



From Helplessness to Action: Rethinking the Single Journey

לעילוי נשמת מאיר יצחק בן יוסף אליהו הכהן ז"ל

Being single when you didn't choose to be comes with inevitable challenges. It's not only about being without a partner; it's about the constant waiting, the sense that your life depends on opportunities that may or may not come your way.

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In the world of dating, it's easy to feel powerless. So much depends on others who may or may not think of you. Sometimes the suggestions that do arrive are so far from what you're truly looking for that they leave you drained, as if all the wind has been knocked out of your sails. Other times, no suggestions come at all. The lack of movement is exhausting and as time passes, the feeling of despair grows stronger and stronger.

But there's another way. I don't share this as a magic solution, only as something that has personally helped me when I felt stuck. Instead of waiting passively, I chose to step into the world of action. I discovered that there are countless opportunities to volunteer and get involved in matchmaking and community building.

It's not a field reserved only for married couples or professional matchmakers but quite the opposite; there is great value in singles helping one another. By joining organizations like Shagririm Balev ("Ambassadors at Heart"), I entered a community of people who actively work to connect others. As an ambassador, you don't just sit on the sidelines; you join events, meet other volunteers, and feel part of a movement that is both purposeful and life-giving.

And here's the beautiful thing, while you're helping others, you may just find your own second half. In this space, opportunities to

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connect are natural. If someone

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interests you, you have a built-in way to create an introduction. The sense of helplessness begins to lift when you realize you are not just waiting for your own personal geulah you are also actively helping to bring someone else closer to theirs.

I believe many singles feel helpless in this journey. But maybe it's time to shift that mindset. Instead of fearing what people might say or waiting endlessly for something to happen, why not take the initiative? If you're longing for your own breakthrough, try creating one for a friend. In helping others move closer to their joy, you may find that your own path opens too.





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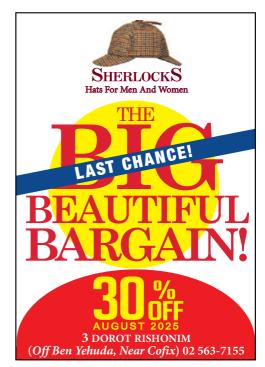




Founded in Israel in 2019 and led by Rav Rimon, Shagririm Balev - a social online matchmaking initiative - has taken the dating scene by storm. With over 10.000 candidates and 3.000 Ambassadors. in Israel and the US, Shagririm Balev is averaging a Wedding every 2 days!

SHABBAT AFTERNOON **PARSHAT HASHAVUA SHIUR**

Given this week by Rabbi Chanoch Yeres Beit Knesset Ohel Yitzchak, Rechov Washington 12 at 5:30pm



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