



# KWANZAA

THE KWANZAA CALENDAR & RESOURCE GUIDE

Dec. 26, 2017 - Jan. 1 2018



**A UNIVERSAL PAN AFRICAN CULTURAL REALITY**

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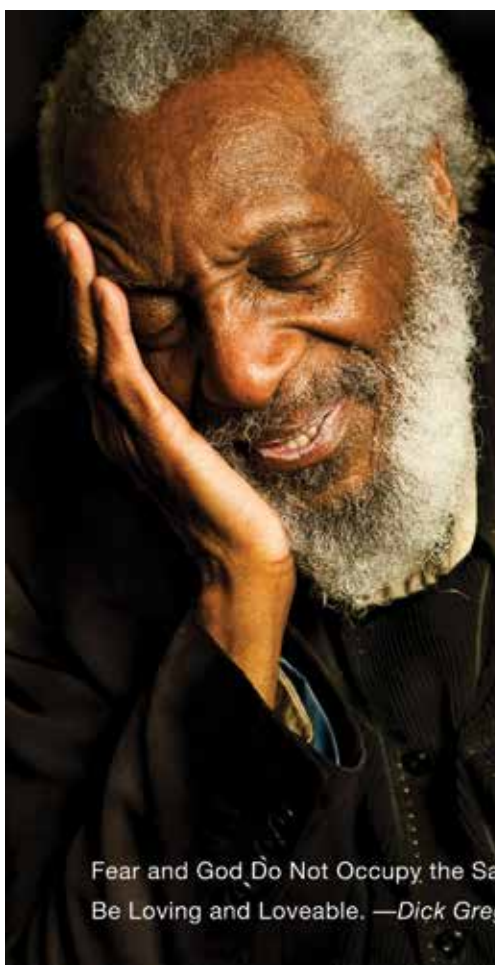
# IN HONOR OF Iyanifa Mother Pamela Efunyale Taylor

7 OCTOBER 1928 – 17 JANUARY 2017

FOUNDER OF THE YORUBA TEMPLE OF SPIRITUAL ELEVATION AND ENLIGHTENMENT

**Mother Taylor** was born in Grenada, W.I. on 7 October 1928 and made her transition into the spiritual realm on 17 January 2017. She was raised in Trinidad, W.I. with her parents and grandmother who were Orisa practitioners. From an early age, Mother Taylor's belief and worldview were based on Africa's Yoruba culture and religion. In 1982, Mother Taylor (lovingly known as Mother) founded the Yoruba Temple of Spiritual Elevation and Enlightenment (also known as the Yoruba Temple). Mother Taylor participated in Ujima and encouraged various and simultaneous actions for the liberation of African people. She taught that one's advocacy should be one's mission. In other words, don't just talk the talk, but walk your talk. She was a humble person who believed that leadership should be directed from above and behind. She encouraged leaders to rely on the forces of nature to guide one's action. And, she taught that nothing good and true could be accomplished without the support of others.

Mother Taylor displayed Umoja through her commitment to unity in diversity and called the Pan-African and spiritual organizations to come together for the healing and upliftment of all African people. In 2000, the African Traditional Spiritual Coalition (ATSC) was formed under the guidance of Mother Taylor. Its initial focus was to come together in a circle to pray for the healing of humanity. Today, ATSC is working to take further steps to ensure our liberation. Mother Taylor was an excellent representative for Imani, and acknowledged that action must accompany faith. She taught that the accomplishments of today are the results of prayers said yesterday. Mother said, "Do not wait until something has happened before you take action." We are always in the season of prayer. May the prayers that Mother Taylor prayed yesterday manifest fully in our lives today. **Ire o!**



IN HONOR OF

October 12, 1932 - August 19, 2017

# Dick Gregory

Comedian Human Rights Activist Health Guru  
Author Master Teacher Actor Legend

When It Was Not Popular to Stand Up for the Least of Thee *He Did*  
When It Was Not Popular to Fight/Protest for the Rights of All People *He Did*  
When It Was Not Popular to Start A Real Movement *He Did*  
When It Was Not Popular to Teach Black Folk About Being Healthy *He Did*  
When It Was Not Popular to Show Black Folk How Powerful They Are *He Did*  
When It Was Not Popular to Speak The Truth *He Did*  
*And He Never Stopped Fighting*

This Loving Husband and Father of 10 Sacrificed  
His Livelihood and Ultimately His Life for Humanity.

