



## The Game of Life - Play is No Trivial Pursuit

If play is important, essential, and a significant part of the Game of Life, why is it so hard and why does it feel like we don't have the time and energy for it? Together, we'll experience a morning of play that draws us back to the way we are created to be. It's God's gift to open us up to moments of joy and delight in the present, in the now, in play.



Gifts marked "Haiti Crisis" will be redirected to ELCA Lutheran Disaster Relief and used in full (100%) to assist those affected by the earthquake.

## WELCOME!

We are always trying to support each other toward health and wholeness as individuals, and we see how life is most fulfilling when it is woven deeply with others (including the world around us), and that mysterious element we often call the third strand, or "God."

[FabricMpls.com/who-we-are](http://FabricMpls.com/who-we-are)

## WHAT TO EXPECT

We're glad you're here!  
 Take a seat, get comfortable, then...  
 Welcome  
 Songs - Chris Tripolino  
 Message - Heidi Esposito & Maia Dalager  
 Supporting Fabric  
 Closing

## ALL FABRIC RETREAT



We are excited to announce that there will be an All Fabric Retreat Sept 24-26! Learn more and sign up at [fabricmpls.com/retreat2021](http://fabricmpls.com/retreat2021)

## NEXT SUNDAY



Join us next week here, at Minnehaha Falls, for *The Game of Life: The Hardest Part of the Game*  
 More at [fabricmpls.com/current](http://fabricmpls.com/current)

**F a b r i c M p l s . c o m**

# PLAY

is no trivial pursuit!

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## Byproducts of Play

- safety
- regulates emotions
- creates empathy
- boosts brain
- increases flexibility & problem-solving skills
- builds trust
- boosts creativity
- growth health
- belonging

## Play Homework

Work on and grow your playlist

Work on pausing to be playful in all you are doing.

Commit to playing with the Chicken Finger!



let go!

Embrace the mess!

RE-DISCOVER the joy of play

Believe you are worthy of play.

FEAR OF VULNERABILITY

## Becoming Playful

play list

play list

play list

PRODUCTIVITY

SHAME

## The Enemies of Play

Play happens in the hard places too.

Take care of your self, have a good time and that's about it! There are so many playful moments at our fingertips and God wants us to enjoy them. It's God's gift. Ecclesiastes: 5:18-20

Play is in us!

The opposite of play  
MELANCHOLY

my play score

play is

Doing something that brings you JOY & DELIGHT when you don't know the OUTCOME

# START



## Play: The Evolutionary Gift