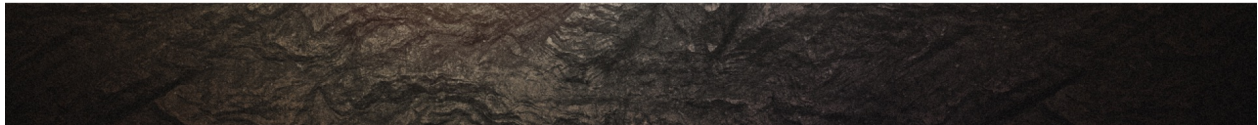
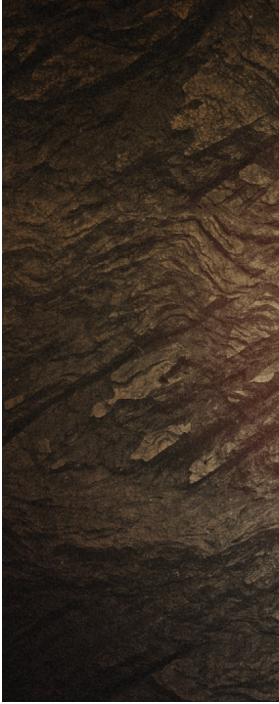


Americans are more lonely and socially disconnected than ever and it's a serious threat to their physical and mental health that demands urgent policy action

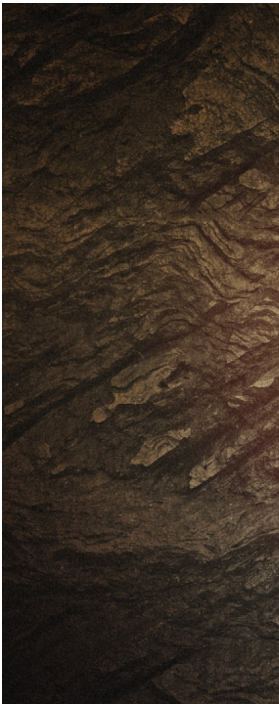
-Office of the Surgeon General





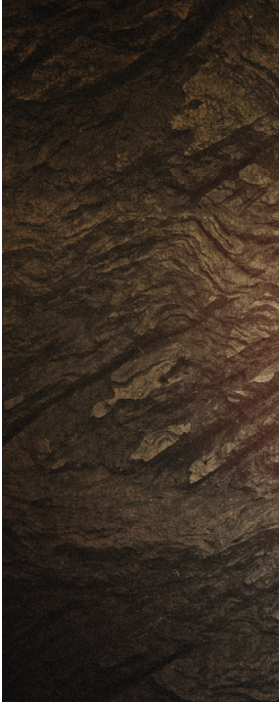
Benefits of Belonging:

- 1. Lower stress-hormone levels**



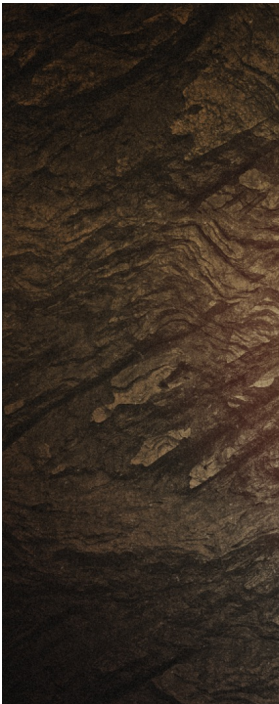
Benefits of Belonging:

- 1. Lower stress-hormone levels**
- 2. Stronger immune system**



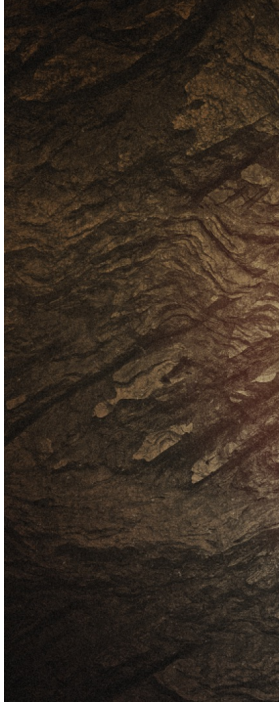
Benefits of Belonging:

- 1. Lower stress-hormone levels**
- 2. Stronger immune system**
- 3. More favorable heart rate and blood pressure**



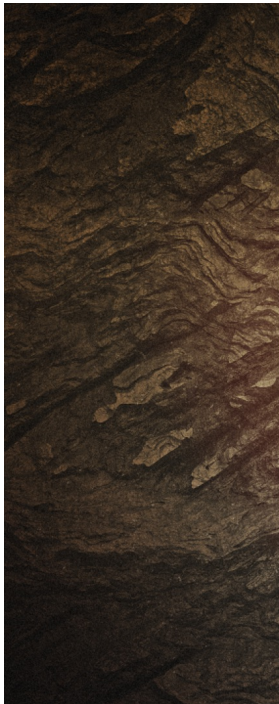
Benefits of Belonging:

