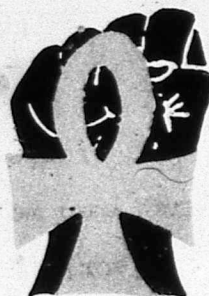


COMMITTEE FOR

UNIFIED  
NEWARK



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### Kawaida Customs & Concepts

As Nationalists, our lives have only one purpose. That purpose is the building and maintaining of our nation. In building our nation, we must restore our people to their traditional greatness. We can't restore anything if we are backward. We can't leave a legacy for our children if we are backward. We have to define ourselves as nationalists who are concerned with improving our lives, to always develop and preserve a better way of living.

Culture is simply a way of doing and looking at things. We have to define our lives so as to benefit the maximum number of Black People. No one can create our culture- our way of living- except us, those who are going to have to live that way.

Our culture is based on tradition and reason. That is to say that we have applied the wealth of our ancestors to the concrete needs of our people where we are. We don't say what we have is best for everyone-but it is better for us. In our lives, we have rituals, ceremonies and holidays(holy days) which are sacred to us. They are for those who are sincere in building our nation because they bind us together. Once we develop our culture, we must defend what we do so as to preserve our nation.

PEACE AND POWER

We have written down the ceremonies which we practice but their true significance can be understood only when there is a spirit which is committed to Nation Building.

### Umuzi System

An African proverb says, "When you walk in the footsteps of your father, you learn to walk like him."

The umuzi system is based on the traditional social structure of the family. Umuzi is created by a group of people living together. There are 3 types of umuzi: (1) House of the Sun (Man, house & children) (2) House of the Sun (unhoused brothers) and (3) House of the Moon (unhoused sisters).

The umuzi system is what determines participation and binds the umuzi system together not the distance because the distance between umuzi can be no more than 1 day's journey.

The umuzi members, i.e. the Maja, is based on the order of leadership in the organization and increases as the nation increases.

The umuzi collectively provides for the needs of its members, i.e. buying chakula (food).

### Collective Eating

We believe in familyhood and understand that eating meals is a part of the socializing of the family/community.

We eat between the hours of 5-9pm because of our working day. And we eat collectively (this should be with your family) because it is a time when we can be together and exchange the news, information and stories of the nations.



Chakula (Food)

We believe chakula (food) must not only be nutritional but also sufficient for life. We believe what we eat should give the maximum benefits but will also sustain us in the work we have to do. Imamu teaches us that "Work is the sustainer of life." So we are not fanatical about food but the national liberation of our people.

We eat vegetables, fruits, grains and fish. We drink natural juices, milk and water. Imamu teaches us that we must be developed on 3 levels, physically, mentally, and spiritually. So we eat only the correct foods that will contribute to the development of our nation.

Education of the Children

We believe that the children should learn as much as they possibly can in order to give the nation a better future. This means that not only must the parents be knowledgeable, understanding and wise as to what is and can happen in the world but the child must learn and understand even more. We believe that the children should be exposed to the many experiences (given the proper value system), i.e. movies, educational trips, etc. The formal education/classroom education for our children begins by the age of 2 years. But they should constantly understand that they should be learning.

Protocol With Guests

We believe that a person is to be treated as a guest for 3 days. After the 3 days, they should participate in the work

and activities of the organization and are no longer treated as guest.

### Keeping Healthy

We believe that nationalism is health and a nationalist must be healthy. We believe that sickness is weakness and health is strength. We believe that measures should be taken to maintain health and prevent sickness/dis-ease.

Cleanliness promotes health and development and this is our concern.

### House Dec

We believe that our buildings and homes must be educational and inspirational. We try to create an atmosphere that is natural by the colors we choose --eg natural tones of browns, blues, and greens. The artifacts, i.e. pictures, statues, are Afrikan creations. The furniture should be kept very simple. All things should be not only useful but necessary. We have plants because they scientifically help breathing and culturally are beautiful.

We burn incense because it helps to make the atmosphere more pleasant and we believe that incense keeps away evil spirits of disunity.

We hang a picture of IMAMU BARAKA in our homes and work areas because it is inspirational to be constantly reminded of the example we are striving for and the person who we have to be so grateful to for giving us the opportunity to live and help to build the nation. We could never give enough thanks to IMAMU, our leader and we must always remember how we got where we are.



### Clothes

We believe that clothes are a material manifestation of a culture/a way people think. Our culture is based on tradition and reason.

Our clothes are based on our traditional Afrikan designs but have been recreated to fulfill the needs of our situation as Afrikans in America.

We believe that our clothes should reflect our value system. Umoja being the first principle is reflected in our uniform. Umoja on a physical, mental and spiritual level.

