

Get Acquainted and Team Building Exercises

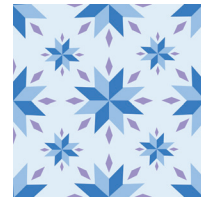
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Christian women gather for events that allow them to encourage and uplift one another spiritually and emotionally. These gatherings can be small home groups or large events such as retreats. Having some activities for the women to help get to know one another and introduce new women to the group can kick off the event in an upbeat way. These activities often help to break up cliques and invite people to form random groupings in a non-threatening and fun way. Remember, you can always modify the activity so they are better suited to your small or large group!



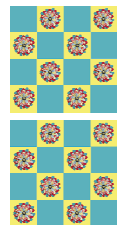
Fantastic Fabric

Many women sew and quilt. Others are fascinated with the different textures of fabrics, styles of quilt squares, patterns, buttons, threads and other sewing gadgets and accessories.



Create a display using a variety of sewing accessories in baskets, tins, jars or colorful boxes.

Lay out samples of fabrics on a table or mixed up in a container. There should be enough samples for each woman to have a choice. There can be duplicate fabrics. Each woman should choose one piece of fabric.



Provide each woman with a note card and pencil. Encourage them to write how the piece of fabric they choose applies to their life. When everyone is ready the information on the card can be shared individually or in smaller groups.

For example, if she picked up a rough piece of **burgundy** corduroy, she may share a childhood Christmas memory. A woman who picked out a piece of **gold** satin may talk about how she won a contest that was important to her. Or she can share briefly her sewing experience.



"A time to tear, and a time to sew; a time to keep silence, and a time to speak." Ecclesiastes 3:7

