

Sophia LaPlant

Saint Paul's School, Visalia, CA

"It's better to light a candle than to curse the darkness."

-Motto of the Christopher Society, which promotes positive media messages and stories V1. I2. 13

Shine Your Light

Do you sometimes feel like there are problems outside of your control? Like you can't do anything to stop them or you're just too small to make a difference? Instead of condemning these problems, help with what you do. Actions speak louder than words.

The Christopher Society's motto explains that there should be more help in the world. Once you start to light a candle, you make change. You can be the start of a greater world even if you don't think you can. Judging others and putting others down is not as effective as lifting each other up. Changing the world may seem impossible, but even the largest snowstorm starts with the smallest snowflake.

Helping doesn't have to be a grand gesture or donating a large sum of money. It can be comforting your friends during a time of loss, or just when they are feeling down. By spreading hope and happiness, you are already making the Earth a brighter place. People who stand up for what they believe in, or simply make a small difference, are all around us and we can be one too. A candle, no matter how small, has the power to light up the darkest room.

I can make a difference if I try to. When I went to Headlands for a school trip, the principal there would talk about how much food we ate, how much waste there was, and how much liquid waste there was after eating every day. I noticed that I had a lot of liquid waste after eating cereal and not drinking the milk. The talks about how much food we wasted every day

inspired me, so I decided the next day I would not have cereal. Other people did this too, so our liquid waste went down noticeably. After Headlands, I still try to eat all of my food, as to not leave any.

Spreading light doesn't just happen overnight. It all takes hard work to make a big difference on your own. However, if you reinforce a more positive attitude, it will let you go to farther places in life rather than grumbling in a dark corner. Instead of spreading darkness, spread love, peace, and hope. If we live our lives showing the light, it will inspire others to do this too.

Many organizations fight world hunger or global warming because they want to turn concern into action. Policemen, healthcare workers, and firemen all work to protect us at their own personal risk. Without these people the world would be a lot more perilous. A great example of people lighting candles of hope is Mother Teresa. Mother Teresa dedicated her life to working among the poor. She helped the poor when no one else would and started the Missionaries of Charity, a society dedicated to love and care for the people no one wanted to care for. All of these people started out just like you and me, unsure how they can help.

Your actions and words are more helpful than condemning the darkness. If you light a candle of hope with friends, family, and your career, you can use your candle's wick to light others. Now ask yourself, how can you make a difference?