

*Wired to Connect*

The image features several glowing blue light trails on a black background. One trail starts at the top left and curves downwards. Another trail forms a large, irregular loop in the center. A third trail is more complex, with multiple overlapping loops and sharp turns in the lower half of the frame. The trails have a soft, ethereal glow.

## Follow the leader activity



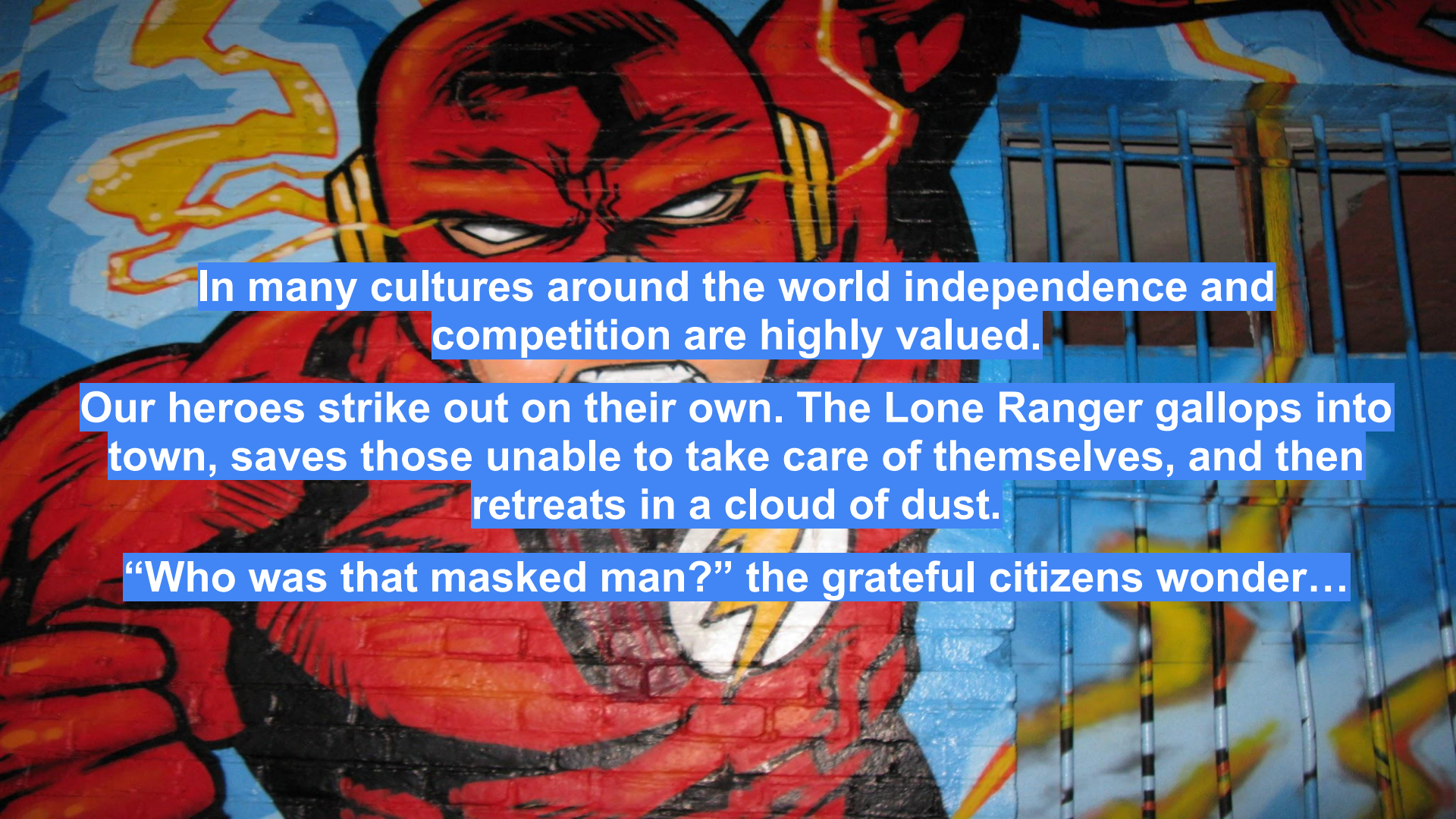
A CULTURE TELLING YOU THAT YOU NEED TO SEPARATE FROM OTHERS AND BE INDEPENDENT ABOVE ALL ELSE IS SELLING YOU AN ANCIENT SCRIPT.

**Have you ever been told or heard people saying:**

"BE STRONG! DON'T LET WHAT OTHER PEOPLE DO AND SAY AFFECT YOU"  
"YOU ARE ENOUGH. YOU DON'T NEED OTHER PEOPLE TO COMPLETE YOU"  
"STAND ON YOUR OWN FEET. DON'T BE SO DEPENDENT ON OTHERS"

**How do these words make you feel?**





In many cultures around the world independence and competition are highly valued.

Our heroes strike out on their own. The Lone Ranger gallops into town, saves those unable to take care of themselves, and then retreats in a cloud of dust.

“Who was that masked man?” the grateful citizens wonder...



