

Creating Community in a Lonely World

November 2025

Today's participants:



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Director
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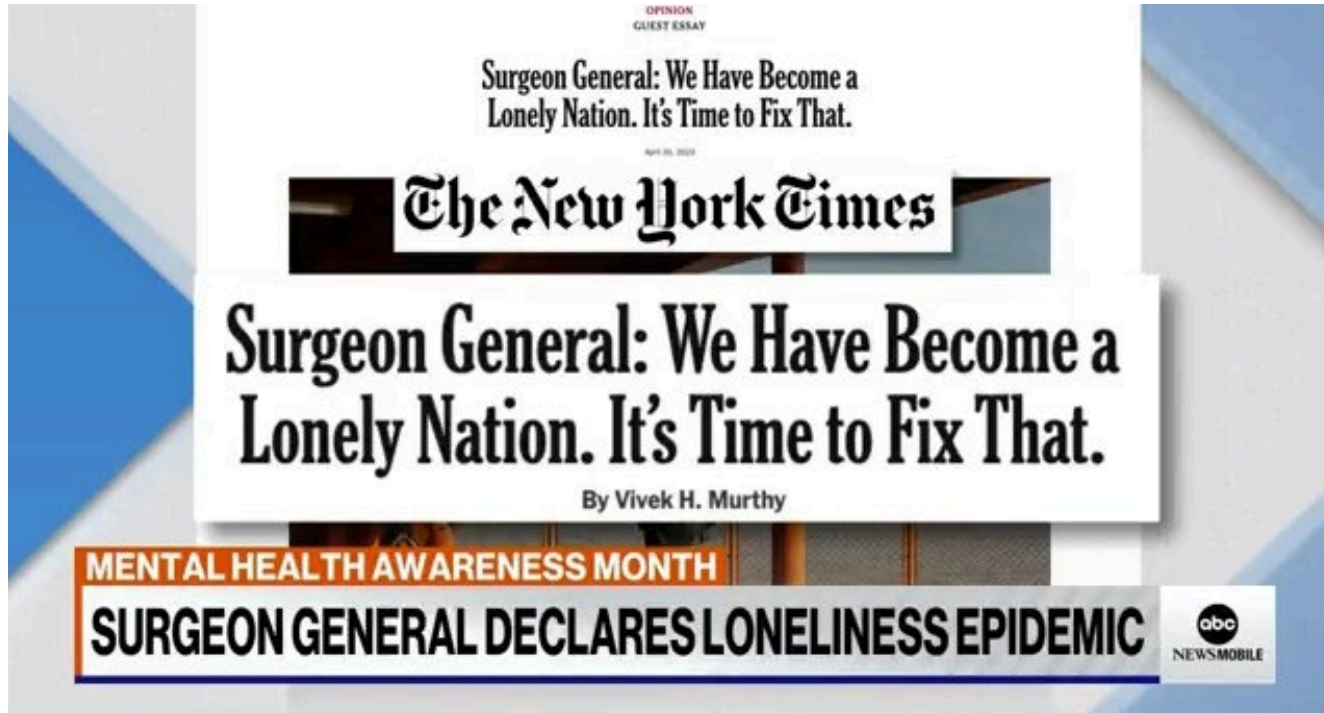
Adriana (Addy) Wissel, PhD
Associate Dean
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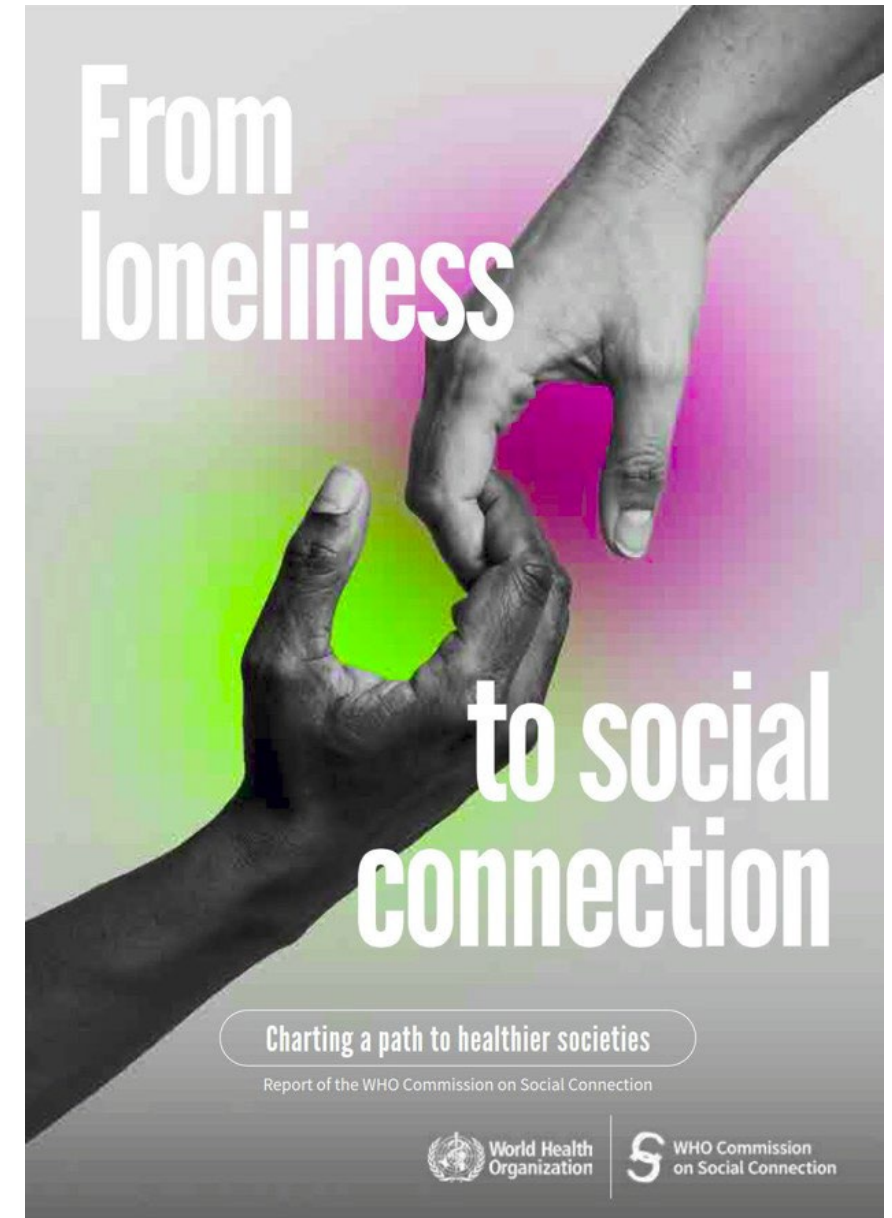
Tim Breen, SJ
Director, Zags360
University Athletics

