


Fabric Group Guide

Week of 11/6/22

Purposes & Preferences and short cuts



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.

<p>Open Facilitator: Welcome everyone and read the purpose of Fabric Groups above.</p> <p>Everyone: center together by reading these wisdom words together. <i>“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</i></p> <p>Facilitator: Take turns reading through the Group agreements on the back/page 2.</p>	<p>5 mins</p>
<p>Introductions</p> <ol style="list-style-type: none">1. Share names and a part of nature that fascinates you2. Look again at the “why” of Fabric Groups up top. What word best describes what makes Fabric Groups uniquely valuable in your life? Circle it. Take turns sharing your words and why you chose them.	<p>10-15 mins</p>
<p>Discussion Question Ideas:</p> <ol style="list-style-type: none">1. If “Long Haul” is a way of living that draws you back to something “bigger than your problems and greater than your appetites,” then what is a “Long Haul Short Cut?” How is Fabric a shortcut for you to something that matters?2. How does your practice of significant relationships as a Group affect or translate into your other relationships?3. <i>“The Fabric doesn’t ask you to CHANGE WHO YOU ARE. It is where you can BE WHO YOU ARE.”</i> Melissa suggested growth might be more about layers we shed (like a birch tree, or a snake...) than doing or being more and better. Talk about this.4. <i>“The limits of my language mean the limits of my world.” (Ludwig Wittgenstein)</i> How have certain words opened up growth zone space for you?5. <i>“I came, I came to, I came to believe.”</i> What has your Fabric journey been like? Were there times you just came, even though you weren’t sure what you thought about it? Have there been “coming to” moments or more gradual awakenings? What are you coming to believe (aka trust) as you practice this long haul shortcut of Fabric?	<p>30-60 mins</p> 
<p>Close 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.</p> <p>End by reading these words together one more time. <i>“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</i></p>	<p>5-10 mins</p>



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Group Agreements

1. **Welcome silence.** The world is noisy enough. Before rushing to 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. **Tune in to you.** You are one of the three strands. When a strong feeling, physical sensation or thought shows up in you - tend to it. What information does it give you? What do you want to do with it?
4. **Share only what you want** when you want. It's your call.
5. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
6. **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.
7. **"Help* is the sunny side of control." - Anne Lamott.** Being listened to without fear of being fixed, advised, interpreted or judged creates space to heal, savor what is good and grow.

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

