

Martin Luther King, Jr. Day

“Drawing inspiration from both his Christian faith and the peaceful teachings of Mahatma Gandhi, Dr. King led a nonviolent movement in the late 1950s and ‘60s to achieve legal equality for African-Americans in the United States. While others were advocating for freedom by “any means necessary,” including violence, Martin Luther King, Jr. used the power of words and acts of nonviolent resistance, such as protests, grassroots organizing, and civil disobedience to achieve seemingly-impossible goals. He went on to lead similar campaigns against poverty and international conflict, always maintaining fidelity to his principles that men and women everywhere, regardless of color or creed, are equal members of the human family.” – The King Center

Monday January 15, 2024 is Martin Luther King, Jr. Day.

We are gathering at 5 p.m. in the Choir Room to watch and talk about the movie Ruby Bridges and eat pizza. Please plan on joining us. This event is planned for families and people of all ages.

If you can't come on the 15th, the movie streams on Disney+.

There are many different ways to honor the life and legacy of Dr. King. Here are a few ideas.

Learn Some History

The Library of Congress has a selection of primary sources from the Civil Rights era on-line - <https://www.loc.gov/classroom-materials/civil-rights-movement/>

There is also a teacher's guide if you want to explore more deeply.

The National Park Service has an amazing collection of information and links on places and people involved in the Civil Rights movement.

<https://www.nps.gov/subjects/civilrights/modern-civil-rights-movement.htm>

If you want to explore the history in more detail, The 1619 Project by Nikole Hannah-Jones is an in-depth look at the history of African-Americans in the United States and how that history continues to impact all of us today.

Explore Implicit Bias

Implicit bias, also known as implicit prejudice or implicit attitude, is a negative attitude, of which one is not consciously aware, against a specific social group. – APA Dictionary of Psychology

The BetterUp.com blog has a good explanation and exploration of implicit bias, how it impacts us and how to raise our awareness of it. - <https://www.betterup.com/blog/what-is-implicit-bias>

Harvard University on-line tests that explore our implicit associations. You can explore the tests, and learn more -

<https://implicit.harvard.edu/implicit/takeatest.html>

Explore Non-Violence

The King Center has a good over view of non-violence - <https://thekingcenter.org/about-tkc/the-king-philosophy/>

Work Against Poverty

Over half of the households who seek food assistance have at least one member of the household who worked for pay in the last year.

Of households with children who seek food help, more than 70% have at least one member of the household who worked for pay during the year.

The federal poverty level for 2023 was \$30,000 for a family of 4 people.

Let's take an example of a family of 4.

If one member of the household works at a minimum wage job for 40 hours/week, they would make \$404/week before taxes. That translates to \$21,008 a year, if they don't miss any work for any reason. Assume that another member of the household works at a minimum wage job for 20 hours/week. They would make \$202/week or \$10,504 a year if they don't miss any work.

So, this household makes a maximum of \$31,512 before taxes.

This household would pay about \$4,000 in taxes, leaving \$27,512.

If they are lucky, they might find a 2-bedroom apartment for \$700/month. That is \$8,400. Utilities would be about \$300/month or \$3600. Health Insurance in the marketplace in Ohio for a family cost about \$1000/month or \$12,000. A monthly bus pass costs \$75/month. Assume the household needs 2, that would be \$1,800. That is a total of \$25,800.

That means that the household has \$1,712 for everything else, food, clothes, cleaning supplies, phones etc... That is \$142.66/month or about \$36 a week.

This household will have to make choices: Food or Utilities; Food or Transportation; Food or Medical care; Food or Housing; Food or Clothes.

These are some of the households that end up using food pantries or other kinds of food assistance.

If you went to a food pantry today, you might be given a bag of food to get your family through a week. That bag for a family of four might have:

- 5 cans of fruit
- 5 cans of vegetables
- 1 container of juice
- 1 package of dried fruit
- 1 jar of spaghetti sauce
- 3 cans of beans
- 2 cans of tuna fish
- 1 quart of milk
- 1 can of chili
- 1 jar of peanut butter
- 3 boxes of macaroni and cheese
- 1 loaf of bread
- 1 box of cereal
- 1 box of oatmeal
- 3 pizza kits or boxes of hamburger helper

How is this different than what you might buy at the grocery store? What would you need to add to this list to have enough food for 3 meals a day for your family? What would you eat for each meal?

When you go to the grocery store figure out how much it would cost to buy everything on this list.

Consider donating that amount to NNEMAP.