

Hosted By  
**NWSA Diversity  
& Well-Being  
Committee**

# MARTIN LUTHER KING JR. DAY

**“Darkness cannot drive out darkness; only light can do that. ...”**

**“We must accept finite disappointment, but never lose infinite hope.”**

**“I have decided to stick with love. ...”**

These quotes come from Martin Luther King Jr speech written over 40 years ago. Yet, the words are just as relevant today. MLK was a minister and activist who worked tirelessly in the civil rights movement and for the equality of Black and African Americans, until his assassination in 1968. While his work was unjustly cut short, his stamp on the history of civil rights will forever be in a part of the American story. He led marches, organized civil disobedience sit ins, and led a community to change. In his final years, he expanded his focus to also include opposition towards poverty, capitalism, and the Vietnam War.

Not only was MLK a minister, activist, and civil rights leader, but at his core he was a father, a husband and proud southern man who believed in the power of sharing a good meal with both foes and friends. In many historical accounts, the table has been a place of reconciliation and healing. Likewise, during this season we encourage each of our Caregivers to following his example by opening their table to others around them. Dr. King was more than a good preacher, speaker, or civil rights activist. He was also a man who knew the power of conversation of hospitality. The table, being a huge catalyst to his work. At the table, you build friendships, at the table you create community, and at the table you spark meaningful conversations that have the power to transforms lives. So please join us as we recreate MLKs table experience here at the Colby Campus on 1/17 as we serve some of his favorite foods in his honor.

\* Please see next page for the menu that will be served.

## EVENT DETAILS



**DATE:**

January 17, 2022



**TIME:**

All Day at Colby Campus



**HOW TO PARTICIPATE:**

Join us as we enjoy some of Dr. King's favorite foods.

**TO LEARN MORE** About NWSA Providence Well-being and Equity Efforts [Click Here.](#)

The Diversity, Equity, and Inclusion team does want to take a moment to recognize that due to a history of systemic racism, and the appropriation of other cultures, some people have used food as a mean of tokenizing and harming the Black and African American community instead of authentically empowering and representing the powerful legacy of this important culture.

While we want to be historically accurate when serving MLK's favorite foods, we here at Providence want to be sensitive about how we practice the embracing of MLK's legacy. Therefore, we would like highlight that this tabling experience is not about tokenizing food, but it is about learning from the Black and African American community the power of hospitality and friendship. We also humbly acknowledge that many of these efforts still fall short of the equitable justice needed. Therefore, we as acknowledge there is much more work to do, and we commit ourselves to continuing to learn, do, and be better. If you have questions or would like to discuss this further, please reach out to [kaila.creamer@providence.org](mailto:kaila.creamer@providence.org).

**Please see below for links showing more information about MLK's favorite foods:**

<http://thedjcookbook.com/article/what-to-eat-on-mlk-day/>

<http://www.tyreebp.com/tbp-blog/2015/01/17/surprising-things-you-didnt-know-about-dr-martin-luther-king-jr>

<https://www.tasteofhome.com/collection/martin-luther-king-jr-s-favorite-foods/>

<https://www.forbes.com/sites/melissakravitz/2017/01/15/marcus-samuelssons-red-rooster-cooks-up-martin-luther-king-jr-s-meal-that-never-was/?sh=17ef0255579c>

We ask you to join us and celebrate a brave, innovative, and self-sacrificing man who for a lot of us, was our introduction into the history of the Civil Rights Movement.

If you have any questions about this food celebration in honor of MLK, please reach out to Brooke at [brooke.chhina@providence.org](mailto:brooke.chhina@providence.org).



## MENU

Macaroni and Cheese

Fried Chicken

Collard Greens

Pecan Pie