

### 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 : It's (Not) About You**

~ Chris Lillehei

**Offering—Thank You!**

**Songs & Closing**

### Care IQ: It's (Not) About You

It only makes sense that CareIQ is all about the person one is trying to care for, but that's not how it works. CareIQ starts with you. You don't need all your \$#!+ figured out, but the more you do the more available and useful you will be. Let's talk about who the 'you' that you are is all about. Caregiver or receiver, this is for the whole of us. Thanks to Chris Lillehei of our community and chaplain at Children's Hospital for leading this conversation.



### Also today...

Hey Kids! The Nest (6mo-2yrs), Thimble Town (preschool), Spinners (grades K-3), Weavers (grades 4-5), and The Fray (grades 6-8) are open today! These gatherings are designed specifically for kids to help them connect and grow. Try it! Kids are also welcome in the Commons... check out the kids table.

### Coming Up...

#### Next Sunday, February 23: Care IQ Meets Mental Health

Everyone has mental health and no one's is perfect. But if yours significantly impacts your ability to function for an extended period of time special help is probably needed. Many of us will experience that some time in our lives, and all of us know someone for whom it is true. How do you stay connected with them if you aren't a therapist? One, don't try to be a therapist, but there is a lot you can be and do. Glad you're here.



#### 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](http://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](mailto:melissa@fabricmpls.com).





Effective CareIQ begins with...



Self-AWARENESS and



Self-MAINTENANCE.

Remember:  
It's **ALL ABOUT YOU**  
and it's **NOT ABOUT**  
**YOU** at all.



To understand who you are, you need to know WHAT YOU'VE EXPERIENCED.

Unpack the story of your life on Post-It notes (about 5 years each).

Knowing who you are means knowing your TENDENCIES.

Knowing who you are also means knowing your CAPACITIES.

These represent your POTENTIAL.

These represent your LIMITS.



Don't DEplete YOUR RESERVES.

This Empties Me

This Fills Me Up

**Homework Practice**—Complete your life timeline in 5 year

increments. Spend time with it. Look for details to add that you've

never noticed before. What do you learn? 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:  
Psalm 131

This poem is short and rich. Don't read it for information, use it as meditation. You can easily memorize it and carry it with you to help find your center as people have done for 1000s of years.

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](mailto:katy@fabricmpls.com) or call the office at (612) 822-0300. You helped make Fabric happen. Thank you!

## Contact Us

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### Pastor

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### Community Engagement

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### Creative Arts & Music

Chris Tripolino: [chris@fabricmpls.com](mailto:chris@fabricmpls.com)

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