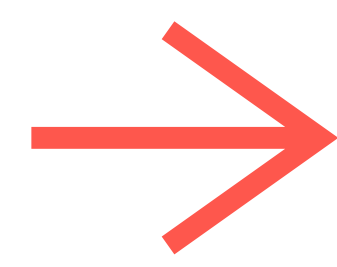


# HOLIDAY HELLOS

Learning about our neighbors one tradition at a time!

Spiritual Life  
at DU



**HELLO**  
my name is

## Kwanzaa

[A 7-day Pan-African  
cultural celebration  
with spiritual dimensions]

*Check online and write in this year's dates!*

### A bit about me!

"Created in 1966 by Maulana Ron Karenga, Kwanzaa is an African American and Pan-African holiday that celebrates history, values, family, community and culture. The ideas and concepts of Kwanzaa are expressed in the Swahili language, one of the most widely spoken languages in Africa. The seven principles which form its core were drawn from communitarian values found throughout the African continent. These principles are:

- Umoja (Unity)
- Kujichagulia (Self-Determination)
- Ujima (Collective Work and Responsibility)
- Ujamaa (Cooperative Economics)
- Nia (Purpose)
- Kuumba (Creativity), and
- Imani (Faith)

Kwanzaa gets its name from the Swahili phrase, "matunda ya kwanza" and is rooted in first fruit celebrations which are found in cultures throughout Africa both in ancient and modern times."

Source: National Museum of African American History & Culture  
<https://nmaahc.si.edu/explore/initiatives/kwanzaa>

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### Mood?

Celebrating African heritage & culture; Family; Food; Thanks for Nature & Harvest; Community

### Some greetings

**Heri za Kwanzaa!** (Swahili for "Happy Kwanzaa!")

**Happy Kwanzaa!**

(Between two people who both celebrate, one may say "habari gani" with the other responding with the Swahili term for the day of Kwanzaa it is)

### Some foods (may differ by denomination or region)

Mazoa = fruits and vegetables symbolizing the harvest (e.g. okra, yams, squash, sweet potatoes, bananas)

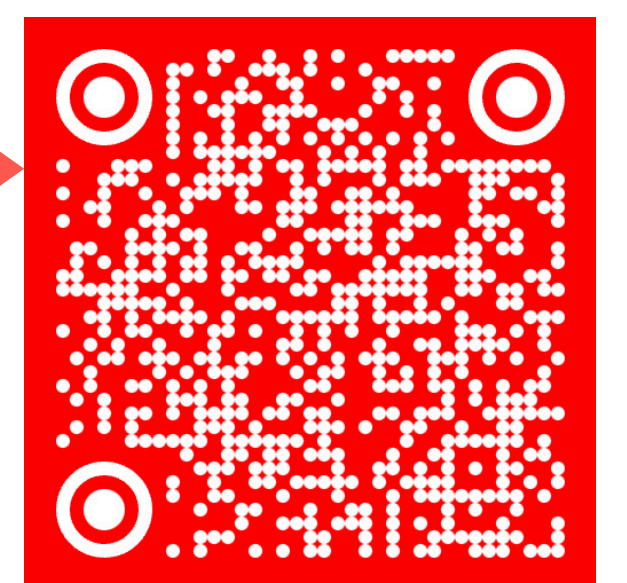
Accras (Caribbean fritters); Jambalaya; Nigerian jollof rice; Senegalese thieboudienne

### Possible accommodations

- Community members may have busier than average schedules with pre-holiday preparations
- Community members may be traveling to spend time with friends and family

### SPIRITUAL STORYTELLING

Share YOUR favorite holiday memories/insights!



See what others shared!

