



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!

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

Miss a week or want to hear the message again?

Check our podcast fabricmpls.podbean.com

WHAT TO EXPECT

We're glad you're here!

Music with Chris Tripolino and the Fabric Band

Welcome & Say Hi (Kids can head out!)

Message -- Chris Lillehei

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

COMING UP AND MORE



Join us next Sunday for Help Never Runs Out. Like our breath, help becomes scarce when we stop letting it flow freely in and out. Wouldn't it be great if the healthy giving and receiving of help became as instinctive as breathing? Unconditional love in action takes practice. A wonderful way to understand Fabric is as a community where we get to do just that!



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 Sunday will be February 18, 2024. More at fabricmpls.com/transition

LAND ACKNOWLEDGEMENT

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.

What it felt like to get help that was ...



WHAT MAKES HELP HELPFUL?

Helpful help isn't....

SELF-REFERENTIAL

JUDGEMENTAL

A story from Jesus about a guy who worked in a vineyard and got paid... (From Matthew 20.1-16)

Helpful help has....

CONSENT

RELATIONSHIP

BOUNDARIES

VULNERABILITY

COMPARISON stifles help. COMPASSION unleashes it.

HOMEWORK - When you think about a place you need help, what's something you need and something you feel? How could you share that as you ask for the help you need?



ROAM (Read, Observe, Apply, Meditate) through this ancient invitation to those who need help: Isaiah 55. Use that lens to find yourself reflected in all the characters in the story of the vineyard worker (Matthew 20.1-16).



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. Your giving helped make Fabric happen and makes a difference in people's lives. Thank you!