

UNEARTHED



Sunday, April 14, 2024
www.fabricmpls.com

Unearthed | Political Divide (week 2) - We received a challenge from Jeff Thiemann: make one commitment toward being equipped and brave for challenging conversations. Today, we're going to brag about it! Let's hear from one another as we celebrate our bravery, and learn from one another.



4:30-6pm TODAY @ the Fabric Office | What's Up With Fabric - A time to catch up on what is going on behind the scenes; the changes happening, the considerations staff and other leaders are weighing. Join in to keep bringing, growing and finding your irreplaceable part in how Fabric gets woven! And help others do the same. See you there! More at fabricmpls.com/wuwf.

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

Message, *Political Divide (week 2)*, with Ian McConnell

Connecting with and supporting Fabric

Song & Closing



What's happening for KIDS today? SCUBA | Seeking Justice Through EMPATHY.

Come see how Dolphins take care of their neighbors and discover a story that gets us thinking about how treating people with empathy means seeing and understanding how they feel and how they might want us to show up for them.

COMING UP AND MORE



April 21 | Climate Crisis (week 1) - We'll welcome Joshua Lewis, a climate justice organizer from Minnesota Interfaith Power & Light to continue our conversation. This time around how we might faithfully look up and out from ourselves at the issue of global climate change. Is the climate crisis just too big, or are there approachable ways for us to engage in the conversation with courage and conviction? Join us!



Spring Giving Challenge - This month, we have an opportunity for us to come together and ensure the stability of our financial roots. Our goal is to have at least 100 participants contribute to: 1) raising \$30K in one-time gifts, and 2) increasing automated giving by at least \$1500/month. Use the QR code to let us know your plans. More at fabricmpls.com/sgc



The story of this land matters. We gather on land that was honored by the Dakota people for centuries, but from which they were forcibly and dishonorably removed and continue to be erased.

A brief lookback to last week:

When we engage in difficult conversations, we may notice in ourselves the impulse to fall into **DESPAIR**, **DENIAL**, or **DOUBLING DOWN** on our positions.

a tool for the marathon: EBB

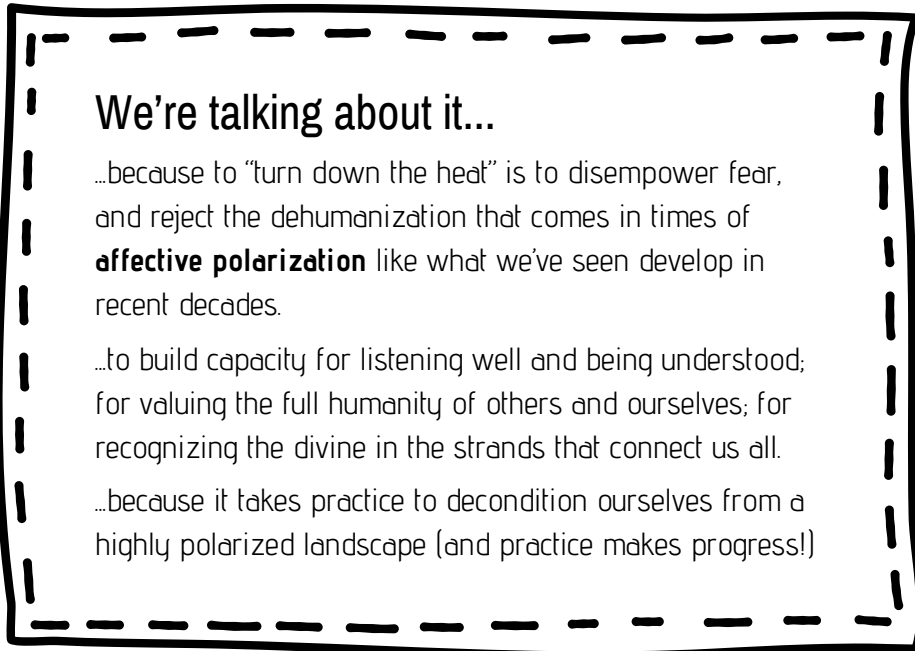
EQUIP

BRAVE

BRAG



These next 6 weeks, let's notice those feelings when they arise. If it helps to place those feelings externally, we have art supplies and available for you to use however you'd like, and then leave your creation in the "Unearthed" planter box, if you so choose...



We're talking about it...

...because to "turn down the heat" is to disempower fear, and reject the dehumanization that comes in times of **affective polarization** like what we've seen develop in recent decades.

...to build capacity for listening well and being understood; for valuing the full humanity of others and ourselves; for recognizing the divine in the strands that connect us all.

...because it takes practice to decondition ourselves from a highly polarized landscape (and practice makes progress!)



ROAM (Read, Observe, Apply, Meditate) through Matthew 7: 7-8 for some good old wisdom... asking, searching, and knocking are acts of courage in and of themselves! Perhaps identifying what we might ask for, search for, or which doors we might want to knock on can help us to find our next steps...

Homework Invitation — Take a step, and tell about it! It can be easy to become overwhelmed with issues like polarization, believing we need to fix everything all at once. What is the *one thing* you might do or "brag" about this week, in order to build muscles for having convictions, valuing the humanity of others, and recognizing the "God strand" in the big challenges of life?