



# NOTES

## LET'S TALK ABOUT IT

1. "There is no reason to doubt this tradition, as the scribal/recording role of the early Jewish prophets—Samuel in particular—is attested elsewhere (1 Chron. 29:29; 1 Sam. 24:22)." Michael G. Wechsler, "Ruth," in *The Moody Bible Commentary*, ed. Michael Rydelnik and Michael Vanlaningham (Chicago: Moody Publishers, 2014), 391.

## CHAPTER 1: LONELY HURTS

1. *Dumbo*, director Ben Sharpsteen et al., Walt Disney Productions, 1941.
2. Amelia Worsley, "A History of Loneliness," *The Conversation*, March 19, 2018, <https://theconversation.com/a-history-of-loneliness-91542>.
3. K. D. M. Snell, "Agendas for the Historical Study of Loneliness and Lone Living," *The Open Psychology Journal* 8 (2015): 61–70, <https://openpsychologyjournal.com/contents/volumes/V8/TOPSYJ-8-61/TOPSYJ-8-61.pdf>.
4. Frieda Fromm Reichmann, "Loneliness," *Psychiatry: Interpersonal and Biological Processes* 22, no. 1 (1959): 1–15, <https://doi.org/10.1080/00332747.1959.11023153>.

## NEVER ALONE

5. Sarvada Chandra Tiwari, "Loneliness: A Disease?," *Indian Journal of Psychiatry* 55, no. 4 (October–December 2013): 320–22, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/>.
6. Merriam-Webster, s.v. "lonely (*adj.*)," <https://www.merriam-webster.com/dictionary/lonely>.
7. *APA Dictionary of Psychology*, s.v. "loneliness (*n.*)," <https://dictionary.apa.org/loneliness>.
8. Javier Yanguas et al., "The Complexity of Loneliness," *Acta Biomedica* 89, no. 2 (2018): 302–14, <https://doi.org/10.23750%2Fabm.v89i2.7404>; Suzanne Degges-White, "The 3 Types of Loneliness and How to Combat Them," *Psychology Today*, July 12, 2019, <https://www.psychologytoday.com/us/blog/lifetime-connections/201907/the-3-types-loneliness-and-how-combat-them>.
9. Heather McClelland et al., "Loneliness as a Predictor of Suicidal Ideation and Behaviour: A Systematic Review and Meta-Analysis of Prospective Studies," *Journal of Affective Disorders* 274 (Sept. 1, 2020): 880–96, <https://pubmed.ncbi.nlm.nih.gov/32664029/>; Alexandra L. Pitman et al., "The Association of Loneliness after Sudden Bereavement with Risk of Suicide Attempt: A Nationwide Survey of Bereaved Adults," *Social Psychiatry and Psychiatric Epidemiology* 55, no. 8 (August 2020): 1081–92, <https://pubmed.ncbi.nlm.nih.gov/32683472/>.
10. "Oh My Soul," track 4 on  *Casting Crowns, The Very Next Thing*, Provident Label Group LLC, 2016.

### CHAPTER 2: FINDING CONNECTIONS

1. *APA Dictionary of Psychology*, s.v. "homophily (*n.*)," <https://dictionary.apa.org/homophily>.
2. Amy Novotney, "The Risks of Social Isolation," *American Psychological Association* 50, no. 5 (May 2019), <https://www.apa.org/monitor/2019/05/ce-corner-isolation>.
3. A. H. Maslow, "A Theory of Human Motivation," *Psychological Review* 50, no. 4 (1943): 430–37, <https://psycnet.apa.org/doi/10.1037/h0054346>.

### CHAPTER 3: GUARDING YOUR HEART

1. "Fast Facts: Preventing Adverse Childhood Experiences," Centers for Disease Control and Prevention, <https://www.cdc.gov/violenceprevention/aces/>

fastfact.html?CDC\_AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolence-prevention%2Facestudy%2Ffastfact.html.

2. Todd C. Helmus et al., “Life as a Private: A Study of the Motivations and Experiences of Junior Enlisted Personnel in the U. S. Army,” RAND Corporation, [https://www.rand.org/pubs/research\\_reports/RR2252.html](https://www.rand.org/pubs/research_reports/RR2252.html).
3. “Lexicon: Strong’s H4755 *Mara*,” Bible Study Tools, <https://www.biblestudytools.com/lexicons/hebrew/nas/mara-2.html>.

