



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 [Creating a Care IQ Culture](#). *Something valuable to me in this week's message is...*

Ok. You pushed pause and showed up. Take a breath everybody. Long breath out now, like you are blowing a bubble. Light a candle perhaps! God cares, you all care, and caring well takes learning and practice! You are offering each other space and company to care, learn and practice proactively with. That's huge! Thank you!

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

Intro ideas

10-15 mins

1. Share names and something in your home that would for sure make the cut for a tiny house. It just works, it holds special meaning or it delights you everytime you see it or use it.
2. Look again at the Fabric Groups Welcome up top. What word or phrase captures something about why you are here? Take turns sharing, elaborating a little.

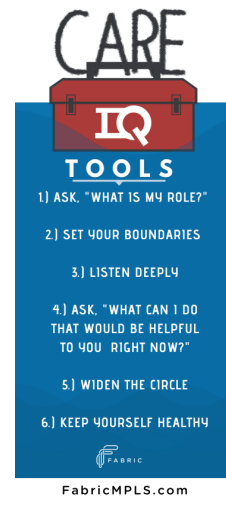
Discussion Question Ideas

30-60 mins

HOMEWORK this week: *In what circle of yours (home, extended family, work, friends, Group) can you give CareIQ a foothold? What makes it hard to do? What support do you need? What is your first step?*

1. "Practice when it's easy so you have the "skills" (TOOLS & EXPERIENCE) you need when it's not." Learning from experience gets a big boost when you not only practice but TELL someone about what you learned! Who has had a chance to practice with one or more of the tools this week? Tell your group about it! You will all benefit.
2. "You are together to have fun, enjoy one another, and to share, CARE, trust, and grow!" What are you normalizing in your group that helps build a CARE IQ culture? Everyone - take a stab at this. Write down 3 things: 1. something you do as a group that helps build Care IQ. 2. Something that makes practicing Care IQ with these people hard 3. Something that could make it easier (see next question below?). Share and talk about these!
3. Along with the tools come three Care IQ reminders. Talk about how these can be helpful.
 - a. *You are not responsible for the other person's reaction or the outcome!*
 - b. *You will spend your life adding to and practicing these tools.*
 - c. *Everyone is a care-giver and a care-receiver.*

What are times you've really needed one of these? Any you would add?



Ideas to 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. May it all be so! Keep practicing, being real and caring.





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 called help "*the sunny side of control.*" But 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.

