

# Unity



**James D. Henry**

**D**uring my time on active duty in the United States Marine Corps, I would go into the base exchange and often see a T-shirt, sweatshirt or jacket with an image depicting a serviceman carrying another who had fallen or was struggling. The caption on the item(s) would read: “He’s not heavy. He’s my brother.” This poignant scene moved me deeply, showing the true essence of brotherhood and unity.

To this day, this powerful symbol inspires and reminds me of the importance of standing by one another. If our friends stumble, we should be there to lift them up. If

they’re in need, we should be there to lend a hand. Doing so could strengthen bonds. Imagine a union where “He’s/she’s not heavy. He’s/she’s my brother/sister” becomes our guiding principle, reinforcing unity within the NALC.

This enduring motto encapsulated in “He’s not heavy. He’s my brother” stands as a testament to the unwavering bond between not only military personnel, but union brothers and sisters as well. Even in the most testing of times, it’s a powerful message. At its heart lies the strength of our connection. A legacy that continues to resonate when we’re facing uncertain times.

Our devotion to one another and sense of duty to stand together always far outweighs any burden we face individually. Knowing that we have each other’s

backs during contract negotiations or while performing our daily tasks represents a symbol of unity and commitment. The sentiment fosters a spirit of cooperation and mutual aid. We should never abandon the ideals that made this union strong and formidable, i.e., “An injury to one is an injury to all.” In doing so, it reinforces the communal spirit that is deeply ingrained in our culture.

---

**“We should always stand at the ready to support our union brothers and sisters in times of need, whether it’s lending a patient ear, helping with a task, providing understanding for their situation, or sharing an experience.”**

---

**When I first saw that motto, I was moved and never forgot what it meant and how it should be applied.** The image of the serviceman carrying his brother united not only the military, but people in general under a common narrative—one of strength through shared responsibility. This enduring philosophy of brotherhood and sisterhood teaches us to lend a hand when needed and to respond with determination to have each other’s backs like vertebrae.

We should always stand at the ready to support our union brothers and sisters in times of need, whether it’s lending a patient ear, helping with a task, providing understanding for their situation, or sharing an experience. The essence lies in our readiness to assist without counting the cost.

Imagine a friend struggling with a host of difficulties and feeling isolated. In these moments, little acts of kindness reflect the profound truth, “He’s not heavy. He’s my brother.” It demonstrates that being burdensome is only a matter of perspective and empathy. Standing by our brothers and sisters at their worst, as the motto suggests with a simple tenet, assures them that they will not walk alone even when they stumble—they’re family. When we apply the aforementioned principle, we find that not only do we carry others, but they also carry us. Unity is our superpower.

