

STUFF THAT WORKS



September 10, 2023

www.fabricmpls.com

Stuff That Works - KNOTS: Even if you weren't a scout, knots come in handy. They hold things together and can give you something to hold on to. The 3 Strands of Self, Others, and God that we weave need to be held together and held on to as well. And without a knot experience once in a while, it's easy to lose your grip or let the whole thing unravel. Life is full of great and oftentimes hard knot experiences that are signs of growth. Let's talk about noting, marking, sharing and remembering them.

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

Message – Greg Meyer

Connecting with & supporting Fabric

A communion experience with our knots

Stay to meet Della and enjoy cookies and lemonade!

Kids - What's Happening Today We'll practice sharing stories as we discover how wrestling with feelings and ideas helps us tie a KNOT in our ropes. Kids start out in the Commons and during the welcome will be invited to their special spaces...6 months-preschool will be heading the media center and kindergarten through 8th graders will head to the gym. More at fabricmpls.com/kids-current



COMING UP AND MORE!



NEXT SUNDAY: Stuff That Works - BUS. Not the city bus, YOUR bus. Who is on it? Why? Do you want them on it? Having the right people in the right seats on your bus can be a game changer when you face the big stuff in life, and as you navigate the everyday roads of life. After all, you were never meant to figure life out alone. It's something that works! *Fabric Groups are starting up too; a place to connect and make the Stuff That Works work in your life! Interested? Write it on your Communication Card.*



It's not just a birthday, it a GOLDEN BIRTHDAY! That's right, next Sunday, Sept 17 is 17 years since our very first weekly gathering! That's a birthday worth celebrating. Come and bring your favorite memory of when your life with Fabric began.

We'll celebrate after with a **Taco Bar**. Want to supply a favorite filling or topping? Write on your Communication Card what you plan to bring! (Or - we can never have too many fresh garden veggies!)



LAND ACKNOWLEDGEMENT

Where we are and the story of our land matters. Most of us live in, and we gather in land that was part of the Dakota people for centuries, but from which they were forcibly and dishonorably removed by the US government. It is an honor and a responsibility for us to live on and care for this land today.

Life is the **WEAVING** of the 3 strands.

Jesus spoke in this sense when he said what the most important commandment was:

You shall love Yahweh (I Am Who I Am, the name of God in the Bible) with all your heart, with all your soul, with all your mind, and with all your strength. And you shall love your neighbor as you love yourself. Mark 12.30-31

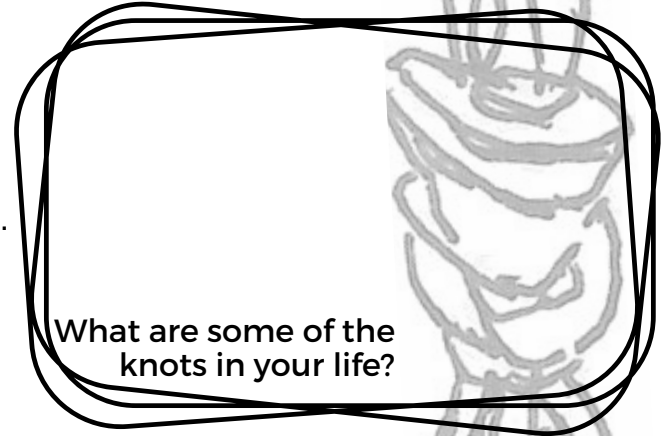
The wisdom book, Ecclesiastes, points at this in the Old Testament of the Bible as well:

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help. Again, if two lie together, they keep warm; but how can one keep warm alone? And though one might prevail against another, two will withstand one.

A threefold cord is not quickly broken. Ecclesiastes 4.9-12

And sometimes we put a **KNOT** in those woven strands.

A knot is an experience that **HOLDS TOGETHER** the weaving in your life.



What turns an experience into a Knot experience?

- NOTICE it.
- NAME it.
- MARK it.
- REMEMBER it.

Your stories of growth may be PERSONAL, but they aren't meant to be PRIVATE.

They are meant to be SHARED. *Tell the story!*

In the future your children will ask you, 'What do these stones mean?' Then you can tell them, 'They remind us that the Jordan River stopped flowing when the Ark of Yahweh's Covenant went across.' These stones will stand as a memorial among the people of Israel forever. Joshua 4.6b-7

HOMEWORK: Take time to think about this, to write it down, and even to talk to someone about it. Maybe this is a good Group discussion this week: *What was a knot experience that you noticed, named, marked, and remembered well? How did you do it? And what is another in your life, or someone's life close to you, that could use a good knot? How could you help tie it?*



Try ROAM-ing (Read, Observe, Apply, Meditate) through some Bible readings this week.

Joshua 3.12 - 4.7 And this from the early church, it is laden with 2000 year old thinking but look for the ideas and connections within it. **1 Peter 2.4-10**