



## MLK "DAY ON": MONDAY, JANUARY 17, 2022

"The holiday must be substantive as well as symbolic. It must be more than a day of celebration . . . Let this holiday be a day of reflection, a day of teaching nonviolent philosophy and strategy, a day of getting involved in nonviolent action for social and economic progress." - **Coretta Scott King**, Learning for Justice

Dear colleagues,

We have been through a lot together. Many of us feel drained by the global health crisis, emotionally if not physically. Some of us are overwhelmed by personal responsibilities. Others have stressful workloads. Our families and communities may find it challenging to navigate a seemingly increasingly polarized social and political climate.

Yet, tough times often bring gifts of hope, empathy, and creativity.

For those fighting for brighter days during the height of the Civil Rights Movement, the efforts to create a more democratic nation sometimes felt futile. Inspirational leaders like Reverend Dr. Martin Luther King Jr. ignited hope in those who recognized that the fate of our country rests in how we care for each other and in our commitment to extending equal opportunities to all. These freedom fighters of all ages and walks of life rooted their work in empathy and love and employed innovative measures to strike down racial injustice in any form. The power and resilience demonstrated by Dr. King and so many others who devoted themselves to justice is a timely lesson to us as we face the challenges of today.

As we enter a holiday weekend of events to honor the great Dr. King, we encourage you to consider Monday, January 17 a "day on" rather than a day off by volunteering, learning more about social justice and antiracism, or taking one small action in honor of King's life and work.

Explore the resources below and spend a little time on Martin Luther King Jr. Day reading, watching, or listening about our country's history of racial injustice and how people are organizing for change. In doing so, you expand Dr. King's legacy in advocating for a more just nation.

In solidarity,  
Ha, Melissa, and Christina

Please see second page for a list of resources.

**Read:**

- [The Autobiography of Martin Luther King, Jr.](#)
- [Stamped from the Beginning: The Definitive History of Racist Ideas in America](#) by Ibram X. Kendi
- [Between the World and Me](#) by Ta-Nehisi Coates
- [Historical Foundations of Race](#) by The National Museum of African American History and Culture
- [Martin Luther King, Jr.: His Life in Pictures.](#)

**Watch:**

- [Martin Luther King "If I had Sneezed"](#) (MLK's own recap of a 1958 near-fatal attack on his life and his reflection on events that occurred after)
- [Civil Rights Movement on PBS](#)
- [Systemic Racism Explained](#)
- [13TH: Director Ava DuVernay's examination of the U.S. prison system](#)

**Listen:**

- [How Race Was Made | Scene On Radio](#)
- [A list of podcasts that celebrate the life and legacy of Martin Luther King Jr.](#)
- [Listen to MLKs incredible speeches.](#)

**Attend:**

- [36th Annual University of Puget Sound Martin Luther King Jr. Celebration webinar](#)
- [Virtual Martin Luther King Celebration](#)" hosted by the [Northwest African American Museum.](#)