## THOUGHT FOR THE WEEK

## Restless and disconnected



nowadays about anger. Despite every conceivable convenience item available at our fingertips, people are no more settled or at peace. If anything, anxiety and stress levels are reportedly sky-rocketing. Which is very curious; what is there to be so stressed about? People in today's society can live with more security and confidence than ever before in history yet still find it hard to sleep

One understanding could be the general lack of connectedness; individuals live as individuals – they say very few people have many true friends – and feel detached from one another, from their communities and possibly even from Klal Yisroel. This loneliness and disengagement is directly linked to a sense of unrest as evidenced in this week's Parsha with Yaakov's condemnation of Reuven, "Reuven, you are my firstborn, my might, and the firstfruits of my strength; the excellency of dignity, and the excellency of power. Restless like water, you cannot be foremost..." (Bereishis 49:3-4). It was a result of Reuven's restlessness that lost him not one but three leadership roles: the bechorah (firstborn), kehunah (priesthood) malchus (kingship). The

**HERE** is a lot of talk | Sochatzover Rebbe explains that each of these responsibilities contain one common feature: that of connectedness, as will be explained. The Maharal describes the bechor as the link between the parent and the rest of the children. Kehunah reflects attachment on multiple levels; indeed the Kohen is the one who receives the sacrifice from the Yisroel and offers it up to Hakodosh Boruch Hu. Moreover, we learn "Ki sifsei Kohen yishmeru daas, the lips of the Kohen protect wisdom" (Malachi 2), where "daas" is the Torah's description of connection and relationship. And Malchus is what unites the nation together into one kingdom, under one flag (see Rashi to I Shmuel chapter 9). But anger and recklessness disband unity. One possible way of seeing this is that an outward display of fury can merely be the expression of inner turmoil. Furthermore, it is possible that detachment and anger actually fuel each other, where not only does inner fragmentation produce recklessness, but recklessness further fragmentation. causes However, both can be remedied with a deeper sense of attachment, a connectedness to a greater reality, first to one's community and ultimately to the Ribono shel Olom Himself.

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It is no coincidence that the giants of Klal Yisroel who did later assume these three mantles of leadership were renowned for their peace of mind. Aharon "never became angry in his life" (Ramban to Bamidbar 20:1), Yosef is famously referred to as "Tzaddik yesod olom" who attached Heaven and Earth and Dovid Hamelech was the humblest and thus most pleasant personality of all (Shem MiShmuel 5673, Vayechi, s.v. Reuven).

It is therefore perhaps unfortunate that today a new phenomenon seems to have arisen where people, despite perhaps taking out membership in one particular shul, nonetheless "float" amongst various shuls from Shabbos to Shabbos and cannot really call any of them "home", nor their Rabbonim their "Rov". There was a time when a mispallel would frequent one shul – including during the week - and raise his family in that one environment under the guidance of its Rov who would in turn build a relationship with each family and walk with them during their journey through life. That connection would often be passed on to future generations. Has the "convenience" minyan concept of today created a state of restlessness amongst segments of our kehilloh?

Shabbos in particular possesses special unifying energy. It also brings peace - bo'os Shabbos, bo'os menuchoh (Rashi to Bereishis 1:2). Perhaps we ought to aspire to greater levels of attachment - one kehilloh, one Rov, one shul – at least on Shabbos!

The author is Director of Chazon UK, a cutting-edge Chinuch training programme

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