

STUFF THAT WORKS

September 17, 2023 - Bus

Fabric Group Guide

Regular, long haul space to **share, care, trust and grow** with others is one thing that works. Thank yourself and each other right now just for showing up for that. That is the hardest part. Welcome everybody! - Melissa

Opening ideas

10-15 mins

This fall kids and adults of Fabric are exploring [Stuff That Works](#). Something that is staying with me from this week is...

Be here. Listen to [Woven](#) (by Chris Tripolino) together as you settle in. Move, munch, sip, breathe. Whatever feels good. It's good to be here.

Check out the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them, 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 a gadget or tool that just really worked for you this week.

Discussion & Practice Ideas

30-60 mins

1. Stuff That Works helps us grow beyond the limits of our habitual reactions. We all have them! Welcome humans. Which bird represents a habitual reaction of yours that you would like to be less habitual? ([Link to share or view](#))

How does or could [your bus](#) help you out?

2. How can our Group serve as a weekly bus for us? What does each seat bring to a Group experience?

What seat are you filling on someone's bus outside of your Group right now? Brag a little!

3. Try [ROAM](#)-ing (Read, Observe, Apply, Meditate) through a Bible reading together. Think about how no one can do life alone, but we need others: Exodus 18.13-27. And this counsel about how the diversity of community makes us whole & healthy: Ephesians 4.15-16



Idea to Close

5-10 mins

Say thanks to one another! Invite everyone to name one thing (a reminder, an idea, a connection...) they will take away from this time. Make sure you've made plans for when and where you are meeting next, who is leading, providing hospitality, etc.

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.

