



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**

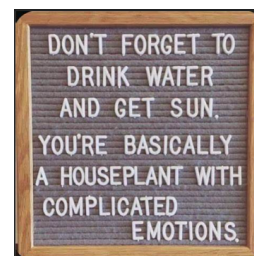
10-15 mins

Welcome! [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, one you found, a poem or song lyrics that create an opening for you. (The words you choose don't have to "work" for others like they do for you - the sharing itself creates an opening among all of you doesn't it? Thank you!)

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

**Intro/Check-In:** On Sunday Mike Rusert compared prayer to water. It reminded me of this quote. Share names and how you've received some needed water and sun this week. Literally or figuratively!



**Discussion & Practice Ideas**

30-60 mins

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

1. **3 minute sit.** Review the centering prayer guidelines and practice together. Talk about what you each noticed this time (and when you practiced Sunday or other times as well).
2. Why would someone practice something like centering prayer?
3. Centering prayer has been described as a way to practice (ever so gently) turning your will over to the care of one who loves you - for no reason! *How have you known or experienced unconditional love?* Consider the words *willingness, willfulness and will power* in those stories.
4. **10 minute sit.** Practice again together, a little longer. And compare notes again. (Compare *notes* - not compare yourself!)

"Be still and know that I am God"  
-Ps 46:10

*surrender*  
Everyone gives their life over to something.

**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 12, 2023  
Wk 2 - One With Everything, Practice  
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.*

