

The Night Katie Learned to Fly

Discovering One Person Makes a Difference

When Katie woke up in the middle of the night,
she was also in the middle of a dream.

Katie was dreaming a vivid dream.

In her dream, Katie could see herself as she flew in the night sky.

She flew on a Great Blue Heron.
She flew up over the housetops,
up over the telephone poles,
above the clouds and into the stars.

Katie flew from one star to the next until
she came to one that looked just like her.

This star was so bright and beautiful. She knew
the star was meant for her.

The heron stopped flying for a moment
and Katie stared at the star.
It was like looking in the mirror!
Katie saw her own reflection,
her own face, in the star.

After a few minutes, the bird began flapping
its wings again.
Katie somersaulted off,
stretched out her arms,
and started flying!

The heron flew next to Katie until
she could fly on her own.

Katie looked below as she flew,
and her neighborhood as she knew it,
had disappeared.

She looked down at her world,
and there were no lines
dividing one street from the other,
or one neighborhood from the other,
or one city from another,
or one nation from another.

She saw the whole world without border lines.
She saw the whole world as ONE.

Katie flew back to the star that looked like her
and asked,
“What do you want me to know?”

The star replied,
“The light that is shining in me is also in you.
You are a bright star,
go shine your light in the world.
Your light and life make a difference.”

Katie listened well
so that she could remember what her star said.
She thanked the star and then flew away.

She flew from star to star

down through the clouds

until she could see the tippy tops
of the telephone poles,

and the rooftops of houses

in her neighborhood.
She flew back to bed, into her warm,
cozy covers and fell back asleep.

The next morning when she woke up,
she rubbed her eyes, sat up in bed,
and said, “Mom, I can fly!”

“I can fly so high that I can touch the stars.
And there is a star that looks just like me.

When I’m flying, I feel as if I can do anything.
When I see my face in the star,
I know that I am important and loved
and that I have a light inside me that shines.

Mom, I think there is a star for everyone.
There is star light in each of us.
I know that each of us is important and loved in our own unique way.
Our light and our lives are meant to shine as bright as stars.”

Katie's mom asked, "What do you want to do,
knowing that your life is meant to shine?
That each person is important and loved.
And that ONE person can make a difference
in this big and wondrous world?"

Katie was quiet. She was quiet for a very long time.

And then she said,
"If I can make a difference, then all of us together can make an even bigger difference. This is
what I want everyone, everywhere to know. And I will tell them."

When we understand this, then we KNOW *The Spirit of One Heart*.

Names written as backdrop:

Martin Luther King, Maya Angelou, Rosa Parks, Mother Teresa, Dorothy Day, Henry Ford,
Nelson Mandela, Gandhi, Mary Oliver, Amelia Earhart, Helen Keller, Albert Einstein, Jackie
Robinson, Emily Dickinson