



TODAY! ...And Beyond You Alone! If I told you there was one remedy that could dramatically increase personal and collective wellbeing on almost every front, would you believe me? According to more and more experts there is. And the kicker is we are wired for it and always have been! 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!

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 Tim Frantzich
- Welcome, Say Hi, and then...
- Message - Melissa Lock & Greg Meyer
- Connecting with & supporting Fabric
- More music & closing thoughts

See you next week at the Minnehaha Falls Bandstand!

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 Who We Are! (at Minnehaha Falls)

Fabric is too special to be a secret. Why are you Fabric? Why would someone else want to be? It's worth thinking about, and being in the park is the time!

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



Fabric at Minnehaha Falls and 3 Special Sundays this summer starting next Sunday.

We will be at the Minnehaha Falls Bandstand at 10:30 a.m. through Sept 3. Join us each week for our great Fabric music, messages, special guests, and everything that makes the morning great; coffee, water, a pastry, sunscreen, whatever. **AND bring someone with you who has never experienced Fabric. Summer at the falls is the perfect time and place!**

We will have a monthly Special Sunday too - June 25, July 16, & Aug 13. These Sundays will be opportunities to gather as Fabric in different ways that are fun, relevant to who we are, and help us get to know each other better. Watch for the details.



Welcome to Fabric's 2nd Mile. We are building momentum and that means each of us making an extra effort to help things happen over the next few months. This is essential as we prepare for Greg's retirement so we can be at our best as we welcome new leadership. You can help by completing our **2nd Mile Season Sign Up** form at this QR Code. Thanks!



A walking thought experiment (be like a scientist):

Today is about going beyond the idea that your **WELL-BEING** is about you alone.

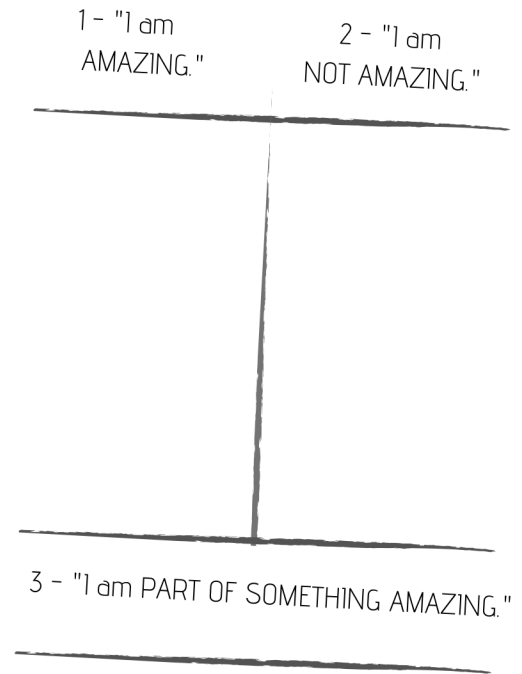
- It doesn't COME FROM you alone.
- It isn't FOR you alone.

Step 1: Don't let columns 1 or 2 say you are APART FROM.

A Game Show!

You PLAY A UNIQUE PART!

You don't PLAY ALL THE PARTS.



Indeed, the body does not consist of one member but of many. If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear would say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? - Paul in 1 Corinthians 12.14-17

Let's help each other **RE-MEMBER: There are no THROW AWAY PARTS.**

A poem to re-member: Addition (Carrie Newcomer)

A prescription to re-member: from Vivek Murthy, MD and US Surgeon General (To Be a Healer)

1. spend 15 minutes a day connecting with somebody you care about.
2. give others your full attention when you are with them.
3. find opportunities to serve others.
4. solitude

Homework: R.O.A.M. is a great tool for helping you re-member all 3 strands! **Read, Observe, Apply, Meditate** through these readings this week:

Wild Geese (Listen to Mary Oliver read her short poem, "You do not have to be good...")

1 Corinthians 12 and 13 **Romans 12** **Acts 9.1-31** (about Paul who wrote the first two)

Isaiah 30:15-18 (a glimpse of the big backstory of trying to go it alone that they all would have known)