

February 2026 Newsletter

Loneliness

How many times have we talked to someone who is lonely? Many people are alone in this life, and they are desperate to find connection. In this technically connected world we live in there are many who are disconnected. As a counselor we may be the only people who are listening to their thoughts and fears. They crave connection or find themselves trapped with anxiety or depression. You may be one of those people. Another person can be surrounded by people, but they are lonely in their struggles because they have no one to talk about their problems or encourage them. We need to connect with people. We need circles of community.



Typically our first circle of community is our family. God created the family as our first circle. This is where we are nurtured and protected to grow. We learn about the world around us in the safety of our family, but that does not always happen. It can be taken from us. Some of us grew up in dysfunction. Many have cut off or have been cut off from family. Strained relations, hurts, or abuse prevent closeness. Prioritizing activities such as career, leisure, or hobbies can siphon the time necessary for building healthy family bonds, and it can leave us looking at a circle that is broken.

The second circle of community is socially. This circle can include neighbors, coworkers, club members, and acquaintances. These people can be outside the level of closeness bordering on strangers.



With Love from Kevin Phillips
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Founder of Encouragement Now
Ministries

Kevin Phillips' love for people's hearts and minds has moved him to launch Encouragement Now Ministries and Encouragement Now Counseling University.

Encouragement Now Ministries has served clients in over 60 countries including Egypt, China, Iraq, Ukraine, Ethiopia, Bahrain, Saudi Arabia, South Africa, Canada, Turkey, Jordan, Spain, Morocco, Brazil, Pakistan, India & UAE.

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Your personal life and its secrets can stretch the spectrum from closed to wide open depending on the trust you are comfortable with. This circle is not always dependable. We typically will mask our true feelings and emotions because of the lack of closeness we feel, and when we do not show up there is a chance no one will notice.

The last circle I want to mention is the Church. This circle of community is a mix of the first two, but it is centered around Christ and His Word. Jesus established the Church when He called people (His disciples) to Him. The Church is not a building. It is not a club. The Church is people who are called by His name (Christ) who love one another. (John 13:34-

35) This command that Jesus gave us has not always been handled correctly. People have misused the Church for their own gain. Some churches are not openly honest and compassionate towards others. They mask their own sin and condemn the sins of others. This creates an unsafe circle.

A safe circle of community is a Church that is open and honest, compassionate, willing to serve each other, and eager to love one another. The Church is the family for those who do not have an earthly family. The Church is a hospital to help the hurting. The Church is a place of encouragement, growth, and accountability. I want you to seek out and find a Church that can do these things. Be willing to be part of the solution and not part of the problem. Understand that the Church is not perfect because we are not perfect. We need circles of community in our lives to help us take our eyes off of ourselves and place them on others.

Serving others and being served by others can help us heal the brokenness we have in our lives. The Church can fill in the gaps that the other circles have left in our hearts. We here at Encouragement Now Ministries want you to find a Bible believing Church in your area to be in community with, and if you cannot find one we can help. Please reach out to us.

Visit Our Website



Resource Page

**EMERGENCY
RESOURCES**

REBOOT RECOVERY OVERCOMING TRAUMA TOGETHER <small>Click Here</small>	Coping Skills For Anxiety
Mental Health	Relationships
Dealing With Grief	Narcissist Awareness
Pornography Addiction Resources	Financial Help



ENCOURAGEMENT NOW PODCAST



Kevin, Laura, And Joseph

We Need Your Help!

We are looking for corporate, church, and individual partnerships for our ministry. Mental health is one of the most sought after and talked about subject our society is focused on, but they are missing the Biblical truths that God's Word has to offer. Churches are finding themselves unable to handle some of the challenges they are presented with, and they need a safe place to send their members. We are that place, but we need your help.

Encouragement Now Ministries (ENM) is donation funded. Monthly partnerships are the backbone of our ministry.

This allows us to train up counselors, minister to the needs of churches and individuals, and grow our ministry. We are a 501(c)(3) organization that can be that place. Talk to your company about donating to ENM, and consider a monthly partnership. Every dollar is connected to a soul.