

Fabric Group Guide

Week of 12/11/22

All I Want For Christmas - Week 3



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...it's all about relationships!

Centering Idea: read (or [listen to/sing](#)) these wisdom words together (From Chris Tripolino, [With a Little Bit of Love](#))
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.

Take turns reading through the Group agreements on the back/page 2.

Introductions (you need your phone or a screen)

10-15 mins

1. [Check out these photos!](#) Just look at them together for fun.
2. Look through them again on your own, choose one of the photos that captures a gift you hope to give yourself by being part of this group.
3. Then, share names, photos and your Fabric Group hopes!



Discussion Question Ideas:

30-60 mins

"EVERYTHING IS ABOUT RELATIONSHIPS!"

Warm up...try to think of an exception to that statement (good luck!).

1. *I can't live with or without you (U2)*. What does working on a relationship mean to you? List verbs.
2. Think of the people who have positively influenced you. What did they NOT do (nag, for example)? Make a list together. Which of these have you tried on others? Why do you think people do that?
3. We all have relationships that feel a little or a lot stuck. Read through the 5 post-it presents. Which helps you see potential for some unsticking? Which gift have you given yourself that has helped you get unstuck in the past?

Close

10-15 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 in a hat and re-distribute/exchange so everyone's is (unhurriedly) read back by someone else.

End with these words from [Chris' new song](#) one more time:

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.



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Group Agreements for space to share, care, trust and grow:

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 curious and loving 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. **Listen to understand.** Listening *and being listened to* as you each share from your *own* experience and resilience is empowering.
8. **Speak to the center of the group.** Remember to listen to understand from the perspectives of others AND that you can only speak from your own. Aim to speak from your center to the whole group, avoiding specific comments, interpretation or unsolicited advice* for any one person.

*We do need feedback, care, support and help sometimes! If someone asks, clarify first "What does support look like right now?" "How can we/I use this next 20 minutes in a way that would be helpful to you right now?" If someone doesn't know or is in crisis, pull out more [Care IQ](#) tools.

These agreements are practiced, not perfected! You can always circle back with the group or an individual with questions and feedback. Mess up? Welcome humans! [How to apologize.](#) Practice when it's easy! Early and often.

