

## Fabric Group Guide

Week of 11/27/22

*All I Want For Christmas*



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>What can't be done with a little bit of love / It could even be fun, the falling and the getting up / With all the hard things that you've been thinking of / We can (say it with me). We can with a little bit of love.</i> -Chris Tripolino, <a href="#">With a Little Bit of Love</a>	
Facilitator: Take turns reading through the Group agreements on the back/page 2.	
<b>Introductions</b>	10-15 mins
<ol style="list-style-type: none"><li>1. Share names and a memorable gift your were given as a kid</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
<i>“You are a flesh and blood human being. You have real needs, wants and longings. They matter.”</i> Say it to each other!	
<ol style="list-style-type: none"><li>1. Tangible THANK YOU list: What are some top-of-the-list tangible, physical things you already have that have mattered for you as a flesh and blood human being? They may be things you have almost always had, but you would really miss them if they weren't there. Share from your lists!</li><li>2. Tangible PLEASE list: What about the things you want and don't have? Material, physical, tangible stuff that could really make a difference for you, relieve some pressure, open up space for you, remove some obstacles. Give everyone a minute to look back on or start their list. <b>What was it like to make this list?</b></li><li>3. Look at your PLEASE list. Choose one. As you think about how these could actually become possible it's common for fear, in some form (“who am I to...”, shame, judgment, scarcity, fear of heartbreak...) to show up. Name at least one “fear” in writing. Talk about what happens when you wonder and name how fear is showing up..</li><li>4. When have you felt or seen a shift toward “Loving 3-stranded awareness” from “squinty-eyed judgment?” What do those phrases mean to you? How else have you said these same ideas?</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>What can't be done with a little bit of love / It could even be fun, the falling and the getting up / With all the hard things that you've been thinking of / We can (say it with me). We can with a little bit of love.</i> -Chris Tripolino, <a href="#">With a Little Bit of Love</a>	



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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.*

