

WE ALL BELONG spotlight

November/December 2025

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



Día de los Muertos: Honoring Life, Faith, and Family

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Every year, from October 31st through November 2nd, families across Mexico, Latin America, and beyond gather to celebrate **Día de los Muertos, or the Day of the Dead**. To me, it's far more than a holiday—it's a heartfelt celebration of life, faith, and the bonds that never fade, even after someone has passed.

Tradition- Long before modern times, many Indigenous groups in Mexico—such as the Aztec, Maya, and other Mesoamerican cultures—believed that death was simply another part of the life cycle. They viewed it not as an ending, but as a homecoming for the soul. When Spanish colonizers arrived in the 1500s, these ancient customs blended with Catholic holy days like *All Saints' Day* and *All Souls' Day*. Out of that blending grew a tradition that honors both faith and ancestry, filled with music, food, prayer, and remembrance.

Growing up- In my Catholic household, we always marked *All Saints' Day* and *All Souls' Day* with respect and prayer. My family would visit cemeteries, attend mass, light candles, and pray for the loved ones who had gone before us. Those quiet acts of devotion taught me that remembering the dead is about celebrating the love they left behind.

Getting back to my roots- As I grew older, I began to explore my Mexican heritage more intentionally. I wanted to understand the meaning behind the colors, symbols, and stories I'd seen in *Día de los Muertos* celebrations. The more I learned, the more I realized how special it is—a tradition that connects faith, family, and culture in a beautiful, living way.

When I build my ofrenda now—decorated with candles, marigolds, photos, and favorite foods (and liquors!) of those I miss—I feel them close again. Every candle lit and every prayer whispered feels like a bridge between our worlds. Learning more about my culture helped me appreciate that remembering our ancestors isn't a solemn act—it is a happy one, and one filled with reverence and joy.

Bringing it all together- For me, *Día de los Muertos* perfectly intertwines my Catholic upbringing with my cultural identity. It carries the reverence of prayer and the vibrancy of tradition. It's a time to honor the people who came before me and recognize how their love continues to shape who I am today. Each year, the celebration grows even more meaningful. It reminds me that love doesn't end when life does—it changes form and continues through stories, memories, and shared moments of joy. Through *Día de los Muertos*, I've come to see remembrance not as looking back, but as carrying those we love forward with us.



Human Rights Day



Every year on December 10th, people around the world come together to celebrate Human Rights Day — a reminder of our shared commitment to equality, justice, and dignity for all.

The day marks the anniversary of the Universal Declaration of Human Rights, adopted by the United Nations in 1948 — a historic milestone that set out the fundamental rights and freedoms every person deserves. Two years later, the UN officially established Human Rights Day, encouraging everyone to honor it in their own unique way. Across the globe, the day is recognized through inspiring events, cultural celebrations, and meaningful discussions about what human rights mean in today's world. It's also when the Nobel Peace Prize and the UN Human Rights Prize are awarded, shining a light on those who dedicate their lives to advancing human dignity and freedom. Human Rights Day is more than just a date on the calendar — it's a call to action to stand up for what's right and ensure that every voice is heard.





HOW YOU CAN GET INVOLVED

Participating in Human Rights Day can be as simple as sharing information with your friends or as involved as organizing a community event. Every action, no matter how small, contributes to building a culture of respect and dignity.

Here are a few ways you can make a difference:

- 1. Educate Yourself and Others:** Start by reading the Universal Declaration of Human Rights. It is available in more than 500 languages. Share what you learn with your family, friends, and social networks. Understanding your rights is the first step toward defending them.
- 2. Support Human Rights Organizations:** Many organizations work tirelessly to defend human rights around the world. Consider donating to or volunteering with groups like Amnesty International, Human Rights Watch, or the UN Human Rights Office. Even small contributions can have a big impact.
- 3. Speak Out Against Injustice:** Use your voice to stand up against discrimination and injustice in your community. This can be through social media, writing to your local representatives, or participating in peaceful protests. When you see someone's rights being violated, do not stay silent.
- 4. Participate in Local Events:** Look for Human Rights Day events happening in your area. These may include workshops, film screenings, art exhibitions, or public talks. Attending these events is a great way to connect with like-minded individuals and learn more about current human rights issues.
- 5. Promote Kindness and Respect:** Practice the principles of the UDHR in your daily life. Treat everyone with kindness, respect, and empathy. Simple acts of compassion help create a more inclusive and peaceful society for everyone.



WORD SEARCH PUZZLE

G M F K N P T I W U U G R M A Q V
 L A C B X S T H G I R N A M U H Q
 Y J C B Q G T C R M K D H H X C E
 T D J U S T I C E E H Y T I N U D
 I E F L A N G U A G E S W S M F B
 S C K N P N F R E Z U H G R S B L
 R A E T H I C S L O H G H R P I A
 E E S D A K Q D N O O T T H L Q B
 V P X B U H A E I E X L Q I A K O
 I J J Z M I G L A G Q K E I O I L
 D X P C O I K I N K N U S Y E I G
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 C A D N E K N Q K C G P T L M K P
 E S I P E U C K E U S C L Y I A G
 R X S B R O E B V E O D S W F T A
 M P D A F H K S O E E U W Q K Q Y
 H V T F H Y C Z U D U O J U V C H

human rights	indigenous	diversity
language	equality	justice
dignity	freedom	global
ethics	peace	unity

<https://internationaleventday.com/event/international-human-rights-day/>

Quotes for Human Rights Day



“To deny people their human rights is to challenge their very humanity.” Nelson Mandela

“Some values, like human rights and equal worth of every individual, must be universal.” Bjorn Ulvaeus

“Most of the people think that they have nothing and then they give up their powers.” Alice Walker

“My silence has not protected me, and your silence will not protect you.” Audre Lorde

“A right delayed is a right denied.” Martin Luther King

