

SEPTEMBER
2025

CROSSROADS

newsletter



CrossRoads Values | Community

BY PASTOR BEN ELLISON

Did you know that in 2023, the Surgeon General, Dr. Vivek Murthy, released a public advisory titled "Our Epidemic of Loneliness and Isolation"? In his report, Dr. Murthy highlights quite alarming statistics about how isolated human beings have become and are continuing to become. He notes that over the last 20 years we are spending two-thirds less time overall in social settings with other people. In just 20 years we have gone from averaging roughly six hours with friends per week, to just two.

But what's the big deal? Does this matter? Is having a community of people around you really that important? Apparently, lacking social connection has physical and mental effects. Dr. Murthy says in the same report that "lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day... Furthermore, it is associated with increased risk for anxiety, depression, and dementia. Additionally, the lack of social connection may increase susceptibility to viruses and respiratory illness."

We sure have a problem on our hands. We are becoming less and less connected with the people around us. We have become busier - taking on bigger workloads, signing our kids up for more activities, and committing to more in general at the expense of our social lives. We prioritize being with our friends less and less. We are learning how detrimental this is to not just our mental health, but our physical health too. We need friends, literally. We need community.

This problem is the heart behind our new small group model at CrossRoads Church - Life Groups. Life Groups kickoff this month, and aim to help be that community for those who enter through our doors. We believe the church was partially designed for this very thing - to be a place for people to belong, to have community with one another. We believe that when we come together and help carry one another's burdens, we are doing what Jesus calls us to do.

Life Groups will primarily meet Sunday mornings during the Sunday school hour and are a place to belong and make friends. They are a place to dig deeper into God's Word alongside other people. They are a place to share prayer requests. They are a place to get connected.

So what are you waiting for? Sign ups are in the lobby at church. If you have any questions, talk to me (Pastor Ben) or to any one of our Life Group leaders.

Serving Christ together,
Pastor Ben



CARRY EACH OTHER'S BURDENS, AND IN THIS WAY YOU
WILL FULFILL THE LAW OF CHRIST. **GALATIANS 6:2**

We exist to **make disciples** who **love** God, **grow** spiritually, and **serve** others.

CRC VISION STATEMENT

Missionary Spotlight

PRAYER FOR STEPHANIE ALDERMAN | TOGO, AFRICA

Stephanie has been in Togo for nearly five years now ministering to young adults and the deaf community there. She has a passion for helping people overcome barriers to understanding the gospel and for developing young leaders who are best positioned to help spread the gospel in their communities. Stephanie is partnered with Converge and the 6 degree initiative which is

trying to reach people with the gospel who live near the equator.

This summer they have a lot to be thankful for. In a recent update Stephanie shared the following highlights with us:

- They just celebrated the 1-year anniversary of a new church plant designed to reach the deaf community in Togo. To their knowledge it's the first church planted in that country by a deaf pastor!
- They have had many summer interns come to Togo to work alongside and help develop their young leaders. They have seen God do incredible things despite the language barriers.
- They recently created the Better Together Church Network that exists to gather Togalese pastors together to provide encouragement and support. This ministry is decreasing loneliness and helping pastors feel a part of something greater!

One particular story that stuck out in the update was about a young American intern who was sharing with a Togalese woman about a hard season of life she was going through. Despite a significant language barrier they were able to provide compassion and encouragement for one another. Stephanie highlighted this as a beautiful example of how Christ can work across cultures and languages to express the love of God to one another. The power of the Holy Spirit is beyond our expectations!

Please keep Stephanie and the people of Togo in your prayers. The Lord is moving in powerful ways in this part of the world and our support helps this ministry to continue to thrive!



CrossRoads is grateful to be able to partner with so many outstanding missionaries around the world! We want you to know that when you give to the [CRC General Fund](#) you are supporting our missionary partners as well. Every year a portion of our budget goes to these missionaries.

To learn more about our missionary partners you can go to crcff.com/missionaries.