

ROOTED



March 10, 2024
www.fabricmpls.com

Rooted in Self - Root systems are endlessly fascinating! We'll kick off this new series with a look at the relationship between connection and suffering, and use a couple tools at our disposal to take a closer look at our individual roots.

WELCOME

Life, for adults and kids alike, is most fulfilling when it is woven deeply with the strands of your full self, others, and that third strand that is bigger, beyond, around and within us all that you may or may not know as God.

Learn more about Fabric at FabricMpls.com

Miss a week or want to hear the message again?
Check our podcast fabricmpls.podbean.com

WHAT TO EXPECT

We're glad you're here!

Music with Chris Tripolino and the Fabric Band

Welcome & Say Hi (Kids can head out!)

Message, *Rooted in Self* with Ian McConnell

Connecting with and supporting Fabric

Song & Closing



What's Happening for Kids Today? Kids are invited to explore what being Rooted can be like through creating, acting, and wondering together. Kids - join your families in the Commons for some music and centering and then listen for an invitation to join your friends in the gym or media center to explore Rooted in ways just for kids! More at fabricmpls.com/kids-current

COMING UP AND MORE



Next Sunday | Rooted in Others - It turns out, there's more to roots than just individual plant life! Aspen groves are an inspiring reminder of our interconnectedness to one another and to all of creation. Arm in arm, we'll dig in! More on Rooted: fabricmpls.com/rooted.



EASTER! Buried - There's more to living than not being dead! The Easter story gives us a beautiful (if not kind of scary) look into both death and life. What needs to stay dead in order for us to experience new life? What continues to haunt, even when scary things are stripped of their power over us? *Come find out... if you dare!* There's a pancake breakfast to boot! More at fabricmpls.com/easter.



The story of this land matters. We gather on land that was honored by the Dakota people for centuries, but from which they were forcibly and dishonorably removed and continue to be erased.

Each of us is like a wee rooted seedling!

GROWTH isn't always obvious
 ...and neither are ROOTS

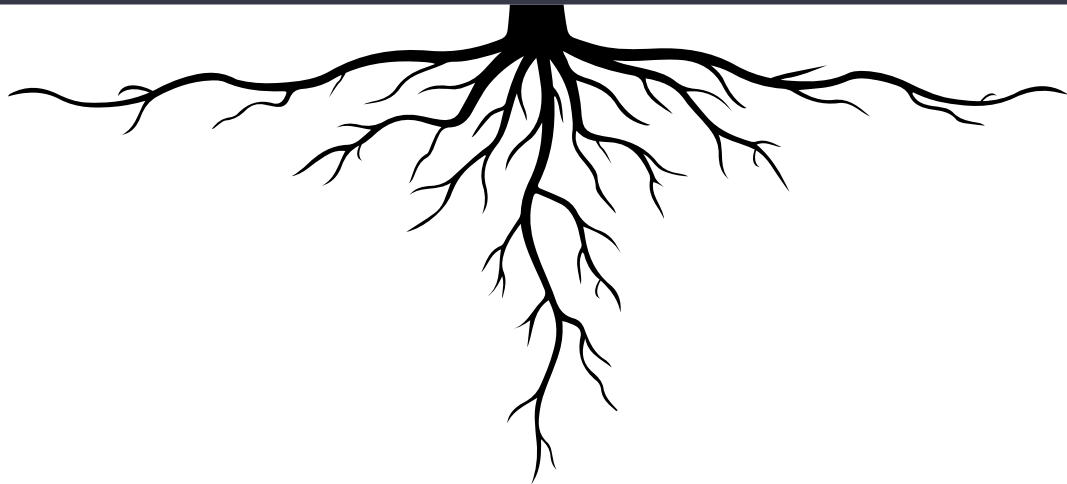
We have tools at our disposal!!

The wellness wheel is one of them,
 We can't give attention to all of them SIMULTANEOUSLY
 (but each has an IMPACT on all of the others)

The Lie of Rootless Individualism

Whether we like it or not, we are ROOTED
 There's temptation to SEPARATE FROM our roots
 ...and there are plenty of forces willing to fill the void..

Take a brief inventory of your rootedness: which roots give you grounding? Life? Location? Belonging? Hope? Direction? Courage?



HOMEWORK: Spend some time really examining your roots. who are the people; what are the stories, experiences, cultures, traditions, or rituals that have sustained you across time? What does it mean to you that we are each rooted?



ROAM (Read, Observe, Apply, Meditate) through Matthew 13:6 a couple times. This verse is part of a larger story, but take a moment to consider how *your* roots have sustained when you've felt scorched? Notice what it feels like to recognize the strength and beauty in those roots!



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