- 1. Lower stress-hormone levels**
- 2. Stronger immune system**
- 3. More favorable heart rate and blood pressure**
- 4. Less disease and violence**



Benefits of Belonging:

- 1. Lower stress-hormone levels**
- 2. Stronger immune system**
- 3. More favorable heart rate and blood pressure**
- 4. Less disease and violence**
- 5. Longer lifespan**



Damage of Disconnection:

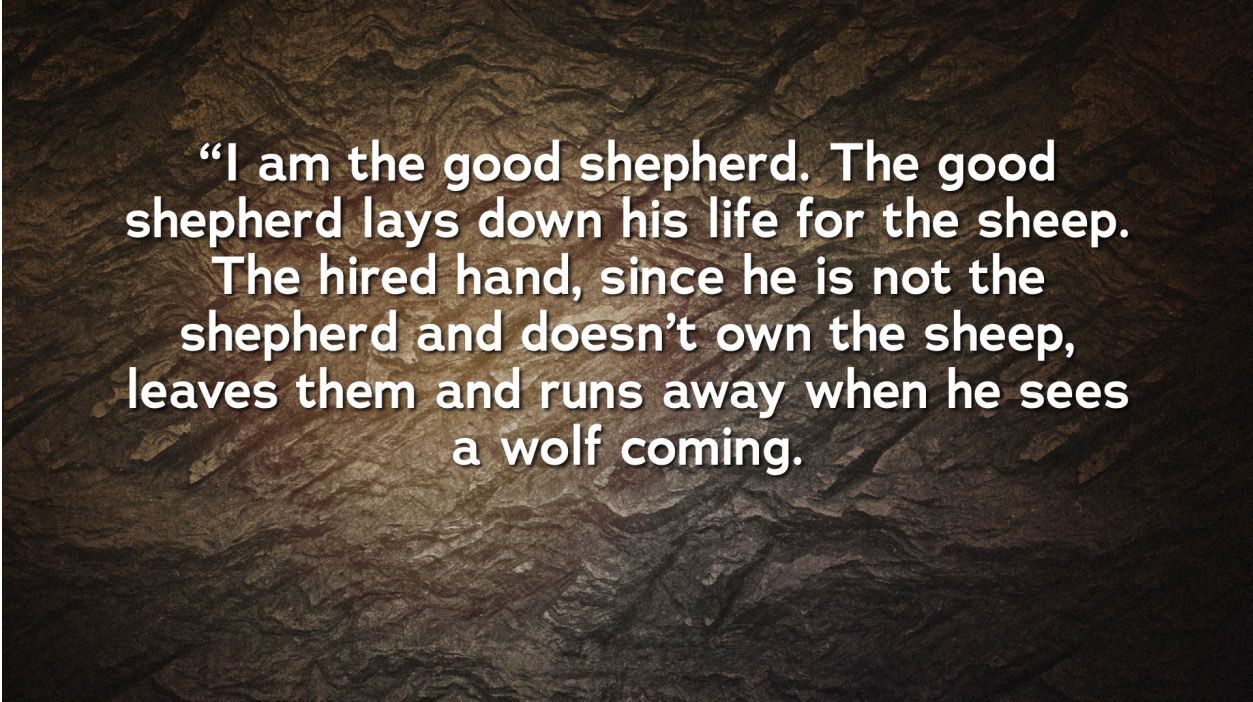
- 1. Higher stress-hormone levels**
- 2. Weaker immune system**
- 3. Less favorable heart rate and blood pressure**
- 4. Higher risk of disease and violence**
- 5. Shorter lifespan**