**In reality, courage, confidence, and a sense of strength grow in connection, not in isolation and in the glorification of the individual who defies the odds by possessing extraordinary internal fortitude.**



**Isolation erodes strength. Isolation interrupts growth. Isolation disempowers us and immobilizes us. "Isolation is the glue that holds oppression in place." In contrast, connection confers power and enables action.**



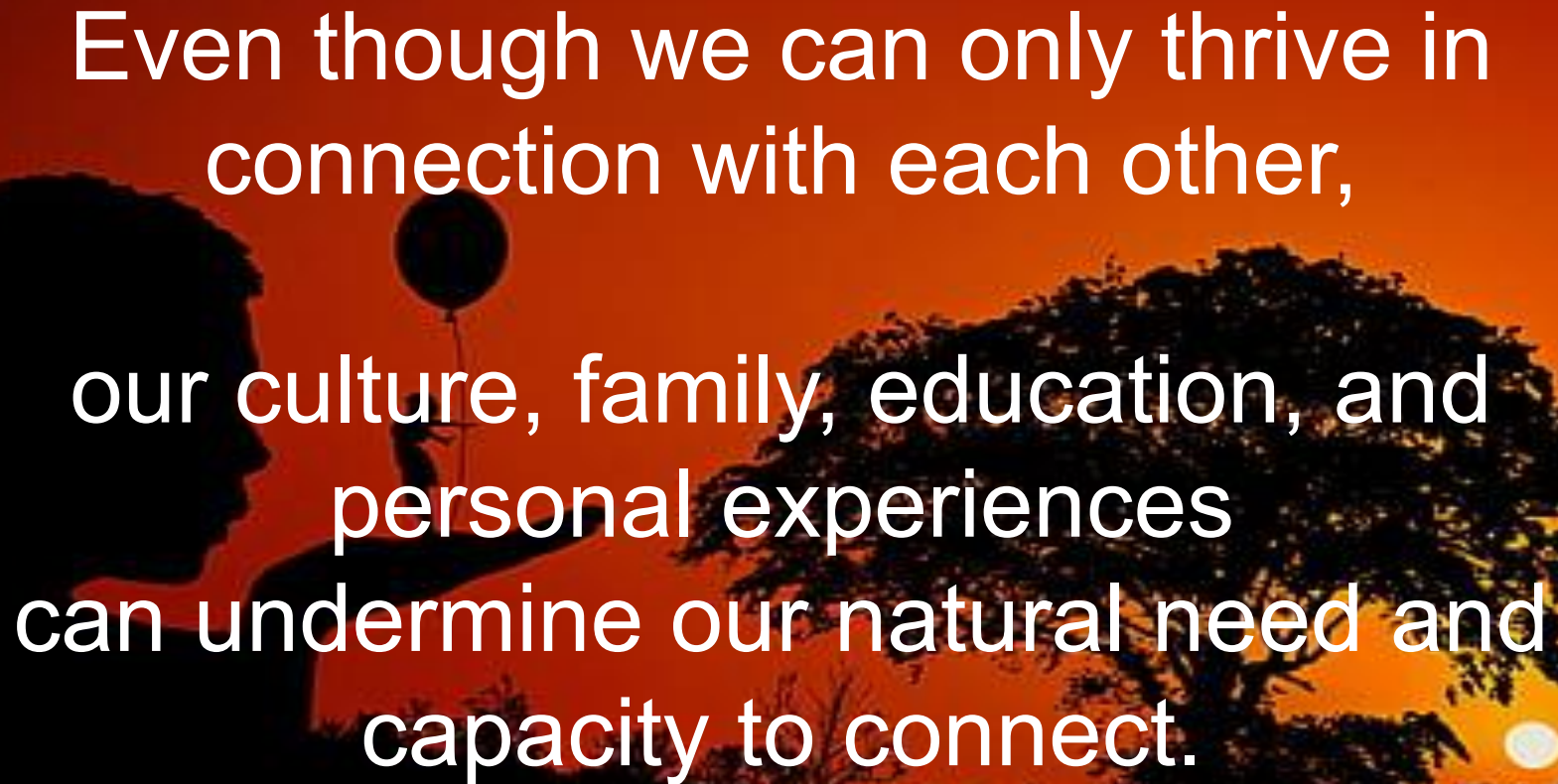


**What if we told you that over thousands of years humans have developed a deep need to connect?**

**That it is healthy to need others?**

**That we can only grow when we are deeply connected to others instead of when we are apart from them?**

**That the drive for closeness and connection is as powerful as our drive for food?**

The background of the image features a warm, orange-toned sunset. On the left, the dark silhouette of a person's head and shoulder is visible, holding a dark balloon. To the right, the silhouette of a large, leafy tree is set against the bright, glowing sun. The overall mood is contemplative and serene.

Even though we can only thrive in  
connection with each other,  
our culture, family, education, and  
personal experiences  
can undermine our natural need and  
capacity to connect.





**SUNDAY  
MORNING**







**What did you see in this video?**

**How might our culture, family, school and personal experiences undermine our capacity to connect with others?**

**How might they nurture our capacity to connect?**



**PhotoSophia**  
**Poetry of Resistance**