



I throw myself to the left
I turn myself to the right.
I am the fish
Who glides in the water, who glides,
Who twists himself, who leaps.
Everything lives, everything dances,
everything sings.

—*African pygmy*

For dragonflies, butterflies,
Caterpillars on leaves,
Lizards, wild turkeys, and tigers and deer,
We give thanks!

For sunset and seashells
And starfish and sand,
Octopus, jellyfish, and hammerhead shark,
We give thanks!

For horses and kitties,
Small bunnies and dogs,
For babies and family
And knowing we're loved,
We give thanks!

—*Gail Forsyth-Vail and the children of the
North Parish of North Andover, Massachusetts*