Read Dick Gregory's latest book  
"Defining Moments in Black History:  
Reading Between the Lies"



Fear and God Do Not Occupy the Same Space.  
Be Loving and Loveable. —Dick Gregory

# 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 Corn) - 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 blood of our people

Black - the collective color of all Black people

Green - land, Mother Africa, 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 corn 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 26th, 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 cleanse the body, discipline the mind, and uplift the spirit.

**Libation (Ancestral Communion)** — an elder or leader should pour libation, using water or juice, 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 (Gift)** — (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 instead of being defined and spoken for by others.



### **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 struggle.

## EDITORIAL

### Towards A Universal Pan-Afrikan Cultural Reality

**A**s Afrikans living in America or anywhere on the planet really, it's a daunting task on a daily basis to first understand and then navigate the reality of being Black People in a world, a system that does not operate in our best interest in most situations and circumstances. We try to systematically come to terms with that reality, individually and collectively through our culture, our way of life, our unique experiences in time and space. Many Black Folks, especially as a result of the realities – the successes and shortcomings, the endless travails – of the Civil Rights and Black Liberation Movements of the 60's, 70's and 80's, gravitated towards, in fact, began to adopt an "Afrikan Perspective/Viewpoint" relative to the nature of our daily existence, the overall condition of our people, and the importance of our mission, purpose and direction in life. We began to embark upon a new way of life, a more revolutionary and analytical interpretation of ourselves and the society in which we lived.

Most of us realize that winning the battle for Black Liberation requires a great deal of unity among Black People. Our unity can give us the power we need to be successful. The fact is, this solidarity is necessary for our collective advancement. But what many of us don't realize is that the unity of Black People depends, in large part, on the continuing development and strengthening of our common cultural bonds. In fact, being as fractionalized as we sometimes are, often works against our unity or solidarity, even though, ironically, much of our diversity or uniqueness adds important flavor, depth and nuance to our collective identity. How do we address this dichotomy and realistically maintain our necessary unity and balance? What we mean by developing and sustaining a common culture is not the creation of a motif that replaces our existing cultural traditions and expressions and makes us less diverse. It is time-honored cultural practices and traditions that bind us together; that, indeed, really represent our true connection to each other. What we need are symbols, rituals and practices that cross the divides between our intra-cultural differences and nuances without replacing them, in order to build the solidarity we need to be a powerful united force for our liberation. Many of us do not realize that, for some time now, we have actually been building this common cultural connection between Black People.

In essence, we are talking about A Universal Pan-Afrikan Cultural Reality in the context, in the tradition, in the spirit of our Seven Holy Days of Kwanzaa. Kwanzaa is a political and spiritual manifestation of our Afrikan culture throughout the Afrikan diaspora. It is universal and inclusive amongst our people. Kwanzaa along with other cultural activities, observances, expressions and symbols like the Ankh, the Adinkra symbols, such as Sankofa and Gye Nyame, the Kente sashes worn by our proud Black college graduates, as well as the Red, Black and Green flag, constitute a Pan-Afrikan cultural connection that Black People can utilize to help nourish our solidarity. They are the continuation of the development of a connecting culture for Black People. Their evolution has been an important step in the perpetuation of a worldwide connection between our people. It is a critically important process that will make it much easier for us to achieve our collective goals and objectives. Most of us realize that in order to be victorious in our quest for Black Liberation, in the face of racism, bigotry, indifference and hate, will require a tremendous amount of unity and perseverance. Our collective unity gives us the political and economic power we need to truly be successful and on point. Whether we want to accept it or not, the unity or solidarity of Black People depends significantly on the continuing development and strengthening of our common cultural bonds, our sincere working together to promote harmony, commitment, respect, and yes, love - love of ourselves, our traditions, our countless contributions to humanity, our unique cultural/spiritual reality.

