



Welcome! Fabric Groups are a way to follow your instinct for community. They are all about regular, ongoing space to share, care, trust and grow with others; inspired by the conversations and experiences we share as Fabric.

Opening ideas

5 mins

Facilitator: Read the welcome above. This week it's [Care IQ and you!](#) *Something that feels valuable to me about this conversation is...*

Centering Idea: read this well-worn prayer from [R Niebuhr](#). *God, give me Grace to accept with serenity the things that cannot be changed/ Courage to change the things which should be changed, / and the Wisdom to distinguish the one from the other.*

Facilitator: Pass around this page and take turns reading through the Group agreements on the back/page 2.

Introductions

10-15 mins

1. Share names and something you like to carve out time for whenever you can
2. Look again at the Welcome statement up top. What word or phrase captures something you hope for from this group? Take turns sharing.

Discussion Question Ideas:

30-60 mins

The homework this week is just this: *Watch for CareIQ situations you are in. Including those you are blocking out, avoiding, giving up on, or consumed by. Don't worry about conquering them all now, make a list and write down your observations, questions, and feelings about them.*

1. Take 5 minutes right now with a good song in the background to each start or revisit your lists and note your observations, questions and at least 2 feelings ([find a couple here](#)).
2. Pair up to listen and be listened to around your lists. 5 minutes each. Share whatever you want from what you wrote.
3. We and our situations aren't the same. But we will be able to say "Oh yeah - I know that feeling." Talk about some of the common feelings that arose from your lists.
4. *"Weaving the 3rd Strand into CareIQ isn't as easy as saying a prayer or quoting a Bible verse. It asks you to look and listen for the bigger picture you are part of."* What kinds of things does a "God"- perspective help you begin to hear or see that might relate to these hard situations?

Close

5-10 mins

Invite everyone to write on a slip of paper (or put in chat): Note a THANKS, HELP or a WOW on your mind or heart as we close. Collect them all in a hat and re-distribute/exchange so everyone's is (unhurriedly) read back by someone else.

End by reading these words together one more time. *God, give me Grace to accept with serenity the things that cannot be changed/ Courage to change the things which should be changed, / and the Wisdom to distinguish the one from the other.*





Group Agreements

1. **Push pause.** The world is noisy enough. Before speaking, take a breath....and 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 only what you want** when you want. You don't have to do anything you don't want to do.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Starting to feel judgmental of yourself or others? Get curious with open and honest questions. Ask "how" not "why" to be on a tour, not 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. Avoid crosstalk, fixing, unsolicited advice, or interpretation targeted at one person.* Anne Lamott put it this way: *"Help is the sunny side of control."*

*We do need feedback, care, support and help sometimes! If someone asks, clarify first *"What does support look like right now? Or How can we/I use this next 20 minutes in a way that would be helpful?"* If someone doesn't know or is in crisis, pull out your [Care IQ](#) tools.

These agreements are practiced, not perfected! Circle back with the group or an individual when (not if) you mess up or to share how something felt to you. [How to apologize.](#) Practice when it's easy! Early and often.

