



2025

# COMMUNICATOR

A PUBLICATION OF BETHANY BAPTIST CHURCH

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## “Loneliness”

### “It is not good for man to be alone.” Genesis 2:18

He has 52.8 million followers on Twitter/X. He has a wife and three kids. He has won 4 NBA championships. He has two Olympic gold medals. He lives in a \$23 million mansion in Los Angeles. Yet LeBron James recently tweeted, “It’s a weird feeling to feel so alone sometimes!”

A 2023 Gallup poll surveying a representative sample of people in 142 countries found that more than a billion people struggle with loneliness. The group that is most prone to loneliness is young adults, the generation more technologically connected to others than any previous generation.

In recognition of the problem the government of the United Kingdom appointed a “Minister for Loneliness” in 2018. In Japan in 2021 that government likewise appointed a “Minister of Loneliness.” Loneliness is also a problem in our country. In 1985 researchers asked a cross-section of Americans about how many confidants they had. The most common response was three. In more recent years they asked the same question, and the most common response was zero. A 2023 State of American Men found that two-thirds of surveyed men between ages 18 and 23 say “no one really knows me.”

The health consequences for loneliness are profound. According to a meta-analysis done by Julianne Holt-Lunstad, PhD, a professor of psychology and neuroscience at Brigham Young University, lack of social connection heightens health risks as much as smoking 15 cigarettes a day or having alcohol use disorder. She’s also found that loneliness and social isolation are twice as harmful to physical and mental health as obesity. The National Academy of Sciences says that social isolation for older adults leads to a 50% increased risk for dementia.

What is the cause of this epidemic? The natural and traditional connections of family, church, and community have broken down. What is the solution? Politicians turn to political solutions. Senator Chris Murphy from Connecticut proposed a National Strategy for Social Connections Act.

Research cited in JAM Psychiatry in May of 2020 points to a better answer. Attendance at religious services at least once per week was associated with a 68% lower hazard of death from despair among women and a 33% lower hazard among men compared with never attendance.

If you struggle with loneliness, make church attendance a priority. Commit to regular devotions. We have a God who has promised to always be with us. Get involved in a Bible study. Participate in our weekly Zoom prayer meeting. Volunteer to help out with the youth. Our prison chaplains are always looking for volunteers willing to help with a weekly Bible study. Our community organizations need volunteers. Join our monthly hiking group. Attend our women’s and men’s events.

Pastor Kurt

## **MEN'S LUNCH**

Guys, join us at Boulder Creek Golf Club at 11:30 AM on Feb. 17 for a time of fellowship and good eats.

## **BLOOD DRIVE**

If you are able to donate blood, show up at Emmaus Hall on Saturday, February 8 from 9 AM to 1 PM. We are trying to get the evangelical churches of BC to be regular hosts for this practical opportunity and need. Vitalent is the blood service which is collecting our blood. They provide blood when it is needed to our BC Hospital.

## **HIKING WITH OUR MISSIONARIES**

On Saturday, Feb. 22, the Winstons, our missionaries to Belgium, will join us for our monthly church hike. Show up in the church parking lot at 8 AM. We provide a lunch.

## **Youth Nights**

**1st, 2nd and 3rd  
Fridays of every month  
at 6:00 pm**



## **Joy for our Journey - (Widows)**

**We meet the 4th Saturday of each month at 10:30 in Emmaus Hall.**

**We have a devotional, guest speakers or a project each month.**

**Refreshments are always served. Any widow is invited to attend.**

**Also, on the 1st Saturday of the month, there is a Bible study for widows.**

**It meets at Jenny Fletcher's house, 1290 Browder Place at 10:30.**

**Bible Study (1st Saturday) February 1, 10:30 at Jenny's house, 1290 Browder Place  
"Be Joyful" Book Study Read Chapter 9**

**"Forever Faithful and Fit"**

**Tuesday and Thursday, 2:00 Chair Exercise, Yoga and Balance. We meet at the church.**

**Joy for Our Journey meeting is on Saturday, February 22, 10:30.**

**"Love is in the Air". Bring a favorite photo of your spouse. Come join us.**

**Women's Ministry Please sign up and join us on Saturday, February 15, 2025 at 10:30 AM in Emmaus Hall for our first Women's Ministry Fellowship of the year. Our theme is Counting Your Blessings. Light snacks will be served, Door prizes, fun & games & a brief devotional is also planned. Hope to see you there!**

