

Gritty Grace for a Burned out World: Loneliness and Redemption



September 2022
Carolyn Klassen
Wired for Connection



1



presents

Composting Covid Crap



Composting
Pain

2



3



4



Not enough
adversity



5



6



7



8

LIFE & ARTS

Gardner Mason and Jim Klassen, seen on their wedding day in 2015, married 13 months after Jim's wife died of cancer. DENNETT THIBODEAU

Too soon?
Why we harshly judge the widowed for new love

Grief and new love can co-exist, say widows and widowers who date again.

ZOSIA BIELSKI

Three months after the sudden death of his wife, comedian Patton Oswalt was reeling. "I had no idea what to do. I was around me and the sun died," Oswalt wrote in a Facebook post about the morning his wife, actress Michelle, died. "I was completely overwhelmed by the sadness and horror of the situation."

Crying with "the random joy and horror of the situation," he turned to his wife's best friend, Lucy Kalanithi, for help. The two began e-mailing. And as Duberstein struggled "not to go insane" grieving, and as she and her husband, Matt, grew terminally ill spouses had given themselves "radical permission" to forge new relationships, "to live again," she writes. "It was a few months later that the reconfiguration was bitter."

"Having a second relationship is a tragedy," she still said.

True cr...
is back
in fash...

JOHN
DOYLE

ELLEN
PARADE

'T...

Nora McAllery, seen with her second husband, Matthew Hart, and their infant, runs a support group for widowers. KYLEE & CHRISTIAN CREATIVE

As Rizzo was dying, she urged her husband to reach out to Lucy Kalanithi for help. The two began e-mailing. And as Duberstein struggled "not to go insane" grieving, and as she and her husband, Matt, grew terminally ill spouses had given themselves "radical permission" to forge new relationships, "to live again," she writes. "It was a few months later that the reconfiguration was bitter."

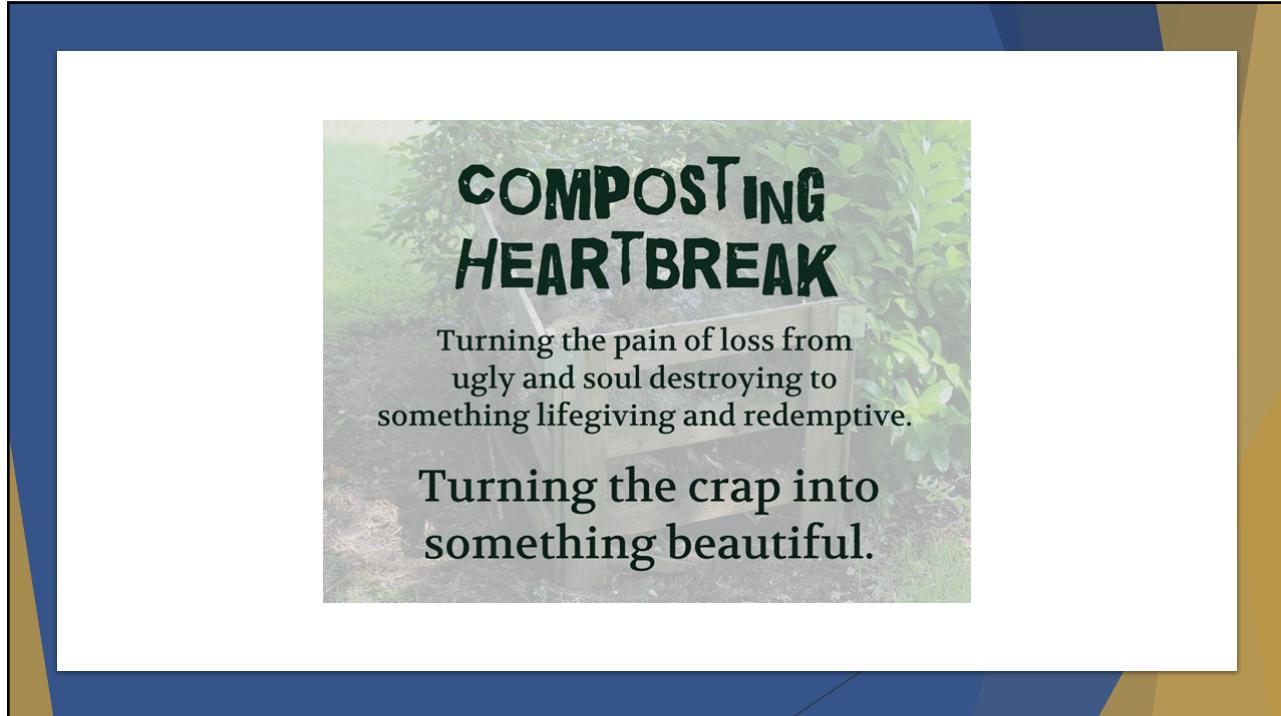
"Having a second relationship is a tragedy," she still said.

We let our picture be on the section front page of a national magazine:
GULP!!!

