



Resilience Now – Connections Matter

“We know more than ever before about what helps children and adults overcome tough times. It’s all about the healing power of relationships. Science reveals that relationships help build healthy brains and communities.

“Reaching out and showing a child or adult that you care can be a life-changer. And, that’s how we make our communities stronger, one relationship at a time!”

Linda Chamberlain, PhD, MPH
Author, *The Amazing Brain*

The Resilience Ministry at St. Paul’s is committed to increasing awareness of the potential for adversity to impact our physical and emotional health not only while it is occurring, but in the years ahead. No one can doubt that the current Covid-19 pandemic presents such adversity, whether or not we, or our loved ones, become sick.

St. Paul’s clergy and lay leadership are doing a great job of maintaining – and even strengthening – our faith community during these stressful times.

The wonderful news - thanks be to God – is that experiencing the current adversity doesn’t destine us to suffer long term consequences from this pandemic. We’ve all read multiple recipes for maintaining our physical, emotional and spiritual health. None is more important than reaching out to others who may be struggling.

St. Paul’s is a pilot congregation for Connections Matter (CM), a new program sponsored by Prevent Child Abuse North Carolina (PCANC), that not only stresses the protective (and healing) power of supportive relationships but provides practical strategies for developing and strengthening these relationships. You can learn more about CM from the PCANC website (<https://www.preventchildabusenc.org/connections-matter-nc/>), and you will be hearing more about CM training here at St. Paul’s soon.

You’ve heard this Covid-19 pandemic referred to as a “war”. We don’t need to sit by while the battles rage. As Dr. Chamberlain says “Reaching out and showing a child or adult that you care can be a life-changer.” Reach out – Connections Matter!

St. Paul’s Resilience Ministry