

# THE CATHOLIC Globe ...in the classroom

CATHOLIC CATECHESIS  
on a 'Global' level

## ON THE RECORD 'Keeper of the Flame'



By CHARLIE MARTIN

Miranda Lambert's latest release is the double disc "The Weight of These Wings." Lambert is a well-established country star, but she also gets airplay on pop stations. This latest work is her effort to reflect on the losses and triumphs in her personal life.

The single "Keeper of the Flame" off this disc aptly describes how Lambert needed to find her emotional and spiritual resilience to move ahead with her life. The song's character speaks about how "I've been burned down to ashes."

Yet, she finds herself "waiting for the wind to carry me and start a fire again." She sees herself as "the keeper of the flame," a protector of the power and energy of life that each of us carries within our souls.

Both her insight and her emotional stamina are commendable. As we all know, life can bring times of hurt, disappointment, even despair. Discovering ways to keep the "flame" alive, even if it just seems only to be flickering, is the spiritual power of resilience.

So how do we access this power when we need it? What generates the inner quality of resilience that can keep us going when the future looks far different from what we wanted?

Tapping into this spiritual power is a process. The first step is to accept your feelings, not run away from them. Hurt, anger, disappointment and grief are normal responses to loss. In fact, they are the first part of healing, for no healing occurs without feeling.

This first step is difficult. Facing one's emotional and spiritual pain means telling the truth and allowing such feelings to move through you.

This step requires both understanding and support from others. We need to understand that emotions, no matter what we are feeling, is energy in motion. Thus, no emotional experience will last, for all feeling is a wave of energy that, like any type of wave, eventually passes.

The passing of the wave is helped along by compassionate support of others. Facing emotional pain alone tends to prolong it. When we share the feelings in our heart with those we trust, we create a space for more feelings, for example, a sense of being cared about and connection with others.

What also helps to activate resilience is an ongoing connection with God. Make God an ally for healing as you face difficult feelings, and, eventually, for letting new hopes and dreams emerge. Even when the road to healing and renewal seems long and uncertain, we can invite God to be our constant companion. Find times of quiet to tell God whatever you are feeling, for his presence and love is always stronger than any feeling. Ask God to help you to recognize those choices and attitudes that can most empower your resilience.

The truth is that each of us is a "keeper of the flame." We will be challenged to see just how enduring this flame can be. Yet, resilience is real in each of us as God planted it in your soul. Even when the flame of hope seems dim, look for this light within you. God will always lead you to it.

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### "Keeper of the Flame"

I'm walking in their footsteps  
I'm singing their old songs  
Somebody blazed this trail  
I'm treadin' on  
I'm bent but I'm not broken  
I'm stronger than I feel  
I'm made of flesh and bone  
Not made of steel

#### Refrain:

I'm the keeper of the flame  
The teller of the story  
Keeper of the flame  
For the ones that came before me  
For the little pilot lights waiting to ignite  
Like fireflies in the rain  
Keeper of the flame  
I've been burned down to ashes  
Waiting for the wind  
To carry me and start a fire again  
Sometimes I'm just a flicker  
A candle in your eye  
But I swear to God  
I'll never let it die

(Repeat refrain.)

When I'm drowning  
When I'm fighting  
When I'm screaming  
When I'm hiding  
When I'm losing  
When I'm winning  
I go back to  
The beginning  
Keeper of the flame  
The teller of the story  
Keeper of the flame  
I'm not doing it for the glory  
But for those little pilot lights waiting to ignite  
Like fireflies in the rain  
Keeper of the flame

Sung by Miranda Lambert  
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## CHILDREN'S STORY