#### **CHAPTER 4: WADING THROUGH MILITARY LIFE**

1. *Lexico*, s.v. “wade (*v.*)” <https://www.lexico.com/en/definition/wade>.
2. “Let It Go,” by Kristen Anderson-Lopez and Robert Lopez, Walt Disney Music Company, 2013.
3. “Lexicon: Strong’s H2135 *zakah*,” Bible Hub, <https://biblehub.com/hebrew/2135.htm>.

#### **CHAPTER 5: GOD’S LOVE**

1. “The Eye: The Center of the Storm,” WW2010 University of Illinois, [http://ww2010.atmos.uiuc.edu/\(Gh\)/guides/mtr/hurr/stages/cane/eye.rxml](http://ww2010.atmos.uiuc.edu/(Gh)/guides/mtr/hurr/stages/cane/eye.rxml).
2. Abraham Verghese, “Spirituality and Mental Health,” *Indian Journal of Psychiatry* 50, no. 4 (2008): 233–37, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2755140/>.
3. M. R. Ellis et al., “Addressing Spiritual Concerns of Patients: Family Physicians’ Attitudes and Practices,” *National Library of Medicine* 48, no. 2 (February 1999): 105–109, <https://pubmed.ncbi.nlm.nih.gov/10037540/>, cited at [https://www.mayoclinicproceedings.org/article/S0025-6196\(11\)62799-7/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(11)62799-7/fulltext).

#### **CHAPTER 6: YOUR MARRIAGE IS YOUR COVENANT**

1. John Mordechai Gottman, *What Predicts Divorce? The Relationship Between Marital Processes and Marital Outcomes* (Hillsdale, NJ: Lawrence Erlbaum Associates, 1994), cited at The Gottman Institute, “Marriage and Couples,” <https://www.gottman.com/about/research/couples/>.
2. *Ibid.*
3. The Vulnerability Stress Adaptation Model was developed by Benjamin Karney and Thomas Bradbury in 1995, <https://www.researchgate.net/figure/The->

## NEVER ALONE

vulnerability-stress-adaptation-model-of-marriage-Karney-Bradbury-1995\_fig5\_6231234.

4. “Fast Facts: Preventing Adverse Childhood Experiences,” Centers for Disease Control and Prevention, [https://www.cdc.gov/violenceprevention/aces/fastfact.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Ffastfact.html](https://www.cdc.gov/violenceprevention/aces/fastfact.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Ffastfact.html).

### CHAPTER 7: FRIENDSHIP IS A GIFT

1. Andrea Bonior, “What Does a Healthy Relationship Look Like?,” *Psychology Today*, December 28, 2018, <https://www.psychologytoday.com/us/blog/friendship-20/201812/what-does-healthy-relationship-look>.
2. Carlin Flora, *Friendfluence: The Surprising Ways Friends Make Us Who We Are* (New York: Doubleday, 2013).
3. Matthew Solan, “The Secret to Happiness? Here’s Some Advice from the Longest-Running Study on Happiness,” *Harvard Health Blog*, October 5, 2017, <https://www.health.harvard.edu/blog/the-secret-to-happiness-heres-some-advice-from-the-longest-running-study-on-happiness-2017100512543>.

### CHAPTER 8: COMMUNITY

1. *Merriam-Webster*, s.v. “community (*n.*),” <https://www.merriam-webster.com/dictionary/community>.
2. Patrick Sharkey et al., “Community and the Crime Decline: The Causal Effect of Local Nonprofits on Violent Crime,” *American Sociological Review* 82, no. 6 (2017): 1214–40, <https://doi.org/10.1177%2F0003122417736289>.
3. Stephanie Gilbert, “The Importance of Community and Mental Health,” National Alliance on Mental Illness, November 18, 2019, <https://www.nami.org/Blogs/NAMI-Blog/November-2019/The-Importance-of-Community-and-Mental-Health>.
4. A good explanation of these customs is found at “What Did It Mean to Spread the Corner of Your Garment Over Someone?,” Got Questions Ministries, <https://www.gotquestions.org/spread-corner-garment.html>.
5. *Merriam-Webster*, “History and Etymology for Community,” <https://www.merriam-webster.com/dictionary/community>.