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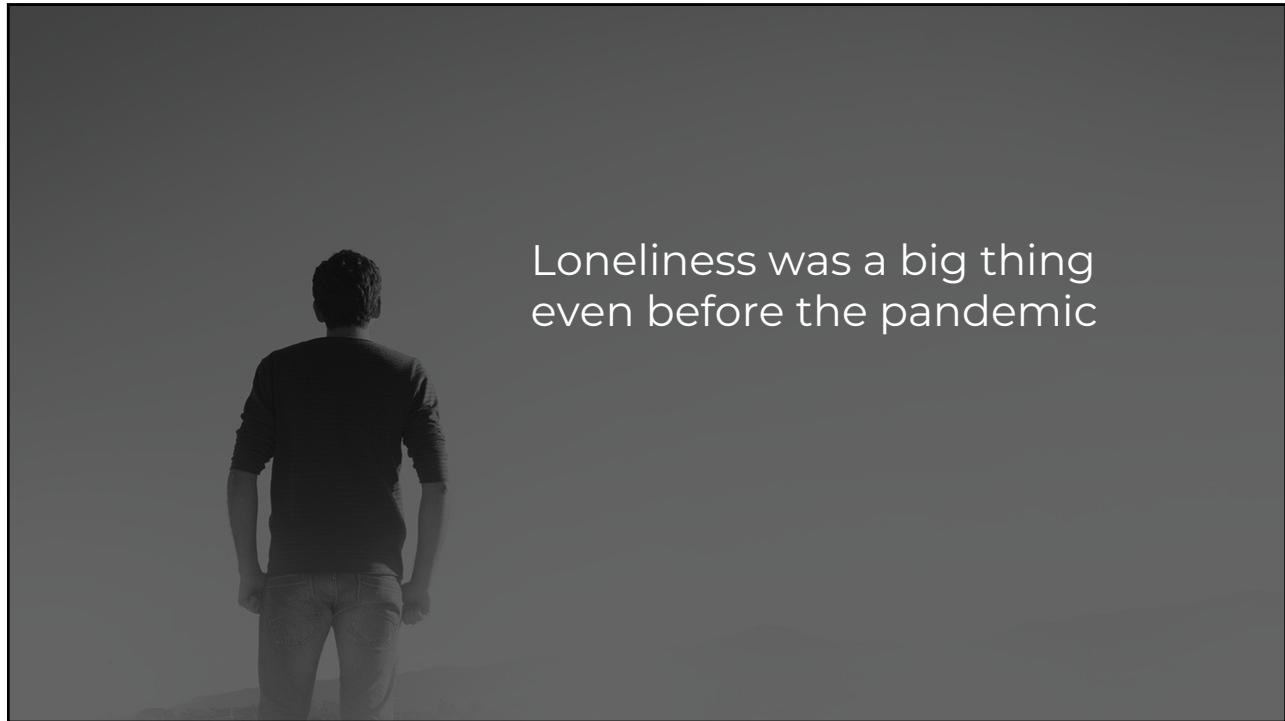
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Loneliness was a big thing
even before the pandemic

