



February 11, 2024
www.fabricmpls.com

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!

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 -- 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

COMING UP AND MORE



Join us next Sunday for the start of *New Guy*. Who's that guy? It's Ian! Still not enough? Well, we're all just starting to get to know Ian McConnell and his family. "What would possess a seemingly rational human to hop into the driver's seat of this bus?" you ask. Maybe for a similar reason you'd choose to be part of the Fabric experiment! Come find out (or be reminded) why Fabric matters so much with the "New Guy!"

We are excited about the future of Fabric and thrilled with the community's wholehearted endorsement of Ian to lead Fabric into our next chapter. Ian's first Sunday will be February 18. Let's give him a big welcome! More at fabricmpls.com/transition



Our community relies solely on the financial support of folks who call Fabric home and friends of Fabric who believe in what we're doing. No matter the size, recurring gifts help enable predictable budgeting for you and for Fabric. Visit fabricmpls.com/give to take a look at some giving platforms to consider when setting up recurring gifts.

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.

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If having enough help is about how you WANT THINGS TO BE, there will never be enough.

When it becomes about how you SHOW UP, help never runs out.

When you feel STRONG

When you are STRUGGLING.

What lets help flow is the way we are HELD when we are VULNERABLE.

With COMPASSION: Where LOVE meets vulnerability ...and STAYS.



Showing up doesn't mean heroic gestures. It means training ourselves to approach, even when our instinct tells us to withdraw...

Reach out in your strength, step forward in your vulnerability.

Err on the side of presence.

-Rabbi Sharon Brous, author of *The Amen Effect — Ancient Wisdom to Mend Our Broken Hearts and World*



WHAT WE DO as a community matters because of the ENCOUNTERS IT CREATES. Chances to practice SEEING and BEING SEEN with compassion.



HOMEWORK - This week, big or small, practice erring on the side of presence every day. Talk about what you learn.

If you or someone you love is having thoughts of suicide, call or text 988 or text TALK to 741741. And if you're struggling, it's okay to share your feelings. "I'm struggling right now and just need to talk - can we chat?"



ROAM (Read, Observe, Apply, Meditate) through these stories about the children and the blind man/men...what do they teach you about your own blindspots? (Matthew 19.16-30 and Matthew 20.29-34.)



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!