



"The Health of a Community is Measured by the Health of its Members"

WHAT IS KWANZAA?

Kwanzaa, a holiday (or Holy Day) based upon the African tradition of celebrating the harvesting of the first fruits, was created and introduced for Black People in the United States by Dr. Maulana Karenga in 1966.

Kwanzaa is the ingathering of the people, a special reverence for the Creator and creation, a commemoration of the past, a recommitment to our highest ideals, and a celebration of all that is good. It is a time of reflecting, reassessing, recommitting, rewarding, and rejoicing in an atmosphere of peace, love and unity. Kwanzaa is a cultural and political expression to reaffirm our African Heritage and, organize our people for the struggle of total Black Liberation.

Kwanzaa is celebrated for seven days: December 26th through January 1st. The seven days are based upon the Nguzo Saba (The Seven Principles), with each day being symbolic of one

of the principles.

December 26th - Umoja (Unity)

- December 27th Kujichagulia (Self-Determination)
 December 28th Ujima (Collective Work & Responsibility)
 December 29th Ujamaa (Cooperative Economics)
- December 30th Nia (Purpose)
- December 31st Kuumba (Creativity)
- January 1st Imani (Faith)

THERE ARE SEVEN SYMBOLS OF KWANZAA

Mkeka (Straw Mat) - tradition and history; the foundation on which all else rests . Kinara (Candle Holder) - original stalk from which we come; our African ancestors • Mishumaa Saba (7 Candles) - Nguzo Saba; The Seven Principles firmly rooted in the traditions of our ancestors · Muhindi (Ears of Com) - represents children and all the hopes and challenges attached to them. • Kikombe cha Umoja (Unity Cup) • Mazao (Crops) - the collective fruits of our labor, seeds sown by the children • Zawadi (Gifts) - rewards for our achievements

WHAT TO DO AND WHEN TO DO IT

December 19th - gather and arrange Kwanzaa symbols. Any other decorations (African carvings, straw baskets) should be in a red, black and green color scheme, symbolizing the bendera ya taifa (Flag of the Black Nation):

- Red the liberation struggle of our people
- Black the collective color of all Black people
- · Green land, life and our future (we build together).

Arrange the symbols on a low table as follows:

- 1. Spread the Mkeka
- 2. Place the Kinara in the center of the Mkeka
- 3. Place the Muhindi on either side of the Kinara, one ear of com for each child, or one as a symbol of prosperity
- 4. Creatively place the Zawadi. Kikombe, and a basket of Mazao on the Mkeka
- 5. Place 1 Black Mishumaa in the center of the Kinara, with 3 Green on the right, and 3 Red on the left.

DECEMBER 26th - JANUARY 1st

Greeting - greet each other in Kiswahili asking "Habari Gani?" (What's the news or what's happening?) Answer with the principle for that day. For example, on December 26¹¹, respond with "Umoja."

Economic Empowerment — only shop at Black-owned businesses during the seven days of Kwanzaa. In the spirit of Kwanzaa and Ujamaa (Cooperative Economics) we as African people should support these same Black businesses, such as trade in the African marketplace in the calendar, all year round.

Fasting — fast from sunrise to sunset to help deanse the body, discipline the mind, and uplift

Libation (Ancestral Communion) — an elder or leader should pour libation, using water or iuice, from the Kikombe into a bowl or potted plant, to honor our ancestors.

Candle Lighting Ceremony – light one Mishumaa each day for the principle of that day, beginning with the black candle, which represents the first principle Umoja. Each day thereafter, alternately light the red and then the green candles. After each lighting, discuss the principle of the day. The ceremony should be held at a time when all family members, especially children, can participate.

Karamu (The Feast) - the Karamu is held on the night of December 31St, and should be a festive occasion. When possible, observe traditional African practices, e.g., African music, dance and storytelling, sitting on the floor or on pillows, and eating with the hands (no utensils). Libation, Candlelighting and Harambee are conducted at the Karamu.

