

TOOLS FOR
FINDING
CONNECTION IN A
FRAGMENTED
WORLD

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FOLKERDS



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- Who am I?
 - What is my Story?

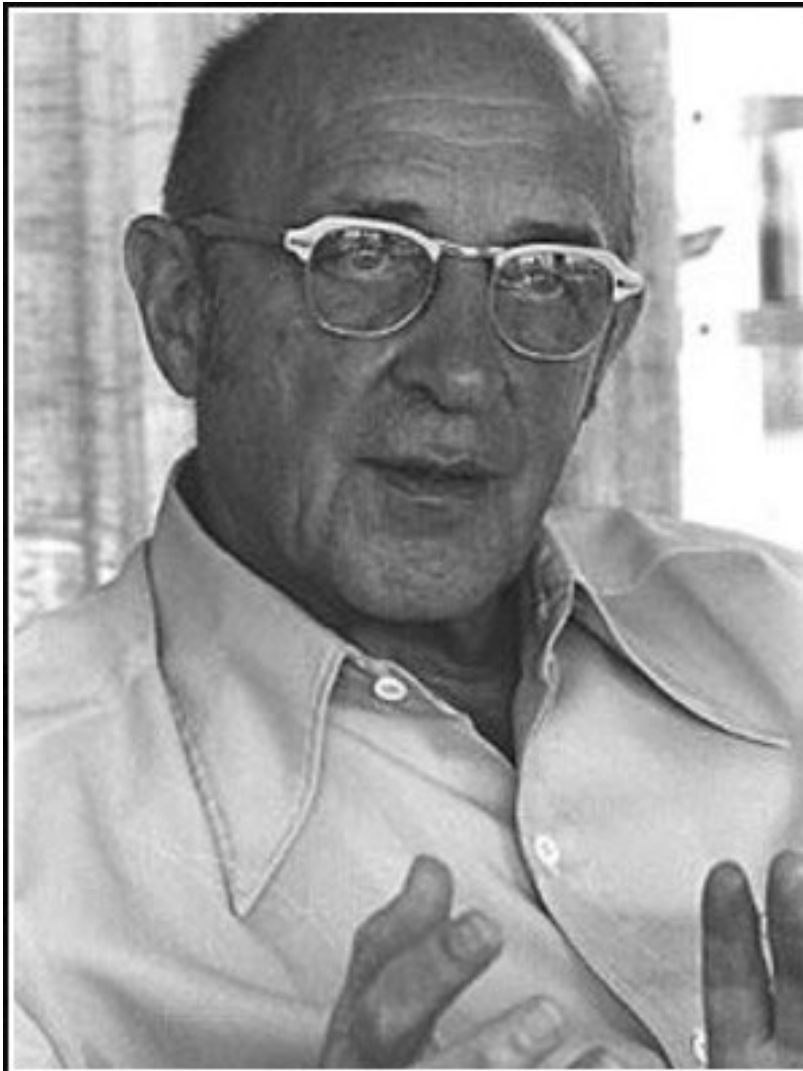




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- Mother Theresa said, “If we have no peace, it is because we have forgotten that we belong to each other.”
 - May we always remember we belong to each other and take care of one another.

THE SURGEON GENERAL AGREES!

- *US Surgeon General Has Declared Loneliness as an epidemic in the US!*
- *We Need Each Other!*
- *“Social connection is a significant predictor of longevity and better physical, cognitive, and mental health, while social isolation and loneliness are significant predictors of premature death and poor health.”*
- *The toll of social isolation and loneliness can be as dangerous as smoking 15 cigarettes a day. Loneliness and isolation also increase the risk of dementia, stroke, depression, anxiety and even heart disease.*



what is most personal is most
universal

— *Carl Rogers* —

AZ QUOTES



WE ARE CONNECTED TO EACH OTHER...HOW DO WE MAINTAIN THAT CONNECTION?

WHAT TOOLS ARE AVAILABLE TO YOU??

TOOL #1: CONNECTION HELPS
US TO DEAL WITH THE
SUFFERING OF LIFE



COLOSSIANS 3: 12-17

12 As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. ¹³Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. ¹⁴Above all, clothe yourselves with love, which binds everything together in perfect harmony. ¹⁵And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. ¹⁶Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. ¹⁷And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.



OUR DAUGHTER HELENA



TOOL #2: BE IN AWE!

Acts of the Apostles 2.43-47

Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.





