



WE ARE COMMITTED TO MAKING BRIO LIVING SERVICES A SAFE, WELCOMING PLACE FOR ALL TO LIVE AND WORK.

January Spotlight

Martin Luther King Jr. Day and his National Day of Service

History of Martin Luther King Jr. Day

Martin Luther King Jr. Day is a federal holiday that takes place on the third Monday in January. Its intention is for the entire nation to pause in remembrance of a civil rights hero. The day was designated to honor the activist and minister whose accomplishments have continued to inspire generations of Americans.



Martin Luther King Jr. was the first modern private citizen to be honored with a federal holiday for his non-violent leadership of the civil rights movement. The fight for a holiday to honor his name was an epic struggle in and of itself. Today, countless offices, schools, businesses, and other public and private spaces observe the federal holiday.

"THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT."

"KEEP FEELING THE NEED FOR BEING IMPORTANT. KEEP FEELING THE NEED FOR BEING FIRST. BUT I WANT YOU TO BE THE FIRST IN LOVE. I WANT YOU TO BE THE FIRST IN MORAL EXCELLENCE. I WANT YOU TO BE THE FIRST IN GENEROSITY."

"I HAVE DECIDED TO STICK WITH LOVE. HATE IS TOO GREAT A BURDEN TO BEAR."

"DARKNESS CANNOT DRIVE OUT DARKNESS; ONLY LIGHT CAN DO THAT. HATE CANNOT DRIVE OUT HATE; ONLY LOVE CAN DO THAT."

The first time Martin Luther King Jr. Day was celebrated was in 1986; it has taken years for the observance to be filtered to every state. It wasn't until the year 2000 that each state observed Martin Luther King Jr. Day.

"IN SOME NOT TOO DISTANT TOMORROW THE RADIANT STARS OF LOVE AND BROTHERHOOD WILL SHINE OVER OUR GREAT NATION WITH ALL THEIR SCINTILLATING BEAUTY."





National Day of Service

Martin Luther King Jr. Day commemorates his life and work, which he dedicated to the service of others. As we celebrate on the third Monday in January, Martin Luther King Jr.'s National Day of Service is designed as "a day on, not a day off". From Coretta Scott King, "The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others." By participating in the National Day of Service, we can come together in our communities by working towards a more just and equitable society, where everyone is valued and respected.



"LIFE'S MOST PERSISTENT AND URGENT QUESTION IS, 'WHAT ARE YOU DOING FOR OTHERS?'"



Volunteer opportunity near you: <https://americorps.gov/join/find-volunteer-opportunity#/>
 Can't volunteer, Donate: <https://americorps.gov/donate>
 Learn more about AmeriCorps: <https://www.americorps.gov/>



Volunteer in non-profit near you: <https://www.volunteermatch.org/>
 Can't volunteer, Donate: <https://give.volunteermatch.org/>
 Learn more about VolunteerMatch: <https://www.volunteermatch.org/>

In honor of MLK, spreading kindness and giving back to our communities can be easy. Here are some ideas.



Compliment someone



Send flowers to a friend



Leave a generous tip



Donate blood



Hold the door for someone



Text someone a positive note



Pick up litter



Donate to a local food bank



Send someone a handwritten note



Bake cookies for a friend



Send someone a care package



Buy a cup of coffee for someone