

Fabric  
September 18, 2022



### People are so Peopley: Questioned Decisions

Welcome to a September of music, connection and stories brought to you by the humans of Fabric. Losing yourself in someone else’s generously shared story is a wonderful way to find yourself. This week Bjorn Westgard and Stephen Taylor offer up stories of questioned decisions. Did I do the right thing? You might know the feeling. No question on one thing though, we’re so glad you’re here!

## 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.”

More at [fabricmpls.com](http://fabricmpls.com)

## WHAT TO EXPECT

### We’re glad you’re here!

Music with Chris Tripolino & the Fabric Band  
Welcome

People are so Peopley - shared stories, shared table  
Connecting with & supporting Fabric  
Music and sending

See you next week! Bring a friend!



### What's Happening for Kids

Families sit near one of the white tables so kids can create their own storytelling tools to help keep the stories going beyond Sunday mornings!

**Come early each week!** Kids join us at the Gaga pit or at the playground beginning at 10:10! Coffee and treats on the lawn nearby!



### Fabric & the Twin Cities Marathon - October 2

We'll be at 34th Ave S & Minnehaha Pkwy 9-11:30! One of the wonders of Fabric is that there isn't anything we have to do, except be relevant. After fighting road closures and everyone's involvement with the marathon some years ago we realized it makes sense to just be part of it. Cheer for your friends and neighbors with us! More at [fabricmpls.com/marathon](http://fabricmpls.com/marathon)



### Let's Welcome Greg & Kris Back In Style! Sunday, October 9

Join us for a post-sabbatical celebration on Sunday, October 9, as we welcome Greg and Kris Meyer back to Field School. We'll hear *their* stories and enjoy walking tacos and dessert!

*We live by stories. We also live in them. One way or another, we are living the stories planted in us early or along the way, or we are also living the stories we planted – knowingly or unknowingly – in ourselves. -Ben Okri, A Way of Being Free*

Are the stories that shape you **WORTHY** of your **TRUST**?



### A story from Stephen Taylor

The **UNIVERSE** is revealed in the **PARTICULAR**.

A Fabricism: Practice when it's easy!

### A story from Bjorn Westgard

*There is a depth to story that we rarely take time to ponder, let alone tell and hear. Story is how we transform pain. Story is how we make something useful out of the absurd. A sacred story is a love letter expanding your heart with kindness. A sacred story is a treasure box filled with images of what matters most. A sacred story is a map, passed down through generations, directing you toward a fountain of truth. A sacred story is a medicine, a balm to relieve your fear and suffering. A sacred story is an angel in the night. A sacred story is a window that offers perspective. Sometimes a sacred story is a shield, a protector, a source of courage and love. Sometimes your sacred story is what gives you strength to face the real and present dangers of our world. Sometimes your sacred story spends years searching for you, trailing you through all your harried days, cornering you in some blue fluorescent rehab center, looking you in the eye, and saying, "Okay, here's the truth." - Mark Yaconelli, Between the Listening and the Telling*

**Homework:** *What is a moment from your life you would name as sacred?* It might be quite ordinary. There may be many. Take 10 minutes this week to pause and recreate the scene in your imagination in detail - sights, sounds, smells. Share it by writing it down or telling someone about it.



**Register for the All Fabric Retreat!** Join Fabric friends and families for a weekend of fun...a time for connecting and relaxing and some storytelling after our summers and the Fabric sabbatical time

**Dates:** October 14-16

**Where:** Camp Courage in Maple Lake, MN

**More info & register:** [fabricmpls.com/retreat2022](http://fabricmpls.com/retreat2022)