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August 2, 2018 | 21 Av 5778

Blog Edition



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We Don't Live By Bread Alone

Parashat Eikev (Deuteronomy 7:12-11:25)

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“In L.A., nobody touches you. We’re always behind this metal and glass. I think we miss that touch so much that we crash into each other just so we can feel something.” - Paul Haggis’ *Crash*.

With these opening lines, the movie *Crash* captures a truth about the human condition - we need each other. For practical, emotional, spiritual reasons and more, we are meant to be in relationship. The Bible expresses this idea in the opening verse of the Torah when God declares, after continually proclaiming the works of creation to be “good,” that for the singular created human being, it is “not good to be alone” (Genesis 2:18).

In fact, says modern science, we need to be with others for our health. According to Shankar Vedantam on his podcast [Hidden Brain](#), numerous studies have shown that people with “strong social relationships had about a 50 percent lower mortality risk than those with weaker ties.” He refers to a study by BYU researcher Julianne Holt-Lunstad that concludes, “those with weaker social relationships had a greater risk of death than people who were physically inactive or obese. Let me put that another way. Spending time building and nurturing your friendships might be just as important to your health as eating right and exercising.”

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