



REMINDER!
Spring forward
Saturday night.

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: Practice When It's Easy

~Verlyn Hemmen, Melissa Lock & Chris Lillehei

Offering—Thank You!

Songs & Closing

Care IQ—Practice When It's Easy



Just knowing how to support and be supported in the stressful times of life is hard enough. Being able to do it is even harder! Everything is so real and more complicated than the textbook made it sound. That's why we practice when it's easy; so we can have the skills we need when it's not. Thank you to Verlyn Hemmen for helping us try out our CareIQ tools today and think through what works and why.

Also today...



A little about Verlyn Hemmen... Verlyn is an Iowa farm boy who told his parents at age 5 that he was going to be a minister some day! A graduate of Northwestern College and Western Theological Seminary—Verlyn has served at three churches, then as a supervisor and chaplain at United Hospital, and for the last six years in Spiritual Care and Pastoral Education for Allina Health. He retired one year ago and is serving part time again at Peace Church in pastoral care and small groups. He has been married to his wife, Kay, for forty-five years. Kay and Verlyn have two married children and four grandchildren - all living in the area. He has a deep love for folk music and, when the weather permits, is an avid Harley rider.

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.



Fabric Online Garage Sale—Collecting Items Today & March 8

This is an opportunity to do some early spring cleaning by finding a new home for quality items that are no longer being put to good use. All are welcome and encouraged to sell item(s) on their own and donate the proceeds. However, we formed a small team that can list, sell, package and ship for you if you are not comfortable doing that. Proceeds will provide more opportunities for Fabric to be enriched by guest speakers and guest musicians. Learn more at fabricmpls.com/sale.

Coming Up...

Beginning Next Sunday, March 8: *Worth Waiting For*

It's always exciting to know something is waiting just around the corner, unless that something is your midlife crisis. Maybe that's years off for you, or it's too late because you've already crashed headlong into it. Doesn't matter. Today is the day to remember what is worth living for and to live for it. *Worth Living For* is about the simple and the grand stuff of life, and the simple and grand moves that make the difference. Remembering what's worth living for is worth taking time for.



Check out our podcast!



Practice When It's Easy

CareIQ is a toolbox of skills to learn and practice that enable care to flow between people at times of more than normal distress.

A spot for notes...

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 133

Okay, the metaphor is weird; it's about abundance and beauty. And that 'eternal life' phrase at the end, think of it as 'life in its fullness.' Use it as a meditation, more than as something to study.

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

Homework Practice— What is a "Line" that allows you to enter a CareIQ situation constructively. Practice and adapt it so that it comes from you. Keep it handy.

Write about it. Share about it.