

$$\alpha = \begin{array}{ccccc}
 a' & \longrightarrow & b' & \longleftarrow & c' \\
 \downarrow & & \downarrow & & \downarrow \\
 a & \longrightarrow & b & \longleftarrow & c \\
 \uparrow & & \uparrow & & \uparrow \\
 \ell & \longrightarrow & m & \longleftarrow & n
 \end{array}$$