Zawadi - (They should not be mandatory, expensive or excessive). It is suggested that Zawadi be given to the children in one or two ways:

1. One gift each day, reinforcing the principle of that day.

2. One or more gifts on January 1st, the last day of Kwanzaa.

Personally made gifts are strongly encouraged over commercial purchases. Regardless of what else is given, there are two strongly suggested items: a book and heritage symbol. These two items reinforce our commitment to education and the richness of our cultural heritage.

The essence of Kwanzaa is a true appreciation of ourselves as Black People, collectively coming together to reflect on and enjoy the infinite beauty of being in the same family, organization, and community, sharing the same values, interests and aspirations, engaging in and committing to the same struggle.

NGUZO SABA (The Seven Principles)

UMOJA (**Unity**) — To strive for and maintain unity in the family, community, nation and race.

KUJICHAGULIA (Self-determination) — To define ourselves, name ourselves, create for ourselves and speak for ourselves.

UJIMA (Collective Work and Responsibility)

- To build and maintain our community together and make our brothers' and sisters' problems our problems and solve them together.

UJAMAA (Cooperative Economics) — To build and maintain our own stores, shops and other businesses and profit from them together.

NIA (Purpose) — To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

KUUMBA (Creativity) — To do always as much as we can, in the way that we can, in order to leave our community more beautiful and beneficial than we inherited it.

IMANI (Faith) — To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our













CONTENTS

What is Kwanzaa	_ 2
How to Practice Kwanzaa	_ 2
The Seven Principles (NGUZO SABA)	_ 2
Kwanzaa Events 2010-11	_ 3
UBC Events for 2011	_ 4
UBC Editorial	_ 5
A 2011 Calendar	_ 6
The African Marketplace	_ 6
2011 Ancestors	12

UNITED BLACK COMMUNITY 2011 FORUMS

Fri. Feb. 25th



The Revolution Will Be Digitized: Racial Implications of Emerging Digital Technologies in a Post-Human Future. This forum will explore the convergence of digital technology and race in a future defined by post-human paradigms. Can race equity be achieved in such a future or would race even matter? What will be the destiny of people of African descent without the digital capacity to define their future? The forum format will be a lecture augmented with compelling images. 7PM

Fri. March 25th



<u>Economic Development and Economics for Self Reliance.</u> Businesses and organizations that appear in the Kwanzaa calendar are invited to come and discuss the goods and/or services they provide and how they benefit the community. We will also discuss how to implement the principle of Economics for Self-Reliance. 7:30PM

Fri. April 15th



<u>Back To Africa Projects.</u> UBC will present its annual update on projects/businesses on the continent of Africa being conducted by individuals and organizations in the DC/VA/MD community. This forum is designed to increase awareness and provide opportunities for participation in support of these various efforts. 7PM

Sat May 21st



Kuzaliwa 2011. Each year UBC honors Brother Malcolm X (a.k.a. El Hajj Malik El. Shabazz, Omawole) by holding a day long conference on an important topic in our community. This year we will look at ELDERSHIP. We will examine the difference between getting older and becoming a respected elder and how eldership was dealt with in traditional African societies. We will attempt to determine how we should treat the most wise and experienced members in our community today. At this event we will also hear from many of our current respected elders in our community. 1PM until.

Fri June 17th



Deepening Our Understanding of Afrikan Spirituality: The Akan Tradition. Join us as we explore the elements of the Akan Spiritual System. Come and learn about Akan concepts of God, ancestors, spirits, possession, human purpose, and Afrikan order. Learn about the spread of the Akan tradition to the Americas and the importance of this form of cultural restoration. Gain insight into African philosophy and leave with greater appreciation for our traditions and the knowing that we never walk alone. 7 PM

Fri. July 15th



Morbidity and Mortality in the Black Community, Part III. We will review last year's forum and present a comprehensive plan of action to reduce the levels of morbidity and mortality in our community. The program will be followed up with our continued distribution of health information to different areas of the city that have the highest rates of cancer, heart disease, hypertension, diabetes and stroke. 7:30PM