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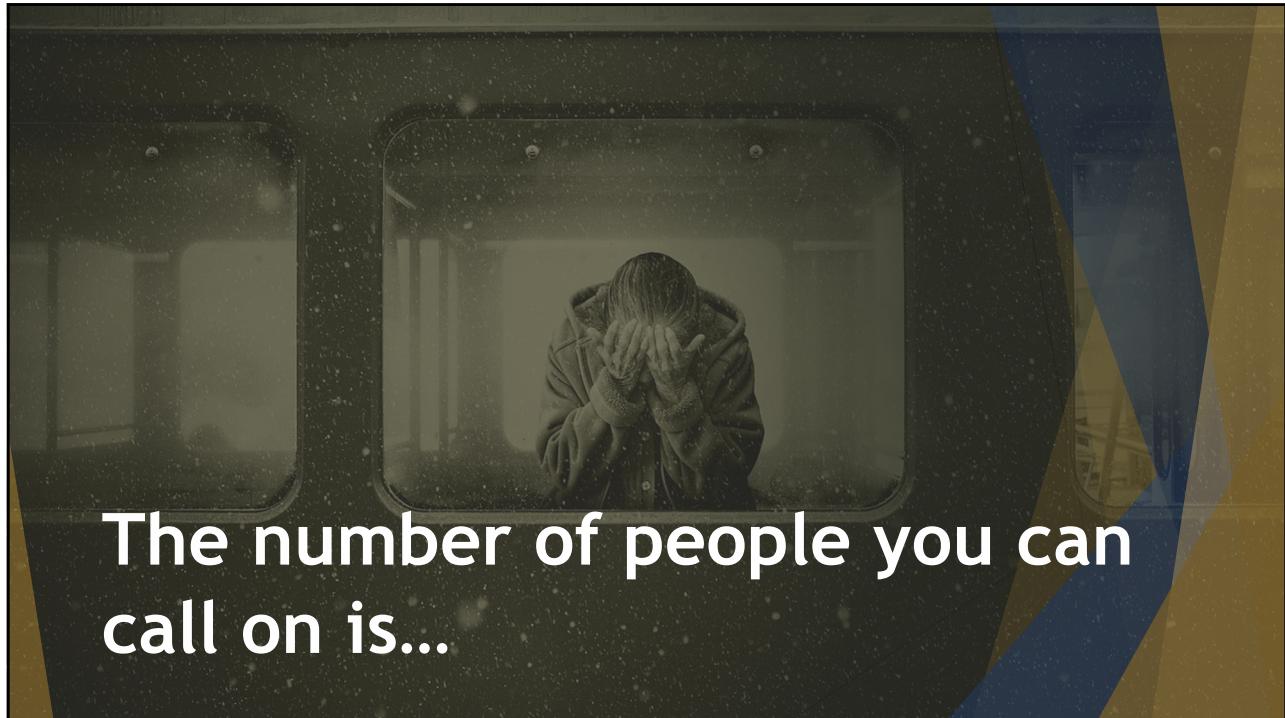
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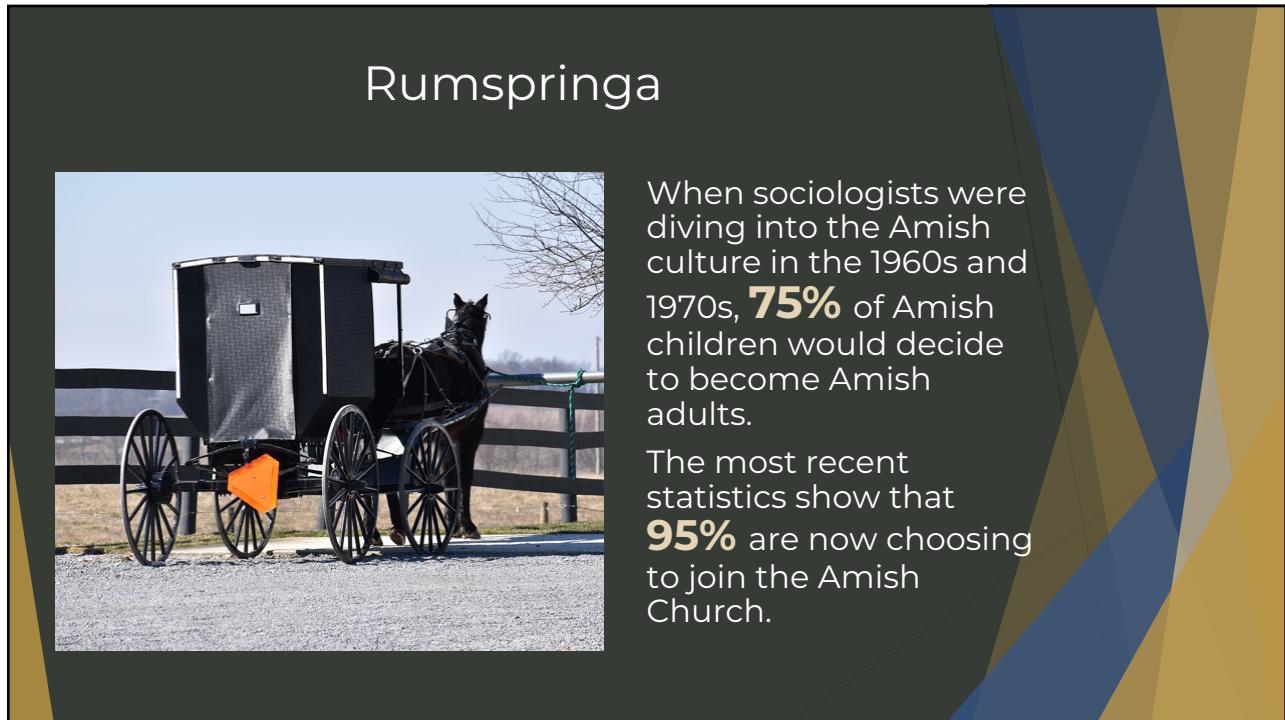


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The number of people you can call on is...

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Rumspringa

When sociologists were diving into the Amish culture in the 1960s and 1970s, **75%** of Amish children would decide to become Amish adults.

The most recent statistics show that **95%** are now choosing to join the Amish Church.

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Loneliness
spiked in 2012
and
continues to
rise.
Why?



