Live!
WOMEN'S RESET STUDY
Women's Ministry
Card table + desk = perfect spot!
College life from home!
Mom, I need a bigger desk!
Teaching takes 2 computers?
Meet Upie! 💖
He is our newest family member!
We are so excited!
Our rationale is that right now we will have lots of time to work with him!
I don’t know what our 12 yr old Puggle, Tillie, will think about him. Stand by for more Opie updates.
LONELINESS VS. ISOLATION

Loneliness
- An emotional state
- Feeling alone, separate from others, empty
- 3/5 Americans reported feeling lonely in 2019 (up 13% from 2018)

Isolation
- A physical state
- Refusing interpersonal interaction, social distancing,
- 3/4 Americans reporting they are practicing self-isolation or quarantine
Stages of Grief

- Denial
- Anger
- Bargaining
- Depression
- Acceptance
Stages of Grief

- Denial
- Anger
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- Acceptance
- Meaning
May we never again take for granted:

Family gatherings
Birthday celebrations
The roar of a stadium
Crowded concerts
Mornings at the gym
Coffee with a friend
Happy hour
Life itself
God

Jesus

Holy Spirit
"Intimate lifelong relationships between women become spaces where God is powerfully at work" - CEB Women's Bible
Suggested Reading

• The 5 Love Languages by Gary Chapman
• The Road Back to You by Ian Cron and Suzanne Stabile
• On Grief and Grieving by Elisabeth Kubler Ross and David Kessler
• Finding Meaning by David Kessler
Wherever you go, I will go

Ruth 1:16