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**MEDIA CONTACTS:**

Adriana Rodriguez  
646-241-9805  
[arodriguez@desalesmedia.org](mailto:arodriguez@desalesmedia.org)

John Quaglione  
718-576-9180  
[jquaglione@desalesmedia.org](mailto:jquaglione@desalesmedia.org)

**New Podcast Tackles Modern Compartmentalization Crisis**

*Research-driven series explores attention, community, and authentic connection  
in a fragmented world*

In a world where people split their 'work self' from their 'personal self' and their 'spiritual life' from their 'real life,' a new podcast series asks: What if this compartmentalization is the root of modern disconnection?

'Religion to Reality,' an 11-episode series from DeSales Media hosted by Marketing Director Dave Plisky and Diocese of Brooklyn priest Father John Gribowich, features lay church leaders, psychologists, journalists, and community organizers exploring how people seek meaning and connection today. While rooted in Catholic research, the series tackles universal questions about attention, belonging, and integration that resonate across worldviews.

## Why This Matters Now?

**Attention as Currency:** Drawing on philosopher Simone Weil's insight that 'attention taken to its highest degree is the same thing as prayer,' the series explores how focused attention has become the scarcest resource in our notification-saturated world. Spiritual director Kathy Lorentz shares neuroscience-backed strategies for reclaiming it.

**The Community Paradox:** Episodes explore why we're more 'connected' yet more isolated than ever, from whiskey tasting groups creating low-barrier fellowship to the surprising fact that 43% of prayer app users aren't even Catholic—revealing broader spiritual hunger that transcends traditional boundaries.

**Crisis as Opportunity:** Franciscan Brooklyn pastor Friar Rick Riccioli shares how funerals have become powerful reconnection moments when cradle Catholics who drifted away return for their parents' services. “They're like, I'm not sure I believe in any of this anymore, but I got to do what's right by my mom and dad. Those are actually, bar none, the most powerful moments for evangelization.” It's a poignant reminder that life's hardest moments often spark the deepest searches for meaning.

**Practical Takeaways:** The series offers actionable strategies:

- Turn off non-essential notifications
- Practice the 'spotlight principle' (focus on one thing at a time)
- Join communities based on shared interests rather than perfect alignment
- Show up consistently to the same place, same time

While rooted in Catholic research and perspectives, 'Religion to Reality' tackles universal human questions about connection, attention, purpose, and integration that resonate across worldviews. The podcast invites listeners of all backgrounds to examine how they're living, and whether the compartments they've created are serving them or holding them back.

## **Key Insights**

'The difference between a church and a bar is razor thin. Whatever someone is seeking in a church—acceptance, community—that's what they're looking for in a bar too.' - Fr. John Gribowich

'Every group can't be all things to all people.' - Dr. Mark Heyman, psychologist

'If you can do funerals right, I've gotten more people back to church through funerals than any program we've done.' – Friar Rick

## **About**

'Religion to Reality' is a DeSales Media initiative building on 2021 research on discipleship and intentional living. All episodes available now at [religiontoReality.org](https://religiontoReality.org) and major podcast platforms. For media interviews, contact Dave Plisky at [dplisky@desalesmedia.org](mailto:dplisky@desalesmedia.org).