

# ROOTED



FABRIC

March 10, 2024  
Group Discussion Guide

Groups are regular, long haul space to **share, care, trust and grow**. Welcome!

Facilitator Prep: Read the guide. Gather paper, pens. Note some thoughts to grease the wheels. Trust the 3 strands showing up!

## Get Started

10-15 mins

**Welcome!** *Roots nourish, sustain and stabilize living, growing things. And Ian suggested we are each one of those living, growing critters - "wee rooted seedlings!" We begin this 3-week series with a most important part of your root system - you! Your whole self matters and is important to get to know - even the parts you may not like so much. This week we are invited to practice some self-honesty and see what can be so sustaining about getting to know ourselves!*

**Choose a way to set apart this time.** Light a candle, raise your cups or your 3-strands... Maybe it is as simple as a pause to take some intentional, deeper, longer breaths together. Then review the **Group Agreements**. *We do this every week so they are part of the Group when we need them. It's a 'practice when it's easy so you have the skills you need when it's not' thing. Take your time, passing around to read.*

**Check-In.** *Share names and two animals from this [feelings chart](#) that are part of you today. Thank you (and your feelings!) for showing up today. It matters – for others, not just you – that you are here!*

ALL FEELINGS ARE WELCOME



## Discussion & Practice Ideas

30-60 mins

1. **"Getting to Know Me..."** It's easier said than done! Ian shared the [Wellness Wheel](#) as one helpful lens to look at where you are feeling more and less "well" - or connected to your Self. Ian shared his own example from the "spiritual" slice - exploring his own cultural roots. *What slice of your self do you feel more or less connected to right now?*
2. "There's temptation to separate from our roots...and there are plenty of forces willing to fill the void." *What examples have you seen of people trying to live separate from their roots? Why is that tempting? What forces try to fill the void?*
3. ROAM (read, observe, apply, meditate) through the poem Ian shared, [Peace of The Wild Things](#), here read by the poet, Wendell Berry. Write/doodle as you listen (to the poem and more importantly to your SELF!):
  - *What do you relate to in the beginning, middle or end of this poem? If anything?*  
Beginning:  
Middle:  
End:
  - **"For a time I rest in the grace of the world, and am free."** *Picture a time (simple or big, recent or way back...) when you got even the briefest glimpse or feeling of rest and freedom to be YOU, in your wholeness. Where are you? What other people or living things are around you? Were you able to laugh? Cry? Relax? **Share with a partner. Note what your stories had in common! Then share those common things with the whole group.***



**Close** SEE NEXT PAGE! Leave time for this :)

5-15 mins



**Take aways.** Invite everyone to share one thing they will take away to help them be rooted in their SELF strand. Thanks each other.

**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:**

**When would be good options coming up for Ian to visit your group? Let Melissa know so she can help coordinate.**

## 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. 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.

