

JANUARY NEWSLETTER

A Beloved Community Mindset

Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives. Dr. Martin Luther King Jr.

Struggle is a never-ending process. Freedom is never really won. You earn it and win it in every generation. Coretta Scott King

Welcome back! We began the year reflecting on Dr. Martin Luther King Jr.'s vision of a "Beloved Community." In the face of war, political polarization, inequality, and environmental crises, Dr. King's vision might be confused for a mirage rather than a guiding star propelling us forward. Progress, however, is not linear - Dr. King's vision emerged amid turbulence, in many ways not unlike our times. It takes constant, committed, and courageous work to stay the course in the face of "gigantic mountains of opposition" and "prodigious hilltops of injustice."* It takes hope!

Please join us at the Diversity & Equity Center to cultivate hope and a beloved community mindset by participating in this month's events or engaging in the various service opportunities in our community.

Cheers to possibilities in 2024!

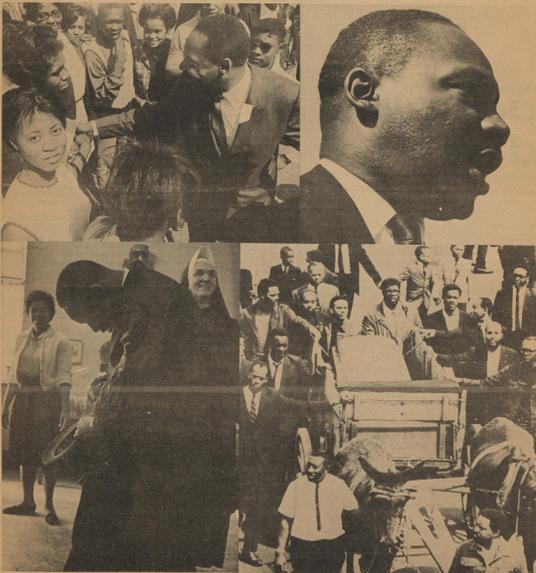
*Dr. Martin Luther King Jr., *Where Do We Go from Here? Where Do We Go From Here? | The Martin Luther King, Jr. Research and Education Institute (stanford.edu)*

soul force

"TO REDEEM THE SOUL OF AMERICA"

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"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daylight of peace and brotherhood can never become a reality"



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Monthly Celebrations:

National Poverty in America
Awareness Month

National Human Trafficking
Prevention Month

Jan 15: Dr. Martin Luther King Jr.
Day

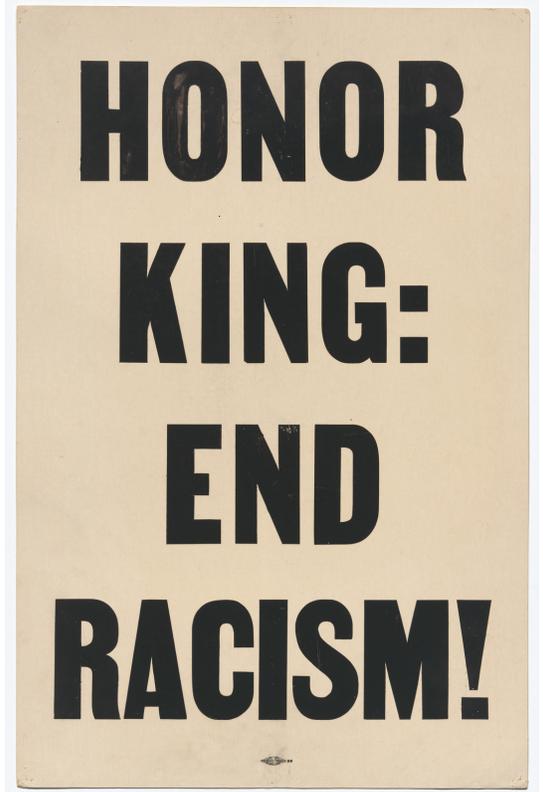
Spotlight on:

Dr. Martin Luther King Jr. Day

Martin Luther King Jr. Day is a federal holiday marking the birthday of the iconic civil rights leader. Dr. King is the “only non-president to have a national holiday.”* Ronald Reagan signed the holiday into law on November 2, 1983, after a 15-year battle for recognition – legislation was introduced shortly after Dr. King’s assassination on April 4, 1968. The day is designated as a day of service to celebrate and honor Dr. Martin Luther King Jr.’s legacy and impact.

