

Our esteemed chair, Alan Bachman poses the following question for self-reflection to overcome polarization:

Who do I associate with in my life?

Who do I break bread with this week?

Who is the "other" in my life - the one that I just do not seem to know socially?

Every small step matters. Breaking bread together, having a conversation or any positive and meaningful interaction with a person not normally in my circle creates a new bridge in this world. The best gift we can give to this world is to be an example. I encourage anyone who is reading this to reach out to someone with differing political, social, religious or other identifiers, someone outside your comfort zone. If you listen deeply to their words, share a meal or a cup of tea or coffee, engage in a project together or develop any other form of friendly association, then that person and you may become a great bridge for this world. At NAIN we are doing our best to "*Connect*" many different peoples, religions and ways of life. We are trying to build a better world for everyone and for all creation. If everyone does this in their own way every day, then bridges will be built. In ways both small and large we will chip away at the polarization of our times.