



**HELP!** - What if asking for help is the most honest and important thing you do every day? Right next to offering it? Jesus said “Ask and it will be given...” If it was no big deal, he wouldn’t have gone on about it and we wouldn’t have to talk about it. Join us to dig into what keeps the kind of help we really need from flowing more freely in our lives and the world.

## WELCOME

Life, for adults and kids alike, is most fulfilling when it is woven deeply with the strands of your full self, others, and that third strand that is bigger, beyond, around and within us all that you may or may not know as God.

Learn more about Fabric at [FabricMpls.com](http://FabricMpls.com)

Miss a week or want to hear the message again?

Check our podcast [fabricmpls.podbean.com](http://fabricmpls.podbean.com)

## WHAT TO EXPECT

**We’re glad you’re here!**

Music with Kernsey

Welcome & Say Hi

Message – Melissa Lock

Connecting with and supporting Fabric

Song & Closing



**What’s Happening for Kids Today? We Get To...Play a Part!** Let’s Watch, Wonder and Play together! Kids will start out in the Commons and during the welcome will be invited to their special spaces...check out the sandwich board by the check-in table to see where to go. More at [fabricmpls.com/kids-current](http://fabricmpls.com/kids-current)

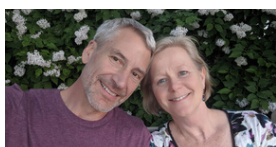
## COMING UP AND MORE



**Join us next Sunday for Help Isn’t Fair** - The kind of help that’s really helpful seems to come with one big difficulty. It’s not fair! Let’s take a good look at how our tendencies to compare and keep score get in the way of giving and receiving the help that is so needed. And what we can try instead! More at [fabricmpls.com/current](http://fabricmpls.com/current)



**The Fabric Community voted unanimously** to call Ian McConnell as Fabric's Lead Pastor following Greg's retirement. We are excited about the future of Fabric and thrilled with the community's wholehearted and unanimous endorsement of Ian to lead Fabric into our next chapter. Ian's first day will be February 14, 2024. More at [fabricmpls.com/transition](http://fabricmpls.com/transition)



**Greg Meyer retired on Sunday, January 21.** A party to celebrate Greg and Kris took place at The Schmidt Artist Loft where roasts and toasts happened, a special song was sung, and an assortment of Greg's favorite things were given as gifts from the community. We wish you the best in your retirement, Greg. Sail on!



**Where we are and the story of our land matters.** Most of us live in, and we gather in land that was part of the Dakota people for centuries, but from which they were forcibly and dishonorably removed by the US government. It is an honor and a responsibility for us to live on and care for this land today.

**“Today You, Tomorrow Me”**  
Life Woven Deeply is like this.

You **NEED HELP**. Opening up to that is how you will become most **HELPFUL**.

The messiness and challenges of giving and receiving help come in the:



**ADMITTING** TO YOURSELF AND OTHERS THAT YOU DON'T JUST GOT THIS. THAT THERE IS SOMETHING YOU CAN DO.

**ASKING** WHAT IS MY ROLE? KNOWING WHAT TO EVEN ASK FOR OR OFFER THAT WOULD BE TRULY HELPFUL.

**ACCEPTING** THAT HELP DOESN'T NEED TO BE EARNED, PAID BACK OR EVEN DESERVED.

Your need for help never **LEAVES YOU ALONE**. And it is how you **GROW**.

Society feeds the part of us that doesn't want to **NEED** or **FREELY GIVE** help.

*What you Won't Hear on Cable News (From until now: new poems, by Carrie Newcomer)*

Help is **HOW IT WORKS!** NOT INDEPENDENCE OR RUGGED INDIVIDUALISM. BUT INTERDEPENDENCE AND MUTUAL AID.

*A Story about a Rich Young Ruler who asked Jesus for help. (From Matthew 19.16-26 and Luke 18.15-30)*

The riches aren't the problem. It's the **ILLUSION** of **SELF-SUFFICIENCY** they allow us to hold on to.

Being limited isn't **BAD**. It just **IS**.

**ad-mit** [əd'mit]  
verb

1. confess to be true or to be the case, typically with reluctance
2. allow entrance

**HOMEWORK** - This week practice saying YES whenever someone offers to help you. Talk about what you learn!



**ROAM** (Read, Observe, Apply, Meditate)

Roam through the two accounts of Jesus and the Rich Young Man for yourself: Luke 18.15-30 & Matt 19.13-30  
Bonus: Read 1 Corinthians 13:1-13 but substitute “help” for “love.” Then read Psalm 121



**Thank you for your donations in 2023!** Giving Letters were emailed on January 23. Didn't get one? Check your SPAM folder. If you would like a detailed statement, contact [katy@fabricmpls.com](mailto:katy@fabricmpls.com). Your giving helped make Fabric happen and makes a difference in people's lives. Thank you!