



Groups are regular, long haul space to **share, care, trust and grow**. Welcome!

Facilitator: Read through and note some thoughts to grease the wheels. Prep supplies or links. Trust the 3 strands showing up!

## Get Started

10-15 mins

**Welcome!** We've got some big problems and Life Woven Deeply says we are not apart from those problems - their impact or their causes. Dang. Let that sit for a few seconds....AND we are not apart from the solutions! Let that sit too.... Really looking this truth in the eye and wondering about our roles takes some big time courage and really good company to practice with. That's you!

Review the **Group Agreements**. *By the way, we do this every week so they are part of our groove when we need them. It's a 'practice when it's easy so you have the skills you need when it's not' thing.* Take your time, passing around to read.

**Check-In.** Taking on the challenging stuff makes gratitude, humor and delight all the more important. *Go around, share names and...anything big going on that would help you feel present here. Plus - a moment you smiled or laughed this week.*

Welcome again. Thanks everyone for showing up today. This wouldn't be much of a group without you!  
And Fabric wouldn't be much of a community without Groups!

## Discussion & Practice Ideas

30-60 mins

1. **Is Sunday Morning Trivia Night trivial?** Our Unearthed guests so far - Joshua Lewis of [MniPL](#) and Jeff Thiemann from [Braver Angels](#), both suggested that a community like Fabric can play an important role in building authentic social movements around these big issues. *If you got to be part of Trivia Night somehow, what about being part of it feeds your own "good courage" to face what needs to be faced? What about perspectives, people and practices from other Sundays in Unearthed or more in general? BONUS: How does your Group take that further?*
2. **The homework invitation to "notice your body as a part of creation" continues this week!** "Seriously! Take time to check in as an important, beautiful part of all of this (*gesturing broadly at the world here*). *When you pause to breathe, what happens in your body? When you consider climate change or other big challenges, what do you feel in your body, and where?" Talk about this idea that our bodies are part of our unearthing. Does it seem obvious? Feel strange? Easy?*
3. "When it comes to issues of both science and faith, it makes sense that there's a tense relationship between the observed and the unknown." Ian points toward [Hebrews 11:3](#) as a window into this contemplation of both the visible and the unknowable humans have engaged in over the eons. Join in with a **ROAM (Read, Observe, Apply, Meditate)** together!



## Close

5-15 mins

**Check in on plans** for upcoming meetings: who is facilitating, providing hospitality, or other needs of your group. *Remember, anyone is welcome to serve the group as facilitator.* **Next meeting:**

**Ian is visiting Groups! Can he visit yours to get to know more people and hear what matters to you? When would be good options for him to visit your group? Let Melissa know so she can help coordinate. And if you have any questions.**

## Group Agreements

1. **Push pause.** The world is noisy. Before speaking, take a breath.... let Silence be a voice in your Group.
2. **Be present.** Your being here matters! Step up to share when you are ready. Step back to listen.
3. **Share what you want** when you want. "I'll pass" is always an option.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Stay curious about yourself and others. Practice open and honest questions.
6. **Listening is a superpower.** Listening to others share their own experiences, struggle and strength is empowering. So is being listened to!
7. **Speak from your own experience,** to the whole group. Ask for help or feedback for yourself if you'd like, but avoid crosstalk, fixing, interpretation, or unsolicited advice directed toward any one person.

*These agreements are practiced, not perfected! You can always circle back with the group or an individual to share how something felt to you or check in. Practice when it's easy!*

Sometimes there will be care and support needs that go beyond what can be addressed within your normal group operation. That's a good time to pull out the [Care IQ](#) tools.