The creation of Kwanzaa some 50 years ago in 1966 by Dr. Maulana Karenga, has led the way in the creation of common cultural practices that Black People can use to help identify with each other worldwide. Kwanzaa is based upon the Afrikan tradition of harvesting and reaping the fruits of our labor, of our collective efforts and aspirations. It is, without question, a cultural, political, social, historical, educational, nutritional, in essence, a holistic expression to recommit, reaffirm, celebrate the Nguzo Saba (Seven Principles of Blackness), our Afrikan Heritage, our Pan-Afrikan Cultural Reality in order to organize, energize, enlighten Black People globally for the struggle for total Black Liberation, not only from December 26<sup>th</sup> to January 1<sup>st</sup>, but throughout the year, actually throughout our lifetime. When we observe Kwanzaa, we are telling the world that we stand in solidarity with our brothers and sisters, on a global scale, in our fight to be a free and self-determining people, moving ever onward towards A Universal Pan-Afrikan Cultural Reality of the highest order.

**HABARI GANI!!!!!!!**

**HAPPY KWANZAA!!!!!!!**

**HABARI GANI!!!!!!!**

# KWANZAA EVENTS CALENDAR 2017/2018

## PRE-KWANZAA EVENTS

**Saturday Dec. 9<sup>th</sup> - NBUF Pre-Kwanzaa Feed the Hood Project.** Winter Coats, Scarfs, Hats, Socks and Gloves Drive. Our goal is to prepare 200 care packages for families in need. Volunteers are asked to donate \$10 towards the preparation of the care packages. Register at <http://bit.ly/2AdCbFz>. [info@nationalblackunitedfront.net](mailto:info@nationalblackunitedfront.net), [www.nationalblackunitedfront.net](http://www.nationalblackunitedfront.net). Petey Greene Community Service Center, 2907 Martin Luther King Jr Ave SE, Washington, DC 20032. 12-3pm.

**Sunday Dec. 10<sup>th</sup> - The Temple of Nyame and Asuo-Gyebi, Esi, Tegare, Yemoja & Afa Shrines of Washington, D.C.** presents its **Annual Odwira/Ancestral Akom & Pre-Kwanzaa Candle-lighting Ceremony.** Bring a picture of an Ancestor that you would like to place on the Ancestral Altar. Please join us and bring a friend to share your energies & vibrations. 15 Kennedy Street NW, Washington, DC 20011. To RSVP or for more info, please visit [www.bit.ly/odwira2017](http://www.bit.ly/odwira2017) or call (202) 725-8355. 2:00 pm - 6:00 pm.

**Tuesdays, Dec. 12<sup>th</sup> & 19<sup>th</sup> - Northern Virginia Urban League Young Professionals Network presents Kwanzaa 101: An Interactive Workshop Series on Understanding Kwanzaa and How to Celebrate It.** Freedom House Museum, 1315 Duke St. Alexandria, VA. For more info contact [historian@nvulypn.org](mailto:historian@nvulypn.org). 7:30pm.

**Friday Dec. 15<sup>th</sup> - Annual Ujamaa School Pre-Kwanzaa Celebration and Candle-Lighting Ceremony,** 1554 8<sup>th</sup> St., NW, WDC at 7:00pm. Call (202)232-2997 for info.

**Saturday Dec 16<sup>th</sup> - Arts 4 Our Children Inc./Ithings2collardgreens Girls Summer Campers, Family and Community** presents their Pre-Kwanzaa Program. Malcolm X Drummers and Dancers, Sister Free & African Market Place. Davis Dance Center 6218 3rd St NW, Washington, DC. 202-256-2518. 6pm to 8pm.

**Friday Dec. 22<sup>nd</sup> - Wilson Baker Home School Collective's 6th Annual Pre-Kwanzaa Celebration & Marketplace.** Join the talented and incredible scholars of Wilson Baker Academy for the most amazing Kwanzaa performance ever! You will be captivated by the singing, speaking, dancing, stepping, and drumming of these amazing young performers. Location: Dr. Henry A. Wise Jr. High School, 12650 Brooke Ln, Upper Marlboro, MD 20772. 5pm Marketplace, Showtime 6:30pm.

