

What to expect today

We're glad you're here! Have a cup of coffee or tea, get comfortable, then...

Some music—join in!

Welcome

Song—enjoy and sing along

Message—Care IQ : What's It About?

~ Greg Meyer & Melissa Lock

Offering—Thank You!

Songs & Closing

Care IQ: What's it About?

We may not be very good at it, but we are accustomed to cheering up a friend, coworker or family member, walking them through a challenging situation, but when the typical ups and downs of life become crises we often have no idea what to do. It's time to raise your CareIQ. This is an area of growth we revisit and practice often and will be exploring again this month with a special eye towards mental health. Welcome today!



Also today...

Hey Kids! Thimble Towners (preschool), Spinners (grades K-3), and Weavers (grades 4-5)...Join us in the Thimble Town room to watch the movie *Abominable!* The Wiggle Room is also open for kids 6mo-preschool...this is a great spot for movie-sensitive kids. Kids are also welcome in the Commons - check out the kids table.

Coming Up...

Next Sunday, February 16: Care IQ—It's (not) about you.

Someone else's mental health is about them, and yours is about you. Simple, right? Evidently not because nothing trips up caring for another person more than not being aware of your own "stuff." So to make it fully about them, you need to be all about you first. This self-awareness is a lifelong journey, but being more awake to it can happen right now. Join Chris Lillehei, chaplain at Children's Hospital, for this conversation.



Take the IDI on March 21!

Fabric, we have a great opportunity... The Intercultural Development Inventory (I.D.I.) is a respected tool for helping individuals and organizations grow in hearing, accepting, embracing and adapting to the intercultural voices around us. Learn more at fabricmpls.com/idi.



Join a Fabric Group!

People need significant relationships where life is shared, trust is built, care is given and growth is expected around the deep-down stuff of life. Relating this way doesn't just happen. It happens because you choose it...and practice! Fabric Groups form and meet where and when works best for them. Sunday messages provide a framework for conversations. Interested? Email melissa@fabricmpls.com.





CareIQ enables CARE TO FLOW between people at times of MORE THAN NORMAL distress.

CareIQ skills need to be LEARNED and PRACTICED.

Everyone is a care GIVER and a care RECEIVER.



THE TOOLBOX

TOOL #1: Ask yourself, “What is my ROLE?”

TOOL #2: Set your BOUNDARIES.

- Keep within your CIRCLE OF INFLUENCE.
- Make sure your involvement is SUSTAINABLE for you.
- LEAVE ROOM FOR OTHERS to play their roles.
- Avoid the EMOTIONAL UPS & DOWNS of the person you care about.
Your stability & perspective may be the most valuable thing you offer!

TOOL #3: LISTEN DEEPLY.

- Listen, then listen more.
- Only ask clarifying questions to understand from their point of view.
- Acknowledge and validate their feelings and experience.

TOOL #4: Ask “What could I do that would be helpful to you right now?”

TOOL #5: WIDEN THE CIRCLE.

TOOL #6: Keep YOURSELF healthy.

- Meet your needs outside the care situation.
- Set Boundaries.
- Use Your People!

The Two Goals of CareIQ

- Self-Care: I am doing what I can to be healthy as a care giver and a care receiver.
- Toolbox: A lifetime of adding skills and experience.

Homework Practice—Identify a CareIQ situation you are in now or have been recently. Consider what your role is in it.

Write about it. Share about it.

If you are new, welcome!

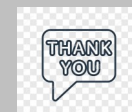
Thanks for being part of Fabric today. We'd love to meet you! Find the table with the Question Mark. ? We've got chocolate to share!

A reading to go with today's message:

Luke 10.29-37

Jesus tells a CareIQ story. Notice how the Samaritan exhibits a clear understanding of his role without sacrificing his compassion. Read on through the next five verses for another example: Luke 10.38-42

Thank you for your donations in 2019!



Giving Letters were emailed on January 28. Didn't get one?

Check your SPAM folder.

If you would like a detailed statement, email

katy@fabricmpls.com or call the office at (612) 822-0300.

You helped make Fabric happen. Thank you!

Contact Us

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There is typically someone at the office during the following hours:

Mon 12 pm to 4 pm
Tues, Wed & Thurs 9 am to 4 pm