



TODAY! ...And Beyond! Ever get tired? Of course you have. Ever felt like letting up a little? Sure, it's healthy. And then did you ever sense that this was a time that mattered and despite feeling worn out and in need of a break it was time to dig in and keep going? I hope so. The kids have been talking about going beyond for the last five weeks and will help us all learn about going beyond in kindness, trust, and thankfulness.

You know, some things don't run out when you give them away, they multiply!

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 Chris Tripolino & the Fabric Band
- Welcome, Say Hi, another song, and then...
- Message in 3 parts - Heidi Esposito, Greg Meyer, Maia Dalager, Melissa Lock *and you!*
- Connecting with & supporting Fabric
- More music & closing thoughts

FABRIC KIDS TODAY



Kids - Get a snack on the way in today. Families are invited to sit near one of the white tables which have fun and creative ways for kids to engage with the big ideas specially designed for them!

NEXT SUNDAY!



And Beyond Your Comfort Zone!

As you head into your summer, enjoying but not getting stuck in our comfort zones is important to keeping the main thing the main thing. Let's go beyond and grow!

Want to hear a message you missed, re-listen, or share it with someone? Go to www.fabricmpls.podbean.com



TRANSITION UPDATE: As part of searching for potential new leaders from within the ELCA, Bishop Ann Svennungsen will be visiting us **Sunday, June 4**. Immediately after the gathering (11:30-12:15) she will be facilitating a conversation with us to better know us and what we are looking for in our next leader. Please plan to stay and be part of that conversation!

Knowing the ELCA is just one avenue to find a new leader, the Transition Team has also created a ministry description that we can share widely. Take a look: fabricmpls.com/transition.



CAR WASH! High Schoolers are heading to Appalachia and need a few more funds so we can have some fun on our way home! Come to Field School on June 4th between 9:00-12:00 and donate \$20 to get your car washed. You can also make a donation to the trip using the QR code to the right.



Good people do what is expected of them. But what if it isn't about being "a good person" or about "doing what is expected of you?" What if you wanted to be someone who weaves their life deeply with the world and "All That Is," taking the risks needed to do what could do be done? Even things that seem impossible? **Maybe life is about Going Beyond!** Let's go beyond with kindness, trust, and thankfulness.

Kindness

What does kindness really cost you?

What happens when you are kind to someone else?

When was a time you experienced kindness?

why do you trust some people and not others?

Trust

what is it like to be around people & things you fully trust?

what would it take for you to re-establish trust with someone, or for them to re-establish trust with you?

WHO ARE YOU THANKFUL FOR?
MAKE A LIST!

THANKFULNESS

DO YOU THINK YOU HAVE TO FEEL THANKFUL TO BE THANKFUL?
OR CAN BEING THANKFUL HELP YOU FEEL THANKUL?

WHAT ARE YOU THANKFUL FOR?
MAKE A LIST!



HOMEWORK this week - Go beyond with Kindness, Trust, & Thankfulness. And don't keep it to yourself. Go beyond by sharing what you learn with others. You can also ROAM (Read, Observe, Apply, Meditate) through these readings:
Kindness - Luke 6.27-36 Trust - Ruth 1.6-18 Thankfulness - Philippians 1.3-14