Fri Aug 26th



Why Are Black People Not Getting Married? We will explore the issues of Family and Marriage in the Black community, focusing on the title question and the overall impact of these issues on our community as a whole. 7PM

Fri Sep. 23rd



An Analysis of the Development of Black Cultural Music by Way of a Tribute to John Coltrane. This annual event features a critical look at the development of inspirational Black music and its impact on the Liberation movement through a musical journey about the life and legacy of one of its most influential proponents, Brother John "Ohnedaruth" Coltrane. 7PM

Fri Oct. 21st



<u>Education For Liberation – Maximizing The Mind of Black Children in an Alien Environment</u>. We will explore the systems of education that have served and underserved our children for generations, and the extent to which these systems have prepared our people to improve the conditions in their community. 7PM

ALL FORUMS ARE FREE AND HELD AT UMOJA HOUSE 2015 BUNKER HILL RD. NE WASHINGTON D.C. UNLESS OTHERWISE STATED.

202-526-4039 - UBCINDC@YAHOO.COM - WWW.UNITEDBLACKCOMMUNITY.COM

The United Black Community (UBC)

The United Black Community (UBC) is a coalition of individuals in the Pan-African Community that belong to many different progressive Pan-African organizations.

One of UBC's principal objectives is to sponsor community wide events that bring the BLACK COMMUNITY closer together and project the philosophy of Pan-African Nationalism to the broader Black Community.

UBC Currently Sponsors two main events: Kwanzaa and Kuzaliwa. For Kwanzaa we organize various events and publicize the events of others that we feel remain true to it's original standards. In order to honor Brother Malcolm X, we hold our Kuzaliwa (Happy Birthday) celebration in May and present the Umoja Award to individuals that honor his memory by helping to unite Black people through their work. UBC also sponsors monthly programs. See page 4 for more details. If you are interested in working with UBC, contact us at: 240.832.7203, 202.309.3443, 202.526.4039, PO Box 10011, Washington, D.C. 20018, www. unitedblackcommunity.com or ubcindc@yahoo.com.

KWANZAA EVENTS CALENDAR 2010-11

PRE- KWANZAA EVENTS

Pre-Kwanzaa Celebration at Ujamaa School, Fri., Dec. 17th, 1554 8th St, NW. at 7:00pm. Call (202) 232 · 2997.

UMOJA (UNITY) SUN. DEC. 26th

- The Annual Candle-lighting, Children Presentations & Afrocenteric Academic Challenge. Dinner Sale & Afrikan Marketplace sponsored by UBC & LCPAN. 3:00pm until 6:00pm at Roots, 15 Kennedy St NW. Call (202) 526-4039 or (202) 529-3635.
- Odwira Ancestral Akon Kwanzaa Celebration by THE TEMPLE OF NYAME at 949 Bonifant St, Silver Spring, MD 2pm to 6pm.
 Call (202)678-3100 for info.
- Umoja on U: A Kwanzaa Celebration! at the Historic Lincoln Theatre. Featuring: performances by BlackNotes, Farafina Kan, Maimouna Youssef and the Ballou High School Choir; community "Living Legend Awards"; a Kwanzaa candle-lighting ceremony and more! 6:00 pm to 9:00 pm (doors open at 5:00 pm) at 1215 U Street, NW Wash., DC 20009. General Admission: \$20; Seniors (65 & over): \$15; Children (12 & under): \$10. Call (202) 328-6000 or (202)286-2688
- African Heritage Dancers & Drummers Umoja Night Celebration. 7:00 to 8:30 P.M. Free to the Public. 1320 Good Hope Rd. S.E. Info. 202-399-5252

KUJICHAGULIA (SELF- DETERMINATION) MON. DEC. 27th

- Kwanzaa Candle-lighting Celebration & program by the Ausar Auset Society and Ideal PCS. The event will focus on health as a dynamic and transformative force impacting the stability of the African family. Children activities, vending, and food will be available. Location: 100 Peabody St. NW. (6:30pm-9:30pm). Call 202-723-5566.
- Global Citizenship for African People Realized An Evening of Kujichagulia. The Government of the UNIA-ACL. 1320 Good Hope Rd. S.E., WDC. 6pm 10pm. This event is FREE. African Market Place and Dinner available for purchase Call 1-866-496-8456 for Info.