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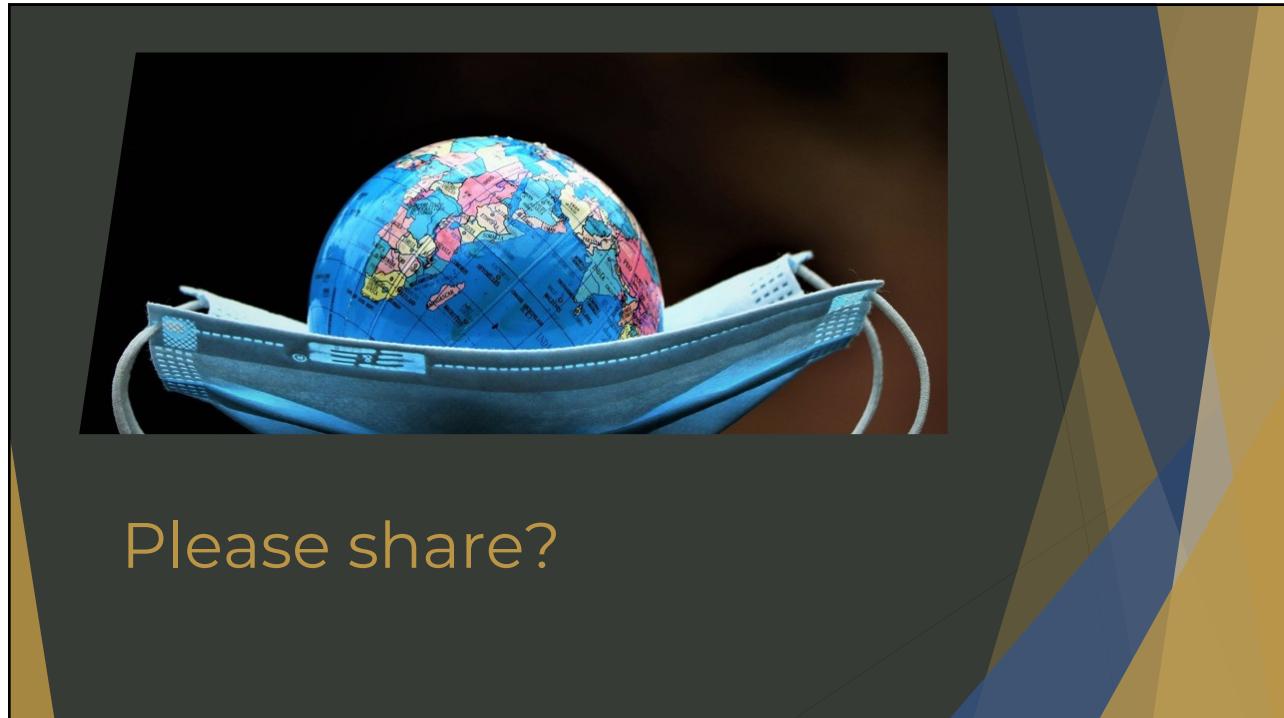
2012 was the “switch year”:

More than 50% of people had a smart phone
and
Social media platforms reached critical mass



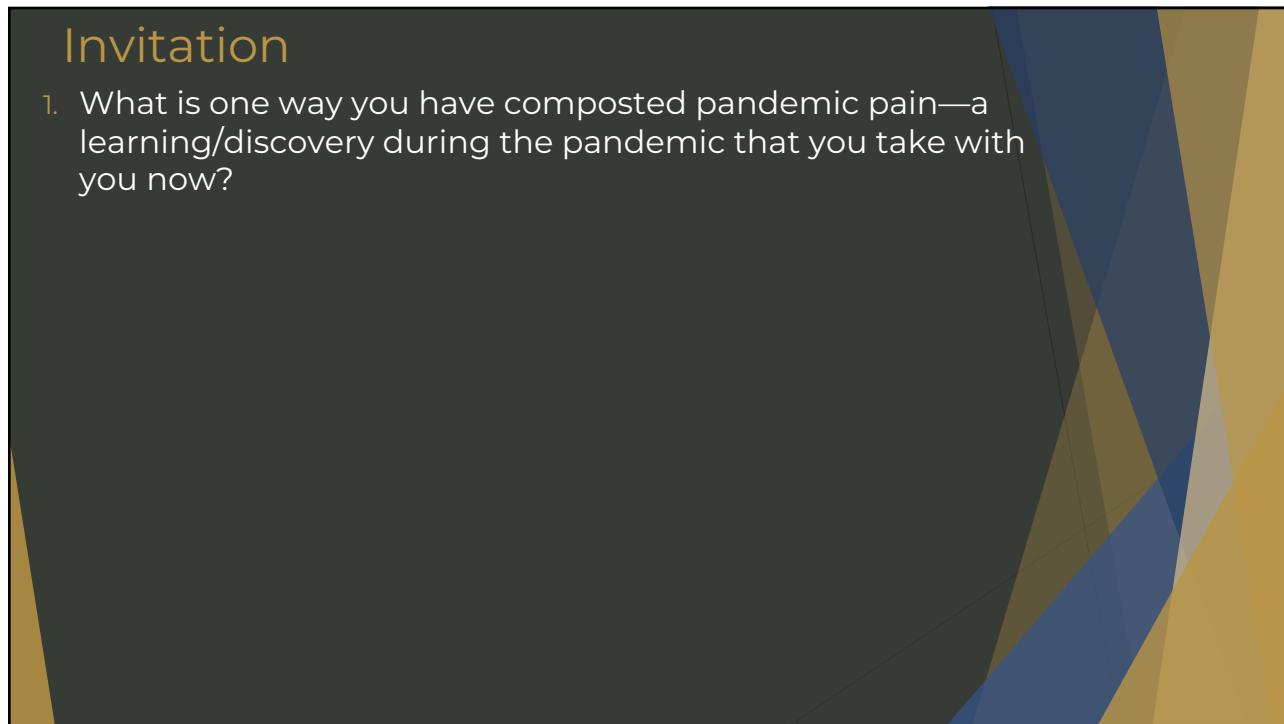
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Please share?

