



Groups are regular, long haul space to **share, care, trust and grow**. Welcome!

Facilitator Prep: Read the guide & [message notes](#). Note your own thoughts to grease the wheels. Trust the 3 strands showing up!

## Get Started

10-15 mins

- **Welcome!** We're taking three weeks to look at the surprising power - and the challenges - of help. Both asking for and offering it. Good basic healthy reminders for all of us!
- **Choose a tangible way to set apart this time.** Light a candle, raise your cups or your 3-strands as you say "help!"... Maybe it is as simple as a pause to take some intentional, deeper, longer breaths together.
- Review the **Group Agreements**. Take your time, passing around to read. We do this every week so they are part of the Group when we need them. It's a 'practice when it's easy so you have the skills you need when it's not' thing.
- **Check-In.** Share names and something you came for today. *What is something you are hoping for from this time together?* May all that be so! Thank you for showing up today. It matters – for others, not just you – that you are here.

## Discussion & Practice Ideas

30-60 mins

1. **Warm Up.** *Is there a word or phrase in these words from Rabbi Brous that are particularly intriguing, inviting or important to you?*
2. **“What we do as a community matters because of the encounters it creates: chances to see and be seen with compassion.”** Think of ways you've been involved in some of the “doings” of Fabric (Sundays, Groups, Organizationally...). How have you experienced your “doings” making encounters like that possible?
3. **Help Seeing What We Aren't Seeing** Read the two suggested [ROAM](#) readings Matthew 19.16-30 and Matthew 20.29-34.
  - *In the readings, the children and the blind men saw things that the insiders couldn't. How would you talk about what they saw that had gotten harder to see for the others?*
  - *Which of these [Core Values](#) do you think the children or blind men might want to remind you to consider or lean into a little more? Feel free to use your own words!*



Showing up doesn't mean heroic gestures. It means training ourselves to approach, even when our instinct tells us to withdraw...

Reach out in your strength, step forward in your vulnerability.

**Err on the side of presence.**

-Rabbi Sharon Brous, author of *The Amen Effect — Ancient Wisdom to Mend Our Broken Hearts and World*



## Close

5-15 mins

**Take aways.** Invite everyone to share one. Thanks for these gifts you've given each other. May they keep on giving!

**Check in on plans** for upcoming meetings: who is facilitating, providing hospitality, or other needs of your group. *Remember, anyone is welcome to serve the group as facilitator.* **Next meeting:**



## 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. "I'll pass" is always an option.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Stay curious about yourself and others. Practice open and honest questions. Asking "how" not "why" can take you on a tour instead of 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. Ask for help or feedback for yourself if you'd like, but avoid crosstalk, fixing, interpretation, or unsolicited advice directed toward another group member.

*These agreements are practiced, not perfected! You can always circle back with the group or an individual to share how something felt to you or check in. Practice when it's easy!*

Sometimes there will be care and support needs that go beyond what can be addressed within your normal group operation. That's a good time to pull out the [Care IQ](#) tools.

