

June 18, 2023
Fabric Group Guide
Let's Go Beyond - Week 4
...And Beyond Who We Are

LET'S GO
BEYOND!

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

TO HAVE HANDY: Some paper, pens, your thoughts on this week's [outline](#).

Welcome! It's the last week of Let's Go Beyond! This week is about going beyond "who we are" right now by sharing our why for things that are important to us, including Fabric! Something that is staying with me about this is...

Aaaaaahhhh. You made it. *This time is about well-being. Yours, mine, ours. Time to pause the "doing" and notice your being... scan for sensations and thoughts, notice your breaths in, out. A little deeper now - breathe lots of life and love in... and now lots of life and love back out from that being that is you! One more time...in...out. Thanks for being. Thanks for being here!*

Intro/Check-In: Share names, hellos, and a word about why you are here today! Why this Group for you?

Check out the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them, highlight one that feels especially helpful or healthy to you and/or invite the group to talk about them in pairs.

Discussion & Practice Ideas

30-60 mins

This week's message challenges us to think about our "whys."

1. Remember the hot sauce story in the message? Share some of your own examples of times you were glad someone let you know about something they liked or valued.
2. Greg suggested 3 reasons we avoid sharing ours: we aren't clear on them, we think others are not interested, or we take it personally if they don't accept or agree with our whys. Can you relate? How is sharing different from selling?
3. Why Fabric for you? Practice wrapping some words around your own elevator speech! When you fall into *whats* and *hows*, help each other dig for the *why* behind them. (Greg shared examples he's heard in the [podcast](#) at the 15 minute mark!)

Try a [R.O.A.M.](#) (Read, Observe, Apply, Meditate) through one or more of the offerings on the front of the [Sunday Paper](#). See what you discover and uncover together! Matthew 5.13-16, Exodus 3, 1-15, 1 Peter 2.9-10

Idea to Close

5-10 mins

Say thanks to one another! Invite everyone to name one thing (a reminder, an idea, a connection...) they will take away from this time that will help them re-member their WHY this week when they need it.



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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.

