



Overcoming Loneliness

Loneliness is a big issue for many people. COVID-19 has no doubt exacerbated this emotion. People are isolated more than ever in recent memory. We can't even look at people's faces when in public due to masks.

The masks create another layer of isolation, of distance. Don't get too close, might get sick.

Philip Zimbardo wrote an article in *Psychology Today* in which he said, "There is no more destructive influence on physical and mental health that the isolation of you from me and of us from them." Loneliness is a huge agent of depression, paranoia, schizophrenia, rape, suicide, mass murder, and many diseases. Studies show that lonely people don't live as long. God created us for fellowship and when we don't have it, it is deadly.

Morris West put it his way in his book, *The Devil's Advocate*: "It comes to all of us sooner or later. Friends die, family dies, lovers and husbands, too. We get old; we get sick...In a society where people live in impersonal cities or suburbs, where electronic entertainment often replaces one-to-one conversation, where people move from job to job, and state to state, and marriage to marriage, loneliness has become an epidemic." You would have thought Morris wrote those words the last few years, but they were penned in 1959. Imagine how much more these words ring true today in our ever-growing isolated hashtag-meme culture.

When does loneliness hit? It can come at any moment, and when those moments come, we attempt to fill them with food, drink, drugs, entertainment, or work. We strain the few relationships we have with unrealistic expectations. We run from one relationship to the next or one job to the next or one church to the next, trying to fill the void.

Sadly, many handle loneliness by taking their own lives. COVID-19 has seen a sharp increase in suicides. Center for Disease Control Director Robert Redfield said in a Buck Institute webinar that suicides and drug overdoses have surpassed the death rate for COVID-19 among high school students. Redfield argued that lockdowns and lack of public schooling constituted a disproportionately negative impact on young peoples' mental health.

For everyone, loneliness looks and feels differently. Thankfully, the Bible gives us a prescription for dealing with loneliness. The first step with a lot of things is being honest with yourself. Loneliness is real and painful and it is not a reflection of being a weak Christian. We are to face our struggles, not gloss them over or deny them. Loneliness is a result of being human.

Second, recognize there is an emptiness in all of us that only God can fill – the God-shaped void as some people call it. Estrangement from God is the most basic form of loneliness. There is only one remedy for that and Jesus took care of it on the cross so we can have fellowship with God forever. The child of God has received God's love and His Spirit whom comforts and encourages us in our times of loneliness. Third, allow God's Word to encourage you. The Psalms can be especially helpful during dark moments in life. Finally, lean on the fellowship of believers. There are creative ways to connect even in the midst of

COVID-19. Take the initiative and reach out. Don't wait for others. Let God use you.

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Mark

Arlington Church of Christ



Our Mission: Connecting People to Jesus and one Another

2206 Tecoma Drive
Knoxville, TN 37917
865-523-1764

Website: www.arlingtonchurchofchrist.org



Arlington Friends
Arlington Church of Christ Youth Group

Welcome

We pray you will be encouraged and uplifted
as we join together in worship.

Drive By Baby Shower



Drive by Shower for David and Laura Price
Today from 3 to 4:45 p.m.
They are registered at the
Target baby registry: www.Target.com.
Address: 1613 Winding Ridge Trail, Knoxville, 37922

*Congratulations to
Meredith Norris
& Dave Rowland
as they were married
Saturday, November 7.
Please keep them in your
prayers as they begin this
new journey*

*Their address is:
10 Hickory
PO Box 639
Norris, TN 37828*

Arlington Family Pages

Seeking to edify, educate and
inform the Family of God

Sunday, November 8, 2020

Elders

Mark Brackney Ph: 622-0376
Leland Price Ph: 925-4424
Danny Rider Ph: 705-9713
Wayne Shannon Ph: 742-0517
Gregg Summers Ph: 223-4515

Deacons

Jason McDougal - YPYF/Vacation Bible School
Bud Norris - Worship Participants
Keith Tatum - Education/Picture Board/Family Camp
Ronnie Weldon - Attendance/Communion Prep/Bldg

Minister: Mark Brackney Ph: 523-1764

Secretaries: Becky Johnson Jennifer Tatum

Missionaries: Tom & Angie Langley - WEI
Tommy Drinnen - Hope Central

SERVING THE ASSEMBLY TODAY

9:00

Opening Prayer	Danny Davis
Communion	David Tiller
Security	Keith Tatum
"	Bruce McQuaig

Happy Birthday!!



