

Welcome Everyone! Fabric Groups are a regular, long haul space to share, care, trust and grow with others inspired by the conversations and experiences we have in common as Fabric.

Opening ideas

5 mins

Facilitator: Read the Welcome above. *This week we begin a new conversation called [How Much is Enough](#). Something valuable to me about getting to talk about this together here is...*

A note from Melissa: *You've pressed pause and showed up, to talk about money! Yippee! But really, about life, right? Money is a big part of our lives. I invite you to literally put your money on the table. Take out your wallet, purse, phone. As lovingly and non-judgmentally as you can muster today... place it in front of you. Maybe you light a candle at the center. These weeks are about normalizing talking about money in a way that isn't judgmental and helps us find some space and some better questions. As you read through the **Group Agreements** on the back/page 2 - is there one that feels like it will help with that?*

Talk in 3s or 4s if you have 6+ people. Then share as a whole group. This is important!

Intro idea (*paper and pencil/pen will make this better!)

10-15 mins

Call to mind a favorite spot on the planet for you (inside or out, nearby or far). Just play around and sketch yourself there. After a couple minutes, share names and your spots. What makes it a place you like to be?

P.S. What if we could feel more and more of that kind of space when we think and talk about our relationship with money?

Discussion Question Ideas

30-60 mins

HOMEWORK this week: As you go about your daily life this week the world of money, finance, and possessions will surround you. Notice them. Think about their pull on you and your relationship with them. Talk to others at home, school, work, your friends and Group about what they are noticing.

1. How much is enough? What can you draw from the contrast Greg made between the \$33M/yr salary of a new Twins shortstop and the battle to raise minimum wage to \$15/hr?
2. What do you think Greg meant when he talked about being managed by our money? Read and talk about the homework assignment this week. Notice that it says "notice" not "judge."
3. Greg suggested: "*How Much is Enough* is a deep well of a question with no bottom in sight. Before we look into we need to settle the ownership issue." What difference do YOU think it makes to start with and keep returning to this question of "whose is it?" as we think about our money?

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 and re-distribute/exchange so everyone's is (unhurriedly) read back by someone else. May it all be so!



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.

