

Resources

Rebuilding Community Post-Pandemic: Healing Lessons from Nature

NBA [Older Adult Ministries](#) website with resources, webinars and more.

Rev. Dr. Paul Koch (2023). [Looking for God Over Your Shoulder](#): Contemplative Practices in Everyday Life.

Oliver, M. (2020). *Devotions: The selected poems of Mary Oliver*. Penguin Books, an imprint of Penguin Random House LLC.

Lyons, B. & Barkhauer, B. (2019). *America's Holy Ground: [61 faithful reflections](#) on our national parks*. Chalice Press. Follow the link to read a free online copy.

Kincaid, William B. *Come Again to the Circle*. Wipf and Stock Publishers, 30 Nov. 2022.

["All About Loneliness."](#) Video 10:52 mins.

["On Healing our Distressed Nervous Systems."](#) Dr. Christine Runyan, Krista Tippett, *On Being*, May 30, 2024. Podcast

["Anxiety, Depression and Sleep": The Pandemic's Toll on Older Adults' Mental Health](#). National Council on Aging, April 26, 2024.

["On Nature's Wisdom for Humanity."](#) Janine Benyus, Azita Ardakani Walton, Krista Tippett, *On Being*, June 6, 2024. Podcast.

["Giant Sequoias."](#) National Park Service article.

["Why the Giant Sequoia Needs Fire to Grow."](#) *Nature*. Video 2:37 mins.

Books for Study/Discussion Groups:

Adam Grant (2021) [Think Again](#).

John Leland (2019) [Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old](#).

Vivek Murthy (2020) [Together](#).