Hello? Hello? Anyone out there? If you’re heeding the advice of our government and health officials, you might not have seen too many people other than your family lately. And, in some ways, getting more time with our families is probably a good thing, especially in the chaotic schedules of our lives. But as you’re (hopefully) enjoying this extra time with family, remember that being alone isn’t ideal either.  
And don’t get me wrong, I’m not saying we should ignore the warnings of those who know more about this stuff, but, ultimately, isolation is not good for us. In fact, I’ve heard that solitary confinement in prison is one of the more severe punishments. We were really never meant to be alone.   
And on top of this recommended (or possibly required by the time you read this) self-isolation and quarantine we are facing is the growing trend in our culture to isolate ourselves. Even before COVID 19, Americans increasingly aren’t leaving their homes as often. With the availability of technology to work from home, internet for entertainment and even delivery services for groceries and everything else, we have little necessity to leave our homes. And for an introvert like me, I get that. If I could work and play and get my food without changing out of my PJs most days, I could probably handle that.  
However, I also know that after a while I just ache for human contact. And though I usually get plenty of human contact just by being at home with 5 kids, I regularly need something more. I need more diversity of faces in my life. I need a community. I need to smile and laugh with those at the gas station. I need to shake hands and share stories with people at the restaurant. I need to chat with the ladies (and guys) at the bank. And I really enjoy those interactions, but we all also need people we can share our worries and concerns with as well. A handful of people who will hear us out and maybe even pray with us, especially at times like this.  
We weren’t meant to be alone. And so, for a while here, I know we’ll have to keep our distance. We’ll have to be more alone than usual. But I pray we find ways to use this time for something profitable. For some good to come out of this situation.   
So, spend a little more time as a family. Focus more on what you *can* do rather than what you *can’t* do. Make a few more phone calls or even a text or message to someone you haven’t seen for a while. I pray we find ways to connect despite our current situation and always remember that no matter what, God loves you and is working for our good. God bless.