

March 24, 2024
Week 3 | Rooted in "That Third Strand"

ROOTED



Group Discussion Guide

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

Facilitator: Read the guide. Prep sticky notes, pens. Note some thoughts to grease the wheels. Trust the 3 strands showing up!

Get Started

10-15 mins

Welcome! Fabric Groups are a unique space in the world to experience and tend to our rootedness in that which nourishes, sustains and stabilizes us. This week we're exploring our rootedness in something bigger. What is that? We collected [131 unique responses](#) in a few minutes on Sunday!

Review the **Group Agreements**. By the way, we do this every week so they are part of our groove when we need them. It's a 'practice when it's easy so you have the skills you need when it's not' thing. Take your time, passing around to read.

Check-In. Share names and **something going on you need and want to feel rooted for right now**.

Thank you everyone for showing up today. It matters for others too - not just you!

Discussion & Practice Ideas

30-60 mins

- That Third Strand...a Group wonder wall.** A mosque in Abu Dhabi has [a huge illuminated facade](#) bearing 99 different names of God used in the Quran. Hand out sticky notes or slips of paper to create your own version together.
 - One on each, **note names or images of "God" that have been meaningful in your life**. Are there some that used to work for you but don't so much now? Others you relate to now that had never crossed your mind? Write at least 2.
 - Take time for everyone to **share** and add theirs. When all have shared, **pause** to appreciate your wall of wonder!
 - Notice and talk about ways you are different from each other. **How can that get messy? What if we all conformed?**
- Ian gave us a homework invitation.** Read it from the [Sunday Paper](#). Now help each other out! *How the heck DO you nurture your full rootedness, including with this Third Strand, whatever it is?*
 - But first, *Why would you? What has happened when you did? Or didn't?*
 - We recently talked about the difference between being "known" and being "known about." Have you had times where you've felt more of a knowing with the Third Strand? Does knowing about

Close (Don't miss this.)

5-15 mins

Take aways. Think back on your "something" from our check-in. What is one thing you will take away that feels helpful for that?
Write it here:

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:**

Ian is visiting Groups! Can he visit yours to get to know more people and hear what matters to you? When would be good options for him to visit your group? Let Melissa know so she can help coordinate. And if you have any questions.



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.
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 any one person.

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.