## UMOJA (UNITY) TUES. DEC. 26<sup>th</sup>

**Union Temple Baptist Church presents Kwanzaa Kids with Culture Queen.** Join Culture Queen on the 1st day of Kwanzaa, "Umoja" which means unity through an interactive children's performance and a hands-on Kwanzaa cooking class. Your royal children will enjoy making edible Kwanzaa art; and will be invited to participate in the Kwanzaa candle lighting ceremony! Presented by the Union Temple Baptist Church Kwanzaa Committee under the direction of Rev. Willie F. Wilson, Senior Pastor, Rev. Mary L. Wilson, Executive Pastor, and Rev. Anika Wilson-Brown, Pastor. 1225 W Street, SE Washington, DC 20020. Admission: Free! For more information, call or visit: (202) 678-8822 or visit: [www.uniontemple.com](http://www.uniontemple.com). 11:00 AM- 1:00 PM.

**Kwanzaa Celebration with Nana Malaya Rucker, "The Dancing Diplomat & Nubian".** This exciting family program combines the masterful skills of dance, music, storytelling and more by Nana Malaya Rucker, "The Dancing Diplomat" with plenty of audience participation and African percussive instruments. The program includes introducing the audience to the history of Kwanzaa, its seven guiding principles and associated symbols, songs, dances and customs. Venue: Anacostia Community Museum, 1901 Fort Place, SE, Washington, DC 20020. Register online, [www.anacostia.si.edu](http://www.anacostia.si.edu) or call 202.633.4844. From 11am - 1pm.

**The Annual Umoja Candle-lighting Ceremony and Umoja Celebration** by LCPAN. Includes "State of the Community" Report, Kuumba Kids, Ujamaa Dancers & Drummers and Poetry. Dinner Sales & African Marketplace sponsored by LCPAN. Doors open at 5:30pm. Free admission. Call (202) 526-4039 or (202) 529-3635. St. Martin's Church 1908 North Capitol St., NW, WDC. (Entrance on T St.) Parking is Limited. Starts at 6:00pm.

## KUJICHAGULIA (SELF-DETERMINATION) WED. DEC 27<sup>th</sup>

**Kwanzaa Celebration with Melvin Deal African Heritage Drummers and Dancers.** Celebrate Kwanzaa with a lively performance by Melvin Deal African Heritage Drummers and Dancers. Melvin Deal is the Founding Executive Artistic Director of the African Heritage Drummers and Dancers and has worked tirelessly in addressing issues of violence, delinquency and dysfunctional lifestyles and abuse in African-American communities. Venue: Anacostia Community Museum, 1901 Fort Place, SE, Washington, DC 20020. Register online, [www.anacostia.si.edu](http://www.anacostia.si.edu) or call 202.633.4844. 11am - 12:30pm.

**Kwanzaa Candle-lighting Celebration & Program by the Ausar Auset Society. Kujichagulia Night theme: "Preserving the Legacy: Passing it on from Generation to Generation.** Children's activities, vending and food will be available. This event will be held at the Davis Center 6218 3<sup>rd</sup> St. NW, Wash., DC 20011. (202) 723-5566. 6:30pm - 9:30pm.

**KUJICHAGULIA Kwanzaa.** Sponsored by The CHI (Collective Health Initiative) & Ni Dembaya African Drum & Dance Collective. Features Kwanzaa intro, candle lighting, vendors, "Applying Kujichagulia", natural do-it-yourself health solutions by the CHI (Collective Health Initiative), performances including African drumming & dancing by Ni Dembaya, and community participation. \$5 donation requested (not mandatory). **Celebration @ Riverside Healthy Living Center,** 5200 Foote St. NE, Washington, DC 20019. For more info, contact Dr. Yew (202) 469-0264 / Email: [dryew@gmail.com](mailto:dryew@gmail.com). 7pm - 9pm.

## UJIMA (COLLECTIVE WORK AND RESPONSIBILITY) THURS. DEC 28<sup>th</sup>

**Kwanzaa Celebration with All-Day Arts & Crafts** - Celebrate Kwanzaa with all-day arts and crafts at the museum. Register online, [www.anacostia.si.edu](http://www.anacostia.si.edu) or call 202.633.4844. Venue: Anacostia Community Museum, 1901 Fort Place, SE, Washington, DC 20020. 10am - 2:30pm

# KWANZAA EVENTS CALENDAR 2017/2018

**Kwanzaa Program & Candle-lighting Service by House of Ra, AfiSoul, Obi, Amenika & Friends.** Hip-Hop, Go Go, Neo-Soul, Spoken Word and Dance Movement. Location: 15 Kennedy St, NW, Washington, DC 20011. Free Admission. 424-533-2868 or ujimajoint@gmail.com for more info. 7:00pm.

