

Fabric Group Guide

Week of 11/20/22

Purposes & Preferences and keeping it simple



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. <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.	
Introductions & Check-In	10-15 mins
<ol style="list-style-type: none">1. What is something that is simple and delightful to you? It might be an invention of people or nature, whatever it is you smile thinking of it.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.	
Discussion Question Ideas:	30-60 mins
<ol style="list-style-type: none">1. Everyone, pull out your three strands if you have them available. Watch this 5 minute clip from Sunday’s message (watch through 57:32). Work with your own strands as you listen. What came to mind for the first 3-stranded knot for you? Take turns telling those stories. Honor them with your listening and gratitude. [THIS COULD BE ALL YOU DO! And it would be wonderful.]2. <i>“Simple on the near side of complexity is called simplistic. Simple on the far side of complexity is called simplicity. Complexity distilled by the heat of life becomes wisdom and is experienced as simplicity.”</i> Continuing with your examples - what were the complexities? What were the possible simplistic reactions? What wisdom grew out of going through the fire? Even a little bit? What was it like on the other side?3. <i>“What is Fabric’s job? To make you a great weaver! To make us great weavers. To help you see the larger weaving you are part of. And to help you know that everything – everything! – is part of the fabric.”</i> It’s easy to think that if we can become better weavers (or more enlightened, whole, etc...), life will suddenly just work. That’s not true. What is your “I get to” anyway?	
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. <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. You don't have to do anything you don't want to do.
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 of yourself or others? Get curious. *What am I missing?* Asking "how" not "why" will take you on a tour, not a trial of who others and you 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.

