

Advice from a Tree

The following poem, written by Ilan Shamir, was read by Cedine Issman, co-president of Sisterhood, on Saturday morning of Sisterhood Shabbat. If you missed it or if you want to see it again, read on. As you take in the advice from a tree, think about its humanity and wisdom.

Dear Friend,

Stand tall and proud
Sink your roots deeply into the earth
Reflect the light of a greater source
Think long term
Go out on a limb
Remember your place among all living beings
Embrace with joy the changing seasons
For each yields its own abundance
The energy and birth of spring
The growth and contentment of summer
The wisdom to let go of leaves in the fall
The rest and quiet renewal of winter

Feel the wind and the sun
And delight in their presence
Look up at the moon that shines down upon you
And the mystery of the stars at night
Seek nourishment from the good things in life
Simple pleasures
Earth, fresh air, light

Be content with your natural bounty
Drink plenty of water
Let your limbs sway and dance in the breezes
Be flexible
Remember your roots

Enjoy the view!