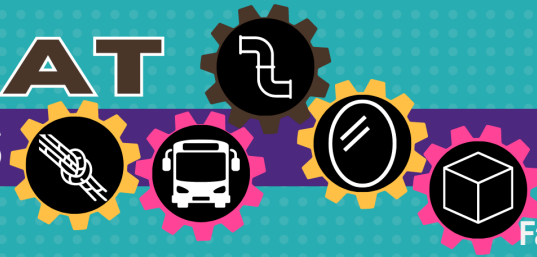


# STUFF THAT WORKS



September 24, 2023 - Pipes

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. 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.

**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. Fork & spoons balancing on a toothpick, anonymous kindness, unity through diversity, fully accepting something before it can change...*Talk about some of these things that seem counterintuitive, but that actually work. What are others?*
2. "I've always said that everything I've let go of has claw marks on it. And it's true--even though it gets a little tiny bit easier every year." - [Anne Lamott on Falling off the Tightrope - Beliefnet](#) *Letting go is one of the hardest things we do. And you've probably experienced the difference between being FULL and FULFILLED. How has that been true in your life?*
3. Try **ROAM-ing (Read, Observe, Apply, Meditate) through a Bible reading together.** Consider that for 1000s of years people have found this to be true. **Proverbs 11.24-25.** Or the reading from Sunday. **1 Timothy 6.17-21** Maybe take on the whole chapter.
4. *The HOMEWORK invitation this week was to be a pipe for someone else to experience Fabric. How did someone do that for you? How did you learn about Fabric and what have others shared that flowed to you? Share your examples. Listen for similarities and the variety!*

*What would you share about your own experience with Fabric?*

## 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. Say thanks to one another! 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:



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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. "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.

