

Sunday School May 10th

****NEW TIME: 9:30 due to LIVE STREAMED Worship****

Podcast: [NPR TED Radio Hour - Meditations on Loneliness](#) (April 24, 2020)

Podcast Reflections to consider:

- Loneliness: When in our lives have we felt lonely?
- Have you experienced loneliness in this day of pandemic? If yes, how?
- We are created to be social beings - To live in community. Who serves as community for you in this time?
- Being heard by others about your experiences of loneliness helps. What does the church need to hear from you? What does our world need to hear? What do YOU need to hear?
- When we are cut off from connection – physical connection – like we are during shelter in place situations – we have a physical reaction: hunger pains, we miss basic relating therefore we don't produce as much oxytocin and dopamine. We need the release of these chemicals that come through the gift of a hug or high five.
- How is touch seen throughout scripture? The gift of touch?
- In this podcast the presenter shares with us predictors of how long we will live: 1. Clean air 2. Exercise 3. Close relationships 4. Social integration (postman, barista at coffee shop, etc). We all are feeling the effects of loneliness because of the lack of social integration.
- So I ask us to consider again: What does the church need to hear from you about loneliness? What does our world need to hear? What do YOU need to hear?

Podcast on Deck for May 17th:

[The Confessional: Nadia Bolz Weber - Episode with Megan Phelps-Roper, Former Member of Westboro Baptist Church](#) (April 21)

(Permission: The views expressed in this Podcast reflect those of Nadia Bolz Weber. Please enter into this conversation recognizing she holds her truths and you hold yours. Let us share in a story of compassion not judgment. Please NOTE: Adult language is used in this podcast.)