## **VOLUNTEERS NEEDED FOR JUVENILE CORRECTIONS OUTREACH**

**Kathleen Hill is looking for a volunteer who would coordinate the collection of cookies at Christmas for parties at the juvenile correction facilities and a volunteer who would coordinate the gift bags that are given out at the same time. Kathleen would be happy to describe the details: 702-420-4676**



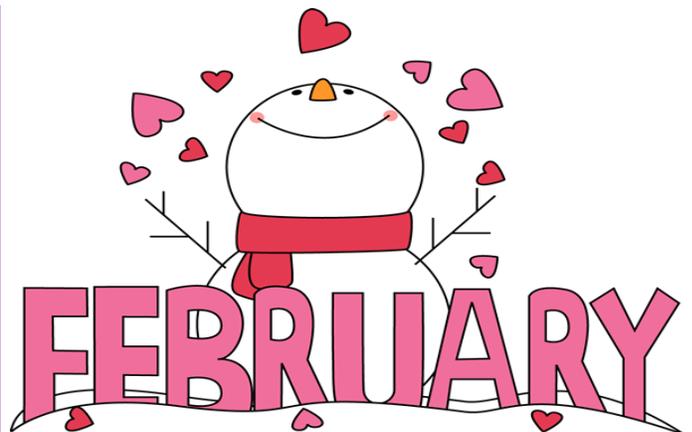
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1CareHome services 9:45 @ BC Hosp. JFOJ Bible Study 10:30 am
2	3	4 2 pm Forever Faithful & Fit	5 Ladies Book Club 10a Prayer Meeting 11 am	6 2 pm Forever Faithful & Fit	7 Youth Night 6 pm	8
9	10	11 2 pm Forever Faithful & Fit	12 Ladies Book Club 10a Prayer Meeting 11 am	13 2 pm Forever Faithful & Fit	14 Youth Night 6 pm	15 Women's Ministry 10:30 am
16	17 Men's Lunch 11:30 am Presidents' Day	18 2 pm Forever Faithful & Fit	19 Ladies Book Club 10a Prayer Meeting 11 am	20 2 pm Forever Faithful & Fit	21	22 Hike 8am  Joy For Our Journey 10:30 am
23 Winston Missionary Visit	24	25 2 pm Forever Faithful & Fit	26 Ladies Book Club 10a Prayer Meeting 11 am	27 2 pm Forever Faithful & Fit	28 Youth Night 6 pm	

### February Birthdays

14<sup>th</sup> Patti Childress

22<sup>nd</sup> Irv Childress

26<sup>th</sup> John Ritenour



Bethany Baptist Church  
210 Wyoming Street  
Boulder City, NV 89005

*Senior Pastor - Kurt Hedlund - kurt@bethany.lvcoxmail.com*  
*Admin Assistant / Music Director - Don Scott - don@bethany.lvcoxmail.com*  
*Youth & Families Director - Dan Chapman - dan.bethany@coxbusiness.net*

**WEEKLY EVENTS**

***Worship Service:*** 10:00 a.m.

***Sunday School:*** 11:15 a.m.

**Office Hours:**

Monday-Friday, 8:00 a.m.- 4:00 p.m.

***Telephone:*** 702.293.1912

***Web Site:*** www.bcbethany.com

**2025 Boards**

**Board of Elders - Mike Barth, Chairman**

**Board of Deacons - Dan Chapman, Chairman**

**Board of Deaconesses - Patti Childress, Chairwoman**

**C.E. Board - Eva Chapman, Chair**

**Property Maintenance Board - Eric Eskam, Chairman**

**Missions Board - Rob Hedlund, Chairman**

The ***Communicator*** is published monthly as a ministry of Bethany Baptist Church.

For birthday and anniversary additions; changes in address; or removal from our mailing list please contact the church office at 702-293-1912

or e-mail don@bethany.lvcoxmail.com.