



Our Mission is to foster and support an environment of inclusion, respect, fairness, and transparency, where differences are celebrated and all opinions are valued.



The month of January not only ushers in a new year filled with opportunities and adventures, it now marks “National Mental Wellness Month.” The World Health Organization defines mental wellness as “...a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.”

Mental wellness is an integral part of our overall health. In the post-pandemic world, attention to mental well-being is more important than ever. Overall wellness includes mental, physical, emotional, social, personal, professional, and medical aspects of your life.

During January, set some time aside to take stock of your mental wellness and make it one of your New Year’s resolutions to build your mental resiliency. Experts offer recommendations to help including practicing mindfulness, staying physically active, managing stress levels, spending quality time with friends and family, eating healthy and nutritious foods, improving sleep habits, and... taking time for yourself!

Whether you enjoy a hike in the woods, a quiet night in with a good book, snuggle time with a four-legged furry friend, or a trip to the salon, it’s important to schedule time for activities that nourish your mind and soul.

Happy 2023! 🌱

JANUARY IS NATIONAL HUMAN TRAFFICKING PREVENTION MONTH

The month is dedicated to raising awareness about different forms of human trafficking, ways to support trafficking survivors, and educating the community about the issue so people are equipped to notice potential trafficking situations and report them to their local law enforcement (DCYF, 2022).

Human trafficking is a hidden crime involving one or more people exploiting another person for labor, services, or commercial sex. The trafficker uses force or violence, fraud or false promises, or coercion and manipulation to lure victims and exploit them through physical, financial, or psychological means. There is no profile of a trafficked person — trafficking affects people from all economic classes, racial

and ethnic identities, gender identities, and sexual orientations. Adults and children can be trafficked. However, human trafficking disproportionately impacts Native American, Black, Indigenous individuals, people of color, and LGBTQIA+ communities (DCYF, 2022).

During National Human Trafficking Prevention Month and throughout the year, we must each recommit to doing our part to prevent human trafficking through education and awareness and protect survivors through safe response (DCYF, 2022). ■

Reference: Department of Children, Youth & Families. DCYF. (2022, January 3). Retrieved from <https://www.dcyf.wa.gov/news/january-national-human-trafficking-prevention-month>

World Religion Day

In 1950, World Religion Day was established to encourage understanding and peace among all religions. It was initiated by members of the Bahá’í Faith who believe that all religions share common characteristics and should be equally respected.

Founded in the 19th century, the Bahá’í Faith teaches the essential worth of all religions and the unity of all people.

The history of the holiday dates back to 1947, when the National Spiritual Assembly of the Bahá’í Faith hosted a talk in Portland, Me. They made the decision to observe an annual event that they called World Peace Through World Religion. By 1949, the event was being held in other areas of the U.S. In



1950, it became known as World Religion Day.

The day is now celebrated worldwide by many faiths. Its purpose is to develop an understanding between

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Reading COLORS Your World: Book Recommendations

- 1] *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time*, by Dr. Alex Korb
- 2] *Human Trafficking: A Comprehensive Exploration of Modern Day Slavery*, by Wendy Stickle
- 3] *The World's Religions*, by Huston Smith
- 4] *The Measure of a Man*, by Martin Luther King Jr.
- 5] *Why?: Explaining the Holocaust*, by Peter Hayes



continued: **World Religion**

religions and to unite people, no matter their beliefs. The Bahá'í Faith believes that the spiritual principles underlying the world's religions are similar. They focus on the fact that the six main religions of the world (Hinduism, Judaism, Buddhism, Christianity, Islam, and Sikhism) all encourage kindness to others.

World Religion Day is celebrated on the third Sunday of each January and this year falls on the 15th. It is celebrated in a variety of ways. Many people attend special services; some religions hold interfaith events, where faith leaders give lectures and talks. People from different faiths are encouraged to listen and talk to one another reflecting on the universal message: we should all treat each other with respect and understanding, so we can create a better world for everyone. ▼

"I Have a Dream"—Martin Luther King Jr. Day

Martin Luther King Jr. Day will be celebrated on January 16, 2023. It is the only federal holiday considered a national day of service and encourages Americans to volunteer and assist to help the communities they live in.

MLK Jr. Day honors Martin Luther King Jr., a Baptist Pastor who became a Civil Rights Leader in the U.S. He is known for his campaigns and speeches to end racial segregation on public transportation and to promote racial equality.

He is most known for his "I Have a Dream" speech on August 28, 1963, during the March in Washington for Jobs and Freedom. He said, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character. I have a dream today!" MLK Jr. was assassinated on April 4, 1968, by James Earl Ray while standing on the second-floor balcony of the Lorraine Motel in Memphis, Tenn.

Four days later, the first legislation to remember MLK Jr. Day was introduced. It

took 15 years and great persistence from civil rights activists for this to come to fruition. Finally on November 2, 1983, President Ronald Reagan signed the King Holiday Bill into law and designated the third Monday in January as the Federal Holiday to honor and observe Martin Luther King Jr. and all of his work for racial equality.

As you celebrate Martin Luther King Jr. Day, consider volunteering in your community as a way to commemorate Martin Luther King Jr. and his work on racial equality and social justice. ●

“Equal rights, fair play, justice, are all like the air: we all have it, or none of us has it. That is the truth of it.”

MAYA ANGELOU

Holocaust Remembrance Day

Holocaust Remembrance Day takes place each year on or around January 27th. This day marks the anniversary of the liberation of the Auschwitz-Birkenau concentration camp by Soviet troops on January 27, 1945. The day is important as it serves as a

reminder of the millions of people who were murdered during the Holocaust, including six million Jews. In Hebrew, the day is called Yom HaShoah. At the hand of the Nazis, there were many lives lost both in the concentration camps as well as the ghettos Jewish people were forced to live in. Throughout the concentration camps and the ghettos, Jewish people resisted. Perhaps the most well-known rebellion against Nazi persecution, the Warsaw Ghetto Uprising was the longest and had the largest number of participants. According to yadvashem.org, "news of the revolt spread quickly and even reached the free world, and it became a symbol of the battle of the few against the many, and of the freedom and power of the human spirit."

What was the Holocaust?
For hundreds of years, Jews across Europe have been persecuted for religious and cultural reasons. They were forced to live outside of the general community in separate areas called ghettos, and they were barred from certain professions. After Germany lost World War I in 1918, Right Wing extremists blamed the Jews. Starting in 1933, Nazi Germany began making life difficult for German Jews. They banned them from certain jobs and public spaces,

and forced them to wear a star indicating that they were Jewish.

In 1935, the Nazi regime passed the Nuremberg Race Laws. As a result, Jews were forbidden to marry non-Jews and their citizenship was revoked. Jewish homes, businesses, and synagogues across Germany were destroyed.

Hitler invaded Poland in 1939, placing 1.7 million Polish Jews under Nazi occupation. Thousands of Jewish and non-Jewish people were murdered during this time. Hitler then invaded the Soviet Union in 1941. In that one year, the Nazis murdered nearly 900,000 Jews. The Nazis also built concentration camps across the territories they occupied. The purpose of these camps was to kill all 11 million European Jews. At the end of World War II, six million Jewish people had been murdered at the hands of the Nazis.

Holocaust Remembrance Day commemorates the thousands of Jewish people who fought against the Nazis and honors the memory of the millions of lives lost during the Holocaust, and those who survived these atrocities. It reminds us of the spirit and fight of the Jewish people. ●



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