



SPOKANE COUNTY  
CHAPLAINCY  
SERVICES

“Pray that your loneliness may spur you into finding something to live for, great enough to die for.”



-Dag Hammarskjold

SPOKANE COUNTY SHERIFF CHAPLAINCY  
CHAPLAIN MESSAGE “FACING TIMES OF LONELINESS”

LEAD CHAPLAIN

Robert Kinnune

Senior Chaplain

Cliff Custer

SCSO CHAPLAINS

Curt Quaschnick

Jake Burkholder

Fasitupe MeaFua

Rochelle Renninger

Derald Gall

Gino Palomino

Tracy Richards

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Romans 8:28

*“And we know that in all things  
God works for the good of those  
who love Him, who have been  
called according to His purpose.”*

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Greetings from all of your Sheriff Chaplains (take a look at our list, and know we are faithfully recruiting),

My friends, as part of the human condition, we have all experienced times of loneliness in our life to varying degrees. You are not unusual for feeling this normal emotion. So it is important and healthy to raise our awareness that we will most likely experience loneliness again in future chapters of this journey we are on.

Loneliness can be an unpleasant emotional response to isolation or perceived isolation. Loneliness has also been described as social pain or a psychological mechanism which motivates individuals to seek social connections.

In these challenging times we find ourselves in, isolation is more prevalent than maybe ever before. Being separated from friends, and even from family, has been one of the most difficult aspects of the past couple of years. Whether we are extroverts or introverts, we are designed for relationship and connection with others, not long standing isolation.

Take a close look at the quote from Dag Hammarskjold in regards to one possible result that we can strive for when we may feel this way; “Pray that your loneliness may spur you into finding something to live for, great enough to die for.” This is helpful for me, and I pray for you as well, to realize a couple of things; loneliness comes and goes, and that it can eventually have a positive impact that motivates us to do something productive for ourselves and for others. Serving others who need your help is one antidote to loneliness. That is a choice each one of us has, and will have, when these times of loneliness show up.

As I think about this, it should statistically be next to impossible to be lonely with almost 8 billion people on planet earth. Yet, as a subjective emotion, loneliness can be felt even when surrounded by a group of people. Many of us may find ourselves feeling lonely from time to time because we have built up walls instead of building bridges.

Three ideas for us to begin taking down walls in our life, and in relationships;

- Decide to forgive anyone who has wronged you; free yourself to restore relationships.
- Do something good (no matter how big or small) for somebody else today.
- Take time to practice your faith, and fellowship with others in your faith group.

I close this message with Hebrews 10:23-25a *“Let us hold unswervingly to the hope we profess, for He who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another”*.

*I reach out to each of you right now, and humbly ask you to continue to build bridges with each other, in your family, and within our community; and closely watch for those opportunities to spur each other on to steadfastly serve in our valuable mission together.*

*Blessings from Above, Chaplain Robert Kinnune*