Nov 9 Bobbie Lynn Rider

Nov 15 Wyatt Norris



Family Matters



Online
Bible Study

We continue
to have our
Sunday night
Bible study at
6 p.m. and **Wednesday** night
Bible study at 7 pm via Zoom.



We now have **two**
options for Sunday
morning worship.

We will have a service at 9 a.m. and a service at 10:30 a.m. The 9 a.m. service will be live-streamed for those who are at home. We ask that those coming to the building wear a mask when entering and exiting as well as during the worship time. The seating will be first come, first serve, so there will not be assigned seating. Every other row will be marked off and we ask people to keep six feet of space between their family unit and others where you sit. We appreciate your patience as we continue to make adjustments to aid our worship and time together. There is no nursery or children's Bible hour for now. All children will remain with their parents. A handout for children to take kid sermon notes along with a treat is located at the back of the auditorium where the communion is located. Please take an individual communion cup/wafer as you enter. A contribution box is also located there.



Arlington Family:

David Giles has been diagnosed with Stage 4B melanoma cancer on his face. The cancer has been removed and he will go to Vanderbilt for treatment
Ron Hill will have prostate surgery this Tues.
Peggy Taylor recovering from surgery
Judy Baker is having back pain
John & Laura Burka
Rick Case
Ben Cavin
Tina Childress
Frank and Teresa Combs
Joe Croteau
Tom Drinnen
Laurie Duncan
Jerry Fittro
John Hoff
Becky Johnson
Bill Langley
Bruce McQuaig will have by-pass surgery soon
Heather Percell
Marge Percell
Danny Rider
Terri Trent
Shirley Waggoner
Ronnie Weldon
Missionaries:
Tom & Angie Langley
Tommy Drinnen
Shut Ins:
Rosaline Davis
Lynda Elliott
Doris Hightower
Katheryn Norman
Bill Pruett
Dan Trent

Friends and Family:

Gregg Summers' dad, Arnold Summers, as he mourns and makes decisions for his future
Dot Russell Alley had fluid taken off her lungs
Penny Stephens' sister is having gastric bypass surgery
The Norris' friend Jeff Burton, is in the hospital with COVID
Kelly Wachter's step-dad, Mark Schmidt, has been diagnosed with Leukemia
John David Potter's co-worker, Dan Warner, has heart issues
Tracy Case has diabetic retinopathy. Please pray her vision is restored.
Delinda Summers' friend and neighbor, Shawyn, has breast cancer
Bernice Borg's mother, Sue Brady, is in hospice
Doug Childers' wife, Sue, is dealing with early on-set dementia.
Betty Smith's 4 year old niece, River Folan, David Price's coworker, Jennifer, and his cousin, Brent, both have brain cancer
Joyce Sanders' grand daughter, Taylor Helms, is expecting a baby boy with heart problems
John and Bernice Lowery, relatives of Becky Johnson, battling health problems
Becky Johnson's friend, Doris Berry
Ronnie Weldon's brother-in-law starting stronger chemo treatment
Ada Shannon's sister, Shorty, and her husband Ben Ream's neighbor, James Childress
Joe Turnbull's brother, John
Diana Yarborough's friend, Jason Hibbert
Mark's niece, Katelyn Hargrave
Heather Ream's mom
Jerry Brackney
Faith Tindell
David Hunter
Deb and Rob Colones
Aleta Esau's grandson, Aiden