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TOOL #3: ANYTHING
MENTIONABLE IS MANAGEABLE



Scripture can Help us to Name our Pain: The Psalms are an Example of this

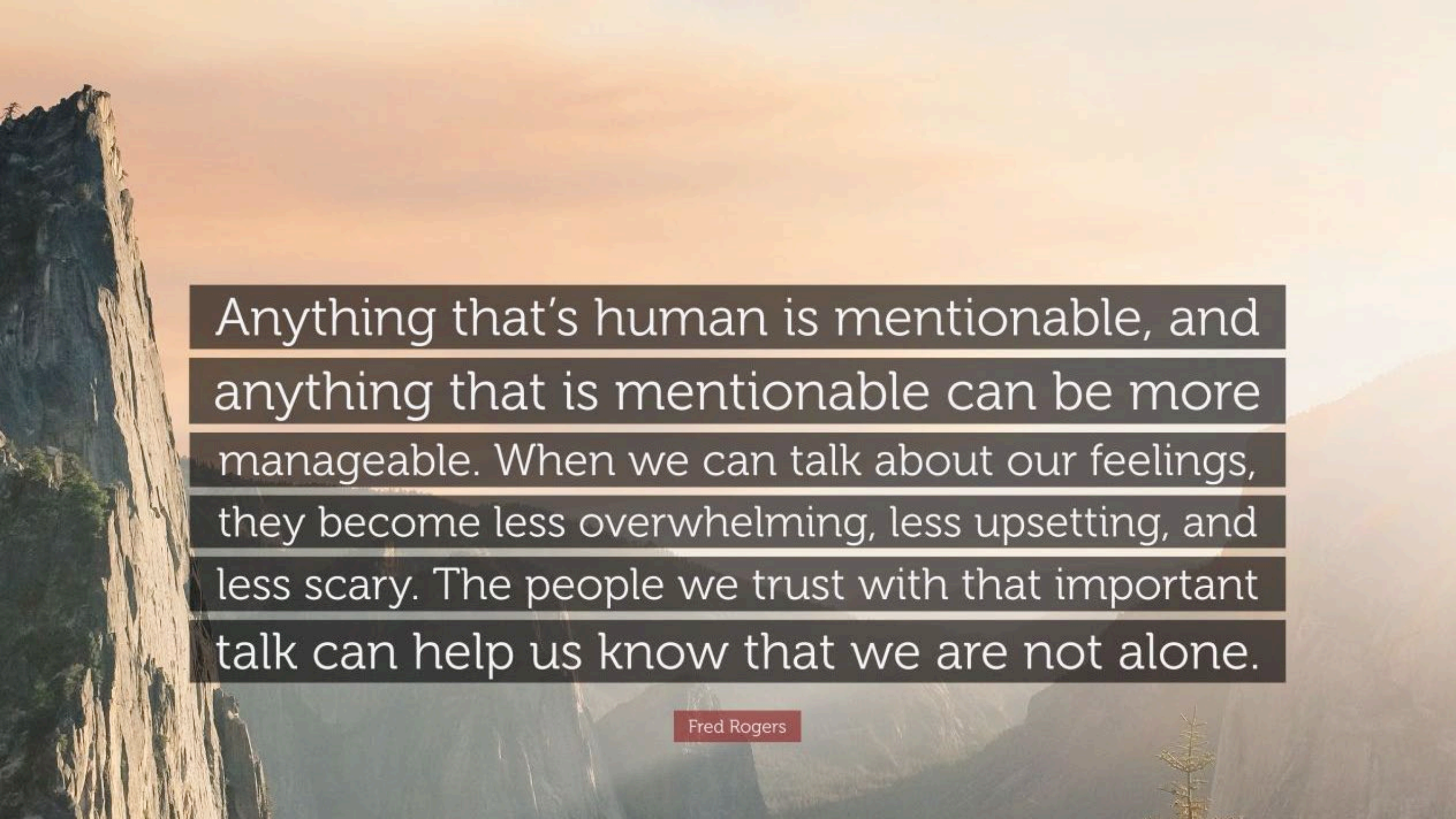
Psalm 69: Save me O God, for the waters have come up to my neck, I am weary with my crying.

I sink in deep mire where there is no foothold. I have come into the deep waters and the flood sweeps over me.

I weary with my crying my throat is parched....My eyes grow dim with waiting for my God.

Psalm 77: I cry aloud to God aloud to God that he may hear me. In the day of my trouble, I seek the Lord, in the night my hand is stretched out without my wearying; my soul refuses to be comforted. I think of God and I moan; I meditate, and my spirit faints.





Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.

Fred Rogers



TOOL #4: BE AN ILLUMINATOR AND NOT A DIMINISHER



Mark 9:2-8

The Transfiguration

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them any more, but only Jesus.



Are you an Illuminator or a Diminisher? (David Brooks)

Diminisher Definition

Diminishers make people feel small and unseen. They see other people as things to be used, not as persons to be befriended. They stereotype and ignore. They are so involved with themselves, that other people are not on their radar screen.



