

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

Facilitator Prep: Read the guide. Gather supplies/links. Note some thoughts to grease the wheels. Trust the 3 strands showing up!

Get Started

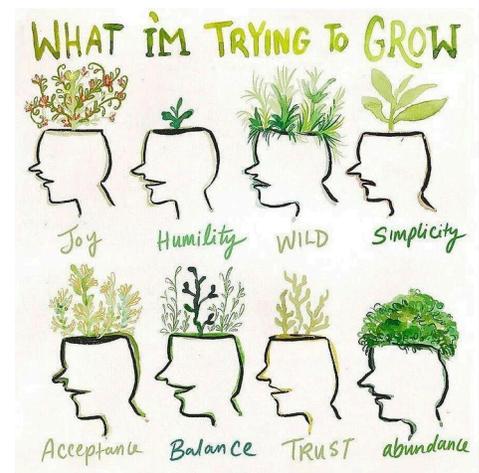
10-15 mins

Welcome! Fabric Groups are a unique space in the world to experience and tend to our rootedness in that which nourishes, sustains and stabilizes each of us as living, growing critters. This week we peek into how we are rooted in others!

Review the **Group Agreements**. By the way, we do this every week so they are part of our groove 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. First check out the plant heads. **Circle one** that you would particularly love to be fed and watered for you this week. Share names, what you circled and why, if you wish.

Thank you everyone for showing up today. It matters for others too - not just you!



Discussion & Practice Ideas

30-60 mins

1. **"Humans aren't all that human without other humans."** What is an example of something you have learned about yourself because of a relationship with another person?
2. **"Whether we like it or not, we are rooted."** Interesting claim to talk about! What is there to like **and NOT** like about being rooted in others? And if we just are rooted, what happens when we try to operate as though we aren't? Come up with some examples of what it sounds or looks like when people act as if they aren't rooted.
3. **"To be rooted in others is messy. But messy is not a defect."** What is a recent example that being rooted in others has felt "messy" for you? (You may have already gone here above. Keep going!) Can you see that messiness as something other than a defect to clean up, deny or avoid?
4. ROAM (read, observe, apply, meditate) through the letter we are privy to from an early community of very diverse people who all found something compelling about Jesus but were from all over the map! [Ephesians 3:14-19](#). If people want some more context, check out the [Bible Project's 8-minute video background](#) on this motley crew.

Close (see next page! Don't miss this.)

5-15 mins

Take aways. Look back at the plant head you circled. What is one thing you will take away that can be part of continuing nurturing that growth? **Write it here:**



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:**

Ian is visiting Groups! Can he visit yours to get to know more people and hear what matters to you? When would be good options for him to visit your group? Let Melissa know so she can help coordinate. And if you have any questions.

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.
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 any one person.

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.

