

What if?

What If...Doubts Were Our Best Friends?



Justin Ley, founder and CEO of Reema Health, has made a life out of following his doubts -- spiritually, personally, professionally -- not to be negative, but to question the myth that everyone assumes. And to find a path to something no one thinks is possible. Welcome to the conversation, your doubts too!

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 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

Expect ways for all ages to participate
Music with Chris Tripolino & the Fabric Band
Welcome & Say Hi (Nature Camp begins)
Message -- Melissa Lock & Justin Ley
Connecting with & supporting Fabric
More music (Nature Camp returns)

Young kids can join Nature Camp this morning! *From little seeds grow mighty trees.* 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.



COMING UP



Next Sunday: Have you stopped to consider how others experience the same physical space that you do? We often miss the "invisible" needs, capacities and experiences of others. Join us here again for a conversation with Jenny Lillehei who brings perspective and passion from her work with Fraser, a national leader in specialty healthcare and inclusion services.



A Special Sunday is coming! We won't be here at the Falls on August 13. Gather a team of 2-5 or come and form a team at race time. Teams will begin at McRae Park, then work to complete a series of challenges in the fantastic 48th & Chicago neighborhood. More at fabricmpls.com/amazing-race.



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. Include kids and ages. Thanks!

SPACE FOR NOTES:

What If... creates doorways through the impossible into what could be.

What is the difference between conviction and certainty?



Try ROAM-ing this week through some readings to stretch your doubt muscles .
(R.O.A.M: Read, Observe, Apply, Meditate)

Genesis 11.1-9 | John 20.24-29 | Matthew 5.14-17



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.

Calendar

*see the full calendar at fabricMpls.com/events

August 6 What If? | Minnehaha Falls Bandstand

August 13 Amazing Race & Ice Cream | McRae Park

August 20 Our Place | Minnehaha Falls Bandstand

August 27 Our Place | Minnehaha Falls Bandstand

September 3 Our Place | Minnehaha Falls Bandstand

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

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.

Shout Out



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

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