

What if?

What If... We Each Tackled One Part of One Problem?

It doesn't take a hero to make a dent in a persistent problem. Just ask Cathy Heying who noticed that when people on the margin had car problems their world could easily start unraveling. Public transit isn't the whole answer. "Someone should fix that!" Cathy wasn't a mechanic, or an entrepreneur, but she dared wonder, "What if it was me?" Let's hear her story and listen for ours.



More about Cathy Heying: Cathy is founder and Executive Director at the non-profit Lift Garage where she and her team provide low-cost car repair, free pre-purchase car inspections and regularly scheduled car-care classes, as well as the sense of independence and freedom that comes with a functioning vehicle. Her first Car was a 1976 Buick LeSabre.

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."

Expect ways for all ages to participate each week.

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 & the Fabric Band

Welcome, Another Song, & Say Hi

Message – Melissa Lock & Cathy Heying

Connecting with & supporting Fabric

Song & Closing thoughts

See you here at the Falls again next week!

ROAM-ING THIS SUMMER?

R.O.A.M.

Try ROAM-ing this week.
(Read, Observe, Apply, Meditate)

Notice the refrain across some of the "heroes" of the Bible: Isaiah 6:5-8; Genesis 22:1 and 31:11; Ezekiel 3.4; Samuel 3.8; Luke 1.38. And then - Isaiah 58:9, Luke 22:33-34 (A glimpse of Peter, one of the bumbling "heroes.")

NEXT SUNDAY!

What If... Doubts Were our Best Friends?

We love answers. And doubt has long been labeled a stumbling block to life. A defect to be eliminated. But why? Join us!

What if?



Get to Know Fabric! Come get to know more of the Fabric story, ask questions, enjoy some snacks and meet some people! More info at fabricmpls.com/get-to-know.

When: 7-8:30 pm on Monday, Aug 14 | **Where:** North side of the Minnehaha Falls Pavilion

RSVP: By Friday 8/11 to melissa@fabricmpls.com if you plan to attend. Include kiddos with ages. Thanks!



Join Fabric for another Special Sunday on August 13! Gather a team of 2-5 people or come and form a team at race time! Teams will begin at McRae Park and will then work to complete a series of challenges, getting to know the 48th and Chicago Ave area. Don't worry, all the challenges are designed for fun that all ages will be able to complete! More at fabricmpls.com/amazing-race.

SPACE FOR NOTES:

What if it's you, and you, and you, and me, and us together... and that is more than enough?



CALLING ALL LITTLES: Join Nature Camp! *From little seeds grow mighty trees.* This morning, Fabric is offering a kids nature camp! Nature camp is geared toward ages 2-6, but older kiddos are invited to “help” with some of the projects we’ll be exploring. Listen for the invitation to join the leaders at a space just adjacent to the gathering. Kids will return after about 20 minutes.



Billboard Selfies: This is Greg taking a selfie with a billboard mock-up, but this very same image is on the billboard above Turtle Bread on 48th & Chicago. Take a selfie with the billboard, post it, and tag @fabricmpls to spread the news and we'll give you a newly designed Fabric t-shirt.



July 30 Minnehaha Falls Bandstand - *What If?*

August 6 Minnehaha Falls Bandstand - *What If?*

August 13 - Amazing Race and Ice Cream Social

August 20 Minnehaha Falls Bandstand

August 27 Minnehaha Falls Bandstand

September 3 Minnehaha Falls Bandstand

Watch for more details about each week and invite some one to join you for a Sunday morning in the park!

Shout Outs!



Thank you to Hardshell Fitness for housing our trailer this summer. Their values are Empathy | Resilience | Community. If you are looking for a fitness community try them out! hardshellfit.com

FALLS / COFFEE

Thanks to Tom and the brand new Falls Coffee for the hot brew this morning! Stop by and say hello as they build relationships in the neighborhood. Just past DQ on the corner!

Land Acknowledgement -- It matters to grow in our remembering and recognition of where we are. We live and gather on the sacred traditional land the Dakota people have stewarded for thousands of years and still call home. In 1805 the US government gave them little choice but to sign a land treaty to make way for white settlers and the establishment of the US State of Minnesota. These Minnehaha Falls flow right into a sacred center place for the Dakota; the Bdote, the joining of the Minnesota and Mississippi Rivers. It is an honor to live, work and weave community on this land alongside Dakota, Ojibwe, and other Indigenous people.

Coupon: \$1 off a Blizzard at the Minnehaha Falls DQ. Up to 2 per coupon. Good thru 9/3/23
Summer with Fabricmpls.com