

# here for each other

**Staying connected makes  
the world go 'round.**

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How many times have we passed each other in our daily lives, murmured a quick, “Hi, how are you?” and then continued on, choosing not to pause to hear the response? You and I so often have places to be and screens to see. So busy getting from one moment to the next that sometimes we can miss the one we’re in.

But something joyous happens when we stop. When we look outward instead of inward, turn our focus toward our fellow humans to ask how they’re doing and actually mean it. Asking and caring about the answer gives other people a voice, an opportunity, a stage. Invites them to share, reveal, lighten their burden just a little by having another person help hold up their truth.

**And we who dare to ask also  
get so much in return.**

The very definition of connection is the energy exchanged between people paying attention to each other. Energy given, energy gotten. No wonder deeply connecting makes us feel so good. It is one of our most fundamental human needs, yet this desire to bond, to relate, got buried and neglected as our world started spinning faster and our attention was stretched too thin.

Then the whole world finally did stop, but we were told we couldn’t be there for each other—at least not in the physical sense. And oh, how we kicked, screamed, and cried. They said to keep walking, stay away, and maintain our distance, but we craved the thing we could no longer have, so we showed up for each other in entirely new ways.

We asked more of our apps and technology, gathering on video screens and group text chains to check in and catch up. And we also returned to the old-fashioned communication that perhaps we had been too quick to leave behind—dropping off thank-yous on porches, chalking greetings in asphalt, singing and clapping praise out of windows.

We learned that you don’t have to shake a hand to show how glad you are to see someone. You don’t have to be near to touch someone’s soul. Sometimes it’s just a smile that gets us by. Seeing that joy in another person’s eye or hearing it in their voice. One kind word might save a life.

And we remembered the power of asking, “How are you?” Because the answer mattered. And it matters now: How you are. How I am. How we all are. What else are we doing here on this planet if not to find that out?

We are all going through something, even when it’s not the same thing. We all have news, fears, passion, gratitude—sharing is what makes our moments and life markers bearable and real. If the answer to “How are you?” is that you are doing OK despite your circumstances, then there is hope that I can also make it through whatever is on my plate. What each of us faces becomes more manageable when we face it together—when we are connected.