

# From the Rector

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## Epiphany Sermon Videos

Click below to view **Rev. Sandy McCurdy's** sermon preview for this Sunday, Epiphany 3, January 26th, 2020.



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## *Community as the Antidote to Loneliness*

*"So we, who are many, are one body in Christ,  
and individually we are members one of another."*

Romans 12:5

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Dear People of St. David's,

I pray that you and yours are well and that you are enjoying these brisk days, warmed by the love of God and by your family, friends, and church community. It's so important that we stay connected to God and others for our health, for theirs, and for the life of the world.

We have been studying community as an antidote to loneliness as a short course on Sunday mornings this month. It's really quite an interesting topic from a sociological and spiritual perspective. Apparently, we are wired for community through our evolutionary development. Some of that comes for protection of the group from larger animals trying to eat us and some of it for efficiency in gathering and making food. Some it is just for fun as people danced and played together. We still crave all those together activities. Being together gives us hope. Drawing together gives us a shared purpose higher than ourselves and enables us to accomplish much more than when we're on our own. The science suggests that when we are alone and lonely, then we

live much shorter lives (5 years less on average) and we are less healthy than when we are connected to a group.

Church and the spiritual life have all those evolutionary foundations for the positives of being together with others. Church goers are healthier across the board. Current science indicates that regular church involvement increases our lifespans by seven to fourteen years. Seeking, worshiping, and singing together affects us in positive ways physically and spiritually. Common worship and singing can actually synchronize our hearts and physically connect us to other people. We become more opened to God and God is always ready to enter into our lives in new, life-giving ways.

You and I need to be together. That's the way God made us and that's how we've been wired over the millennia. In a world where loneliness is becoming more prevalent as Americans and others have stopped joining in to group activities, you and I have a call, not only to worship together regularly ourselves, but to invite others to join in so that they can know the love and peace and sense of belonging that are ours.

So if you want to do something that makes a difference in your life physically, emotionally, and spiritually, make coming and taking part in church a high priority in your life. If you want to help someone rise out of loneliness and enter a fuller life, bring someone along with you. You and the world will be glad you did.  
See you in church!

Grace and Peace,



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### Regular Worship Hours

8:00am | Holy Eucharist Rite I | Church  
9:15am | Holy Eucharist Rite II | Chapel  
11:15am | Holy Eucharist Rite II | Church  
5:00pm | Holy Eucharist Rite II | Church

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