



**TODAY! Teaching Kids to Pray** is a messy proposition, but the insights about how to guide them in this partnering with “All That Is” are the same insights that will guide us as adults. So whether you have kids or not, Heidi Esposito and Greg Meyer will help us wrestle with why we would do it, what we are trying to do, and how we can help our kids - and ourselves - to be prayer-full people. This will be a practical and practicable venture into something that can be invaluable to life.

## 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](http://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
- Welcome and Say Hi
- Message-Greg Meyer & Heidi Esposito
- Connecting with & supporting Fabric
- More music & closing thoughts

## FABRIC KIDS TODAY



### Be Still.

Join in as we slow down with some bubble art and make space for listening!

**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!



### Pray without Ceasing

What can 'pray without ceasing' that the Bible talks about look like in your real, everyday, earthbound life?

Want to hear a message you missed, re-listen, or share it with someone? Go to [www.fabricmpls.podbean.com](http://www.fabricmpls.podbean.com)



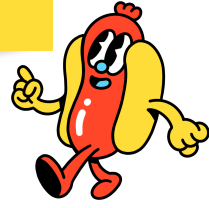
**EASTER April 9 - Life Begins in the Dark** - Easter is about life - full, undying, hope-filled life - and it isn't always found in the light. Life begins in the dark where seeds and cells grow, and mysteries unfold. And it continues in the beauty and wonder of night skies, shadowy forests, and deep inside us. Night and day. Dark and light. Unseen and seen. Let's celebrate all of Easter this year in ways that make sense for grown ups and kids. Fabric is about weaving life deeply, and it can be dark in the deep. It's life!



### 9:00-10:15am—yummmmm Pancakes!

Join us on Easter morning for pancakes, sausage, fruit, juice and coffee and help our kids go to Camp Courage and on the High School trip to Appalachia this summer! Get your tickets ahead of time on TODAY and Sunday, April 2nd as well as the day of. Don't forget to invite your friends and family to gather with you! A goodwill donation of \$5/kid and \$10/adult (family max of \$25) will be taken.

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How we approach prayer and teach our kids about prayer has a lot to do with our prayer STORIES.

What if... WEAVING and PRAYING are the same thing?

What MUSCLES do I need to develop and exercise in order to be open to seeing my whole self, the wholeness of others and the mysterious love of God?

Congratulations! You just exercised the first muscle... WONDER!

This seems to be the key to unlocking the best of our TRUE SELVES.

God doesn't need CREDIT and God doesn't PLAY GAMES.

The second muscle we want to build up is... TRUST.

We want to create RITUALS that support these muscles, and as we grow these muscles, they allow us to be SPONTANEOUS.  
Both are grounded in noting and holding sacred moments.

Embracing and being able to talk about our mistakes takes the muscle of... VULNERABILITY.

How can we expect the transformation possible through weaving/praying when we remain ARMORED?

If it feels like loving, it likely involves growing the muscle of... LISTENING.

**HOMEWORK PRACTICE** Create an intention to be still and listen.  
Use your bubbles and prompts as a tool if they are helpful.