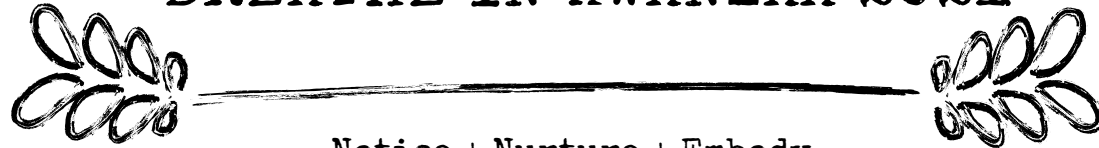


BREATHE IN KWANZAA 2021



Notice + Nurture + Embody

Shalom, Sabbathing SOULjourner! Light/color the black candle on the first day of Kwanzaa. If lighting, light a new black candle first each night. Light one more candle each day, from left to right (red to green).

For the second through seventh days of Kwanzaa, with the **red ones being lit first**. Each day, replace all the used candles and light all the previous candles before lighting that night's candle.

DAY 1
December 26
Umoja
Unity

(oo-MO-jah)

DAY 2
December 27
Kujichagulia
Self-Determination

(koo-jee-chah-
G00-lee-ah)

DAY 3
December 28
Ujima
Collective work +
Responsibility

(oo-JEE-mah)

DAY 4
December 29
Ujamaa
Cooperative
Economics

(oo-jah-MAH-ah)

DAY 5
December 30
Nia
Purpose

(NEE-ah)

DAY 6
December 31
Kuumba
Creativity

(koo-OOM-bah)

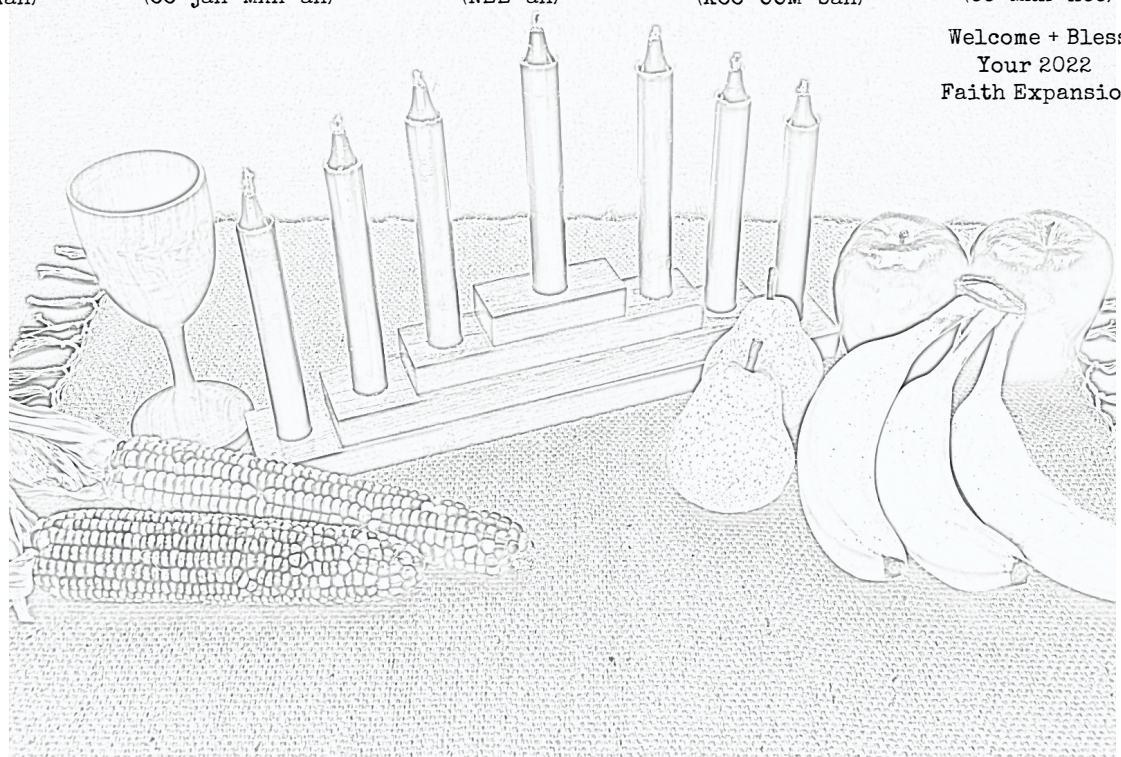
DAY 7
January 1
Imani
Faith

(ee-MAH-nee)

Welcome + Bless
Your 2022
Faith Expansion



A coloring reference guide for you.
Black = African people
Red + Struggle
Green + Hope



Tune in to the [Mohawkmomma Soul Podcast](#) to follow along + align your soul.

