

June 4, 2023
Fabric Group Guide
Let's Go Beyond - Week 2
...And Beyond Your Comfort Zone

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." This week is about going beyond our comfort zones. Something that is staying with me about this is...

Take your time to center together: *We've done it. We've pushed pause to be here. Here to practice. Here to claim some space to grow and be alive together. Some fun space, some safe space, some growth space. Let's let this song from Sunday help us settle in together and open up to the new that is emerging in, around and through each one of us. And the deep goodness already there! Here's the song [Open Up](#), by The Brilliance.*

Intro/Check-In: Share names, hellos and something wonderful you got to see or do this week.

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

1. Make 3 lists together of words that describe what it is like in each of the zones: Danger, Comfort and Growth.
2. Greg named that the rapid forces of change are shrinking and shifting our human comfort zones right now. What are some changes you are feeling the squeeze of lately? They might be personal, professional, societal, global. How do the three P's (perspective, people, practice) help you see and live beyond your danger and comfort zones?
3. Sunday also included a conversation at the end with Bishop Anne Svennungsen about the transition process we are working through as we prepare for Greg's retirement. How can your group be a Growth Zone for each other and as we go through this change together?
4. Practice together! Try a [R.O.A.M.](#) (Read, Observe, Apply, Meditate) through one or more of these readings:
Matthew 8.18-27 Exodus 16.1-36 Psalm 23 *Special Challenge!* Colossians 1.9-14

Idea to Close

5-10 mins

Say thanks to one another! Invite everyone to name one thing (a reminder, an idea, a connection...) they will take away from this time that will help them come back to their growth zone this week when they need it.



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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.

