



What Are You Doing

By Meg Ubarieke

The above question is as relevant today as it was in 1957 when Dr. Martin Luther King, Jr. asked “What are you doing for others? He felt it one of life’s most persistent and urgent question, and to date it is, and remains relevant. We all have a need, a want, and maybe a problem that needs resolving. This is so true of everyone, but no matter how tough you believe your life is, there’s someone out there who faces tougher challenges.

So you don’t have new pairs of shoes? There is someone with no feet. You are having same thing for dinner three days in a row? There is someone who hasn’t eaten for days. Your house/apartment is too small? There is someone, somewhere, sleeping on

the sidewalk out in the cold or extreme heat. This is a life lesson that should help us dig inside ourselves and pull out the nugget of strength needed to see beyond the now.

I asked myself this question while watching the television, saw a little girl of eight who, despite being born

with a Muscular dystrophy disease, surpassed all the doctors’ prognosis of not growing up to do what other little girls could do, such as walk, run, dance and twirl. She is not only walking, but running - running marathons to raise funds and create awareness, so she can give back to other children all over the world - one filled

shoe box at a time. If this little angel, despite her own difficulties, can give back to thousands of children all over the world, children she does not know, children who are not facing her daily realities, what is your excuse? She saw a need and found a way to fill that need. I just had to ask myself “what are you doing?”



UN Photo/Rick Bajomas

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All it takes is the will to start something that is bigger than ourselves, to kick start