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Archbishop Makarios of Australia on the pandemical phenomenon of loneliness

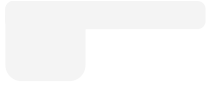


In the latest video message of spiritual benefit that His Eminence addresses through the Instagram social media platform, His Eminence Archbishop Makarios of Australia focuses on the phenomenon of loneliness, and the extent to which in modern times it is characterised as pandemical.

“I have said many times, that loneliness is a pandemical phenomenon of our current time. It is a tragic phenomenon that afflicts the human person and unfortunately the way in which we live today does not help to overcome this problem. Neither does the mobile phone help us, where we are given to many hours and cut-off from the rest of the world by focusing on our smartphone screens”, quotes His Eminence.

“There is social loneliness, psychological loneliness, emotional loneliness” His Eminence points out, “but the worst kind of loneliness is ontological loneliness. In other words, it is a situation that does not allow you to understand where you have come from and where you are going. And in this state the human person becomes lost, it is as if they are living a slow death. This loneliness can only be overcome if

we put the best companionship in our lives. Do you know who is our greatest companion? It is Christ!”.



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