Fabric

@ the Falls

August 6, 2023

www.fabricmpls.com

# What if?





Have you stopped to consider how others experience the same physical space that you do? Diversity and inclusion goes beyond visible human experience and differences. While we often try to be considerate of others, we often miss or under consider the "invisible" needs and experiences of others. Jenny Lillehei works with Fraser which has led the way on specialty healthcare and inclusion services. Her experience can help us grasp the problem and potential of being a society that includes all rather than marginalizing some because of how their brains work.

### **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 — Chris & Jenny Lillehei

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 is a Special Sunday: Join us at McRae Park 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!



#### Beginning Sunday, August 20, right here at the Minnehaha Falls Bandstand - Our Place

We live in a compromised...let's face it...endangered world because we have thought it was *our* place. To find our way forward to a healthy, sustainable environment we need to learn our place within it not over it. This will be hard, but it is possible, and it is the way it is meant to be. Join us for our last three weeks at Minnehaha Falls as we create hope and a vision for Our Place.



SPACE FOR NOTES:



Try ROAM-ing this week through some readings to stretch your doubt muscles.

(R.O.A.M: Read, Observe, Apply, Meditate)

Colossians 1:16-17 | Ephesians 3: 14-18 | 1 Corinthians 12: 4-11



**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 13 Amazing Race & Ice Cream | McRae Park

August 14 Get to Know Fabric | Minnehaha Falls Pavillion

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