



## *From Loneliness to Communion*

# A Path to Belonging for Young People.

Understanding the What, Why, and How of Belonging: A Pastoral and  
Scientific Guide



Amoris Christi

## Contributing Authors:

*Each of the following contributors has played a role in the research and writing of multiple chapters:*

Edward Edezhath

Anthony May

Anoosh Michael

Fr. Thomas Pulickal

Jolly John

Denis Wilson

Sunil Nadarajan

Anthony Kunnumpurath

# Contents

1. [Alone in a Crowd - Understanding Today's Young People & Why We Need Belonging](#)
  - a. Who are today's young people?
  - b. The deep need to belong
  - c. The epidemic of loneliness and young people
  - d. Authentic belonging - a path to youth well-being
2. [The Reality of Belonging](#)
  - a. Belonging and belongingness
  - b. Isolation and loneliness
  - c. Solitude
  - d. Community and group
    - i. Membership & Belongingness
    - ii. Influence & Belongingness
    - iii. Fulfilment of needs & Belongingness
    - iv. Shared emotional connection & Belongingness
3. [Belongingness – An Evolutionary & Biological Perspective](#)
  - a. A long journey
  - b. The evolutionary basis of belongingness
  - c. Hard-wired for community & belonging
4. [Relationship & Belonging - What the Human Person is Made for.](#)
  - a. Relationship as the foundation of the Human Person
  - b. How the Trinity & Christ bring relationship to its fullness
  - c. Acts of the Apostles - A lived reality of belonging.
5. [Belonging - A socio-ecclesial perspective](#)
  - a. The Person
  - b. Family - The Role of Family in Belonging
  - c. Community - Why we need each other.
  - d. Belonging and the mystical body of Christ.
6. [Journey to Beloved Sonship - the first step to belonging](#)
  - a. Every personal journey starts with me
  - b. Heart speaks to heart
  - c. The miracle of hospitality
  - d. Overcoming shame
7. [Barriers to belonging](#)
  - a. Functional Attribution Error
  - b. Stereotyping
  - c. Belonging uncertainty

- d. Othering - us vs them

8. [A Path to Belonging](#)

- a. The story of Ethan
- b. Cultivating friendships to find belonging
- c. Creating spaces of belonging
- d. Belonging through service - How volunteering shapes connection
- e. A life of self-gift

9. [Survey Results, Data & Bibliography](#)