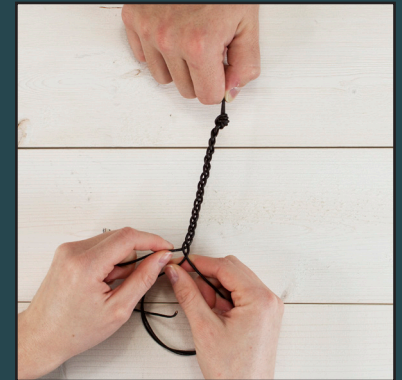
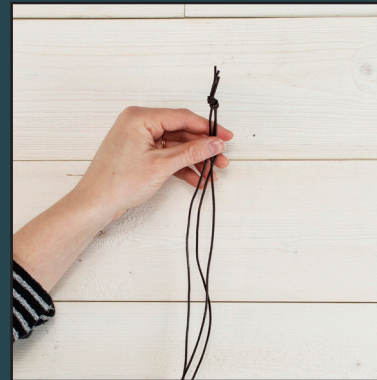


Materials



A point to ponder:

When you think about a braided cord of 3 strands it makes sense that no single strand is meant to carry all the weight, right? In the same way, the burdens you carry in life are meant to be shared. Love means sharing the good, the bad and everything in between.



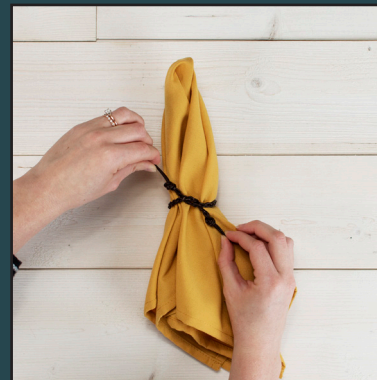
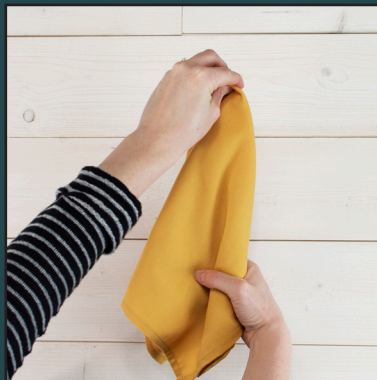
Discuss:

What prevents you from sharing your burdens with your significant other?

What burdens do you refrain from sharing with each other?

How can you work to create a space for sharing these burdens?

Share with each other one or two areas where you would like to begin relinquishing control.



Step 1

Cut leather cord into 6 equal sized strips, each approximately 1-1.5 ft. long.



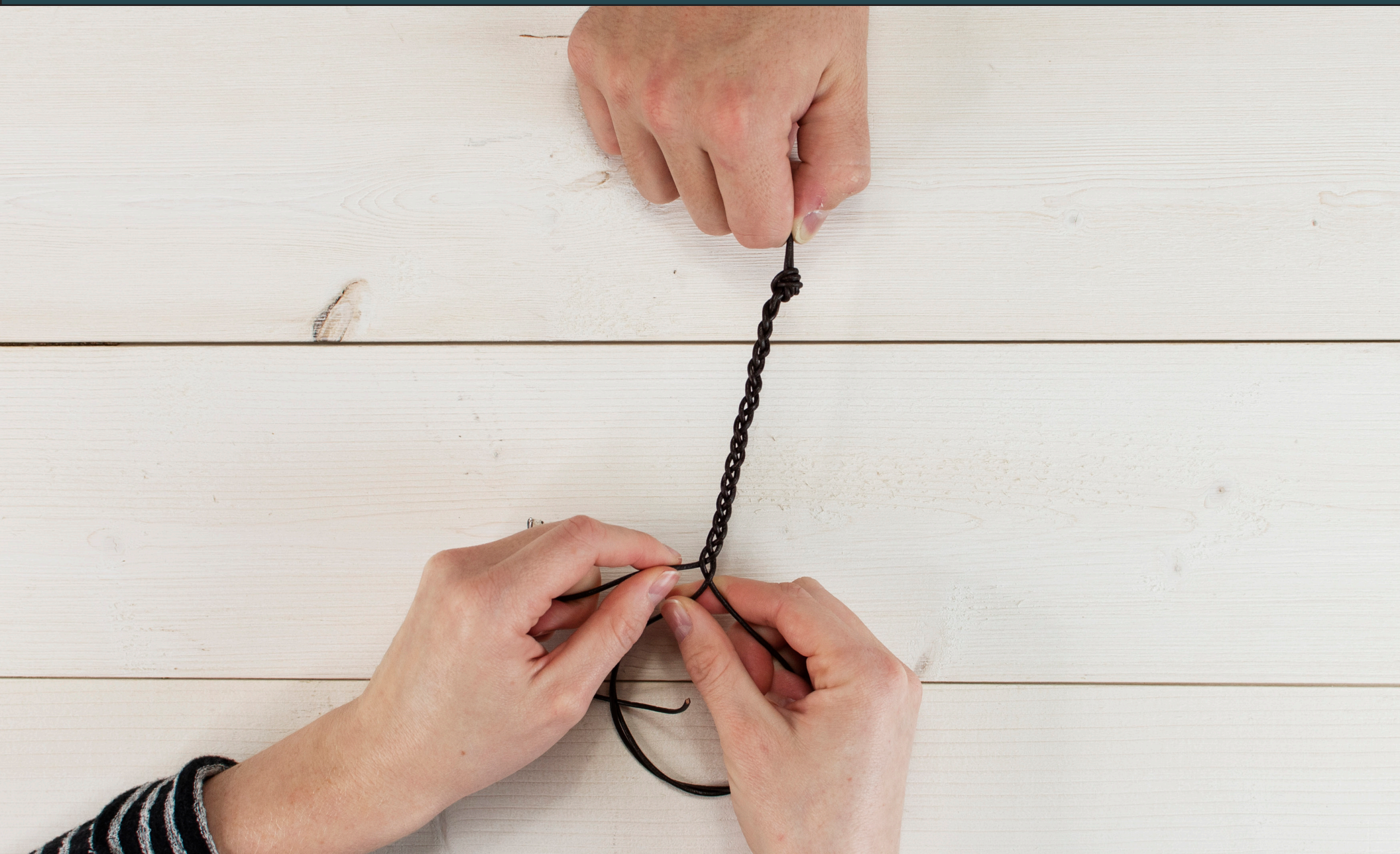
Step 2

Take 3 cords and tie them together at one end with a knot. Do the same with the other 3 cords.



Step 3

Have one partner hold the knot while the other partner braids the cord. Tie another knot at the end of the braid. Repeat with the other set of cords.



Step 4

Take your napkin and pinch it from the center.
Use your other hand to gather the napkin.
Repeat with the other napkin.



Step 5

Wrap the one braid around each napkin and twist in the back to keep in place.



Step 6

Place your napkins on your table setting until your meal is ready!

