

Fabric Group Guide

Week of 12/4/22

All I Want For Christmas - Week 2



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
Welcome everyone! Read the purpose of Fabric Groups above. This week: All I Want for Christmas goes global.	
Centering Idea: read through (or sing!) 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, With a Little Bit of Love	
Facilitator: Take turns reading through the Group agreements on the back/page 2.	
Introductions	10-15 mins
<ol style="list-style-type: none">1. Share names and a tangible gift you were grateful for this past week.2. <i>If you are just starting, or new folks have joined you:</i> Look again at the "Fabric Groups are a way..." statement up top. What word or phrase captures something you hope for from this group? Take turns sharing.	
Discussion Question Ideas:	30-60 mins
<i>"Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it."</i>	
<ol style="list-style-type: none">1. When you hear "the world's grief" - what images come to mind? Certain places? People? Particular issues? How does that point to a "Big Ask" you have for the world?2. Valarie Kuar said "Grief is the price of love. Anger protects that which you love." What is something that breaks your heart or makes your blood boil? What is it that you love that is behind that?3. What feelings (find a couple here) arise as you think about your role in what you want for the world?4. Chris shared a glimpse of his own experience with anxiety and therapy. Did you relate to any parts of his story?5. Chris lit a candle that said "you are invited." How does celebrating fit in?	
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>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, With a Little Bit of Love	



Fabric Group Guide

Week of 12/4/22

All I Want For Christmas - Week 2



Group Agreements

1. **Welcome silence.** The world is noisy enough. Before speaking, take a breath....and let Silence have a voice in your Group.
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, sensation or thought shows up in you - give it some loving, curious attention during and after your group time.
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 yourself and others.
7. **Listening is a superpower.** Listening to others share their own experience, strength and hope is empowering. So is being listened to! No crosstalk, fixing, advice, or interpretation needed. As Anne Lamott said, "*Help* is the sunny side of control.*"

*We do need feedback, care, support and help sometimes! If someone asks, clarify first "What does support look like right now? Or How can we/I use this next 20 minutes in a way that would be helpful?" 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.

