

Enfolded

יְרוּשָׁלַיִם הָרִים סָבִיב לָהּ
וַיְהִי וְהָ סָבִיב לְעַמּוֹ
מֵעַתָּה וְעַד-עוֹלָם

*Yerushalayim harim saviv lah,
VaHaVa YaH saviv l'amo,
may'atah v'ad-olam*

The hills of Jerusalem enfold her, just as God enfolds us,
now and forever. (Psalms 125:2)

When we feel safe, surrounded by a sense of God's protective loving presence, we can relax, put down our defenses, and thrive. That protective loving presence can feel as sturdy and majestic as mountains that shield us from the dangers of the world. We open to that blessing and trust in its endurance.