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1. What is one way you have composted pandemic pain—a learning/discovery during the pandemic that you take with you now?

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Invitation

1. What is one way you have composted pandemic pain—a learning/discovery during the pandemic that you take with you now?
2. On a scale of 0-10 with 0 being “achingly lonely” and 10 being “Not at all lonely” :
 - A. The highest loneliness score you had during the pandemic
 - B. Your loneliness score today

23

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24

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4. What has been a hard thing for you during this pandemic that not a lot of people know about?

25

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4. What has been a hard thing for you during this pandemic that not a lot of people know about?
5. Look at your thoughts when you are lonely. When do you notice yourself saying to yourself about you when you are lonely?

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Debrief

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Solitary confinement is
the worst kind of
torture. Human beings
are social animals.
Human beings need to
communicate, need to
be loved, need to touch
other people.
Maziar Behari

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The "Skipper" effect on loneliness



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FAITH: a good friend of mine

Mark 5: 21-34

31

Mark 5:32-33

But he went on asking, looking around to see who had done it. The woman, knowing what had happened, knowing she was the one, stepped up in fear and trembling, knelt before him and gave him the whole story.

(The Message)

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Mark 5:34

Jesus said to her, “Daughter, you took a risk of faith, and now you’re healed and whole. Live well, live blessed! Be healed of your plague.”

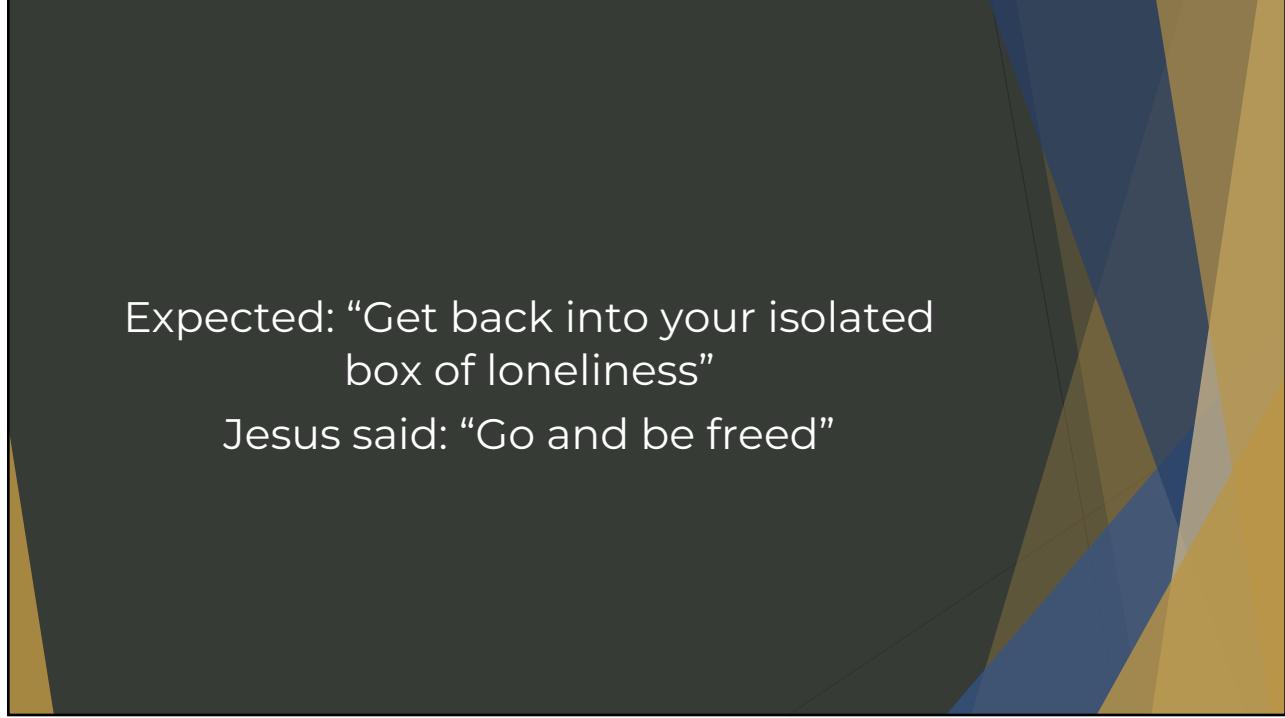
(The Message)

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Expected: “Get out of here. You’re broken”

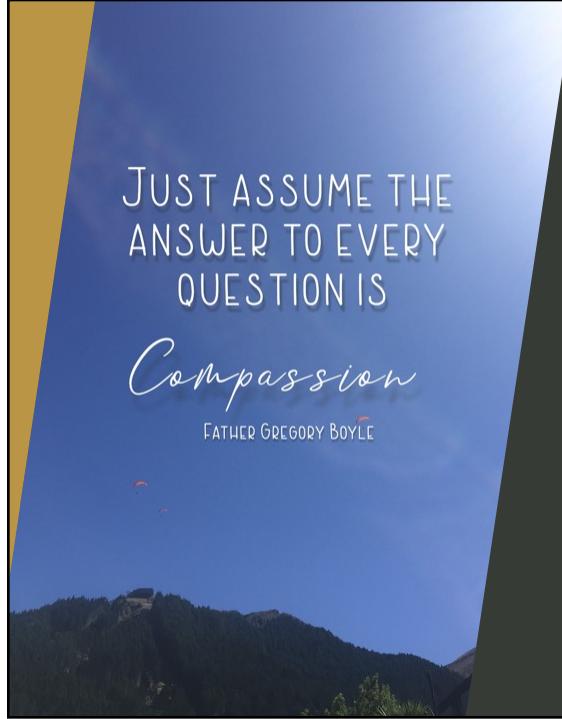
Jesus said: “Daughter, your faith has healed you”

