



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 [Care IQ at Work!](#) *Something valuable to me in this week's message is...*

Ok. You pushed pause and showed up. Take a breath everybody. Like you are blowing a bubble. Light a candle perhaps! God cares, you all care, and caring well takes learning and practice! You are offering each other space and company to care, learn and practice proactively with. That's huge! Thank you!

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

### Intro ideas

10-15 mins

1. I (Melissa) recently got stranded for a day and night in Seattle. Share names and a place you'd love to get stranded!
2. Look again at the Fabric Groups Welcome up top. What word or phrase captures something about why you are here? Take turns sharing, elaborating a little.

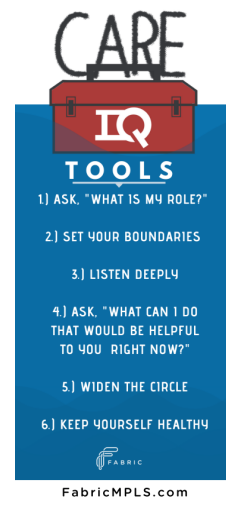
### Discussion Question Ideas

30-60 mins

HOMEWORK this week: *Keep practicing the tools! Pick one to try out and then make note of your observations, questions and feelings afterwards. Try out RAIN as you reflect on how it went. (RAIN is a simple pro-tip Jen shared. [Here's the link to more about it that Jen talked about.](#))*

1. How has your CARE IQ practice been going? Compare notes about how you've turned to the toolkit and what you've noticed.
2. Actually putting these Care IQ tools to work is hard enough. We make it much harder by beating ourselves up for not doing it right, being reactive or feeling stuck. Anyone agree? Try this [RAIN practice](#) together here. See what shifts.
3. Jen used the word "consistent" a lot. Talk about how you've tried to BE a consistent presence for someone even though you felt quite helpless. How have you HAD that from someone? You just knew they were there with you and that mattered.
4. As we use these tools we will get stuck, question ourselves, wonder if we are doing enough, feel bitter and in over our head. So along with the tools come three Care IQ reminders.
  - a. *You are not responsible for the other person's reaction or the outcome!*
  - b. *You will spend your life adding to and practicing these tools.*
  - c. *Everyone is a care-giver and a care-receiver.*

What are times you've really needed one of these? Any you would add?



### 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. May it all be so! Keep practicing, being real and caring.





### 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.*

