

May 28, 2023  
Fabric Group Guide  
Let's Go Beyond - Week 1  
...And Beyond!

LET'S GO  
BEYOND!

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. Enjoy this time! - Melissa

### Opening ideas

10-15 mins

TO HAVE HANDY: Some paper, pens, your thoughts on this week's [outline](#).

*Welcome! We've launched into a conversation together about "going beyond." A compelling question from this week for me is...*

**Take your time to center together:** Take a breath and enjoy this song from Sunday: [Be More Kind. by Frank Turner](#). Choose one of the lines that inspires a hope, a prayer for your group today. Share it aloud. Invite others to share if they'd like.

**Intro/Check-In:** This week was about three elements of life woven deeply: kindness, trust, thankfulness. It was also Memorial Day weekend. Is there someone you remember this time of year? What's an element they passed to you?

Check out the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them, highlight one that feels especially helpful or healthy to you and/or invite the group to talk about them in pairs.

### Discussion & Practice Ideas

30-60 mins

The message this week included demonstrations, examples and big questions to inspire us to go beyond what we already see, know and do with kindness, trust and thankfulness in our lives. Review them together.

1. Invite everyone to share something that struck them from the message as a potential nudge "beyond."
2. The homework this week was this: *Go beyond with Kindness, Trust, & Thankfulness. And don't keep it to yourself. Go beyond by sharing what you learn with others.* Notice that second part. How does sharing what you are learning affect you? How does it affect others?
3. Practice together! Try a [R.O.A.M.](#) (Read, Observe, Apply, Meditate) through one or more of these readings:  
Kindness - Luke 6.27-36      Trust - Ruth 1.6-18      Thankfulness - Philippians 1.3-14

### Idea to Close

5-10 mins

Have each person to think and write down a way they are growing beyond limits that once seemed like stone walls. Examples...  
*I am kind to myself. I can admit when I am wrong. I can make choices. I am in progress, not perfecting. I am growing more patient (even with my impatience). I've been brave lately. I can ask for help. I'm showing up for myself in new ways. I'm more present to people I care about. I'm thinking bigger about some things. Name one or more! Go beyond and share them out loud.*



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### 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.*

