



Groups are regular, long haul space to **share, care, trust and grow**. Welcome!

Facilitator Prep: Read the guide & [message notes](#). Note your own thoughts to grease the wheels. Trust the 3 strands showing up!

Get Started

10-15 mins

- **Welcome!** If Greg wants to leave us with anything, it is this: the conviction that “being church” isn’t about having all the right beliefs or behaviors, it’s about this message that helps us be authentic to ourselves, each other, this world and the 3rd Strand, and it allows us to experience God, the 3rd Strand, in a way that is authentic and relevant.
- **Choose a tangible way to set apart this time.** Light a candle, raise your cups, your 3-strands...create your own ritual!
- Review the **Group Agreements**. Take your time, passing around to read. We do this every week so they are part of the Group when we need them. It’s a ‘practice when it’s easy so you have the skills you need when it’s not’ thing.
- **Check-In.** Share names and something you came for today. *What is something you are hoping for from this time together?* May all that be so! Thank you for showing up today. It matters – for others, not just you – that you are present today.

Discussion & Practice Ideas

30-60 mins

1. **Warm up.** Share responses to the 3-part Homework Greg gave us: *What has Fabric meant to you? How would you share it with someone who has never been part of Fabric? How else could Fabric give you the vision, permission, support, and companionship you need?*
2. **“Truth cannot be written down. It can only be lived out.** Imperfectly, with mistakes, unintended consequences, and regrets.” *What responses do you notice in yourself hearing this statement? What does this mean to you?*
3. **Reading the Bible?** Roam through one or more of these together: Jeremiah 31.31-34; John 1.1-5,10-18; John 18:28-38. Notice not only how we are asked to live in the messy middle, but that this has always been the space God claimed too! *Share reactions, insights, questions. Question: Many people have tried to use the Bible to clean things up and write “Truth” in stone. Many have found vision, permission, support and companionship in the writings of the Bible. How have you experienced the writings of the Bible?*

Close

5-15 mins

Take aways. Invite everyone to share one. Thanks for these gifts you’ve given each other. May they keep on giving!

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:**



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. 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.

