

*Writing prompt: This I know to be true ...*



This I know to be true: everyone, everything needs a break from time to time. On this MLK Day, the news outlets are full of stories of the many things he said and did, how he disrupted the status quo and changed the world. It's our annual nudge to "go and do likewise" and all that is good. But today is also a holiday, a day when many people get to stay home, take a break from work, do what they want, and rest. And that, too, is a laudable way to celebrate MLK. I can't help but think that while he worked tirelessly for some of the most marginalized of society, at least part of his work was an attempt to allow them to work less, to not have to work multiple jobs to pay the bills and feed their families, to be paid fairly for the work they did, and to afford themselves a rest now and then. So, I stayed in bed until 10:30 this morning and have enjoyed a restful day since.