



TODAY! Make Me One With Everything

Science, history, polls and our own experience seem to say it is a basic human instinct to pray. Why is that? Can prayer be more than one more way to try to control or escape from reality? Let's start looking at this and trying some things together.

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, get comfortable, have a cup of coffee. It's time to do some weaving!

- Music by Chris Tripolino & Fabric Friends
- Welcome and Say Hi
- Message-Melissa Lock
- Connecting with & supporting Fabric
- More music & closing thoughts

FABRIC KIDS TODAY



A part or apart?

This week we will discover how prayer can help us trust that we are already a part of that great big love that God has for the world.

Start with your family in the Commons and then Pre-K and middle school will head to the media center and K-5th grade will head to the gym!

NEXT SUNDAY!



Practicing: Part 1

Studies consistently show that people who pray have higher life satisfaction. Really? Why? How would that work? Join Mike Rusert & Greg Meyer as they explore that.

Want to hear a message you missed, re-listen, or share it with someone? Go to www.fabricmpls.podbean.com



TAKE THE SURVEY! At our 'What's Next With Fabric' event we heard from many of you about what makes Fabric so important and meaningful. We want to hear from everyone, so we made a list from that event of the themes we want our next leader to understand about us and turned it into a survey! Use the QR code here to take the the Transition Team SURVEY. Your ideas are important! Thanks.



Take the Survey



Join a Fabric Group

Want to follow your instinct for community where you can share, care, trust and grow with others? 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. Email melissa@fabricmpls.com to learn more!

It is HUMAN INSTINCT to pray.

We might go there to ESCAPE or CHANGE reality,

“ Make me ONE WITH EVERYTHING!”
 “ Make me IN CONTROL OF EVERYTHING!”

That’s okay. There are no WRONG REASONS to pray

Just don’t DECIDE WHERE IT ENDS.

If prayer had a tagline... PRAYER: Come for the TRANSACTION stay for the TRANSFORMATION.

but, as we persist in prayer we learn to LIVE IN reality.

Rejoice in hope, be patient in suffering, persevere in prayer. Romans 12.12

Prayer is....

A definition for us to work with: Prayer... an OPENING into conversation with ALL THAT IS.

I pray that you may have the power to comprehend, with all the holy, what is the breadth and length and height and depth of the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Ephesians 3.18-19, see also Isaiah 55.8-9

Prayer isn’t about becoming One With Everything it is a way to practice trusting that YOU ALREADY ARE.

Your prayers might not FEEL or SOUND like trust - the trust is IN THE ACT.

A question about prayer...

There are no REQUIREMENTS in prayer, only INVITATIONS.

Perhaps the main, ongoing invitation is to ask your *frayed* self to kindly STEP BACK
 so your *connected* self can STEP FORWARD.

I invite you to let go of the question: HOW SHOULD I PRAY? And TRY SOMETHING.

“ The heart has its own language.
 The heart knows a hundred
 thousand ways to speak.”
 — Rumi

Homework practice invitation: Pick up that clay and work with it for a few minutes each day. How does that concern you put inside it change? What else does your daily bowl come to hold?