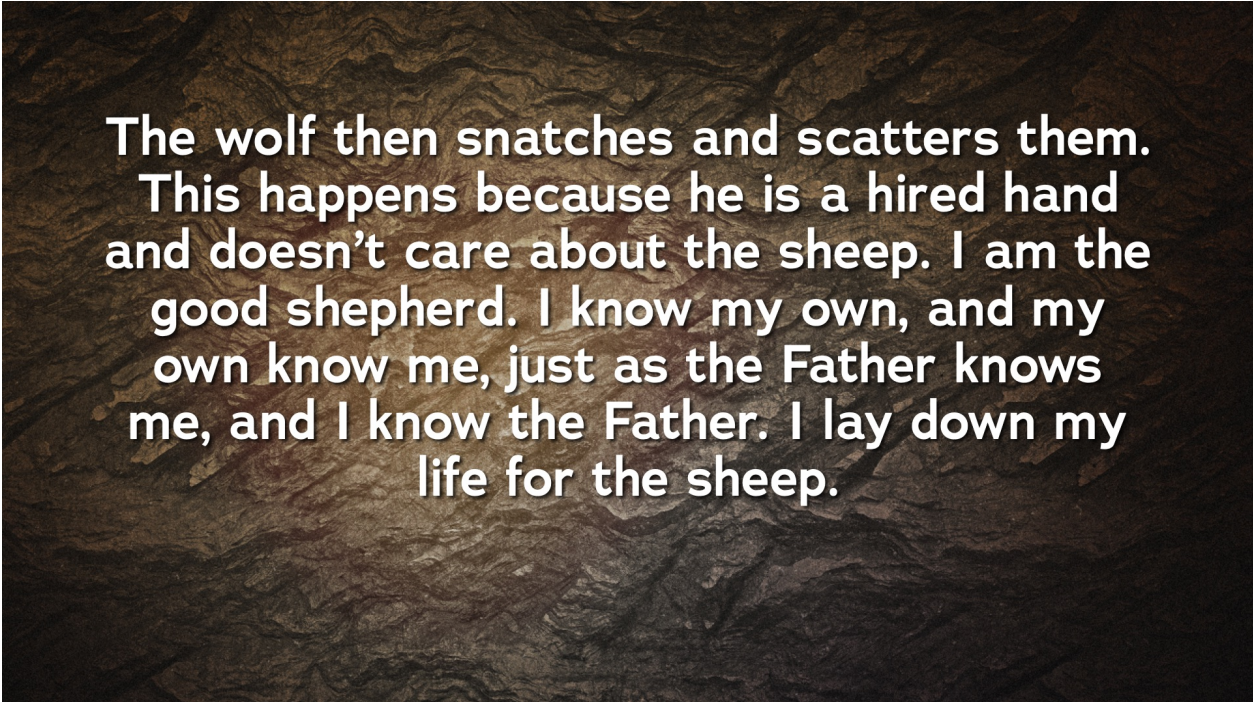
**Jesus has built the Church to be
a place of belonging**



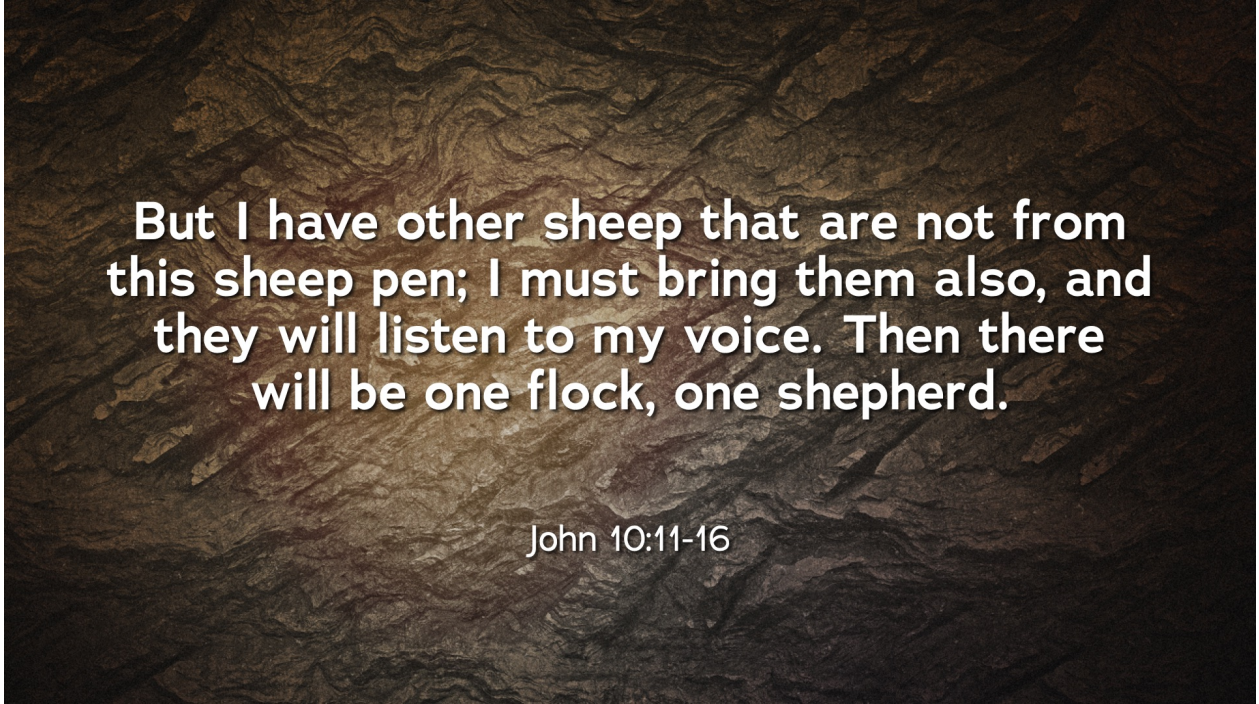
A Church Built on Belonging



“I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand, since he is not the shepherd and doesn’t own the sheep, leaves them and runs away when he sees a wolf coming.



