As we begin this new year, I encourage each individual to take a deep breath. Ask yourself. How can I embrace these seven sacred resolutions:

Be Healthy
Be Inclusive
Be Kind
Be Loving
Be of Service
Be Grateful
Be Present

As we march into the future, let's live by the resonating words of Dr. Martin Luther King, Jr. “Love is the only force capable of transforming an enemy to a friend.”

As we observe Martin Luther King Jr. Day, January 17th, let's remember what the Civil Rights leader said to a group of students who asked him how they could make a difference in this world, he said, “Love is the only force capable of transforming an enemy to a friend.”

We honor Dr. Martin Luther King Jr. for his nonviolent activism for the rights of all Americans. As we observed his birthday, January 15th, we recognize the important role he played in the Civil Rights Movement of the 1960s. Dr. King was a minister, husband, and father who fought for justice for all, not based on skin color but based on human rights and the promise of a more just, joyful world.

The face for nonviolent activism in the Civil Rights Movement of the 1960s was Dr. Martin Luther King, Jr. He was a brilliant, educated, and articulate leader whose words still resound in the hearts and minds of those who seek social justice.

Dr. King was a man of peace, a man of compassion, a man of hope. He believed in the power of love to change the world. He believed in the power of the human spirit to overcome adversity.

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As we observe Martin Luther King Jr. Day, let's remember the lessons he taught us:

- Love is the only force capable of transforming an enemy to a friend.
- We are all created equal, endowed by our Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.
- We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.
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