Dr. King envisioned a “Beloved Community”: “not a lofty utopian goal,” but rather a “realistic, achievable goal” of community committed to nonviolence.** The ultimate goal is the replacement of systems of oppression with an inclusive ethos. Drawing from the teachings of Mohandas Gandhi and his nonviolent movement, Dr. King stated that the creation of the “Beloved Community” was the path to transforming “the deep gloom of the old age into the exuberant gladness of the new age.”** Dr. King fought for a society that paid close attention to the needs of the poor and marginalized. These are not aspirational goals but a call to action to reduce inequality and suffering.

Working towards materializing Dr. King’s goal, the City of Bothell, for example, incorporated the Beloved Community vision into its Human Resources Program, aiming to create “a sense of safety, belongingness, and belovedness” for all.*** At the D&E Center, we highlight a beloved community mindset through this month’s events.



Sign carried on Dr. King’s death, Smithsonian Open Access

* The Power to Thrive, [MLK Day I](#). NAACP.

** [The King Philosophy - Nonviolence365® - The King Center](#)

*** [News Flash • City of Bothell Welcomes Anand Manthripragada a \(bothellwa.gov\).](#)

[The 15 Year Battle for Martin Luther King, Jr. Day I National Museum of African American History and Culture \(si.edu\)](#)

Where do We Go From Here? Chaos or Community, Martin Luther King, Jr. 1967.

**At the D&E Center:
Building a Beloved Community Mindset**

Join us at the Diversity & Equity Center on January 18, 12 pm to 2 pm to learn about the Beloved Community, spread kindness in our campus, write letters to our seniors and veterans, or donate a textbook to the Scholars Office.

We hope to see you!

Cascadia Textbook Donation

Please consider donating a textbook. Many of our students do not have the means to purchase textbooks before the quarter starts. The delay might impact their ability to complete class readings at the start of the term. Envisioned by Cascadia Scholar and D&E Center Ambassador Silas Lawson, the textbook drive seeks to alleviate the issue.

Books can be donated on CC1-002 or CC1-004 from January 18 to January 31.

Letter Writing:

01/18, CC1-002, 12pm to 2 pm

Letters against isolation:

letter writing to seniors.

Letters Against Isolation |

write letters to isolated seniors

Operation gratitude: letter writing to deployed troops, veterans, and first responders.

Letter Writing - Operation Gratitude

We are from everywhere in our beloved community!

In partnership with the Kodiak Cave, stop by the Diversity & Equity Center on January 23, from 1pm to 3 pm to share a recipe, and/or place a pin on our map. Come learn (and taste!) how a beloved Brazilian sweet, the mighty brigadeiro, emerged wrapped in politics. Recipes will also be included in Cascadia's own Kodiak Cave cookbook.

(FREE) COMMUNITY CONNECTIONS

City of Bellevue - MLK Health Fair (Bellevue) - [Public invited to online MLK celebration | City of Bellevue \(bellevuewa.gov\)](#)

City of Bothell (North Creek Forest) - [MLK Day of Service Volunteer Event \(bothellwa.gov\)](#)

City of Tacoma - [Annual Martin Luther King, Jr. Birthday Celebration - City of Tacoma](#)

Edmonds celebrations - Beloved4all - [Events – Lift Every Voice Legacy - Inspiring a Beloved Community \(beloved4all.org\)](#)

Free entrance to National and State Parks on January 15, 2024 - [Free Entrance Days in the National Parks \(U.S. National Park Service\) \(nps.gov\)](#) and [Discover Pass Free Days | Discover Pass, WA - Official Website](#)

King County - [Dr. Martin Luther King, Jr. - King County, Washington](#)

Lynwood celebrations - [MLK Day of Service - City of Lynnwood \(lynnwoodwa.gov\)](#)

Northwest African American Museum King Day 2024 - [NAAM – King Day 2024 \(naamnw.org\)](#)

Seattle City Year: revitalizing Denny Middle School - [MLK Day of Service - Seattle/King County - City Year](#)

Seattle Colleges - [Event Information and Updates | Seattle Colleges](#)

Seattle MLK Coalition - [Sea MLK Jr Coalition \(seattlemlkcoalition.org\)](#)

Washington State Historical Society - [Dr. Martin Luther King, Jr. Day Commemoration - Washington State Historical Society \(washingtonhistory.org\)](#)