Peacemaker No. 2:
Mattie’s Heartsong – Videos & Poem

My life mission is to spread peace to the world.
- Mattie Stepanek

Have you ever said that there was something that you could not do? Did you try it first before you said that?

There are times when you meet people who may have personal challenges, who could easily say that there is something they cannot do, because it is difficult. However, when someone who has some limitations or problems tries and pushes beyond a disability to share something with the world in the name of peace, it encourages us to think about what we CAN or CANNOT do.

Have you ever heard of Mattie Stepanek? That’s Mattie’s photograph to the right. Take a look at these two video clips to learn a bit about who he was.

Video 1: Mattie w/ Larry King

Click this link to watch the video: (1 min 32 sec)
http://www.youtube.com/watch?v=NK7vAkMLp48&feature=related

Video 2: Oprah with Mattie & talking about his life

Click this link to watch the video:
http://www.youtube.com/watch?v=3masTPPXfIU

Mattie Stepanek was a gifted young man born with a rare form of Muscular Dystrophy (or MD) that took his life at the age of 14 in 2004. He was a son, best-selling published author, committed peacemaker and featured on Oprah Winfrey’s television show several times between 2001 and 2004. Mattie wrote his first poem at the age of three. He knew that his life would probably be short because of his MD so he dedicated his life to talking to others and writing about peace in the world.
Here is one of Mattie’s published poems that brought him to the public’s attention:

Heartsong¹

I have a song, deep in my heart,
and only I can hear it.

If I close my eyes and sit very still
it is so easy to listen to my song

When my eyes are open
and I am so busy and moving and
busy, if I take time and listen very hard, I can still hear my heartsong.
It makes me feel happy.

Happier than ever.
Happier than everywhere,
and everything and everyone in the world.

Happy like thinking about
Going to Heaven when I die.

My heartsong goes like this-
I love you! I love you!

How happy can you be!

How happy can you make this whole world be!

And sometimes it’s other
Tunes and words, too.
But it always sings the same special song.

But do you know what?
All people have a special song inside their hearts!

Everyone in the whole world has a special heartsong.
If you believe in magical, musical hearts.

And if you believe you can be happy
Then you, too, will hear your song.

¹ Posted on http://penelopesdisabledblog.blogspot.com/2009/01/heartsong.html by PENELOPE
REFLECTION QUESTIONS:

1. What can we learn from Mattie’s poem?

2. What did you think about Mattie’s life mission as a peace activist?

3. What are some activities that you could do in the name of peace?

4. What is your mission in life? If you don’t know, take a few moments to think about it and write it down. Your mission will often change throughout your life.