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Expected: “Get back into your isolated
box of loneliness”
Jesus said: “Go and be freed”

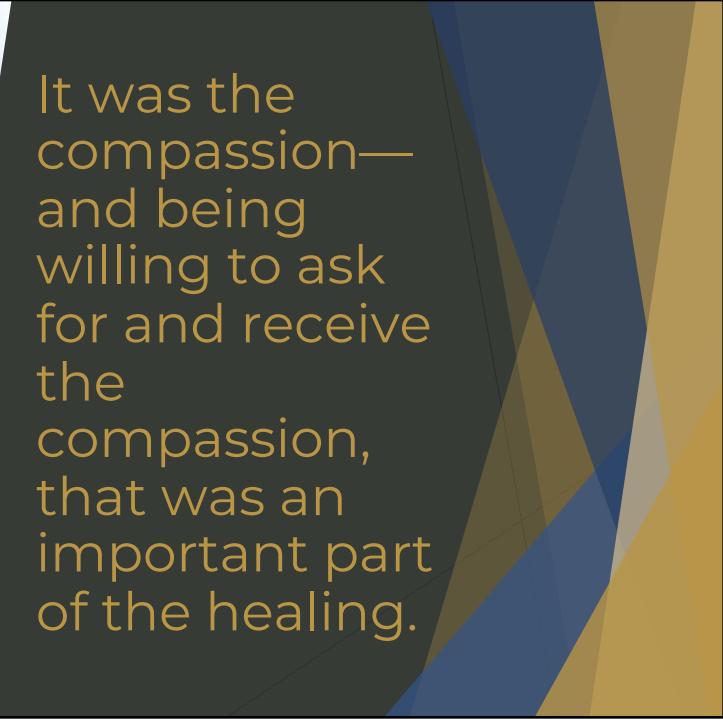
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JUST ASSUME THE
ANSWER TO EVERY
QUESTION IS

