

Reflecting on a Candle

Contributed by Sr. Susanne Skorich

A Candle can be a symbol of warmth and light
It can also symbolize our own being.

The wax of a candle can have various features.
Sometimes smooth, sometimes bumpy.
It is easy to see its surface appearance.
It is hard to know what is beneath the surface of the wax.

Similar to our own physical form,
The candle has a detailed exterior, and a curious interior.
Within the wax rests millions of concealed personal experiences.

The wick of the candle is the core of life.
It is the soul of our very being, which God created.
In each of us is present, and essence, full of energy,
That we draw upon throughout our lives.

It is the wick (our soul) that motivates our lives, our thoughts, our dreams.
The wick determines the unique path that we follow.

So, too, is the wick supported by the wax-our life experiences.
See the flame. The visible image of ourselves for others to see.
See its color, shape, intensity. The flame is crucial.
In a warm bright room, its presence is subtle, pleasant, re-assuring.
In darkness, reaching out into the uncertainty surrounding it.
Others become aware of its presence, and are drawn to its light.
Because the flame radiates security.

When it's cold, the warmth of the flame is especially attractive and soothing.
There are times in our lives when our candle's flame is blown out.
The wax around the flame cools down.
However, the wick still remains, supported by the now rigid wax.
But the flame has vanished, and a sudden puff of smoke
Erupts from which where the flame once was.
These are the crucial times in our life,

The stumbling blocks, the turning points.
We move through these crucial times,
to relight our flame with a spark of energy from a friend.
Once re-lit, our flame flows brightly for others once again.

God is the air around the candle.
He encompasses each of us throughout our lives.
Like the air surrounding the candle – His presence is often unnoticed.
Although without the air the flame would not burn.
The smoke from the candle burns up and is gone.
This can be very sad and disturbing for those who looked to the candle
For warmth and the light is brought into their lives.
Yet this should not be a time of sorrow.

The candle has become the air.
The wick is no longer bound by the wax.

It has been freed to become one with the air.
Memories of the candle will remain in the hearts of all who know them
Until their wicks, too, are freed to be one with God in the Kingdom.

-

A resource of Holy Family Hospice

Reflecting on this poem

What inspires you...

What challenges you...

What gives you hope....

PRAYER FOR HEALING AND HOPE

Merciful Jesus, you are my guide, the joy of my heart, and the author of my hope, and the object of my love. I come seeking refreshment and peace.

Show me your mercy, relieve my fears and anxieties, and grant me a quiet mind and an expectant heart, that by the assurance of your presence I may learn to abide in you, who is my Lord and my God. Amen

