MLK Day: A Time for Reflection

"I HAVE A DREAM."
- MLK Jr. 1963

Over 50 years later, Black and African American individuals in the United States face continued marginalization and racial injustice. This is the equality that Dr. King called for.

Take time to reflect on your own struggles, your own privilege, and what you can do as an individual.

We encourage everyone to engage with the quotes below, by writing a short reflection.

"True peace is not merely the absence of tension: it is the presence of justice."
- MLK Jr.

"Injustice anywhere is a threat to justice everywhere."
- MLK Jr.

"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."
- MLK Jr.

"Of all the forms of inequality, injustice in health care is the most shocking and inhumane."
- MLK Jr.