



TODAY! Practicing - Part 1 Studies consistently show that people who pray have higher life satisfaction. But is that because they pray? Or do they pray because they are content? Two practitioners who have few answers, Greg Meyer and Mike Rusert, but have found important, evolving places for prayer in their lives will share some of their 'why' and 'what' and give you a chance to try it yourself.

Prayer takes us deep into our lives and world. And that takes practice.

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-Greg Meyer & Mike Rusert
- Connecting with & supporting Fabric
- Making Finger Labyrinths for prayer practice
- 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 2

Praying with and for each other can open up surprising possibilities and be surprisingly slippery. This deserves some looking into, and some experiments!

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



Transition Team Update - The team, consisting of Eric Sybesma, Susan Cunningham, Matt Mielke, Mimi Black and Greg Meyer (advisory to the team) continues to meet weekly and is making progress. Have thoughts or questions? Email next@fabricmpls.com. Visit fabricmpls.com/transition for updates!



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!

Centering Prayer

~ The Guidelines ~

Choose a sacred word as the symbol of your intention to consent to God's presence and action within.

Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.

When engaged with your thoughts, return ever-so-gently to the sacred word.

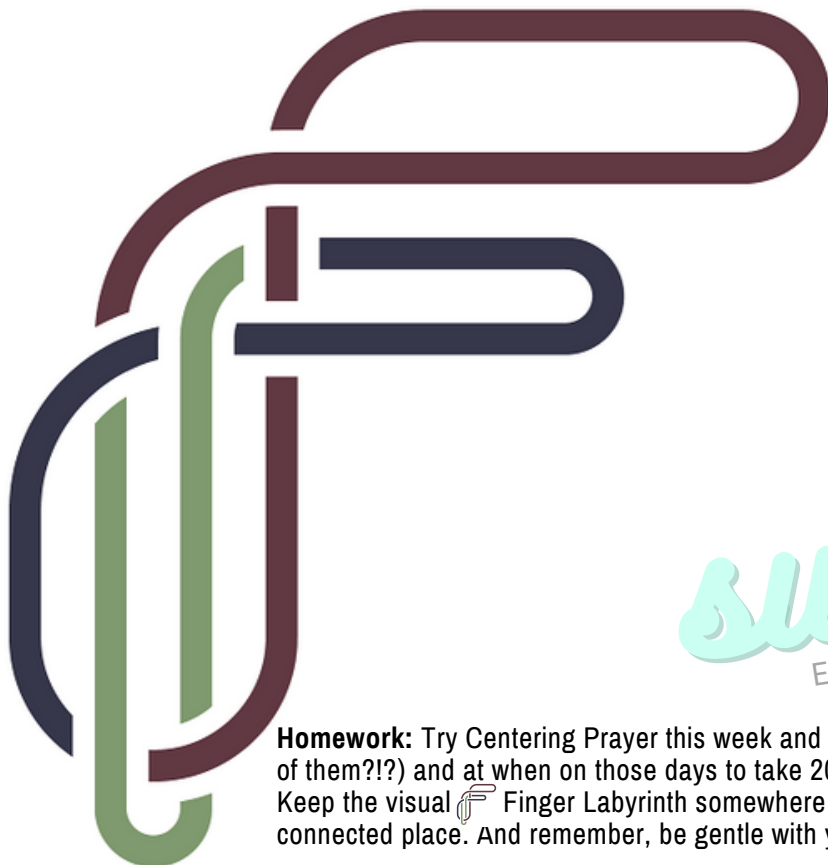
At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

ContemplativeOutreach.org

Be still
and know
that I am God.
Psalm 46.10

Come for the transaction,
stay for the transformation
~~~~~  
Pain that's not transformed  
will be transmitted.


Be Gentle with Yourself ~  
**Regular Practice** ~  
Be Gracious with Yourself ~



**3rd Step Prayer**  
God, I offer myself to Thee –  
To build with me and to do  
with me as Thou wilt. Relieve  
me of the bondage of self,  
that I may better do Thy will.  
Take away my difficulties, that  
victory over them may bear  
witness to those I would help  
of Thy Power, Thy Love, and  
Thy Way of Life.

**6th Step Prayer**  
Help me to be willing to let go  
of that to which I still cling.

*surrender*  
Everyone gives their life over to something.

**Homework:** Try Centering Prayer this week and use the Finger Labyrinth to help it stick. Choose what days (all of them!?) and at when on those days to take 20 minutes to be still and present for what is waiting for you there. Keep the visual  Finger Labyrinth somewhere you spend time. Trace it to pull yourself back to that quiet and connected place. And remember, be gentle with yourself. It isn't how well you do it, we are always learners.