I have decided to stick with love. Hate is too great a burden to bear.

“IN A REAL SENSE ALL LIFE IS INTERRELATED.
ALL MEN ARE CAUGHT IN AN INESCAPABLE NETWORK OF MUTUALITY,
ATTIRE IN A SINGLE GARMENT OF DESTINY.

WHATEVER AFFECTS ONE DIRECTLY AFFECTS ALL INDIRECTLY.
I CAN NEVER BE WHAT I OUGHT TO BE UNTIL I AM WHAT I OUGHT TO BE.
THIS IS THE INTERRELATED STRUCTURE OF REALITY.”

REMEMBER! CELEBRATE! ACT!

MARTIN LUTHER KING JR. DAY
January 18th
The civil rights icon was born on January 15, 1929 in Atlanta, Georgia.

He was originally named Michael. He was a young boy when his father changed his name to honor Protestant Reformist Leader Martin Luther.

In 1939, 10-year-old King sang in his father’s church choir at the Atlanta gala premiere of the movie “Gone With The Wind.”

King enrolled in college at the young age of 15! He skipped grades and in 1944 enrolled in Morehouse College.

He had a bachelors in sociology and a Ph.D. in theology.

King was imprisoned 30 times for civil disobedience.

In 1964, he became the youngest person (at that time) to receive the Nobel Peace Prize at the age of 35.

From 1957 until his death in 1968, King gave over 2,500 speeches; he traveled more than 6 million miles; and he wrote five books and countless articles published in newspapers and magazines.

George Washington and Martin Luther King Jr are the only Americans whose birthdays are declared national holidays.

Dr. King said, “I have a dream that one day this nation will rise up and live out the true meaning of its creed: “We hold these truths to be self-evident, that all men are created equal.”

What is YOUR dream?

Did you know, he gave his famous “I Have a Dream” speech in 1963 at rally named ‘March on Washington’ in front of 250,000 people?
Say thank you! Take this opportunity to make and send thank you notes to relatives, friends, and people in your community that help you, like teachers and coaches. You can even leave a thank you note in your mailbox for your mailperson!

Do you know the difference between

Equality means everyone has exactly the same thing.

With equity, everyone has what they need.
Kindness Tree

“Be kind when possible.
It is always possible!”

On the left side of the tree, write on each leaf something you can do to be kind to someone else. On the right side, write down acts of kindness that someone has done for you.