

MIND BODY SPIRIT @ THE WELL

Tu Bishvat 5781



Beth El SYNAGOGUE

Singing with the Trees: Fall

When I Rise

Music: Wendy Tuck

Lyrics: Based on poem by Wendell Berry

And when I rise, let me rise
Like a bird, Joyfully

And when I fall, let me fall
Like a leaf, gracefully
Without regret

And when I stand, let me stand
Like a tree, strong and tall

And when I lie, let me lie
Like a lake, peacefully
Calm and still

And when I work, let me work
like a bee, Wholeheartedly

And when I play, let me play
Like a breeze, refreshingly
Light and free.

Circle Game

Joni Mitchell

Yesterday a child came out to wonder
Caught a dragonfly inside a jar
Fearful when the sky was full of thunder
And tearful at the falling of a star

Chorus:

*And the seasons they go round and round
And the painted ponies go up and down
We're captive on the carousel of time
We can't return we can only look behind
From where we came
And go round and round and round
In the circle game*

Then the child moved ten times round the seasons
Skated over ten clear frozen streams
Words like, when you're older, must appease him
And promises of someday make his dreams.
Chorus

Sixteen springs and sixteen summers gone now
Cartwheels turn to car wheels thru the town
And they tell him,
Take your time, it won't be long now
Till you drag your feet to slow the circles down
Chorus

So the years spin by and now the boy is twenty
Though his dreams have lost some grandeur
Coming true
There'll be new dreams, maybe better dreams
and plenty
Before the last revolving year is through.
Chorus

Connection to Our Tree of Life

It is a Tree of Life; music: Cantor Richard Silverman

Shalom, Shalom (clap clap clap clap) x4
It is a tree of life to them that hold fast to it
and all of its supporters are...happy.....
Shalom, Shalom etc.

עץ חיים היא למחזיקים בה, ותמכיה מאשר.

Eitz Chayim hi lamachazikim ba, v'tom'kheha m'ushar.