



TODAY! CareIQ at Work - Like any tool, CareIQ tools take practice to use them well, or even at all. And sometimes it helps to get a lesson from a pro. Not to make you a pro, but so you don't make things worse. And maybe to know when to call in the pro. We are calling on a couple of CareIQ pros, Jen Markworth and Chris Lillehei, 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!

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

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-Melissa Lock, Jen Markworth & Chris Lillehei
- Connecting with & supporting Fabric
- More music & closing thoughts

CAREIQ KIDS EDITION



Kids: This week we will see how we can choose to Be Like Water in the soda can shake up experiment!

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!

Creating a CareIQ Culture

The power of one isn't what one person can do on their own, but what they can inspire others to also do. Join Melissa Lock and Greg Meyer in learning how to not only practice but spread our CareIQ! See you next week!



The Fabric Transition Team is hard at work preparing for our Lead Pastor search process later in the year. Join us for "What's Next with Fabric" on Monday, Feb 13! The Team will try to understand what is it about Fabric that is so important to each of you, and how the lead pastor role fits into that. fabricmpls.com/transition.



Jen Markworth is a long-time Fabric friend and licensed psychologist currently serving as the Training Director with LynLake Centers for WellBeing. In her role she oversees the Training Department including the Clinical Supervision Program, Internship Program and Professional Development initiatives.



Chris Lillehei serves as a hospital chaplain with MN Children's, offering a supportive presence to patients, families and staff amid the emotionally charged atmosphere around pediatric illness and trauma. He also speaks upfront every so often and weaves in the background within our local Fabric community!

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.*



Meet Jack!

Practicing these tools allows CARE to FLOW.

A couple common ways our caring gets stuck:

Thinking you are either the HERO or COMPLETELY HELPLESS.

Inserting OURSELVES into their story.

You always have the POWER of the PAUSE.

RAIN: a tool for practicing compassion

- **RECOGNIZE** what is happening (thoughts, feelings, behaviors);
- **ALLOW** the experience to be there, accept it just as it is;
- **INVESTIGATE** with interest and care;
- **NURTURE** with self-compassion.

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 these tools.

Everyone is care giver and a care receiver.



Mental Health Emergencies

COPE: 612.596.1223



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

HOMEWORK: Keep practicing the tools! Pick one to try out this week. Make note of your observations, questions and feelings afterwards. Try out RAIN as you reflect on how it went.