



NCR Diversity, Equity and Inclusion

Cultural Observances, Awareness Information and Events

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Martin Luther King, Jr. Birthday

16 January 2023

We Continue to Learn from the Words of Dr. King

Six things Dr. King teaches us that we can apply no matter our age or occupation.

1. Do the work to understand why.
2. The strength we exude has the power to strengthen those closest to us.
3. Believe that your dedication and hard work will pay off. Even if you can't see it at the moment.
4. Ask for help, but be mindful to acknowledge what that help might require of others.
5. Stay in student mode, especially when you're being tested.
6. Remain hopeful.

Dr. King once said, "We must accept finite disappointment, but never lose infinite hope."

Hope and focus in the midst of adversity.

The Importance of Martin Luther King Day

Martin Luther King Day celebrates the life and legacy of a man who brought hope and healing to America. His words were inspiring, they weren't just words that he voiced. He actually lived a life fighting for freedom and justice. He withstood threats against his life as a result of standing up for his beliefs.

Martin Luther King Day honors the life of a fighter for racial justice and equality. It celebrates this equality in a society that he dreamed would end discrimination. He stood up to make a difference for every race. His words spoke for every nationality, to feel no segregation. This is not to be known as a "black holiday", it is known as a "peoples "holiday."

Martin Luther King Day celebrates that he was a peaceful man. He spoke with his voice. He knew that nonviolence meant that his voice not drowned out. People were more apt to listen to non-aggression.

Martin Luther King Day honors one of the bravest men in America. He endured threats, beatings, and bombings. He went to jail 29 times to achieve freedom for others.

Martin Luther King Day is teaches the next generation to learn about standing up for their rights through non-violent disputes.

Martin Luther King Day is a day of service. His followers choose this day to help out at shelters, hospitals and even prisons. People volunteer to help feed the homeless, they mentor children that come from a life of struggle, and essentially help to make the community a better place.