



daily GOOD

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Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.
--Reinhold Niebuhr

The Limits of Control

"My mother had always feared domestic animals, but now as a plump neighborhood cat ran up our driveway, she gazed at the feline, and revealed that 70 years ago she had had a pet cat. Her 87-year-old eyes teared up. Her cat was white, she said, and so thin you could see its ribs. Still, she loved to cuddle it. It wasn't a house cat -- it couldn't have been, because she was imprisoned at the time, in a forced-labor camp the Nazis set up in Poland, the country where my mother was born and raised. Back then she was as emaciated as the cat, but still she shared her food with it. It gave her comfort she said, and it was a way of fighting back, to help this animal." So begins a thought-provoking New York Times article on the limits of control.

Be The Change:

This lovely passage by poet John O'Donohue explores what it means to be human, vulnerable and courageous in the face of what lies beyond our control.