

# Fabric Group Guide

Week of 11/13/22

*Purposes & Preferences and keeping it tidy*



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.

<b>Open</b>	5 mins
Facilitator: Welcome everyone and read the purpose of Fabric Groups above.	
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>	
Facilitator: Have the group take turns reading through the Group agreements on the back/page 2.	
<b>Introductions &amp; Check-In</b>	10-15 mins
<ol style="list-style-type: none"><li>1. Give people a moment to think of a big-feeling or big-reaction (positive, negative or neutral) moment this week. Invite them to <a href="#">use this tool</a> to help them name the emotion with some nuance (beyond good, happy, sad, mad...). Go around to share names, the feelings you identified and maybe a glimpse of the moments if they wish (and if there is time).</li><li>2. <i>If you are just starting, or new folks have joined you:</i> 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.</li></ol>	
<b>Discussion Question Ideas:</b>	30-60 mins
<ol style="list-style-type: none"><li>1. Thinking of your relationships, have there been ways that your own or another person’s desire to “keep it tidy” has become a problem? What did that look like and sound like? How did it work?</li><li>2. Greg named <i>similarity</i> (often enforced through conformity) <i>an easy shortcut to unity</i>. How have demands (said or unsaid) for conforming to the norms or preferences of others affected you? How did that impact your relationship with them? Did it lead to unity?</li><li>3. Greg painted a picture of his preschool grandson hearing “it’s time for a break” versus “go to your room.” Instead of being “dealt with,” he was invited to his mom’s lap to “breathe together.” What does this image inspire in you as you think of difficult people?</li><li>4. What’s a story about Jesus that (for you) embodies this pattern of “pulling people in without conformity strings attached?” Choose one from the group or the Sunday Paper outline to explore together. Where do you see yourself in the story? Where else?</li></ol>	
<b>Close</b>	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. <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>	



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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.*

