



TODAY! ...And Beyond Your Comfort Zone! Comfort Zone, Growth Zone, Danger Zone - you probably know the concept, we lean on it often. But it isn't about the concept, it's about the lifestyle. As Fabric goes through a transition, and 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. Jesus repeatedly said, "Come and follow me" and I'm pretty sure he didn't mean a place, but out of a comfort zone and to a growth zone. Let's go beyond and grow!

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, and then...
- Message - Greg Meyer & Heidi Esposito
- Connecting with & supporting Fabric
- More music & closing thoughts
- Conversation with Bishop Ann Svennungsen

FABRIC KIDS - SUMMER



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 You Alone!

A life woven deeply can lift us all beyond the modern world's dead-end message that success means going it alone. Let's be Fabric. Let's live it!

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 is visiting today. **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.



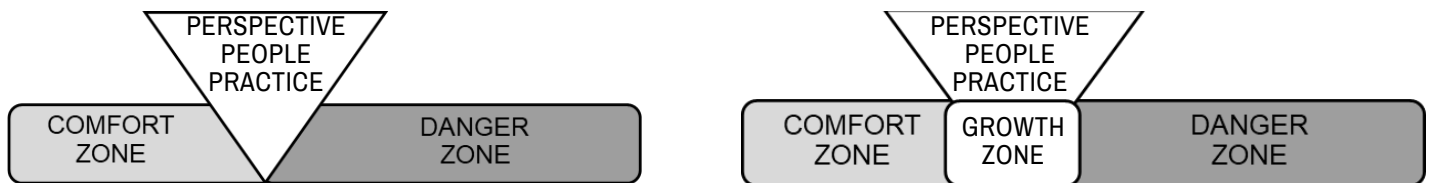
What is challenging your Comfort Zone?

Our Comfort Zones are SHRINKING and SHIFTING because of the rapid pace of change, and our unprecedented exposure to people and ideas.

And because our Comfort Zones are squeezed, we tend to HANG ON TIGHTLY to them.

But maybe, even though it's scary, going beyond your Comfort Zone is where you need to go, and want to go.

The Slackline!



One of the themes that spans the Bible is about "The Road Out" of your Comfort Zone.

In the wilderness the whole community grumbled against Moses and Aaron. The Israelites said to them, "If only we had died by Yahweh's hand in Egypt! There we sat around pots of food and ate all we wanted, but you have brought us out into this desert to starve us all to death." Exodus 16.2-3

What can help you step into your Growth Zone?

What **perspectives** can help you see beyond your Comfort Zone?

Who are the **people** who can guide, support, and accompany you on your journey beyond your Comfort Zone?

What **practices** can help you safely claim parts of your Danger Zone for a Growth Zone?

How can acts Kindness be one of those practices?

How can building Trust be one of those practices?

How can Thankfulness be one of those practices?

It is Fabric's role to help you keep a healthy blend of COMFORTABLE and UNCOMFORTABLE so that you grow!

Homework: Spend some time R.O.A.M.ing through these Bible readings this week. (Read, Observe, Apply, Meditate)
Matthew 8.18-27 Exodus 16.1-36 Psalm 23 *Special Challenge!* Colossians 1.9-14