## **UJAMAA (COOPERATIVE ECONOMICS) FRI. DEC. 29<sup>th</sup>**

**48th Annual Kwanzaa Children's Party.** For children ages 3-12. Sponsored by the Kwanzaa Children's Party Committee. Adults must accompany children. Featuring Kuumba Arts Korner, Mama Ayo Handy-Kendi with Kwanzaa Story, Dancing/Drumming, Refreshments, Zawadi(gifts) for the watoto(children). Arts and Craft from 11am -12 noon, and 12 noon to 3pm for the celebration and food. Call (202)390-3164 or (240) 417-5959 for info. At the Panorama Room, 1600 Morris Rd. SE WDC 20020. 11am to 3pm.

**Arts 4 Our Children Inc./Ithings2collardgreens Kwanzaa Program.** Call 202-256-2518 for info. Davis Dance Center 6218 3rd St., NW, Washington, DC 2pm to 6pm.

**Northern Virginia Urban League Young Professionals Network - DMV Buy Black Kwanzaa Expo 2017.** African Drummers and Dancers, Art, Music, Culture and Black Entrepreneurship. Shiloh Baptist Church 1429 Duke St Alexandria VA. Register at <https://dmvkwanzaaexpo.eventbrite.com>. 6pm.

**The Annual Ujamaa Kwanzaa Candle-lighting Celebration & Program** – Featuring an original Kwanzaa play performed by Ujamaa Shule students, performances by the Ujamaa Dancers & Drummers, vegetarian food, and more. 8th & Q St. NW., Washington, DC. Call (202) 232-2997 for info. 7:00 PM.

## **NIA (PURPOSE) SAT. DEC. 30<sup>th</sup>**

**Nia Kwanzaa Celebration and Black Women's Entrepreneurship Expo.** Hosted by Lorie Woodruff. Guest Speakers include, Dr. Greg Carr and Rahman Branch, Director of Mayor's Office on African American Affairs. Advance Tickets \$10 -Adults \$5 -Children (17 and under). Register at [DMVKwanzaa17.Eventbrite.com](https://dmvkwanzaa17.eventbrite.com). African American Civil War Museum, 1925 Vermont Ave NW, Washington DC. Doors open at 11am.

**AWHA Inc. (African Wholistic Health Assoc), Academy for Ideal Education, Communal Effect Herbals & ADS Collective (The Acupuncture Detox Specialist Collective) presents: Africa People's Health in America: Past, Present, Future.** Wholistic Practitioners Health Vendors, Workshops & Presentations honoring the Father of Wholistic Medicine in DC, Dr. Gerald Douglass. Special Tribute to Dr. Sebi, Dr. Frances Cress Welsing, Baba Dick Gregory, Bro. Bey, Bro. Kweku and so many more. Video of Dr. Mutulu Shakur. RSVP: [Wpkokayi1@yahoo.com](mailto:Wpkokayi1@yahoo.com) or Facebook @The African Wholistic Health Ass. or Text 267-216-6896 or 202-412-4880. Free to public. \$5 donations accepted. Davis Center 6218 3<sup>rd</sup> St. NW, Wash., DC 20011. 1pm-6pm.

**Positive Kemetic Visions (PKV) 25th Annual Kwanzaa Celebration on Nia Night** - Rejuvenate your spirit for the new year at a Nia Celebration for the entire Black family! This FREE event will highlight the principles of the Nguzo Saba, feature a name-changing ceremony, live music, a DJ, a cultural market place, a prize raffle, Village Grub dinner sales and more. There will also be a special address on the significance of our high Afrikan holiday, featuring KUSH-The Black Unifier. For more information, contact PKV at (202)207-7886 or [info@pkvillage.org](mailto:info@pkvillage.org). At the Birchwood Community Center, 1331 Fenwood Ave., Oxon Hill, MD 20745. 5-9 pm.

