



CareIQ+ and You

If you were to boil down the Bible's or any sacred tradition's message you end up with something like "Love one another." If only it were that easy. It's hard enough in the best of times and not all times are the best. So what do you do when faced with the unresolvable, complex, over-your-head situations in your life or in the lives of those you love? There are no easy answers or tricks, but there is CareIQ and you can raise yours!

WELCOME!

Life, for adults and kids alike, is most fulfilling when it is woven deeply with others and that mysterious element we often call the third strand, or "God." Learn more about Fabric at www.FabricMpls.com

Is today your first visit? Welcome! Come say hi and choose a gift at the ? table after the gathering.

Got Babies? Hang out with them in The Nest (Media Center) and watch the livestream to stay connected. The Nest is also available for drop off (6mos-3yrs).

WHAT TO EXPECT

**We're glad you're here!
Take a seat and get comfortable.**

- Music by Chris Tripolino & Fabric friends
- Welcome & a Meal Together
- Message-Greg Meyer
- Connecting with & supporting Fabric
- More music & closing thoughts

CAREIQ KIDS EDITION



Kids: Relationships can be tricky at any age! Today Heidi Ferris educator with Growing Green Hearts will lead us through activities and hands-on experiments that will help us to explore what it means to have a caring relationship with our earth.

Kids 4 years through 8th grade head to the gym!

NEXT SUNDAY!



The CareIQ Toolbox

When you need to change a light bulb, or turn off the faucet a little tighter so it won't leak you probably have all you need to do the job. But if the pipe burst or the wiring is to blame you may need some special tools. Relationships are the same; they have toolbox situations too. Join us!



Want to join a Fabric Group? A Fabric Group is any group of people meeting regularly to practice and connect around our shared Fabric conversations. They meet regularly at a variety of times and in ways that work for them. Write "Group" on your communication card if you'd like to know more.




Extend a Winter Welcome to New MN Arrivals. A way to be Fabric with Kali Pliego. "I had an opportunity to live into purpose drop into my lap recently at work..." read more and learn how to help new MN arrivals at fabricmpls.com/blog

Everyone has care situation THEY CAN'T RESOLVE.

The skills we use in routine care situations DON'T WORK in CareIQ situations.

The question then goes from "What can I do?" to "What is MY ROLE?"



NOTE: Weaving the 3rd Strand into CareIQ isn't as easy as saying a prayer or quoting a Bible verse. It asks you to look and listen for the bigger picture you are part of.

Jesus told a story..."A Samaritan travelling that way came upon the beaten man and his heart went out to him. He went over to him, bandaged his wounds having poured oil and wine on them. Then he put the man on his own donkey to take him to an inn and cared for him. The next day he gave the innkeeper two silver coins saying, "Take care of him. When I return I will repay you if you spend any more on him." Then Jesus said, "Go and do the same." Excerpt from Luke 10.30-37

Characteristics of care situations that require a special CareIQ:

- The person is STUCK and DOESN'T RESPOND to normal support.
- You feel HELPLESS to support.
- You are worried about the person's WELL-BEING.
- The situation isn't FIXABLE.
- You can't provide the LEVEL OF SUPPORT requested.

Everyone is a care GIVER and a care RECEIVER.

Receiving care is not a sign of WEAKNESS,
it is a sign of living in COMMUNITY.

Giving care is not a sign of STRENGTH,
it is a sign of living in COMMUNITY.

*Your greatest ministry,
your most profound ability
to serve others,
will not spring from
your greatest strength
but from your deepest hurt.*

Two goals of CareIQ:

1. SELF-CARE: I meet my needs outside of my caregiving.
2. TOOLBOX: A lifetime of adding skills and experience.

Homework: Watch for CareIQ situations you are in. Including those you are blocking out, avoiding, giving up on, or consumed by. Don't worry about conquering them all now, make a list and write down your observations, questions, and feelings about them.