn out and carrying more than you can handle. I will give you rest. Take my yoke - my way of dealing with the world - and see how it works; for I am gentle and humble in heart, and you will find rest for your soul. My yoke, it's easier. My burden, it's lighter." -Jesus, Matthew 11.28-30

Facilitator: Take turns reading through the Group agreements on the back/page 2.

Introductions

10-15 mins

1. Share names and a favorite halloween candy or costume
2. Look again at the purpose of Fabric Groups above. What's one of the words that best describes why you are here? Circle it. Take turns sharing your words and why you chose them.

Discussion Question Ideas:

30-60 mins

1. *"Preferences are how you like things to be. Purposes are what really matters. The why behind what you want."* Preferences aren't bad. When they are ungrounded in a purpose that there can be problems. What are a couple pet peeves that illustrate this for people? Do you agree that *"Human beings will do anything to avoid feeling pain?"*
2. *"We underestimate the energy required to maintain control, keep the status quo, and be comfortable. We overestimate the energy required to let go."* Watch all the expressions and emotions in [this video of skydiving kids](#). What parts made you feel something physical? Think about a time growing up that you let go and opened a door to change...any similar feelings you remember? Talk about some of the elements of the parachute you've already got (practice, people, perspectives that have helped...)
3. *"Closing doors, from the inside to keep them sealed, so the world cannot get you, and to preserve what you already have, is not only harder, it is how you make a tomb."* Uff! Thoughts? Can you share some examples you've seen? (From other people, of course!)
4. *"When we are all Fabric there is a dynamic reciprocity going on. You are here for me, I am here for you. We aren't consumers but parts of Fabric."* Look back at the words you circled above.

Close

5-10 mins

Invite everyone to write on a slip of paper (or put in chat): Note a THANKS, HELP or a WOW on your mind or heart as we close. Collect them all in a hat and re-distribute/exchange so everyone's is (unhurriedly) read back by someone else.

End by reading these words together one more time.

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Group Agreements

1. **Welcome silence.** The world is noisy enough. Before you talk, take a breath and let Silence have a voice in your Group. (Try it now... pause and take a breath together.)
2. **Be present.** Your being here matters! Step up to share when you are ready. Step back to listen.
3. **Share only what you want** when you want. It's your call.
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? Get curious. *What am I missing?* Asking "how" not "why" will take you on a tour not a trial of who others are.
6. **Tune in to you.** You learn from others for sure, but don't forget to tend to the wisdom stirring in you. When stronger physical sensations, thoughts or emotions show up - make note! Later, you may want to invite them to pull up a chair and tell you what they know.
7. **"Help is the sunny side of control."** - Anne Lamott. It's tempting to interpret, correct or offer unsolicited advice when you hear others share hard things. It doesn't help*. Our inner wisdom will emerge as we are listened to without fear of being fixed or judged. Give the gift of other-focused listening.

*We do need feedback, care and support sometimes! If someone asks, clarify first "What does support look like right now? How can we/I use this next 20 minutes to support you?" If someone doesn't know or is in crisis, pull out our [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.