

STUFF THAT WORKS

October 15, 2023 - Boxes

Fabric Group Guide

Regular, long haul space to **share, care, trust and grow** with others is one thing that works. Welcome everybody!

Get Started

10-15 mins

WELCOME! This fall kids and adults of Fabric are exploring [Stuff That Works](#). Pull up/out your [Sunday Paper notes](#).

Something that is staying with me from this week is...

Be here. Light a candle, pull out your 3-strands, clink glasses or just take a big breath together..... Here's to weaving life deeply in this time you get to have together. Showing up is the hardest part! You made it.

Check out the **Group Agreements** on the back/page 2. Pass them around and take turns reading them. Or highlight one that feels especially helpful or healthy to you and/or invite the group to talk about them in pairs.

Check-In: Share names, hellos, and one word: something you need or hope for from this time today. [If nothing pops to mind, choose one from above in the welcome statement or in the Group Agreements.]

Discussion & Practice Ideas

30-60 mins

1. One of the [ROAM](#) readings (Read, Observe, Apply, Meditate) this week is [Luke 24:13-35](#). Roam through it together to spark your conversation.
2. How are we in the company of God and only realize it later? Or, how is the sacred revealed in the ordinariness of life?
3. How is your image of God connected to your image of yourself, or your image of your neighbor?
4. What comes up for you as you consider these two ideas about our God-boxes and God?
You do not choose your God from a buffet line of possibilities, putting what you like on your plate and calling it "God."

God is so big that God seeps out of every nook and cranny of the universe. There is nowhere that you can not find God. In the good or the bad.

5. What is the most unlikely place to see God show up? Challenge yourself to how you might find the face of God there despite the unlikeliness of it.

Close

5-10 mins

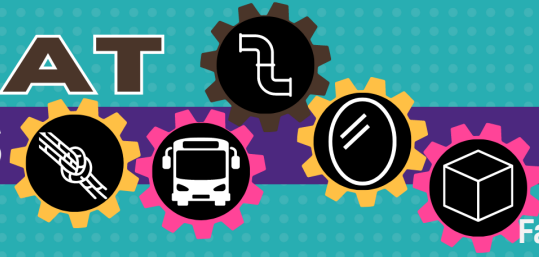
Invite everyone to name one thing (a reminder, an idea, a connection...) they will **take away** from this time.

Check in on plans for upcoming meetings: who is facilitating, providing hospitality, or other needs of your group. *Remember, anyone is welcome to serve the group as facilitator.*

Next meeting:



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Group Agreements

1. **Push pause.** The world is noisy. Before speaking, take a breath.... let Silence be a voice in your Group.
2. **Be present.** Your being here matters! Step up to share when you are ready. Step back to listen.
3. **Share what you want** when you want. "I'll pass" is always an option.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Stay curious about yourself and others. Practice open and honest questions. Asking "how" not "why" can take you on a tour instead of a trial of yourself and others.
6. **Listening is a superpower.** Listening to others share their own experiences, struggle and strength is empowering. So is being listened to!
7. **Speak from your own experience,** to the whole group. Ask for help or feedback for yourself if you'd like, but avoid crosstalk, fixing, interpretation, or unsolicited advice directed toward another group member.

These agreements are practiced, not perfected! You can always circle back with the group or an individual to share how something felt to you or check in. Here's an [article](#) on how to apologize well. Practice when it's easy!

Sometimes there will be care and support needs that go beyond what can be addressed within your normal group operation. That's a good time to pull out the [Care IQ](#) tools.