## CHAPTER 9: CHURCH CAN ALWAYS BE HOME

1. “Amazing Grace” was written in 1772 by John Newton, a former slave trader, who experienced God’s forgiveness and a new life in Christ. You can read his story at <https://www.ocp.org/en-us/blog/entry/amazing-grace>. The words to all the verses are well worth reading (and singing!).
2. “Christian History Timeline: Healthcare and Hospitals in the Mission of the Church,” Christian History Institute, <https://christianhistoryinstitute.org/magazine/article/timeline-healthcare-and-hospitals>.
3. “*Christianity and Mental Health*” (February 24, 2022), *EduBirdie*. Retrieved July 9, 2022, from <https://edubirdie.com/examples/christianity-and-mental-health/>. The history of this institution and its influence is quite interesting; also see <https://historicengland.org.uk/research/inclusive-heritage/disability-history/1050-1485/from-bethlehem-to-bedlam/>.
4. *Encyclopaedia Britannica*, s.v. “Bedlam,” <https://www.britannica.com/topic/Bedlam>.
5. Thomas Bewley, “Madness to Mental Illness. A History of the Royal College of Psychiatrists. Online archive 1, William Tuke (1732–1822),” [https://www.rcpsych.ac.uk/docs/default-source/about-us/library-archives/archives/madness-to-mental-illness-online-archive/people/william-tuke-1732-1822.pdf?sfvrsn=e21108e9\\_6](https://www.rcpsych.ac.uk/docs/default-source/about-us/library-archives/archives/madness-to-mental-illness-online-archive/people/william-tuke-1732-1822.pdf?sfvrsn=e21108e9_6).
6. “Mental Illness,” National Institute of Mental Health, updated January 2022, <https://www.nimh.nih.gov/health/statistics/mental-illness>.
7. “Loneliness and the Workplace,” <https://www.cigna.com/static/www-cigna-com/docs/cigna-2020-loneliness-factsheet.pdf>.
8. Jeremy Linneman, “How Your Church Can Respond to the Loneliness Epidemic,” The Gospel Coalition, August 14, 2018, <https://www.thegospelcoalition.org/article/church-respond-loneliness-epidemic/>. This article offers several ideas of how churches can stand in the gap of loneliness.
9. Jayne O’Donnell and Shari Rudavsky, “Young Americans Are the Loneliest, Surprising Study from Cigna Shows,” USA TODAY Network, May 1, 2018, <https://www.usatoday.com/story/news/politics/2018/05/01/loneliness-poor-health-reported-far-more-among-young-people-than-even-those-over-72/559961002/>.

## NEVER ALONE

### CHAPTER 10: LOVINGKINDNESS

1. Norman H. Snaith, "Loving-Kindness," in *A Theological Word Book of the Bible*, ed. Alan Richardson (New York: MacMillan, 1951), 136–37, cited in <https://www.bible-researcher.com/chesed.html>.
2. Allan Luks, "Helper's High," [http://allanluks.com/helpers\\_high](http://allanluks.com/helpers_high).
3. James Baraz and Shoshana Alexander, "The Helper's High," *Greater Good Magazine*, February 1, 2010, [https://greatergood.berkeley.edu/article/item/the\\_helpers\\_high](https://greatergood.berkeley.edu/article/item/the_helpers_high).
4. Sander van der Linden, "The Helper's High: Why It Feels So Good to Give," December 2011, <https://scholar.princeton.edu/sites/default/files/slinden/files/helpershig.pdf>.
5. Steve Siegle, "The Art of Kindness," Mayo Clinic Health System, May 29, 2020, <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness>.
6. Zara Adams, "The Case for Kindness," American Psychological Association, August 2021, <https://www.apa.org/news/apa/kindness-mental-health>.
7. Ibid.

### CHAPTER 11: NEVER ALONE

1. David H. Rosmarin et al., "A Test of Faith in God and Treatment: The Relationship of Belief in God to Psychiatric Treatment Outcomes," *Journal of Affective Disorders* 146, no. 3 (April 25, 2013): 441–46, <https://www.sciencedirect.com/science/article/abs/pii/S016503271200599X>.
2. Harold G. Koenig, "Religion, Spirituality, and Health: The Research and Clinical Implications," *International Scholarly Research Notices* 2012 (December 16, 2012), <https://doi.org/10.5402/2012/278730>.
3. Jeanet Bentzen, "Rising Religiosity as a Global Response to COVID-19 Fear," *VOXEU*, June 9, 2020, <https://voxeu.org/article/rising-religiosity-global-response-covid-19-fear>.
4. CNA staff, "Only Frequent Church Attendees Avoided Downward Mental Health Trend in 2020," *Catholic News Agency*, December 11, 2020, <https://www.catholicnewsagency.com/news/46871/only-frequent-church-attendees-avoided-downward-mental-health-trend-in-2020>.