UJIMA (COLLECTIVE WORK AND RESPONSIBILITY) TUES. DEC 28th

- Kwanzaa Program & Candle-lighting Service by House of Ra, Afi Soul and Friends. Hip-Hop, Go Go. Neo-Soul and Poetry. 7:15pm, Bohemian Caverns, 2001 11th St., NW (11th & U Sts.), Wash., DC. Free Admission. Call (202) 436-6466 or (202) 299-0800.
- Kwanzaa Candle-lighting Celebration & Program at St. Michael's Evangelical Lutheran Church. 700 Saint Michael's Drive, Mitchellville, MD at 7:30 pm. Call (301) 249-6222.

UJAMAA (COOPERATIVE ECONOMICS) WEDS. DEC. 29th

• The Annual Ujamaa Kwanzaa Candle-lighting Celebration & Program. Including the dramatic production: "Kwanzaa Yenu Iwe Na Heri" (May Y'all's Kwanzaa Be Filled With Happiness), Ujamaa Dancers & Drummers and vegetarian food. Ujamaa Shule at 8th & Q St. NW, Wash., DC at 7:00pm. Call (202) 232-2997.

NIA (PURPOSE) THURS. DEC. 30th

Candle-lighting and Kwanzaa Program Universal Improvement through ReAfricanization and Nation Building, by the
Universal Negro Improvement Association and African Communities League, Woodson Banneker-Jackson Bey Division 330. Guest
speakers will include an African Priest of the Akan Tradition, Dr. Mwangaza Bandele and Elements 4 Nature - producers of products
developed by Dr. George Washington Carver and Dr. Austin Curtis. Also included will will be an African Market Place, Spoken Word
by Evergreen Productions, Pan African Feast and a Children's Village from 6:00 P.M. until 9:00 P.M. at the Tree of Life Community
Public Charter School, 2315 18th Place, N.E. Washington, D.C. 20018. Free Admission. For More information call (202) 3982121or (202) 529-3635.

KUUMBA (CREATIVITY) FRI. DEC. 31st

- 41st Annual Kwanzaa Children's Party at Nation House, 770 Park Road NW, Wash., DC 1:00-3:00 pm. Sponsored by Kwanzaa Children's Party, Inc. and Temple of Nyame, for children age 3 -12. Adult must accompany children. Featuring the Kuumba Arts Korner, Baba Lasana, and dancing & drumming. Call (202) 363 5887, (202) 390 3164 or (240) 832-7203.
- Community Resources, Inc. presents the premier of the documentary film on the first African centered school in Washington, DC: The New School for African American Thought. The film is called *Under the Radar: The story of the most important DC educational institution that you probably did not know existed.* 6:00 PM at Umoja House, 2015 Bunker Hill Rd. NE. Call (202) 526-4039.
- **Karamu (Feast)** sponsored by UBC. Candle-lighting Service, poetry, music, dancing, lots of food and fun. Bring a wholesome natural food dish to share. Umoja House, 2015 Bunker Hill Rd. NE. 8:00 pm until. Call (202) 526-4039 or (240) 832-7203.

IMANI (FAITH) SAT. JAN. 1st

- Annual Free the Land Annual Kwanzaa 3.1 5 mile Fun Run/Walk/Bike. 12 noon, Lake Artemisia Park, Berwyn Rd. and 55th Ave, Greenbelt, MD. Call (202) 355-2562.
- Kwanzaa Imani Celebration and African Consciousness Award Presentation. Cosponsored by UBC and ADACI.
 Performance by Malcolm X Dancers & Drummers, presentation by noted spiritual leaders and the presentation of this year's African Consciousness Award: Mama Sala Damali. At Plymouth Congregational Church, 5301 N Capitol St NE, Washington D.C., 7:00pm. Call (202) 526-4039, (202) 529-3635 or (240) 832-7203.

