

Sentinel Watch - November 2022

Phone Edition

These descriptions are intended to support branch churches and individuals who would like to share and promote the upcoming Sentinel Watch topics. You're more than welcome to adapt these descriptions for your individual use. Feel free to use the information in a way that best meets the needs of your community.

November 7, 2022

Helping the hungry

Guests: Margaret Rogers

Few people have the financial means to permanently eradicate hunger from even one person's life, let alone overcome food instability. But what if you could? This week's guest, Margaret Rogers, wanted to help a young family in dire circumstances, but when giving them food or money wasn't an option, she found another solution. Please join us to hear what happened.

November 14, 2022

How can I think about...depression?

Guests: Patricia Brugioni, Arnold Kalala

Depression doesn't have to be chronic to feel overwhelming. But as our guests' stories show, there is also a way out of those dark feelings, no matter how overwhelming they seem. Join us to hear why hope and healing are possible.

November 21, 2022

How can I think about...self-harm?

Guests: Jil Jertz, Bobby Lewis

It's one of those topics that's difficult to talk about. But our guests today are so convinced that healing of the impulse to self-harm is possible, that they were willing to share their heartfelt stories. Listen in.

November 28, 2022

How can I think about...social media?

Guests: Mandy-kay Pecheck, Will Adler, Amy Richmond

Social media: Seems like you either love it or you hate it. Or is there a middle ground, and if so, how can you find it? This roundtable discussion explores an approach that can help you appreciate what social media has to offer while also protecting your mental health.