What an incredible day at the beach!

海滩边的一天，多么令人惊喜！

Not because it was the most fabulous weather.

不是因为，这一天的天气好的无与伦比

Not because we were with fabulous friends.

也不是因为，我们与最要好的朋友们在一起

No,

不

it was the best day because

它之所以是最好的一天，是因为

a group of Men and a young boys took the time to notice a little boy with Different abilities,

我看到一群玩沙滩足球的小伙子和小男孩们，他们停下比赛，看着一个身体有残疾的小男孩

waving his arms in the air saying, my turn, me, me

小男孩在半空中挥舞着胳膊，喊着，该我了，该我了

as the football was being tossed around over his head.

因为一只足球刚从他的头顶飞了过去

Honestly, my first thought was

诚实的说，我的第一个想法是

oh man they are playing football,

噢天呐，他们在玩沙滩足球

I'm going to have to go move Micah.

我要让我的儿子Micah躲开

I called Micah from my chair 50 ft away

我躺在长椅里叫Micah的名字，他离我大概50英尺的距离

and he was refusing to come!

没想到他不愿意到我这里来

He just continued to watch the ball being tossed,

他就想看着那只足球被抛来抛去

listening to the fun laughter of the Guys,

听着他们欢欣的笑声

and watching the High fives they were swapping.

看着他们击掌庆祝

These are the moments that I dread.

可是这些时候都让我十分惊恐

These are the moments

每到此时

I have to make choices

我都心慌意乱

to choose good thought, not bad ones!

努力让自己往好的方面想，而不是坏的方面

But today something incredible happened!

今天，却有令我意想不到的事情发生了

These guys, who honestly I didn't have much faith in (strangers)

这些人，这些我实在没有多少信任的人（全都是陌生人）

totally impacted me, and Micah.

彻底改变了我和Micah

I sat and watched

我坐在那里看着

as they tossed the football to Micah!

看着他们把球抛向了Micah

I watch the joy and excitement

我看到儿子的脸上写满了欢喜和兴奋

of being one of the guys

成为他们中的一员他高兴极了

radiate on his face!

脸上容光焕发

Then,

接着

one man actually took the time

真的有一个人停下

and bent down

弯下腰

and showed Micah how to hold the football and throw it!

告诉Micah如何握球，如何把球抛出去

Micah played for a good 20 minutes with these Hero's

Micah跟这群英雄们足足玩了20分钟，欢乐无比

as I will call them!

我今后还会联系他们！

We are all connected,

我们互换了联系方式

it's so easy for us to get so caught

我们时常被束缚

in being politically correct,

要举止礼貌得体

minding our own business,

要首先管好自己的事

not thinking of simple Acts of kindness,

却没有想过做一些简单的善举

acceptance,

没有想过接纳善意

and love for others!

没有想过爱他人

May I always look around me,

愿我经常环顾左右

and be willing to include the outsider,

愿我敞开心扉，接纳陌生人

the differently abled.

接纳与众不同者

Hero's come in many forms,

世界上有很多种英雄

and these Men and young man are my hero's today!!

今天，这群小伙和男孩就是我的英雄

The best Beach day ever!

最完美的海滩边的一天！