

June 11, 2023
Fabric Group Guide
Let's Go Beyond - Week 3
...And Beyond You Alone

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 you alone. 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 re-member who we are and what we are part of.* [Tim Frantzich welcomed us Sunday with a song - [Come Whoever You Are](#). Play it to settle in here together and welcome all the parts. You may find yourselves humming.]

Intro/Check-In: Share names, hellos, and something both every-day *and* amazing that you were part of 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. Sunday included the *How are You Uniquely Shaped? Game Show*. Talk about times you've seen people (not you, of course) think they need to play all the parts instead of their own unique part. Why do you think we humans do that?
2. What would change if we lived as if we really trusted the Bible's image of what we are part of as one body made up of different parts? (See 1 Corinthians 12 and Romans 12)?
3. Melissa shared a "prescription for re-membering" from US Surgeon General, Vivek Murthy ([check out his podcast – House Calls!](#)). How could those seemingly small steps lead to some of the changes in well-being we long for? Why not try them?
4. Try a [R.O.A.M.](#) (Read, Observe, Apply, Meditate) through one or more of the offerings given in the [outline](#). See what you discover and uncover together!

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 re-member 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.

