On Veterans Day Honor Those Who Have Sacrificed Themselves for Our Country

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This Veterans Day, November 11, we honor those who have sacrificed and dedicated themselves completely for our country, America, for the purpose of freedom around the world.

Veterans Day, formerly known as Armistice Day, was established to commemorate the end of World War I on November 11, 1918. Armistice Day became official in 1938, and was "dedicated to the cause of world peace." However, in 1954, following America's involvement in two more wars, "Armistice" was changed to "Veterans," becoming a day to honor American veterans of all wars.

While Memorial Day is a time to remember those who gave their lives for the nation while in combat, Veterans Day honors every person -- dead or alive -- who has served in the military. However, it is primarily intended to thank veterans in our communities and across the nation that are still among us for their service.

Here are a few ways to express gratitude for our veterans this Veterans Day.

Put a smile on someone's face There are many creative ways you and your family, friends and tribe can give back to veterans in your area. Invite local veterans to church on Sunday for a free meal. Then, surprise them with personalized Thank You cards signed by your entire congregation. Or, contact a local veterans organization to find out who lives nearby and would appreciate help with raking leaves or other odd jobs. Organize a group and bring along a delicious baked treat or a small gift as an extra loving touch.

Participate in the National Two-Minutes of Silence In 2016, the Veterans Day Moment of Silence Act became public law. On Monday, November 11 at 2:11 p.m. EST and 11:11 a.m. PST, we can come together and reflect on the sacrifices made by veterans for our country and how they have touched our lives. Learn more here.

Make a donation In 2018, on the 100th anniversary of Armistice Day, Dr. Hak Ja Han Moon, co-founder of the Family Federation for World Peace and Unification (FFWPU), donated over 50,000 dollars to four local reputable organizations serving veterans and their families: Veterans of Foreign Wars, Union Cyber, Headstrong, and Black Veterans for Social Justice. If you would like to contribute, you can visit their websites and make your own donation, or find a local veterans charity near you. You can host a mini bake sale at your church this Sunday and donate the proceeds to a veterans organization. Click here for some tips on how to make your money count.

So, on Veterans Day, remember to say thank you to the people have sacrificed so much to keep America safe and make the world a better place.