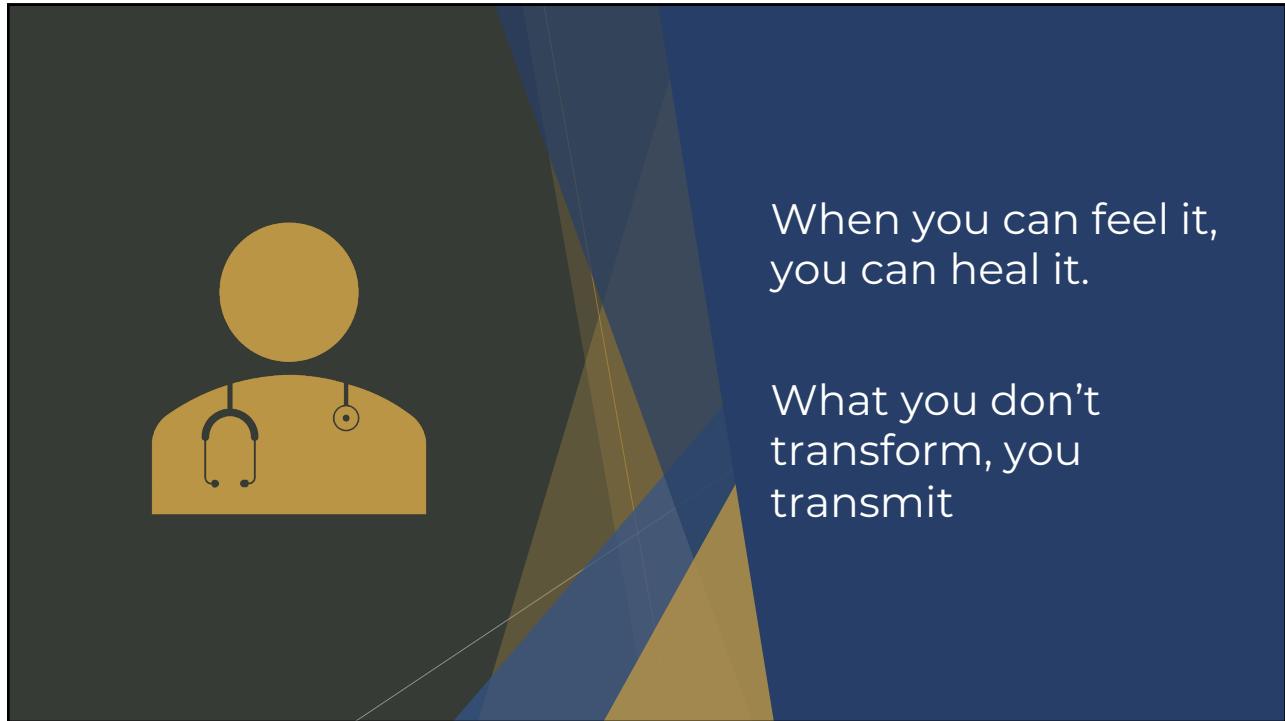
Compassion

FATHER GREGORY BOYLE

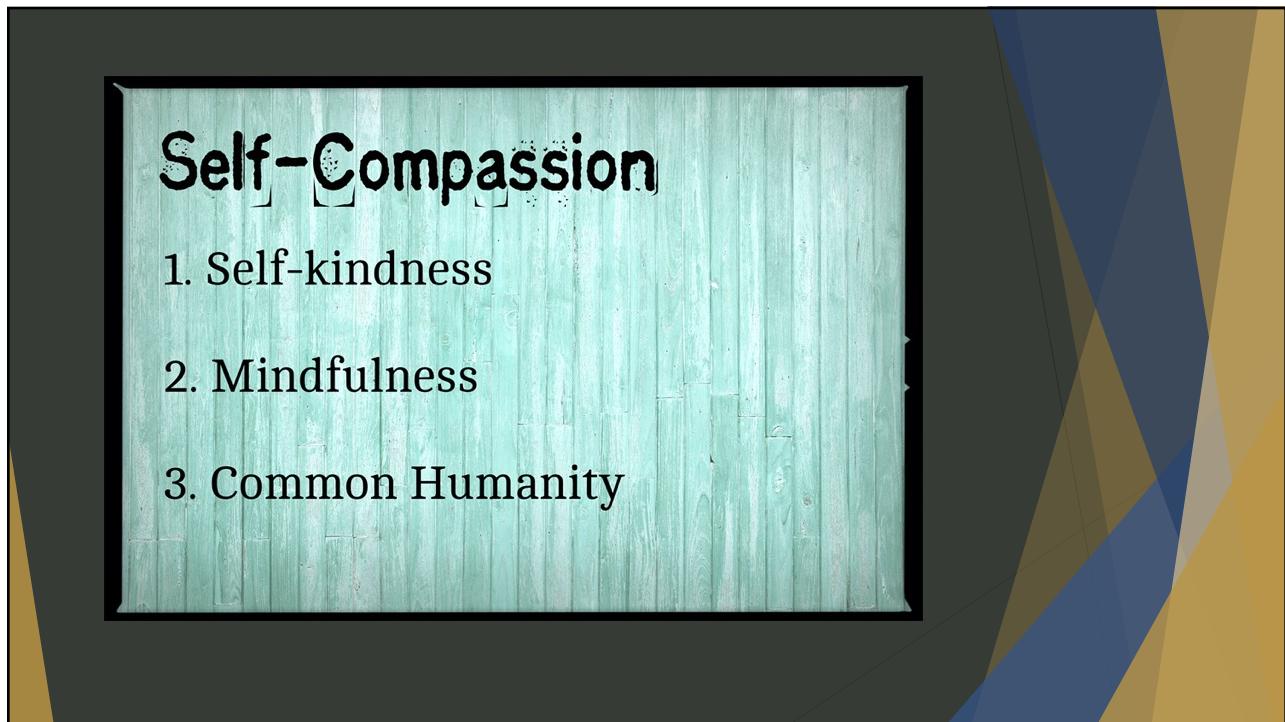


It was the
compassion—
and being
willing to ask
for and receive
the
compassion,
that was an
important part
of the healing.

