

# Loneliness

*Insights for Healing  
in a Fragmented World*

Gerald A. Arbuckle, SM

ORBIS  BOOKS  
Maryknoll, New York 10545

Founded in 1970, Orbis Books endeavors to publish works that enlighten the mind, nourish the spirit, and challenge the conscience. The publishing arm of the Maryknoll Fathers and Brothers, Orbis seeks to explore the global dimensions of the Christian faith and mission, to invite dialogue with diverse cultures and religious traditions, and to serve the cause of reconciliation and peace. The books published reflect the views of their authors and do not represent the official position of the Maryknoll Society. To learn more about Maryknoll and Orbis Books, please visit our website at [www.maryknollsociety.org](http://www.maryknollsociety.org).

---

Copyright © 2018 Gerald A. Arbuckle.

Published by Orbis Books, Maryknoll, New York 10545-0302.

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage or retrieval system, without prior permission in writing from the publisher.

Scripture quotations are from the New Revised Standard Version of the Bible, copyright © 1989 by the National Council of the Churches of Christ in the USA. All rights reserved.

Queries regarding rights and permissions should be addressed to: Orbis Books, P.O. Box 302, Maryknoll, NY 10545-0302.

Manufactured in the United States of America

Manuscript editing and typesetting by Joan Weber Laflamme.

---

### **Library of Congress Cataloging-in-Publication Data**

Names: Arbuckle, Gerald A., author.

Title: Loneliness : insights for healing in a fragmented world / by Gerald A. Arbuckle, SM.

Description: Maryknoll : Orbis Books, 2018. | Includes bibliographical references and index.

Identifiers: LCCN 2018008365 (print) | LCCN 2018021763 (ebook) | ISBN 9781608337552 (e-book) | ISBN 9781626982895 (pbk.)

Subjects: LCSH: Loneliness—Religious aspects—Christianity.

Classification: LCC BV4911 (ebook) | LCC BV4911 .A73 2018 (print)  
DDC 248.8/6—dc23

LC record available at <https://lccn.loc.gov/2018008365>

# Contents

<i>Acknowledgments</i>	ix
<i>Introduction</i>	xi
1. Pondering the Meaning and Power of Loneliness	1
2. Triggers of Exclusion and Mentors	27
3. Cultures of Inveterate Individualism	55
4. Poverty as a Trigger of Loneliness	89
5. “You Are Not Us!”: The Loneliness of Strangers	117
6. Tribalism, Polarization, and Loneliness: Healing in Society and Church	149
7. Authors in the Church: Triggers of Loneliness	185
Conclusion: Pastoral Responses	209
<i>Index</i>	231