### Jesus teaches how to pray, fast, give alms

By JENNIFER FICCAGLIA  
Catholic News Service

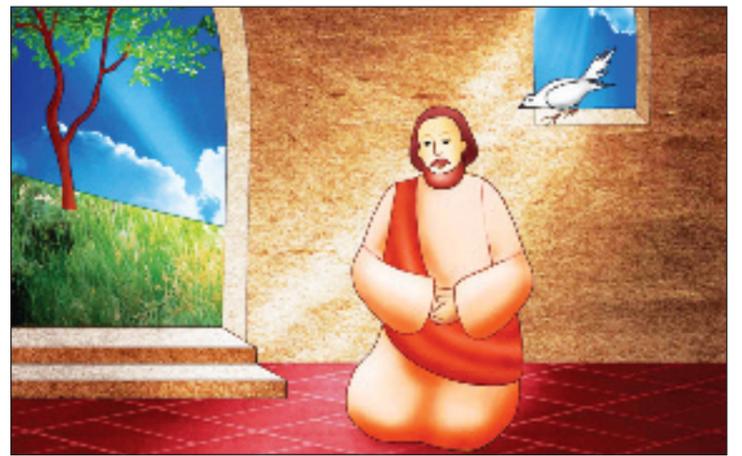
Jesus walked away from the great crowd that had gathered around him and climbed up a mountain. Once he was on the mountain, he sat down and began to teach the apostles and the people.

Jesus started to say things that surprised his listeners. Not only did he teach as someone with authority would, but he also said that they needed to think and act in new and different ways.

For example, the people loved their neighbors but hated their enemies. Instead, Jesus told them to also love their enemies and pray for them.

The people also lived by the Old Testament rule of "an eye for an eye and a tooth for a tooth." Instead of seeking retaliation, Jesus said that when someone has wronged another, turn the other cheek and forgive.

Jesus also talked about how important it was to be righteous, but to "take care not to perform right-



eous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father."

He talked about praying, fasting and almsgiving, warning the people not to make big, public displays of such things.

"When you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you," he said.

Jesus said not to pray in public to be purposefully seen and also not to babble like the pagans who thought they'd be heard for their many words.

"Do not be like them. Your Father knows what you need before you ask him," Jesus said.

When he talked about praying,

Jesus also taught the people a good way to pray, which has become known as the Lord's Prayer.

And while fasting, Jesus said to not look gloomy or unkempt. Instead, he said, "anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you."

Jesus said not to act like the hypocrites, who prayed, fasted and gave alms in public to try to look like they were righteous and religious when they were not.

#### READ MORE ABOUT IT:

Matthew 6

#### Q&A

1. Where did Jesus give his sermon?
2. Who did he warn not to be like?

## PUZZLE

Put an "X" next to the types of people to whom Jesus referred in the beatitudes. See Matthew 5:3-12 for hints.

- frail
- peacemakers
- rabble-rousers
- merciful
- persecuted
- blind
- meek

Answer: See page 15

## FEATURED SAINT

### St. Casimir

St. Casimir was born in 1458, and was a son of the King of Poland. He was very devout from a young age and prayed and meditated often. He also was known to give his possessions to the poor. He reluctantly agreed when his father asked him to take an army to war. He made his father angry by calling off the battle and vowing never again to take part in war.

He eventually returned but had no desire to rule as a prince. Instead, he focused his energy on prayer and the church. Some wanted Casimir to get married, but the saint said that he wanted to live a life of celibacy.

He died in 1484 at age 25, and miracles were reported to take place at his tomb. We honor him March 4.

## BIBLE ACCENT

### Finding perfect standard of Christian life

One of the most famous of Jesus' sermons is the Sermon on the Mount in Matthew 5-7.

Jesus covered many different topics in his sermon. As St. Augustine noted: "If anyone piously and earnestly ponders the discourse which our Lord Jesus Christ delivered on the mount ... I believe that he will find therein, with regard to good morals, the perfect standard of the Christian life."

The first part of the sermon features the beatitudes. Jesus begins each beatitude with the words "blessed are" followed by a description of the people who are blessed. He said that people who have hardships on

earth would find what they seek in heaven.

Jesus also compared people to lamps, saying that our "light must shine before others" so they can see our good deeds that give glory to God.

Jesus also offered some warnings. In Matthew 6, he said not to store up treasures or material things for ourselves on earth, but to focus our attention on heavenly, spiritual treasures, like acts of kindness and prayer.

He said not to worry about anything. Just as God takes care of the birds in the sky, so too, will our heavenly Father take care of us.

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