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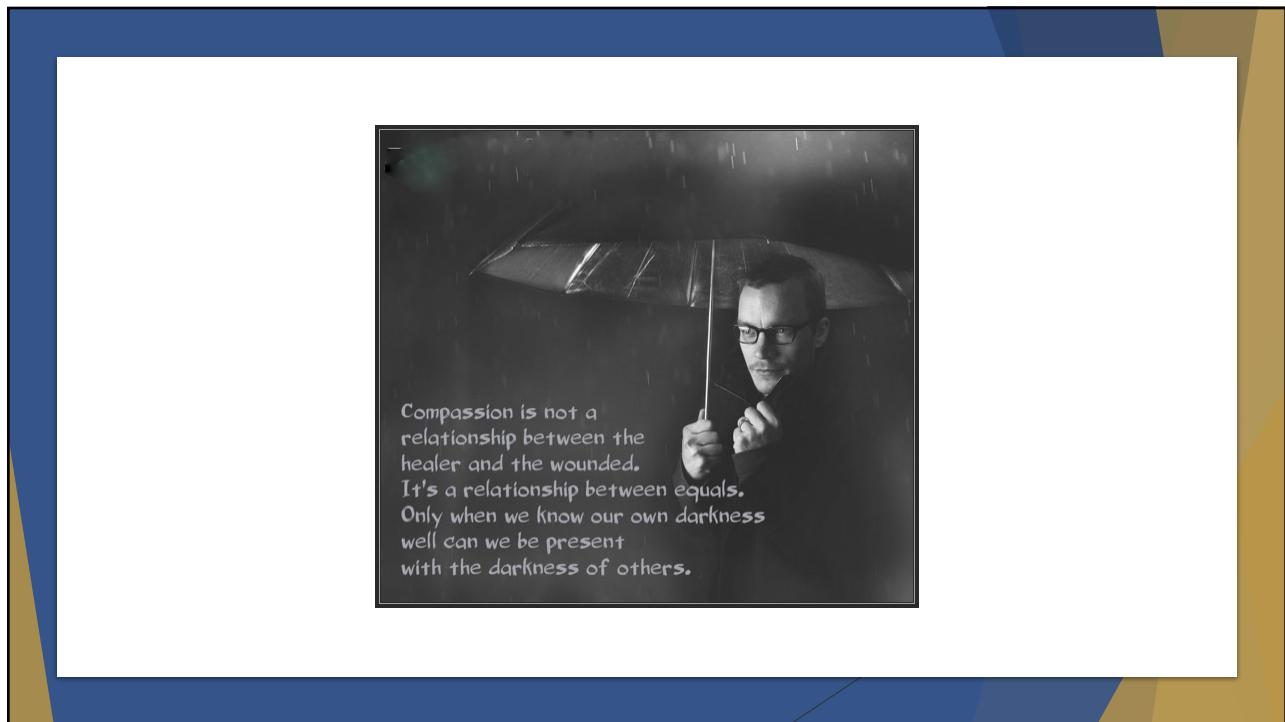
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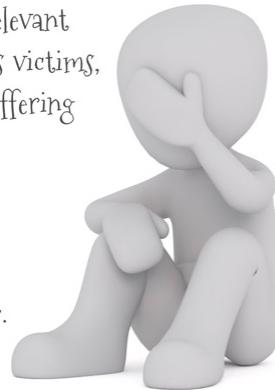
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Compassion is not only relevant
to those who are blameless victims,
but also to those whose suffering
stems from failures,
personal weakness,
or bad decisions.
You know, the kind
you and I make every day.

Kristin Neff

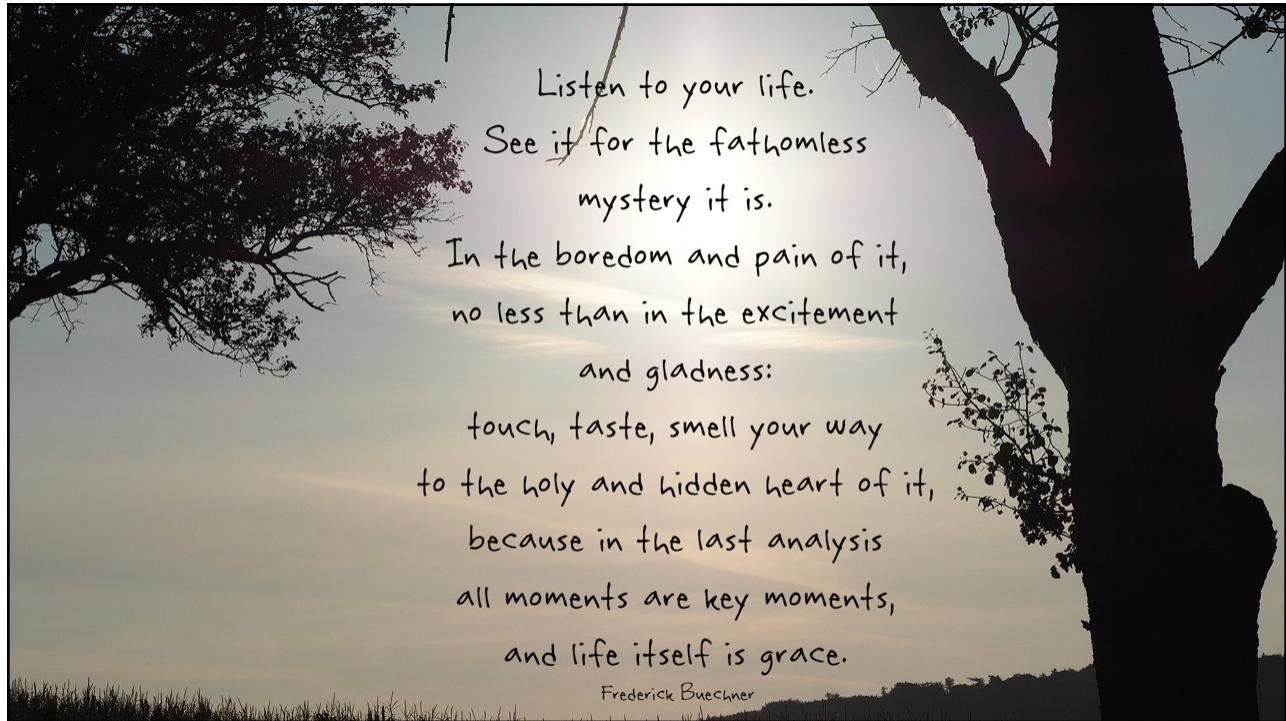


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What is one way you can
be more compassionate
with yourself in the
coming days?

What is a way you can
live out the healing love
of Christ in your life in
your own life?

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