Are you an Illuminator or a Diminisher? (David Brooks)

Illuminator Definition

Illuminators, on the other hand have a persistent curiosity about other people. They have trained or have trained themselves in the craft of understanding others. They know what to look for and how to ask the right questions at the right time. They shine brightness of their care on people and make them feel bigger, deeper, respected, lit up (in a good way).





TOOL #5: LAUGH AT LIFE



PSALM 126

Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, “The Lord has done great things for them.” The Lord has done great things for us and we rejoiced.





TOOL #6: SLEEP AND EXERCISE



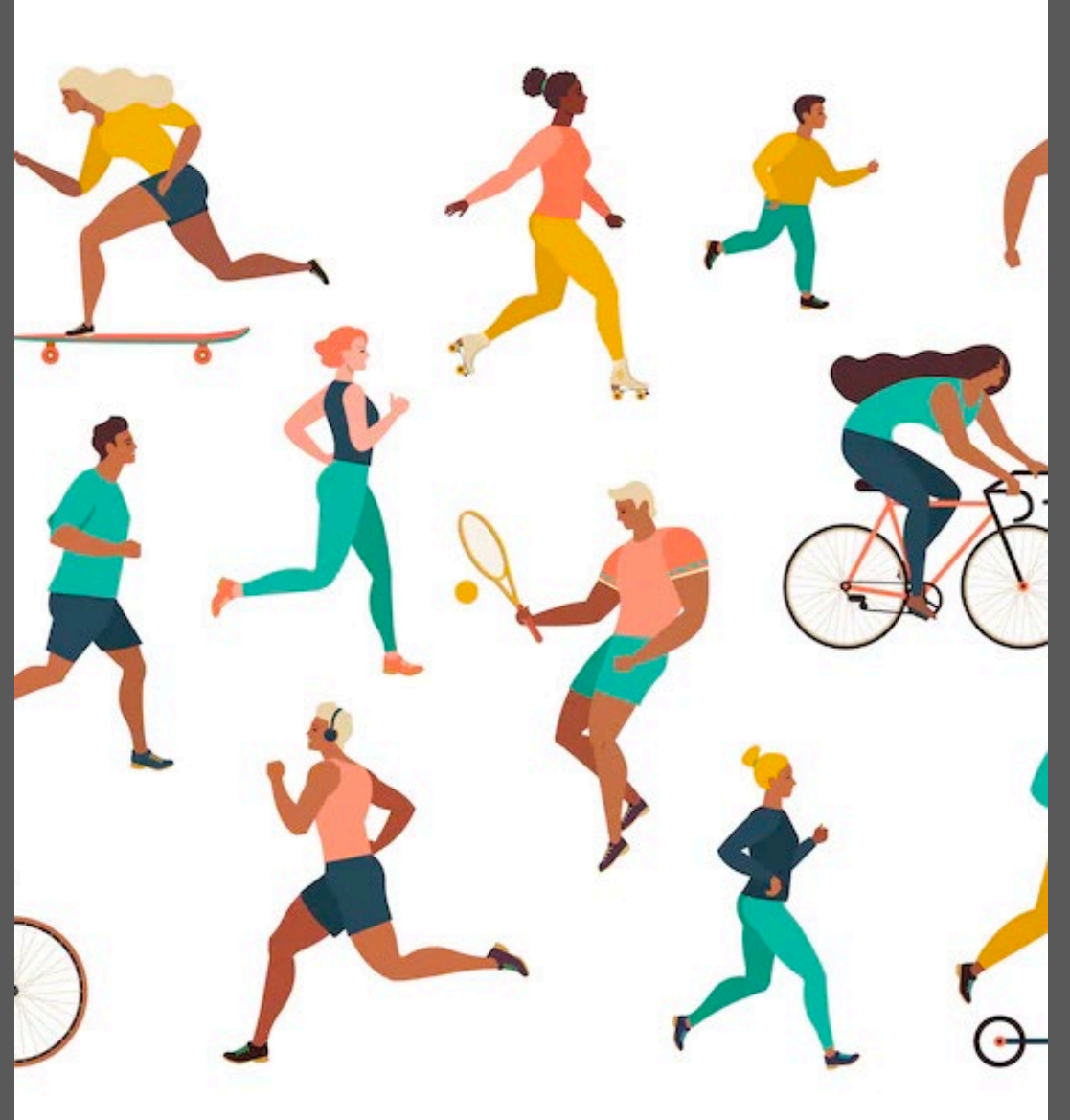
Matthew 11: 29-30

Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Psalms 139:13-14

For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
that I know very well.





TOOL #7: GRATITUDE



Psalm 107

¹ O give thanks to the LORD,
for he is good;
for his steadfast love
endures for ever.

