



Welcome! 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.

**Opening ideas** 5 mins

Facilitator: Read the welcome above. This week it's [The Care IQ toolbox!](#) *Something that feels valuable to me about this conversation is...*

Centering Idea: read this well-worn prayer from [R Niebuhr](#). *God, give me Grace to accept with serenity the things that cannot be changed/ Courage to change the things which should be changed, / and the Wisdom to distinguish the one from the other.*

Facilitator: Pass around this page and take turns reading through the Group agreements on the back/page 2.

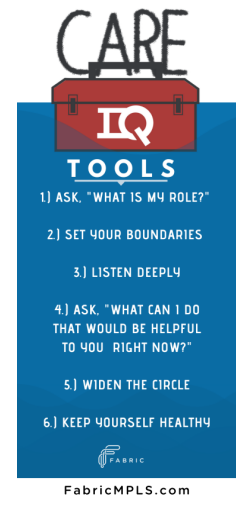
**Introductions** 10-15 mins

1. Share names and a household task you are terrible at.
2. Look again at the Welcome statement up top. What word or phrase captures something you hope for from this group? Take turns sharing.

**Discussion Question Ideas** 30-60 mins

The homework this week: *Put the CareIQ Bookmark somewhere you and others will run into it. Practice applying one of the tools this week. Even in a simple care situation. Make note of what you learn from it.*

1. How did you get to practice with one of the tools this week? Compare notes about what you learned.
2. Watch [this 13 min TED talk](#) together for an example of how it can sound and feel to be given permission to take care of yourself for reals. Have you been given a reminder or permission like that recently? Share them! Everyone, write down a reminder you need to hear right now!
3. *Your group is one of your circles.* 37:04 to end talks about widening your own circle and keeping yourself healthy. [Listen together](#). Take time right now to apply the tools to your group and talk about how you can serve as a long haul part of one anothers' circles of care. How can you practice and remember that you are all givers and receivers?



**Ideas to 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. *God, give me Grace to accept with serenity the things that cannot be changed/ Courage to change the things which should be changed, / and the Wisdom to distinguish the one from the other.*





### Group Agreements

1. **Push pause.** The world is noisy enough. Before speaking, take a breath....and let Silence be 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. **Share only what you want** when you want. You don't have to do anything you don't want to do.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Starting to feel judgmental of yourself or others? Get curious with open and honest questions. Ask "how" not "why" to be on a tour, not a trial of yourself and others.
6. **Listening is a superpower.** Listening to others share their own experiences, struggle and strength is empowering. So is being listened to!
7. **Speak from your own experience,** to the whole group. Avoid crosstalk, fixing, unsolicited advice, or interpretation targeted at one person.\* Anne Lamott put it this way: *"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.*