UBC EDITORIAL WHERE HAVE ALL THE VOICES GONE?

During these challenging times, we have witnessed many of our conscious Liberation voices joining the world of the ancestors. These were tireless voices that spoke, worked, sang and used art to inspire our people to overcome insurmountable odds. Voices such the great Abbey Lincoln, aka Aminata Moseka, who, in conjunction with her then husband, the great Max Roach, developed a beautiful piece called "We Insist! Max Roach's – Freedom Now Suite." Her grace, her voice, and her very dignified presence will surely be missed for time immemorial. We can't forget Miriam Makeba, Mamadi N'Yasuma, Sekou Sundiata, KhaRabia Rayford, Max Roach, Barnett Williams, Baba Ngoma, Rashid Ali, and all "Drum Majors For Freedom".

As a community, we are still reeling from the loss of voices for Reparations and Liberation, such as Dr. Imari Obadele, Queen Mother Marilyn Killingham, Akua Alghace and Kwame Afoh (Free the Land!). Surely we can't forget the Black Voice for Peace in advocate Damu Smith.

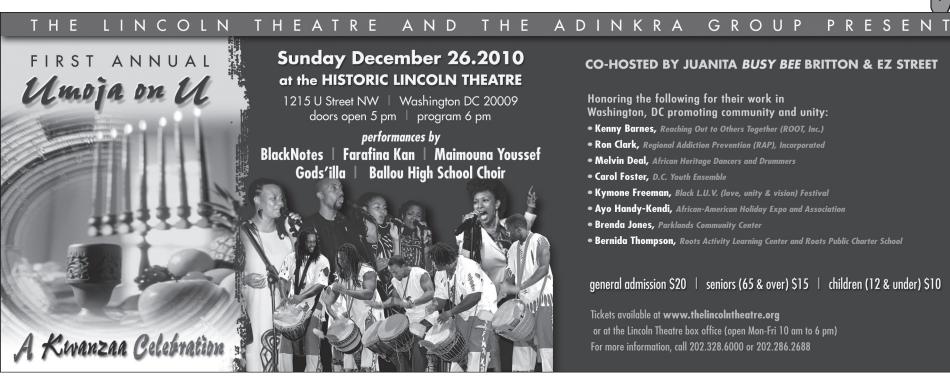
We must also contend with the loss of many of our esteemed elders, scholars, and activists, such as Dr. Ivan Van Sertima, Dr. Asa Hilliard, Dr. John Hope Franklin, Rev. Ishakamusa Barashango, Dr. Ambrose Lane Sr., Dr. Ron Walters, Dr. Karl Hammonds, Mamadou Lumumba, Bro. Kibwe Bey, and many, many others, too numerous to name here.

January 2010 began with the horrific earthquake that killed and severely injured hundreds of thousands of sisters and brothers in Haiti. Many voices were silenced by the devastating impact of that natural disaster and the continuous human suffering that has plagued Haiti for far too long.

Unlike the voices silenced by the earthquake in Haiti, too many of our voices are silenced by factors within our control. Too many Liberation voices are prematurely lost to us due to the deplorable health conditions that persist throughout the greater Black community. We must each truly begin to appreciate the value of our own voices to our people - voices much too valuable to be lost before their time because we did not fully recognize the importance of maintaining a healthier lifestyle.

We must begin to focus on the health of every individual in order to ensure the overall well-being – body, mind and spirit - of our community as a whole. There is an old West African proverb that says "Every time an elder dies, it is as if a library has burnt down." You are of much more value to us when you are with us, than when you have gone. The loss of your wealth of knowledge, wisdom and understating is too costly to us. We must learn that caring for and loving our people means taking much better care of ourselves. We will always lose voices, especially elder voices. This is the course of nature. But it is absolutely imperative to do what we can to ensure that it is not premature.