**The Woodson Banneker Jackson-Bey Division 330 UNIA-ACL Annual Kwanzaa Nia Celebration** in partnership with the Heritage Gallery International and the Thurgood Marshall Center Trust featuring candle-lighting ceremony with Children's Village, spoken word music and presentation of the Marcus Mosiah Garvey Outstanding Community Service Award. A Pan-African Karamu/Feast will be served. Admission is Free. For more info. call 202-529-3935 or 301-802-4022. 1816 12th Street, NW, Washington, DC. 6PM to 10PM.

## **KUUMBA (CREATIVITY) SUN. DEC 31<sup>th</sup>**

**Kwanzaa Kuumba Night KARAMU (Feast) & House Party!** - Three floors of food, fun, music! KARAMU and Festivities - Feast (bring a dish to share- no pork or beef); Kwanzaa candle-lighting; book signings; discussions; video clips. Good old fashioned House Party bringing in the New Year! No shoe household; No alcohol household. Just good vibes! Private home! For address call 202-641-6605 before Dec 31. 7:00pm - 1:00am.

## **IMANI (FAITH) MON. JAN. 1<sup>st</sup>**

**Annual Free the Land Kwanzaa 3.1 - 5 Mile Fun Run/Walk/Bike at Lake Artemisia Park,** Make a healthy new start for the New Year! Bring the whole family! For more info. Contact: Baba Prince Kolani (202) 520-4669 or [prince.kolani@yahoo.com](mailto:prince.kolani@yahoo.com). Berwyn Rd. and 55th Ave., Greenbelt, MD. 12 noon.

**Community Kwanzaa Imani Celebration and African Consciousness Award Presentation** – Sponsored by The DC Council of Elders who will be honoring outstanding members of the legacy generation, carrying the torch of freedom in this century. Performances by the Malcolm X Drummers & Dancers and the presentation of this year's African Consciousness Award to African Diaspora Ancestral Commemoration Institute (A.D.A.C.I.) Let's close out this year's Kwanzaa celebration together on a positive note. Plymouth Congregational Church, 5301 N. Capitol St. NE, WDC Call (202) 526-4039, (202) 529-3635, (240) 832-7203. Starts 6pm.

All events listed are **FREE**, unless otherwise stated.

## 2018 UBC'S CALL TO ACTION FORUMS

- Feb 23** African Liberation in the Post-Modern Age of Pseudo-Science, Alt-Facts, Control Technology and Fake News: Where Do We Go From Here? This forum will explore the shifting dynamics of oppression and behavior control in a new era of emerging control technologies, false information, pseudo-science and extensive distractions. In this context, new liberation strategies for people of African descent will be discussed that could impact behaviors and empower Black communities globally. 7:30pm
- March 23** Back to Africa: We will present businesses and projects of note, taking place on the continent of Africa, initiated by individuals or organizations from the DC area, making a meaningful contribution to the advancement of Black people and the inter-connections between the Diaspora and the continent. 7:30pm
- April 20** Grass Roots Development: This forum will be conducted by UBC, Appeal Inc. and LCPAN. We will identify and use strategic steps needed for economic and social development in our community. The discussion will center around the principles, practices and the use of crowd-funding and marketing that can be used to help organizations and empower our businesses and organizations that serve our community. Join us! 7:30pm
- May 19** Kuzaliwa: This is our annual tribute to our martyred hero Brother El Hajj Malik El Shabazz (Omwale Malcolm X). This day-long conference will explore the question: What do we mean by "Black Liberation"? This question gets at the heart of trying to understand what our overall goals and objectives are. How do we define terms like liberation and freedom? Such questions get at the heart of an even more important question: Do we have common goals and are we fighting for the same things? Let's talk about these issues. Bring your ideas and let's have an in-depth discussion. 1pm
- June 22** African Spirituality: This forum will examine the role of African Spiritual formations and communities in our quest to be a free and self-determining people. We will examine the role that African religion has played in the liberation struggles of the past, present and future. 7:30pm
- July 20** Saving the Black Family: The Black Family is in crisis. The number of two-parent families has fallen from approximately 78% in the fifties and early sixties to about 25% currently. Our divorce rate has almost doubled. All of this signals a deepening crisis in the relationship between Black males and Black females. How can we reverse this trend? Come and add your voice to finding a solution! 7:30 PM
- Aug 17** Black Mental Health This year we will continue to take a look at mental health issues in our community. We will again attempt to provide a Black Liberation context to Black mental health problems by looking at how our Liberation Movement can foster better mental health in our community. 7:30 PM
- Sep 21** An Analysis of the Development of Black Classical/Cultural Music (jazz) by way of a tribute to John Coltrane. This annual event features a look at Black Musical and its impact on the Black Liberation Movement through a music and poetic journey of one of its most influential practitioners, Brother John "Ohnedaruth" Coltrane. There will be live performances by local and regional Black musicians. This event will be held at Everlasting Life Vegan Restaurant 9185 Central Ave Capitol Heights, MD. 7:00 to 10:00PM (cost TBD)

