



# AFRICAN AMERICAN CULTURAL CENTER (Us)

Soul Sessions

6250 JANUARY 2010

**SUNDAY, 17 JANUARY, 3:00PM**

## “STANDING IN SOLIDARITY WITH HAITI: A CALL TO CARE AND SUPPORT”

-- A Community Dialogue and Action --

A Special Report and Update: Cong. Maxine Waters, 35th District  
Personal and Humanitarian Accounts: Coalition in Solidarity with Haiti  
Solidarity Statement: Dr. Maulana Karenga, Chair, Us

**SUNDAY, 24 JANUARY, 3:00PM**

## “KING AND THE QUESTION OF HEALTHCARE: THE ETHICS AND URGENCY”

Lecturer: MR. ANTOINE COOK  
Faith-based Outreach Coordinator, American Association of Retired Persons of  
Southern California (AARP)

**SUNDAY, 31 JANUARY, 3:00PM**

## “KING AND THE PSYCHOLOGY OF FREEDOM: SELF-RESPECT, RESISTANCE AND RESILIENCE”

Lecturer: DR. MAULANA KARENGA  
Professor of Africana Studies, California State University--Long Beach; chair,  
Us; creator of *Kwanzaa and the Nguzo Saba*; author, *Maat, The Moral Ideal in  
Ancient Egypt: A Study in Classical African Ethics*

**SATURDAY, 16 JANUARY, 12:00 - 2:00PM**

“LEARNING AND LIVING THE VISION AND VALUES  
OF DR. MARTIN LUTHER KING”  
Limbiko Tembo Kawaita School of African American Culture  
(A Saturday Cultural School for children ages 3-- 11 years old)



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Nguzo Saba  
The Seven Principles



Umoja  
Unity



Kujichagulia  
Self-Determination



Ujima  
Collective Work and  
Responsibility



Ujamaa  
Cooperative Economics



Nia  
Purpose



Kuumba  
Creativity



Imani  
Faith

Dr. Maulana Karenga  
Creator of Kwanzaa



The Society for the Preservation &  
Promotion of African American Culture  
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(January 15, 1929---April 4, 1968)

*“We must massively assert our dignity and worth. We must stand up amid a system that still oppresses us and develop an unassailable and majestic sense of values. (And) We must no longer be ashamed of being Black.”*  
Dr. Martin Luther King, Jr.  
*Where Do We Go From Here?*