As Pan-Africans, we must see ourselves as servants of Africa and Africans wherever we are. Our collective voices are indeed Africa's gift to the world, but first and foremost, to ourselves. Lift every voice to unity, respect, improvement, optimal health, integrity, humility, love, peace and all that is truly good and beneficial for our human development, growth and ultimate survival. Yes indeed, we must retain the Voices of Liberation and continue to inspire, enlighten, and uplift new voices when, where and however we can, in order to triumphantly move us forward to African Self-Reliance and Redemption.



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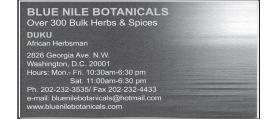
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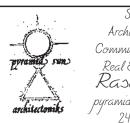
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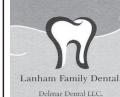












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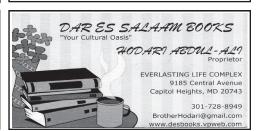
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DECEMBER 15, 2010 Seestah IMAHKUS - "African-American Repatriates to Ghana: The Experience" JANUARY 19, 2011 Ionnie McNeil, the Baby Billionaire - "How to Make Your Money Work for You" FEBRUARY 16, 2011

EMPIRE" MARCH 16, 2011 ASCAC – 28th Annual Ancient Kemetic Studies Conference - A Preview

Dr. Nancy Banks - "AIDS, OPIUM, DIAMONDS &

APRIL 20, 2011 - TBA MAY 18, 2011

Jonathan Pourzal - "The Ancient African Presence in the Americas: Remembering the Work of Dr. Van Sertima" JUNE 15, 2011

Akoma Bennett-Williams - "Restoring Order: Personal Leadership to Thrive in the Future" JULY 20, 2011

Ty Gray-EL - "Ancestors Remembered-The Cream Shall Rise" A Poetic Lecture AUGUST 17, 2011 - TBA **SEMPTEMBER 21, 2011**

Anthony Browder - The ASA Restoration Project OCTOBER 19, 2011 Friend of the Congo - International Congo Week

NOVEMBER 16, 2011 Kamau Sadiki - Mathematics, Science, & the Environment: An African-Centered Approach

DECEMBER 21, 2011

Aziza Caines - Optimal Wellness for the New Year & Beyond

2011 AFRICAN MARKETPLA

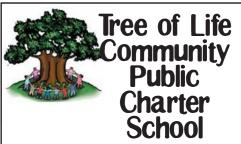


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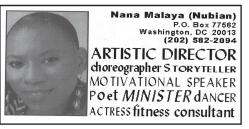
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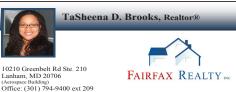
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21 Accompaniments to the Nguzo Saba

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- 1. Always strive for greater degrees of unity in the organization among our people and our allies.
- 2. Always show bold initiatives in all we do.
- 3. Always share work and responsibility consciously and collectively.
- 4. Always share what we have with those who share our values and aspirations for a better world and way of life.
- 5. Always dare greatness for our organization and our people.
- 6. Always work to make the lives of our people better and more beautiful.
- 7. Always love and believe in our people and involve ourselves profoundly and firmly in their lives.
- 8. Always speak the truth and call things by their right name.
- 9. Always move to broaden our base.
- 10. Always reach out to organize.
- 11. Always fight our fears and frustrations about what can't be achieved.
- 12. Always be audacious and honest in all we do.
- 13. Always remember we can always do more.
- 14. Cast aside cynicism, mysticism and addiction to simple solutions.
- 15. Understand and appreciate the long time it takes progress to be made and victories to be achieved.
- 16. Learn struggle by struggling and studying struggle.
- 17. Work daily to overcome the negative attitudes, thoughts and actions of ourselves and our people.
- 18. Learn tirelessly from everyone and teach what we learn.
- 19. Hide no difficulties, failures or mistakes, and always encourage free, frank, and full discussion of issues.
- 20. Be humble in the admission of our mistakes and quick and thorough in the elimination of them.
- 21. Be patient and thorough in our work; conscious and committed in our struggle; terribly audacious in our example.



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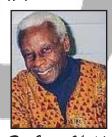
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