All forums are free (except September) and are held at UMOJA House 2015 Bunker Hill Rd NE (unless otherwise stated)

### EDITORIAL BOARD

Baba Lumumba  
Kelechi Egwim  
Rasafik Weusi  
Imamu Kuumba

### ADMINISTRATIVE SUPPORT

MonaCheri Pollard  
Oforiwa Sankofa

### GRAPHIC DESIGN

Free Benjamin

### PRINTING

W. Paul Coates /BCP

### SPONSORING ORGANIZATION

The United Black Community



## 2018 LCPAN COMMUNITY EVENTS CALENDAR



**January 20, 2018** - Ausar Auset Society/ACE Movie and Discussion on the Dangers and Political implications of 4G, 5G, and WIFI to the Health of our Community and common sense approaches to mitigate this challenge. 6224 3rd St NW, Wash. DC 5pm, Admission free

**February 3, 2018** – UNIA-ACL Division 330. Black Book Fair: The African that Reads is the one that Succeeds. Featuring presentations by local African American authors. \$5.00 donation, children free with paying adult, book and food sales. 11:00am – 7:00pm Location TBA. Contact 202-317-1616.

**February 18, 2018** – Roots PCS annual fundraiser. Black Love Roller Skating Party, Skate Palace, 3132 Branch Avenue, Temple Hills, Md. 11:00am-2:00pm. \$10.00 per person. Contact 202-270-3266.

**February 23, 2018** – Ujamaa School “Night Out In Africa” Gala, Silver Spring Civic Center, 1 Veterans Place, Silver Spring, MD, 8pm to 12am Contact: 202-232-2997.

**March 3, 2018** – Ausar Auset Society presentation “Evidence-based Spirituality”, 6224 3<sup>rd</sup> St., NW, WDC, 5:00pm. Contact 202-723-5566.

**April 21, 2018** – UNIA-ACL Division 330 Building Fund Dinner. Location/Time TBA. Contact 202-529-3635 or 301-802-4022 or uniadivision330.org.

**May 12, 2018** – Ujamaa Shule, 50<sup>th</sup> Anniversary Celebration! Panorama Room, 1600 Morris Rd., SE, WDC.4:00pm.

**May 26, 2018** – Nation House Positive Action Center, School Anniversary. Contact 202-291-5600. Save the Date!

**June 2018** – ADACI 26<sup>th</sup> Annual Ancestral Commemoration and Riverwalk. Location and time TBA. Contact [www.ADACI.net](http://www.ADACI.net) or 301-292-6822.

**June 9-10, 2018** – Ausar Auset Society “African Spiritual Relationships” Conference. 6224 3<sup>rd</sup> St., NW, WDC. 12:00 Noon. Contact 202-723-5566.

**August 12, 2018** -UNIA-ACL Division 330 Marcus Garvey Day Celebration. Free. Location/Time TBA. Contact 202-529-3635 or 301-802-4022.

**August 18, 2018** – Annual “Birthright” Concert/Performance. Contact 240-490-2227 or [www.theadinkragroup.com](http://www.theadinkragroup.com). Save the Date!

**September 29, 2018** – 2<sup>nd</sup> Annual APPEAL Founders Day Fundraiser. Location/Time TBA. Contact 1-800-711-7851 or [info@appealinc.org](mailto:info@appealinc.org).

**December 9, 2018** – Temple of Nyame annual Odwira Festival. Roots PCS, 15 Kennedy St., NW, WDC. 2:00-6:00pm. Contact 202-725-8355.





