



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

Facilitator Prep: Read the guide. Note your own thoughts to grease the wheels. Trust the 3 strands showing up!

**Get Started**

10-15 mins

- **Welcome!** This week we formally say [“Let’s Do This”](#) with Ian McConnell. And we’re using a game called Story Stitch (thank you, local non-profit [Green Card Voices!](#)) as a way to exercise our empathy muscles & get to know each other.
- **Choose a tangible way to set apart this time.** Light a candle, raise your cups or your 3-strands... 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. **Begin** by reading all (or choose one meaningful part) of [our intentional weaving moment](#) with Ian.
  - *What is one thought and one feeling you had as you experienced it or as you hear it here?*
  - *Focusing on the “blessing” statements at the end, which might you most need this week? Write down your name and your version on a slip of paper and save it for the end.*
2. **“Knowing about someone is different from knowing them.”** Play a round of Story Stitch and reflect on this statement after! (Melissa can deliver Story Stitch deck to you! If she hasn’t reached out yet, [email](#) her!)

**Close**

5-15 mins

**Take aways.** Invite everyone to share one. Thanks each other. Then trade your blessing slips

**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:**

**When would be good options coming up for Ian to visit your group? Let Melissa know so she can help coordinate.**



## 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.

