



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 written 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.

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

Intro/Check-In: Share names, hellos and ...something you liked about your morning or evening routines this week.

Discussion & Practice Ideas

30-60 mins

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

1. We got more communication card prayers than usual this week. Very real, honest. **Do you share prayers sometimes on the cards? Why or why not? What do you hope happens as people share these? And then as they are held in prayer by others during the week?**
2. Chris courageously raised the question for us: Does prayer change anything? Here's one comment that came on a card. **What about you? How does Chris' message get you thinking?**
3. Chris shared words from [Philippians 4:6-7](#) that have been meaningful to him since childhood. He also shared that, as someone who struggles with anxiety, the words "don't worry" just sound mean! **So then...what is it in these words? Have you ever experienced what could be described as "peace that surpasses all understanding?" What is that like?**
4. Prayer beads have been used by humans across centuries, cultures and religions. **Why do you think that might be?** (If you are interested in learning more check out [Bead by Bead: The Ancient Way of Praying Made New](#), Suzanne Henley.) Invite people to share the beads they made Sunday (or maybe had already). [Example](#). **How would you label your beads?**

"I think "prayer" (pausing, meditation, release) changes me. In my growing up Christianity, group prayer was a full-body performative, emotional thing that you learned by doing and watching. When I got older and lost my foundational belief of a God in control of everything, I found my anxiety increased - because I couldn't just "give it to the Lord in prayer". I had to plan, choose, act - or let go. -A comment from Sunday

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 19, 2023
Wk 3 - One With Everything, Practice 2
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.

