



**TODAY! The CareIQ Toolbox** - When you need to change a light bulb, or turn off the faucet a little tighter so it won't leak you probably have all you need to do the job in hand. But if the water is spurting from the pipes, or the wiring is the problem with your light, then it's time to pull out your toolbox. Relationships are the same; they have toolbox situations too. What's in your toolbox? And do you know how to use them? Let's talk about and practice it!

## WELCOME!

Life, for adults and kids alike, is most fulfilling when it is woven deeply with others and that mysterious element we often call the third strand, or "God." Learn more about Fabric at [www.FabricMpls.com](http://www.FabricMpls.com)

**Is today your first visit? Welcome! Come say hi and choose a gift at the ? table after the gathering.**

**Got Babies?** Hang out with them in The Nest (Media Center) and watch the livestream to stay connected. The Nest is also available for drop off (6mos-3yrs).

## WHAT TO EXPECT

**We're glad you're here!**  
**Take a seat and get comfortable.**

- Music by Chris Tripolino & Fabric friends
- Welcome & Say Hi
- Message-Greg Meyer & Jessi Bergh
- Connecting with & supporting Fabric
- More music & closing thoughts

## CAREIQ KIDS EDITION



**Kids:** This week we will discover how naming and putting our Big Rocks first can make sure that we have the time and attention for the things that are matter most!

**Start with your family in the Commons and then Pre-K will head to the media center and K-5th grade to the gym!**

## NEXT SUNDAY!

### CareIQ at Work

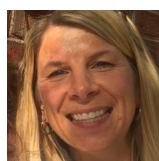
We are calling on a couple of CareIQ pros to join us and give us an extra boost in our CareIQ. There will be plenty of time for your questions. Why do this? God cares, we care, and caring in ways that help takes learning and practice. See you next week!



**The Fabric Transition Team** is hard at work preparing for our Lead Pastor search process later in the year. The members are Greg Meyer (advisory to the team), Susan Cunningham, Eric Sybesma, Mimi Black, and Matt Mielke. You will hear from them regularly, and can always contact them at [next@fabricmpls.com](mailto:next@fabricmpls.com)



**Want to join a Fabric Group?** A Fabric Group is any group of people meeting regularly to practice and connect around our shared Fabric conversations. They meet regularly at a variety of times and in ways that work for them. Write "Group" on your communication card to learn more.



**Joining us today** - Jessi Bergh, MSW, is a case manager for Hennepin County serving adults with chronic mental or physical health needs, helping them have independent lives. She is also a spouse and mom, and long time Fabric regular.

**CareIQ situations** are ones you encounter in your or your close friends' and family's life that don't go away, you are helpless to fix, concerned about the person's well-being, or you don't feel able to give the support required.

*Everyone has CareIQ situations that touch their lives!  
For these situations you need to develop a special TOOLBOX.*



**TOOL #1: Ask "What is MY ROLE?" rather than "What can I do?"**

**TOOL #2: Set your BOUNDARIES.**

Speak them CLEARLY.

**TOOL #3: LISTEN deeply.**

Listen and ask clarifying questions to understand from their point of view.  
Acknowledge and validate their feelings and experience.

Beware the TRAP of empathy.

....if there is no DIFFERENTIATION.

**TOOL #4: Ask "What could I do that would be helpful to you right now?"**

Don't worry about helping them get to 10, maybe one step higher.

It's okay if there isn't anything you can do right now.

**TOOL #5: WIDEN the circle.**

For the other person and for YOU.

**TOOL #6: Keep YOURSELF healthy.**

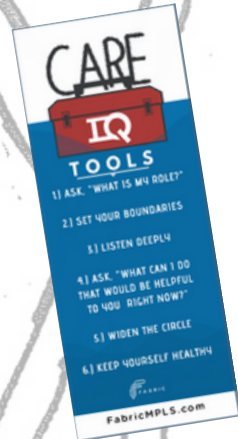
**Don't Forget!**

You are not responsible for the other person's REACTION or the OUTCOME!

You will spend your life ADDING to and PRACTICING using these tools.

Everyone is care GIVER and a care RECEIVER.

**HOMEWORK:** Put the CareIQ Bookmark somewhere you and others will run into it.  
Practice applying one of the tools this week. Even in a simple care situation.  
Make note of what you learn from it.



*Practice when it's easy  
so you have the skill  
you need when it's not.*