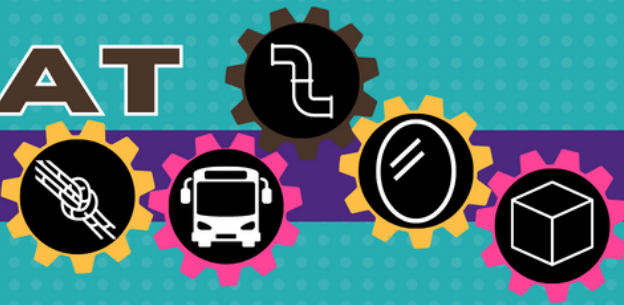


STUFF THAT WORKS



October 8, 2023
www.fabricmpls.com



Stuff That Works - MIRRORS: It would be surprising if you didn't look in the mirror pretty often. It would also be surprising if you didn't look at others pretty often. The question is, "Do you look at others the same way as you look at yourself?" Probably not. We work with an uneven playing field that gives us a distorted view of ourselves and others, and that's a problem. To be the person you can be for a world that needs you, you need to see yourself and others for who they really are. Let's talk.

WELCOME!

Life, for adults and kids alike, is most fulfilling when it is woven deeply with the strands of your full self, others, and that third strand that is bigger, beyond, around and within us all that you may or may not know as 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

Music with Chris Tripolino and the Fabric Band

Welcome

Say Hi and some music

Message -- Melissa Lock

Connecting with and supporting Fabric & more music

Closing Thoughts for kids and adults

Kids - What's Happening Today: Kids will explore how poetry can help us to get better at examining and knowing how our emotions are telling us important stuff! Kids start out in the Commons and during the welcome will be invited to their special spaces...6 months-preschool will be heading the media center and kindergarten through 8th graders will head to the gym. More at fabricmpls.com/kids-current



COMING UP AND MORE!



Vaccination Clinic - Sunday, October 29 Medical professionals from Walgreens will be administering flu and COVID vaccinations on Sunday, October 29, 10am-12pm right here at Field School. Mark your calendars.



What's Next with Fabric? The Search Team has been hard at work. Visit fabricmpls.com/transition to read the latest update. Please reach out to the team with any questions or comments at NEXT@fabricmpls.com or in person.



A Fabric Group is any group of people meeting regularly to practice and connect around our shared Fabric conversations. It is always a good time to try out a Group. Talk to people here, note on your card or message melissa@fabricmpls.com anytime with questions. More at fabricmpls.com/groups.

LAND
ACKNOWLEDGEMENT

Where we are and the story of our land matters. Most of us live in, and we gather in land that was part of the Dakota people for centuries, but from which they were forcibly and dishonorably removed by the US government. It is an honor and a responsibility for us to live on and care for this land today.

One thing that doesn't work: trying to find yourself reflected in unhealthy versions of Real and Ideal.

I have come that you may have life and have it abundantly. -Jesus, John 10.10b

REAL WHAT IS	HEALTHY		IDEAL WHAT COULD BE
UNHEALTHY			UNHEALTHY
<p><i>"I am not okay"</i> Demoralized, defensive, embarrassed, inadequate. over-responsibility Unfair comparisons Self-judgment, harsh Shame Hide, check out, avoid, numb. Keep your reals secret. Even from self. Lonely, isolated. Condemned</p>	<p><i>"I'm okay and not perfect"</i> Authentic Seen, accepted Honest assessment Appropriate responsibility Guilt admitted. No shame! Regret, Grief allowed. Humility not humiliation Willful to willing Desire to grow and try Mistakes, asking for help Can see a next step</p>	<p><i>"I'm okay and I have a life to live! Stuff to do, give, create, care about..."</i> Inspired, motivated Horizon - maybe won't get there and it matters to try. Resonant, whole, fulfilling Solution-oriented, One step at a time Self-Kindness Motion without certainty Excellence. Not perfection.</p>	<p><i>"I'd be okay if only..."</i> Greener pastures Fantasy/fiction Unachievable Judgment. Hostility, pity toward reals. Envy, projection, false assumptions. Credit and blame Please, perform, prove Perfect! Or else. Paralyzing Zero sum game. Measured and found lacking</p>

There is **NO BRIDGE** between the Unhealthy Real & Ideal.

There is a **NATURAL RELATIONSHIP** between the Healthy Real & Ideal. It sees you as a **PERSON** not a **PROJECT**.

Consider this: Who you are is not **FIXED**, but an **UNFOLDING CONVERSATION** between your changing reals and ideals.

A parable about God and the real and the ideal. (Luke 15.11-32)

...But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.'

Father knows the real, but sees him with the Healthy Ideal in mind!

Replace the mirrors of **COMPARISON** with those of **COMPASSION**.

Dr. Kristin Neff and Dr. Chris Germer
self-compassion.org and chrisgermer.com

*Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
For my yoke is easy, and my burden is light. - Jesus (Matthew 11: 28-30)*

HOMEWORK - When you bump into a pain point this week - try asking what reals and ideals might be in play. *Is there a different way to see my "real" here? Am I setting myself up with unfair expectations?* Use your message to yourself to help you.



ROAM (Read, Observe, Apply, Meditate) through these readings this week. Consider that for 1000s of years people have found their reals and ideals reflected in **Psalm 130**. Find yourself reflected, compassionately, in all the characters in the prodigal story in **Luke 15**. Explore an invitation you hear in **Matthew 11:28-30**.