



TODAY! 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. What you can do is great, but expanding circles of people moving through the world, practiced with their CareIQ Toolboxes, can make our society healthier and more resilient so we can recover from the inevitable challenges we face. Join Melissa Lock and Greg Meyer in learning how to not only practice but spread our CareIQ! Special thanks to Tim Frantzich for bringing music and poetry to us today.

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, get comfortable, have a cup of coffee. It's time to do some weaving!

- Music by Brother Timothy
- Welcome & Say Hi
- Message-Greg Meyer & Melissa Lock
- Connecting with & supporting Fabric
- More music & closing thoughts

CAREIQ KIDS EDITION

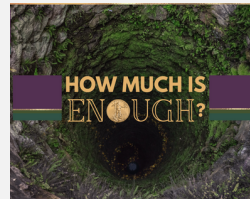


Kids: This week we will experiment with "Screaming Balloons" to sharpen up our listening skills!

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!

How Much is Enough?



Hint: There is never enough. Especially when it comes to our money and all it represents in our lives. It's time to find a better question and turn the tables so that our money serves us, instead of us serving it. Let's talk about enough.



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.

Simpls Fundraiser - Fabric earns up to 35% of all sales! All funds raised go to helping Fabric High Schoolers on their journey to Appalachia where they will have a life-stretching experience as they work with other high schoolers from across the country to fix up houses alongside people right from the neighborhood. Share the fundraiser with your friends and family!

Shop Online:
Simpls.com



Fundraiser Code:
FABRIC

Duration:
2/1/23 - 3/1/23

MONEY KITS FOR KIDS!



Parents! Just the nudge you need to jump in to action to help your kids start off with a healthy relationship around money! Order a Money Kit for Kids by February 5th (\$10 per kit and can be paid for with cash and picked up beginning February 12th). Kits include a Save Spend Share bank, Let's Talk conversation starters around money, and a few other goodies!

Creating a CareIQ Culture is about being PROACTIVE in your care relationships.

In the New Testament of the Bible the call to "Love your neighbor" is repeated 9 times, and "Love one another" 20 times. That is a clear mandate. What it doesn't say is how. That's our job to learn to do together and to pass on from generation to generation.

You with a CareIQ Toolbox = a CareIQ PERSON.
 Everyone with a CareIQ Toolbox = a CareIQ CULTURE!

~~EXPERTS~~ WRITE others into your LEARNING rather than TEACH them what they should KNOW.

Creating a CareIQ Culture...

- o cannot CRISIS-PROOF your life.
- o can increase your STRENGTH & RESILIENCE.
- o can breakdown the obstacles of SHAME & STIGMA.
- o help you invest in a SUPPORT TEAM.
- o will allow you to BYPASS some problems.

While you may not be an expert you can be INTENTIONAL and BOLD.

Create a CareIQ Culture by building a Team.

Don't apologize for naming a PURPOSE for your team.

You are together to have fun, enjoy one another, and to share, CARE, trust, and grow!

Your kids and their teams -

Your Fabric Group can provide **mutual** LEARNING, SUPPORT, and ACCOUNTABILITY.

Open your team's CareIQ Toolbox by NORMALIZING conversations and practices.

TALK about care issues **before** they ever become a care crisis.

Create places in your routine where conversations around hard topics is normal.

Don't let having mental, emotional, physical, work needs be seen as a sign of weakness.

PRACTICE preventative maintenance **before** issues develop.

Create CareIQ Culture by building a team that BUILDS TEAMS.

HOMEWORK THIS WEEK: In what circle of yours (home, extended family, work, friends, Group) can you give CareIQ a foothold? What makes it hard to do? What support do you need? What is your first step?

Practice when it's easy so you have the "skills" (TOOLS & EXPERIENCE) you need when it's not.



THERE IS AWKWARD, AND THEN THERE IS AWWARD!



Thank you for your donations in 2022! Giving Letters were emailed on January 26. Didn't get one? Check your SPAM folder. If you would like a detailed statement, contact Katy Kennedy (katy@fabricmpls.com). Your giving helped make Fabric happen, and makes a difference in people's lives. Thank you!