



## The Navajo Nation Office of the President and Vice President

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### FOR IMMEDIATE RELEASE

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### President Nez and Vice President Lizer declares Navajo Nation Day of Prayer

**WINDOW ROCK** – On Thursday, Navajo Nation President Jonathan Nez and Vice President Myron Lizer issued a proclamation, declaring Nov. 14, 2019, as the “Navajo Nation Day of Prayer,” in observance of the change of seasons to unite the Navajo People together through prayer. The proclamation also recognizes every Oct. 1, as the beginning of the New Year and the changing of seasons.

“Today, on Navajo Nation Day of Prayer, we join together again to give thanks for the bountiful blessings that God has bestowed upon the Navajo Nation. Most importantly, we pray for our families, communities, and Nation. We turn to prayer for refuge, gratitude, and to discover peace,” said President Nez.

The proclamation encourages “People to pray, in accordance with their own faiths and consciences, for God’s guidance and continues protections as we meet the challenges and opportunities before us” and that “we prepare, plan, and pray for entering a new season of change, opportunity, and reflection. Seek guidance, harmony, spiritual health, resiliency, growth, and strength through prayer.”

“For many of us, prayer is an important expression of faith. It is an act of worship and it offers reflection, guidance, and comfort. Through prayer we find the strength to do God’s work to help and support others. Also, we must pray for our local and national leaders, and our law enforcement and first responders. Prayers reminds us that we are not alone and that we are all children of God,” said Vice President Lizer.

“The Navajo Nation understands the adversities and sacrifices the People face. We face the threats of the ‘modern-day monsters,’ such as diabetes and violence. However, our faith and prayers can be cures for the fear we feel as we confront our battles. On this day, may our beliefs bring us together and plant the seeds of progress and healing in our ever-changing world,” added President Nez.

The proclamation also states, “Our Nation’s honored the tradition of prayer has sustained us and strengthened us through history. May we never forget the power of prayer.”

The proclamation issued designates Nov. 14 as Navajo Nation Day of Prayer and every Oct. 1 as the beginning of the New Year across the Navajo Nation.

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