Imamu Buttons are worn daily by the advocates. This is inspirational propaganda for our nation. The only time that we do not wear Imamu Buttons is when it is not politically to our advantage to do so, i.e., airports, highly political functions.

### Hodi Hodi

Before entering a room civilized people ask if they may enter the room.

We say "Hodi" knocking at the door.

The response is "Karibu" -- you may enter.

If there is no response after knocking 3 times then the person should assume that either there is no one inside or they do not wish to be disturbed and they should leave.

### Protocol for Serving Food

We serve food in this order-organizational brothers, guest brothers + young brothers, guest sisters, young sisters and organizational sisters. Within these groupings the officers

are served first and then the rest are served according to age-oldest to youngest.

We believe that the men should be served first because respect and appreciation should be given to the providers.

#### Collective Gift Giving

We believe that any gifts should be given from the collective. The gift should be a result of either a collective contribution from all or all gifts should be given unmarked at one time.

We believe that this minimizes individualism and competition and maximizes collective concern and the value system.

#### Black Value System

We carry the Black Value System with us at all times. Imamu Baraka teaches us that we should be constantly working and studying. By reading the Black Value System constantly, we learn and develop our understanding of Imamu Baraka's teachings and way of thinking.

#### PROTOCOL

##### Giving Deference

We always give deference to the things that we hold sacred - our leader: Imamu Baraka (+ designated leadership), our organization (the family/the advocates), and our doctrine (Kwaidia/the value system).

We acknowledge our leader by standing when he enters the room and by not speaking while our leader is speaking.

We use consensus: "Appreciating what has been said and



if we understand everything correctly...." when beginning a conversation or statement to show respect for our leader and our people. We end by saying "If we have said anything of value or beauty, all praises are due to IMAMU AMIRI BARAKA, the Committee For Unified NewArk, Kawaïda and only the mistakes have been ours."

We must always show deference - appreciation + respect to the things that are valuable to the nation. We show deference when we enter our spiritual temple- Hekalu or when passing our Nation's flag.

Deference is shown by the brothers angulia (attention) and the sisters salimu (submit).

#### Opening and Closing

At the beginning of our classes, we say All praises due to the Black Man, 3 times. From the Black man all things of value and beauty have come when he is a God having knowledge, understanding and wisdom.

We close our classes with 7 Harambees which represents our unity and collective concern for each other because we are saying that we all pull together.

Some of our classes also begin and end with the Nguzo Saba collectively recited. These are usually organizational classes (brothers + sisters).

#### Entering A House

When we enter the house we remove our shoes. This is done so that those things of the outside will not be brought into

the house to destroy the spirit of warmth and familyhood.

### Greeting

We are to greet all brothers and sisters. We greet them by asking them- "Habari Gani?" (What is the news?) and they reply by saying- "Njema Asante. Habari Gani?" (Everything is fine, thank-you. How's everything with you?) Brothers greet brothers with a strong handshake. Sisters greet the brothers and other sisters by the crossing and clasping of hands in a binding type manner. The greeting shows our love which is attention and appreciation, the honor and respect, care, protection and concern we have for each other.

### Sifa- "Sifa Ote Ina Mtu Weusi" - The Blessing

Before we eat we give praise where praise is due - to the God who has provided for us. The man who is the head of the house because of Tradition, Acceptance, and Reason usually leads the others by saying Sifa Ote Ina Mtu Weusi and then making the sign of the ankh, the Egyptian hieroglyphic for eternal life and peace. By saying the Sifa, we are also giving praise to our ancestors who are always protecting us when ever we follow the customs and concepts of our people.

Sifa Ote Ina Taifa Weusi - All Praises are due to the Black Nation, Our Flag Salute..

We acknowledge our flag which is red, black and green by saying: Sifa Ote Ina Taifa Weusi, (All Praises are due to the Black Nation). The colors of the flag are representative of our nation: Red is for the blood of our forefathers which



has not been shed in vain, Black is for our faces and the job we must do, Green is for youth and new ideas. We say this is a reminder and to commit ourselves stronger to the Black Nation.

The National Anthem

Pamoja Tutashinda (Together We Will Win)

Sisi watu weusi

Watu Wazuri

Pamoja Tutashinda

We are Black

Beautiful People

Together We will Win

Together We will win.

Why We Speak Kiswahili

1. Umoja - kiswahili is a unifying language because it is non-tribal and spoken throughout Afrika.
2. Kujichagulia - we speak kiswahili because we want to.
3. Kuumba - kiswahili is a creative language - it reflects our Afrikan culture/customs + concepts.

Breast Feeding

We breast feed our children because it is the most natural thing to do. Our children usually have trouble with milk formulas when they are first born. Also breast feeding helps the mother to physically get back in shape.

Triangles

We travel in triangles (minimum of 2 people) because this provides emotional and physical security.