



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. Enjoy this time! - Melissa

Opening ideas

10-15 mins

Welcome! *Something I value about this chance to talk about Easter and its message about the dark...*

Have a group member share a prayer to open your group and help you all be present. It may be a poem or song lyrics that create an opening for them; or prayer words they've known since childhood. Keep sharing from the deep variety of your lives!

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

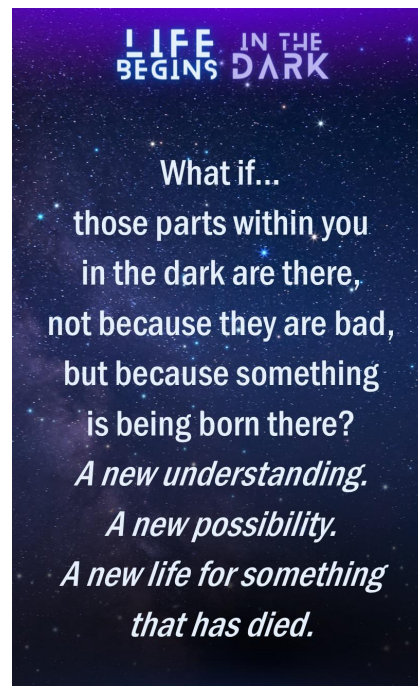
Intro/Check-In: Share names, hellos and ... a memory you have of the dark from childhood.

Discussion & Practice Ideas

30-60 mins

Homework from Easter: *Spend some time in the dark. If you have children, take an unexpected adventure into it with them. And take a peek into the darkness you may be hiding from within you. You don't have to do it alone. Don't be afraid.*

1. Warm up: Did you experience or talk about Easter with others this weekend outside of Fabric's Sunday gathering? How about Passover or Ramadan. What was that like?
2. Violence in the "Holy Land" made me wonder about the relationship of certainty and communal ceremony. Here in the US we, too, witness the violence of certainty - especially the kind dressed up in shared spiritual language and ceremony. ***Fabric wrestles with offering the gifts of shared ceremony without the traps of certainty. How has ceremony been important to you? What practices (personal and shared) do you find help it stay about connection and conviction over certainty?***
3. ***"Do not be afraid." -Bible, 365 times.*** I have an outside-of-Fabric friend who prays/asks daily "where is fear showing up?" She asks it in the morning, and describes it becoming a question she lives with more and more through the day. To me, she is learning to walk in the dark. She still struggles, a lot, with some difficult relationships and her own baggage. And - she has noticed progress! How do you practice walking in the dark? What progress can you celebrate?



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!





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.