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- Dec. 27th** Kujichagulia is for SENBEB NATURAL FOODS AND VEGAN CAFÉ  
6224 3rd., NW Washington, DC 20011 (Best to come 3-6pm)
- Dec. 28th** Ujima is for EVERLASTING LIFE VEGAN CAFE  
341 Cedar St NW, Washington, DC 20012 (Evolve) &  
9185 Central Ave., Capitol Heights, MD 20743 (Come from 4-7pm)
- Dec. 29th** Ujamaa is for UJAMAA GIFTS AND BOOKSTORE  
1554 8th St. NW, Washington, DC 20001 (Best to come 2-5pm)
- Dec. 30th** Nia is for SECRETS OF NATURE HEATH FOOD STORE  
3923 South Capitol St, SW, Wash. DC 20032 (Best to come 12-3pm)
- Dec. 31st** Kuumba is for GALLERY AFRICA CLOTHES AND GIFTS  
9300 Woodmore Center Dr #503, Glenarden, MD 20706 &  
3217 Donnell Dr, District Heights, MD 20747 (Come from 12- 5pm)
- Jan. 1st** Imani is for KHEPRA'S RAW FOOD JUICE BAR  
402 H St., NE Washington, DC 20002 (Best to come 2-5pm)

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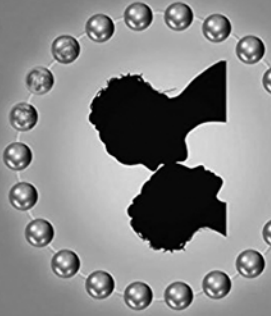
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#### Fridays - January 5 - February 2, 2018

#### Meditation Workshops: 6:30 PM - 8 PM

- 01/05/18 "Change Your Life With Meditation" - Introduction to Principles of Meditation
- 01/12/18 "Focusing Meditation" - Enhancing Brain Performance Through Meditation
- 01/19/18 "Script Writing Part I" - Scripts Foster Goal Activation and Successful Outcomes
- 01/26/18 "Script Writing Part II" - Review, Refine and Practice Meditation Scripts
- 02/02/18 "Men Ab Meditation" - Transcend Negative Influences with Automatic Relaxation

#### Saturday - January 6 - February 3, 2018

#### Qi Gong Workshops: 11 AM - 12 PM

"Cultivating the Qi Energy/Life Force to Promote Health and Vitality"

#### I Ching Oracle Workshops: 1 PM - 2:30 PM

- 01/06/18 "What is the I Ching?" - Introduction to the I Ching Oracle
- 01/13/18 "Trigrams of the I Ching" - Explanation of the I Ching Trigrams
- 01/20/18 "Consulting the I Ching" - Principles of Consulting the I Ching
- 01/27/18 "Mechanics of Consulting" - How to Consult the I Ching Oracle
- 02/03/18 "Elements of the Hexagrams" - Intro to Summarizing an I Ching Reading

#### Wellness Workshops: 3:30 PM - 5 PM

- 01/06/18 "Movin' Out of the Holiday Slump" - Learn Lo-Impact African Dance Movements
- 01/13/18 "Fix'in Food the Vegan Way" - Principles of Vegan Food Preparation
- 01/20/18 "Detectable Desserts the Healthy Way" - Fundamentals of Preparing Vegan Desserts
- 01/27/18 "Get More Pep in Your Step" - Nutritional Supplements to Improve Health
- 02/03/18 "Women's Wellness for Mind, Body and Spirit" - Nurturing Our Feminine Qualities



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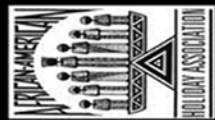
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Positive Kemetik Visions (PKV) through our community events, programs and media provides practical solutions to the issues that Black people face everyday.

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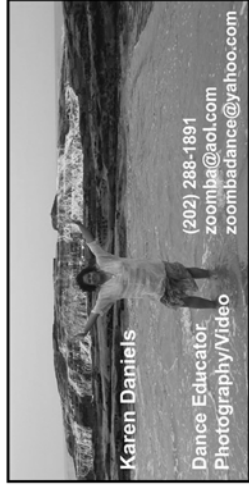


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