

*Her name in my heart protects me, hugs me, and gives me strength to carry on.
It can brighten me up inside when it is dark, and can fill me completely.*

A Special Candle

Sammy is fascinated by candles. He loves to watch them twinkle and see how they brighten up a place. For him, a moment becomes more special with a lit candle. He feels that a candle can make a moment more important, adding solemnity to an occasion, and depth to a moment of meditation.

Sammy wanted to have a special candle to remember his mum. With the help of his family, he found a glass container (that was not too tall or too thin) with a wide opening, and decorated it with permanent markers. He did it with the help of an adult because glass can be dangerous if it breaks, and markers can stain!

Guess what he drew? Yes, the mark in his heart! He coloured a red heart with a big M inside. On the other side, he did more drawings, and invited his family to join in as well. Afterwards, he put a tealight candle inside.



An adult always helps Sammy to light it and put it out because candles can be dangerous. Sammy lights the candle with his family on anniversaries or special dates when he wants to remember his mother. Also, on days when he feels that he needs it, or when he wants to spend some time reflecting, praying or thinking about her. He always makes sure it is extinguished when he is finished.

Sometimes, his family takes the candle to special places and they light it together. His candle is special because he decorated it himself. Also, he loves seeing how the light passes through the heart and illuminates those special moments.

