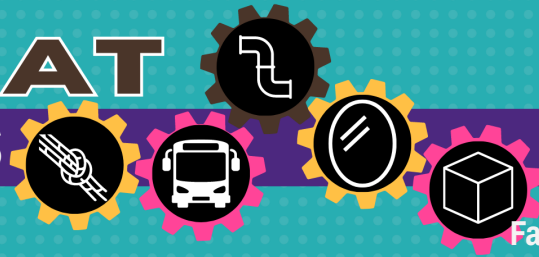


STUFF THAT WORKS



October 10, 2023 - Mirrors

Fabric Group Guide

Regular, long haul space to **share, care, trust and grow** with others is one thing that works. Welcome everybody!

Opening ideas

10-15 mins

This fall kids and adults of Fabric are exploring [Stuff That Works](#). Something that is staying with me from [this week](#) is...

Be here. Light a candle, pull out your 3-strands, clink glasses or just take a big breath together..... Here's to weaving life deeply in this time you get to have together. Showing up is the hardest part! You made it.

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

Check-In: Share names, hellos, and one word: something you need or hope for from this time today. [If nothing pops to mind, choose one from above in the welcome statement or in the Group Agreements.]

Discussion & Practice Ideas

30-60 mins

1. Talk about how you all experience the unhealthy versions of real and ideal from your [Sunday notes](#). Add your own words and examples. *What things push you into unhealthy reals and ideals? What helps you move into the healthy zone?*
2. Do you ever treat yourself like a project instead of a person? Have each person recall moments they've felt like they could be most themselves - laughter came easily, not pretending, relaxed, creative. What is it like to see yourself in the mirror of compassion instead of comparison?
3. Try **ROAM-ing (Read, Observe, Apply, Meditate) through a Bible reading together**. Consider that for 1000s of years people have found their reals and ideals reflected in **Psalm 130**. Find yourself reflected, compassionately, in all the characters in the prodigal story in **Luke 15**. Explore an invitation you hear in **Matthew 11:28-30**.
4. Try out this [guided practice](#) of the [three elements of Self Compassion](#) (mindfulness, self-kindness and common humanity) led by Dr. Kristen Neff. Then talk about it using the [Fierce Self-Compassion Infographic](#) to spark ideas.

Idea to Close

5-10 mins

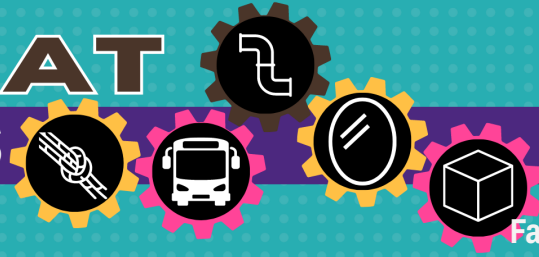
Invite everyone to name one thing (a reminder, an idea, a connection...) they will take away from this time.

Check in on plans for upcoming meetings: who is facilitating, providing hospitality, or other needs of your group. Remember, anyone is welcome to serve the group as facilitator.

Next meeting:



STUFF THAT WORKS



October 10, 2023 - Mirrors

Fabric Group Guide

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. "I'll pass" is always an option.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Stay curious about yourself and others. Practice open and honest questions. Asking "how" not "why" can take you on a tour instead of 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. Ask for help or feedback for yourself if you'd like, but avoid crosstalk, fixing, interpretation, or unsolicited advice directed toward another group member.

These agreements are practiced, not perfected! You can always circle back with the group or an individual to share how something felt to you or check in. Here's an [article](#) on how to apologize well. Practice when it's easy!

Sometimes there will be care and support needs that go beyond what can be addressed within your normal group operation. That's a good time to pull out the [Care IQ](#) tools.

