

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

Welcome! [How Much is Enough](#) has us wondering about our relationships with our money. Something I value about the chance to talk about this together is...

Money is a big part of our lives, yet wrestling honestly with the role it really has in our lives and world is not most people's first choice. [Ellis Delaney](#) shared a song Sunday called *How Would it Be*. Perhaps light a candle, and [watch and listen to their introduction and to the song](#) as you pause to arrive here to be brave and human together.

Read through the **Group Agreements** on the back/page 2.

Intro idea

10-15 mins

Well, it was the Superbowl this week. There was also an empty bowls event in South Minneapolis. Share names and something that "fills your bowl." What gives you juice, energy, warmth?

Discussion Question Ideas

30-60 mins

"You aren't joining a group so other people can help you with your financial problems, you are joining a group of others with financial problems!" -Greg Meyer, on Sunday

1. If you are human, you've had times when you think you are the only one who struggles with the gap between your real life and your intended life. The reality is we all struggle and always will to close that gap. Another reality is that you *have* closed that gap in some ways! Take a moment to think...then pair up and share a way that your real life (in any area!) has grown - even a little bit - to look a little more like your intended life.
2. 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](#). Look at [the outline](#) for a review of these two different sets of words. Then split into two groups, A and B. Each group *wonder-storms* questions that come up for your set of words. Are some more helpful than others? Come up with three "better questions" to report to the other group. Talk about these, then switch!
 - a. ENOUGH, SCARCITY, LEFTOVERS or SUFFICIENCY, ABUNDANCE, GENEROUSLY
 - b. PRIDE, FATIGUE, COMPARISON or GRACIOUS, GRATITUDE, GENEROSITY
3. Have a couple different people read this quote. What comes to mind for you as you listen to these words?

And where does generosity come from? Perhaps from another life-giving virtue, the one called gratitude. When I take the time to breathe in my life and breathe out my gratitude for the gifts I've been given, only one question arises: "How can I keep these gifts alive?" I know only one answer: "Become a giver yourself, pass your gifts along, and do it extravagantly!" As Wendell Berry says, "Every day you have less reason/not to give yourself away." -Parker Palmer

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.

