

Loneliness: Lessons from Past and Present Torah Leaders

I. Lesson #1 about loneliness: recognize you are not alone!

“... Rav Kook, when he arrived in Israel, wrote, “There is no one, young or old, with whom I can share my thoughts, who is able to comprehend my viewpoint, and this wearies me greatly.”

Even more candid was the late Rabbi Joseph Dov Soloveitchik. Near the beginning of his famous essay *The Lonely Man of Faith*, he writes, starkly: “I am lonely.” He continues, “I am lonely because at times I feel rejected and thrust away by everybody, not excluding my most intimate friends, and the words of the psalmist, ‘My father and my mother have forsaken me,’ ring quite often in my ears like the plaintive cooing of the turtledove.” This is extraordinary language.

At times of loneliness, I have found great solace in these passages. They told me I was not alone in feeling alone. Other people had been here before me.”

Covenant and Conversation Beha'alotecha

II. Lesson #2 about loneliness: It is not always rational, but those trying to help should take it seriously!

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II. Lesson #3 about loneliness: You may not realize it but is reaching out to you!!

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