Why this topic?





Loneliness: a distressing feeling of disconnection, a gap between the social connections you want and those you actually have.





Today's conversation

Reflect on:

- What **community** and **belonging** mean to us
- Barriers to these and causes of **loneliness**
- Antidotes – **small and big ways** to feel more **connected** to each other

What does belonging mean to you, & where did you learn it?



Fr. Tim: My History of Community





Challenges for Community & Belonging

- Starting over
- Distance
- Isolation
- The myth of self-sufficiency

Poll: What challenges do you face in trying to build community and a sense of belonging?



Survey: When asked what contributes to loneliness in America, top 3 were:

- Technology (73%)
- Families not spending enough time together (66%)
- Workload, busy-ness, exhaustion (62%).

Source: Harvard 'Make Caring Common' survey, 2024

Health Impacts of Loneliness...



What creates feelings of community and belonging?





trust



**humor
and joy**



**shared
experiences**



**authentic
conversations**



**feeling
seen**

Antidote 1: Micromoments of belonging



- Simple text messages.
- Compliment someone (glasses, shoes, coffee order)
- Ask follow-up questions beyond "How are you?"
- Use people's names more often.
- Choose a 3rd place and become a regular.
- Ask for a tiny favor.



Ah, you, too! I'm so grateful for you.

Society of Jesus: Community as Mission



"Thus, Jesuit community is not just for mission: it is itself mission."

Intentionality & 3 Tables

- Eucharist
- Social
- Dinner



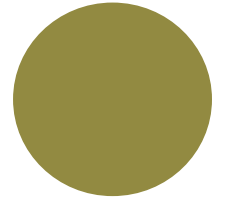
Chat: *What micro moments make you feel connected to others?*



Antidote 2: Macro-moments for communities



- Intergenerational co-housing communities
- "Appstinence"
- Storytelling events (StorySlam, Pivot)
- Third-place revivals



The Ministry of Cultivating Community

Jesuit Universal Apostolic Preferences

To show the way to
God through the
Spiritual Exercises
and discernment.

To collaborate in
the care of our
Common Home.



To walk with the poor,
the outcasts of the
world, those whose
dignity has been
violated, **in a mission**
of reconciliation and
justice.

To accompany the
young in the
creation of a
hope-filled future.

The Ministry of Cultivating Community



Intentionally Being in Community

- Intentionality!
 - Including across distance
- Invitational
- What do we commit to?
- Fun and games, literally
- Let yourself be loved & cared for





Chat: *What is something from this conversation you can apply to your life starting today?*



Q&A



More learning opportunities

Spring Leadership Programs



NEW! Travel to Greece, East Coast, Tuscany, or Bavaria in 2026!

Continued...

Next webinar:

Emotional Intelligence

**Wednesday, December 17th, 12pm – 1pm
Pacific**

More offerings at gonzaga.edu/certificates

Or email CLL@gonzaga.edu



Thank you for joining us!

