

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...

Light a candle. Taking your time, ground in this prayer: *Breath, settle in. You are more than your money. You can bring great joy and wholeness to your life, to others, and to this world with the wealth entrusted to you. Let it serve you. Don't surrender yourself to it. As we love one another and all things through graciousness, generosity, and gratitude, let us give towards a world in which no one can't provide for their basic well-being. There is enough for that dream. MAY IT BE SO. Thank you.*

Read through the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them.

Intro idea

10-15 mins

Share names and **something you consider ordinary that you appreciated this week.** (If anything extra-ordinary happened share that, too! If you want...and have time...)

Discussion Question Ideas

30-60 mins

"Money isn't a math problem, it's a relationship problem, and your own personality and programming have much to do with it."

1. If only it was as straightforward as this [SNL skit!](#) Facilitator - share your own examples first (or ask someone ahead of time!). Then let people pair up and talk about their money programming and personalities: *What is a script you inherited from growing up that you find yourself reacting from more than choosing? Are you a SAVER, SPENDER, RISK TAKER, SECURITY SEEKER, HIGH FLYER, REALITY AVOIDER?*
2. Have your notes from this week's message ([outline](#)) handy. What do you think it is like to be SOARING? How do the money traps get in the way?
3. **MOST DARING!?** Read the homework for this week. **What would keep you from figuring out what your current version of 10-10-80 is? Or acting on it? Can you name your sticking point?** Even though it takes courage to share, doing it with a safe person can interrupt unhelpful thought ruts and make room for a more loving, nurturing, reality-based growth zone. Pair or trio up and practice being listened to and listening. Invite feedback if you like. But hearing yourself speak it aloud might be enough to help you find a step out of your stuck spot.

"When I feel ashamed, I need a reality check because my thinking is probably distorted"

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. 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. 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, interpretation, or unsolicited advice or help.*

*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.

