



Welcome Everyone! Fabric Groups are a regular, long haul space to **share, care, trust and grow** with others inspired by the conversations and experiences we have in common as Fabric.

**Opening ideas**

5 mins

Welcome! Pull out [your clay](#). Invite others to do the same. [One With Everything](#) has us wondering about our relationship with prayer. *Something I value about the chance to talk about this together is...*

**Choose a prayer to open** your group. Maybe it is one you've memorized or something you just found in a book or googled. Maybe it is a poem or song lyrics that open you up.

Read through the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them.



"MAKE ME ONE WITH EVERYTHING."

**Intro idea**

10-15 mins

Share names and a **hot dog memory, a favorite street food or a joke.**

**Discussion Question Ideas**

30-60 mins

Have your notes from this week's message ([outline](#)) handy.

1. **Word association warm-up.** See if you can go around the group 3 times, each person sharing a synonym, antonym, character, story... or anything that comes to mind with the word PRAYER. Then check out the [Menti results!](#)
2. **What is prayer to you?** Watch [the interview Melissa shared](#) Sunday to spark some of your own memories, thoughts and questions. Give everyone 5 minutes to share theirs. You may want to split into smaller groups - or take the whole time for this all together!
3. The homework invitation was to work with your piece of clay and make a bowl each day to "hold" a concern. How has that been for people? Has anyone tried anything else that felt like practicing trust?

'Prayer is a way to practice trust..'

**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 you end. Collect them all and re-distribute/exchange so everyone's is (unhurriedly) read back by someone else. May it all be so!



# One WITH EVERYTHING



March 5, 2023  
Wk 1 - Make Me One With Everything  
Fabric Group Guide

## Group Agreements

1. **Push pause.** The world is noisy. Before speaking, take a breath.... 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 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, interpretation, or unsolicited advice or help.\*

\*Anne Lamott called help "*the sunny side of control.*" But 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.*

