

Together as One

הִנֵּה מֵה־טוֹב וּמֵה־נֵעִים
שֶׁבֶת אַחִים גַּם־יַחַד

Hinay mah-tov umah-nayim shevet achim (achyot) gam-yachad

How great it is to be together, to be together as One!

How good and how pleasant it is
that brothers and sisters dwell together. (Psalm 133:1)

When we affirm the value of our inter-connectivity and enter into appreciation for each other, then we are committing to showing up for each other as well. With this practice we are affirming the truth that we are really “in this together.” We depend on each other and are called into a deeper intimacy.