The wolf then snatches and scatters them. This happens because he is a hired hand and doesn’t care about the sheep. I am the good shepherd. I know my own, and my own know me, just as the Father knows me, and I know the Father. I lay down my life for the sheep.



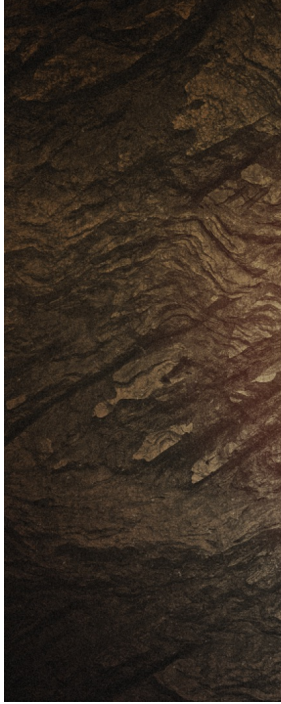
But I have other sheep that are not from this sheep pen; I must bring them also, and they will listen to my voice. Then there will be one flock, one shepherd.

John 10:11-16



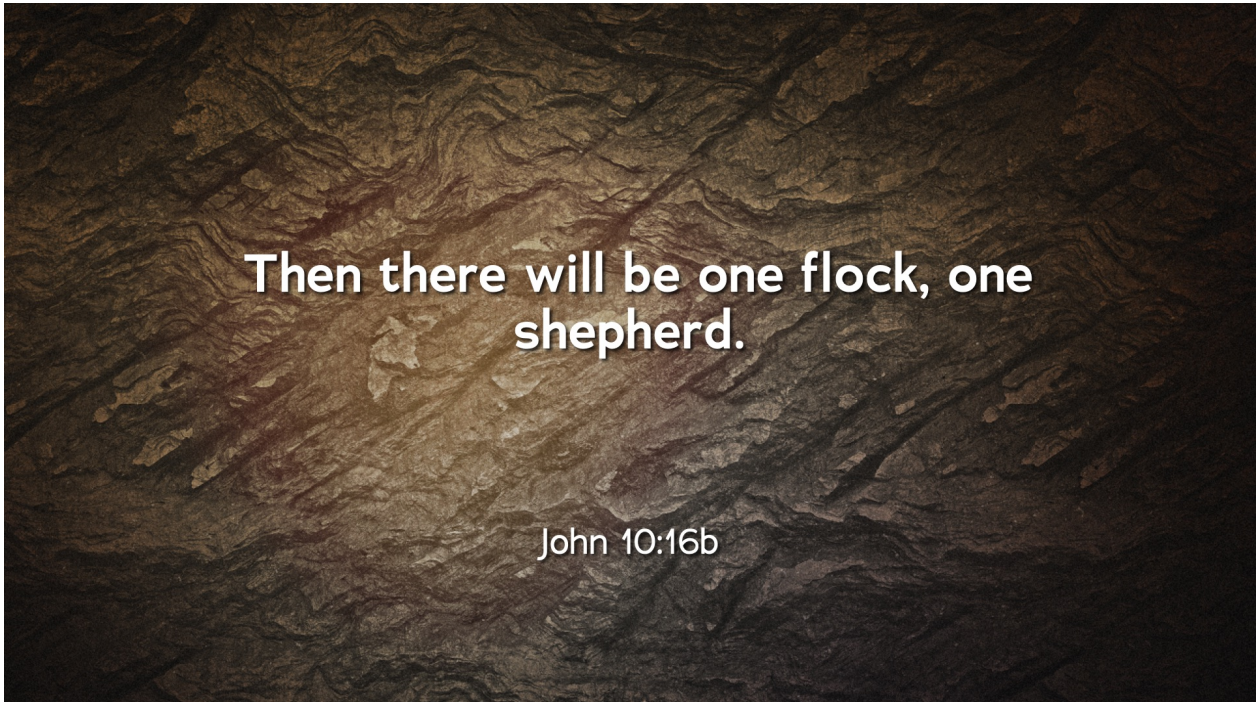
Jesus shows us that belonging involves:

- **Care**
- **Protection**
- **Being known**
- **Extending welcome**



In our Sanctuary Groups, we gather...

- **To be known**
- **To know God**
- **To more deeply know ourselves**



Then there will be one flock, one shepherd.

John 10:16b