

Dr. James Dobson: Memorial Day a Time to Honor Those Who Made the Ultimate Sacrifice

Once again, our hearts are turned to the men and women who have given their lives in defense of our country. It's a day of national mourning and tribute in honor of those who bravely fought and died so that you and I could remain free.

Memorial Day was first celebrated on May 30th, 1868, as a result of a proclamation. Over 140 years later, we're still setting aside one day a year to honor those who made the ultimate sacrifice for our country.

It was originally called Decoration Day, and Americans were encouraged to use the time to lay flowers and other forms of decoration at the graves of soldiers who lost their lives in the Civil War.

This Memorial Day, I encourage you to take time to reflect. Let's not get so caught up in thoughts of summer and barbecues that we forget what this special day is all about.

This is a time of mourning and remembrance, as well as celebration.