

STUFF THAT WORKS

September 10, 2023 - Knots

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 go-to gadget or tool in your life that just works.

Discussion & Practice Ideas

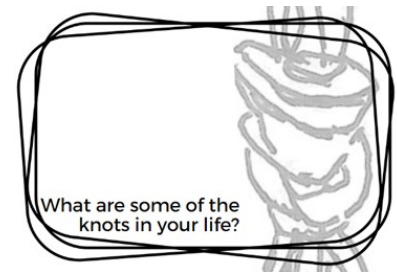
30-60 mins

1. "Life is the weaving of the 3 strands." *If you could time travel back to your younger self, what would you want to tell them about what "life is?" How do you think that could matter for them?*

2. *What was a knot experience that you noticed, named, marked, and remembered well? How did you do it?*

What is another in your life, or someone's life close to you, that could use a good knot? How could you help tie it?

3. Try [ROAM](#)-ing (Read, Observe, Apply, Meditate) through a Bible reading together. Joshua 3.12 - 4.7 and 1 Peter 2.4-10 (This one's from the early church, laden with 2000 year old thinking. Look for the ideas and connections within it.)



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:



STUFF THAT WORKS

September 10, 2023 - Knots

Fabric Group Guide

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.

