

# 33rd Annual MLK Program

## Power+Love

### Thursday, January 16

#### Film Series:

##### *A Raisin in the Sun*

Facilitator: Amir A Gilmore, Ph.D  
6:00-9:00pm at CUB Theatre

### Friday, January 17

#### Film Series:

##### *Suppressed: The Fight to Vote*

12:10pm-1:10pm at Elmina White Hall Honors Lounge

### Saturday, January 18

#### Martin Luther King Jr. Birthday Bash

8:45pm-2:00am at Etsi Bravo

### Monday, January 20

#### MLK Day of Service

For more information please visit:  
<https://cce.wsu.edu/events/national-days-of-service/>

#### Mindfulness Retreat:

##### *Tools to Create a Beloved Community*

Facilitator: Dr. Lydia Gerber  
Co-Facilitators: Dr. Cecilia Richards, and Trymaine Gaither  
9:30am-12:00pm at Elmina White Hall Honors Lounge

#### Interfaith Panel:

##### *Place of Mindfulness in World Religions*

1:00pm-2:30pm at Elson S. Floyd Cultural Center

#### Intro to Yoga & Meditation

Facilitator: Joanne Greene  
2:30pm-3:30pm at Elson S. Floyd Cultural Center

#### Mindful Parenting:

##### *Raising Children in an Unjust World*

Facilitators: Dr. Jeremy Rutherford and Trymaine Gaither  
2:30pm-3:30pm at Elson S. Floyd Cultural Center

#### Mindful Dialogue:

##### *Tools When Having Difficult Conversations around Social Injustice*

Facilitators: Matthew Jeffries and Trymaine Gaither  
4:00pm-4:45pm at Elson S. Floyd Cultural Center

#### Community Wide Mindfulness Hour:

##### *Social Justice and Engaged Mindfulness*

Facilitator: Corey Custer, Director of Compassion at Brighton Jones  
5:00pm-6:00pm at Elson S. Floyd Cultural Center.

*"Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."*

*-Dr. Martin Luther King Jr.*

For more information email [allen.sutton@wsu.edu](mailto:allen.sutton@wsu.edu) or visit:  
<https://mlk.wsu.edu/mlk-program-events/>

### Tuesday, January 21

#### Implicit Bias Workshop:

Facilitators: Dr. Jamie Nolan  
9:00am-10:00am at CUB 204 Senate Room

#### Power of Writing and Literature: *Understanding and Overcoming Trauma*

Facilitator: Dr. Daniela Miranda  
10:30am-11:45am at CUB L60 Butch's Den

#### Film Series:

##### *The Last Black Man in San Francisco*

6:00-9:00pm at CUB Theatre

#### Anti Racism:

##### *Becoming a Better Ally*

Facilitator: Dr. Daniela Miranda  
5:00pm-6:00pm at CUB L60 Butch's Den

### Wednesday, January 22

#### Implicit Bias Workshop:

##### *Faulty and Staff Edition*

Facilitators: Dr. Jamie Nolan  
1:00pm-2:15pm at CUB 204 Senate Room

#### Film Series:

##### *True Justice*

5:00pm-7:00pm at TBD

### Thursday January 23

#### Student Rights and Responsibilities

Facilitator: Office of Civil Rights, Compliance, and Investigation  
3:30pm-5:00pm at Lighty 405/Zoom

#### 2020 Martin Luther King Jr. Community Celebration

Key Note Speaker: W. Kamau Bell  
6:30pm-9:00pm at Junior and Senior CUB Ballroom/Zoom