Gratitude



Who are those people who
have loved you into being?

TOOL #8: THE PHONE!



James 1:19 You must understand this, my beloved: * let everyone be quick to listen, slow to speak, slow to anger; ²⁰for your anger does not produce God's righteousness.



Use it wisely



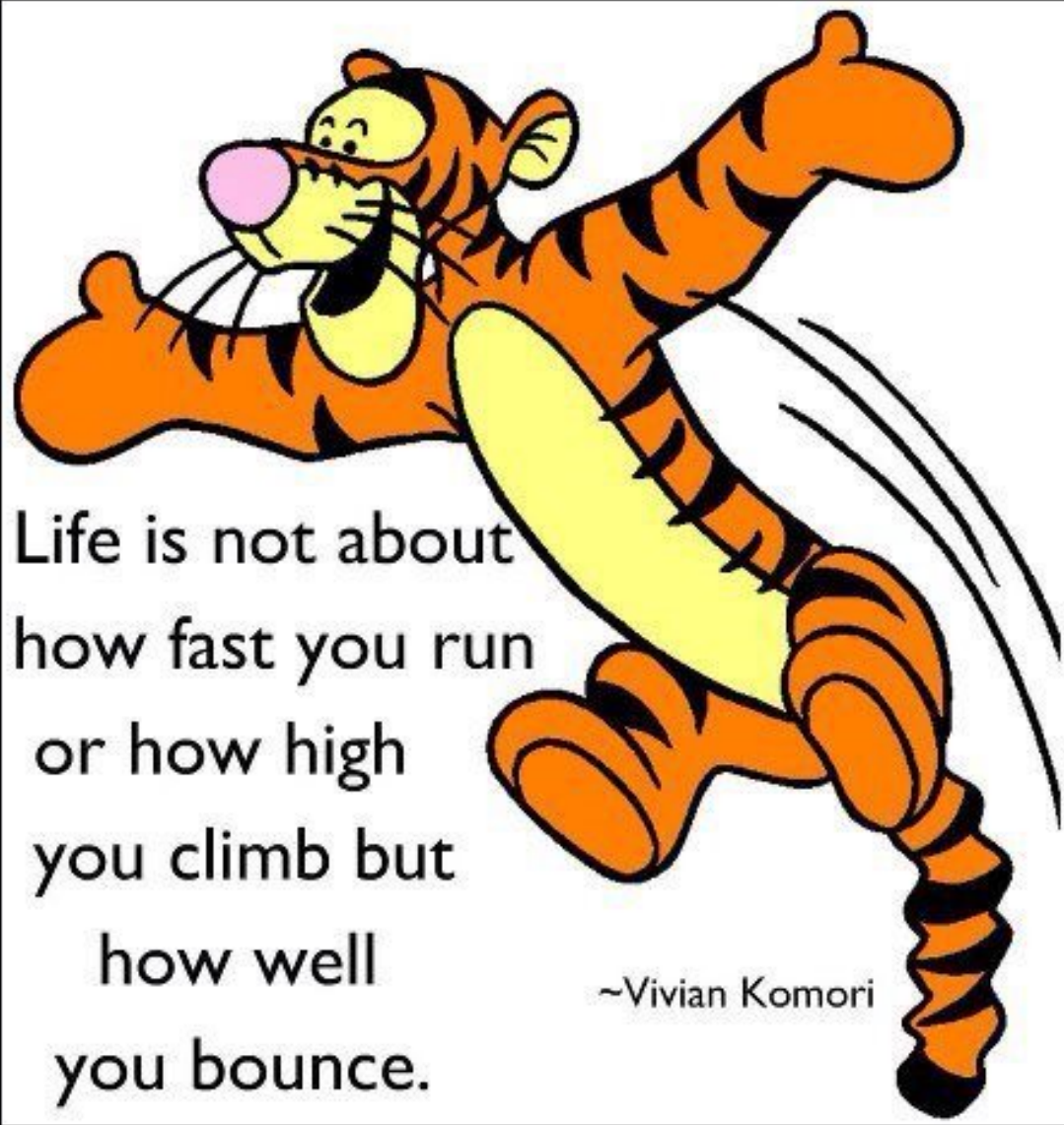
TOOL #9: REFRAME AND RESILIENCE





ROMANS 6

- ³Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? ⁴Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. ⁵ For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.



Life is not about
how fast you run
or how high
you climb but
how well
you bounce.

~Vivian Komori

TOOL #10: FORGIVENESS



Matthew 18: 21 Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' ²²Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.'

TOOL #11: JESUS BINDS US ALL TOGETHER



Ephesians 4:1-6

Unity in the Body of Christ

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

