



daily GOOD

If it's painful, you become willing not just to endure it but also to let it awaken your heart and soften you. You learn to embrace it. --Pema Chodron

This Foster Father Takes in Only Terminally Ill Children

To raise a child by one's self already takes a special person; imagine what it takes to adopt a sick foster child who needs constant care, who very well might die in your arms. Mohamed Bzeek has spent the past twenty years caring for terminally ill foster children, taking them to doctors' visits, tending to special needs, celebrating birthdays, and sacrificing sleep. When the DCFS has a child who's not going to make it, he's the man they call. No one else will take them. But Bzeek doesn't just care for them; he loves them. Fearlessly. With all his heart. Knowing it will end in pain and loss. Of his current foster child, he says, "I know she can't hear, can't see, but I always talk to her. I'm always holding her, playing with her ... She has feelings. She has a soul. She's a human being." For Bzeek, these aren't just words; they're his life.

Be The Change:

Is there something good that you're not doing because you're avoiding emotional pain? Take inspiration and find the strength to do that kind thing for someone else.