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I can change the world with my own two hands

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From Heather Hole Strout <HStrout@MLKCCenter.org>

Date Fri 1/17/2025 10:36 AM

To Anna Downes <adownes@mlkccenter.org>



January 17, 2025

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### Celebrating Dr. King

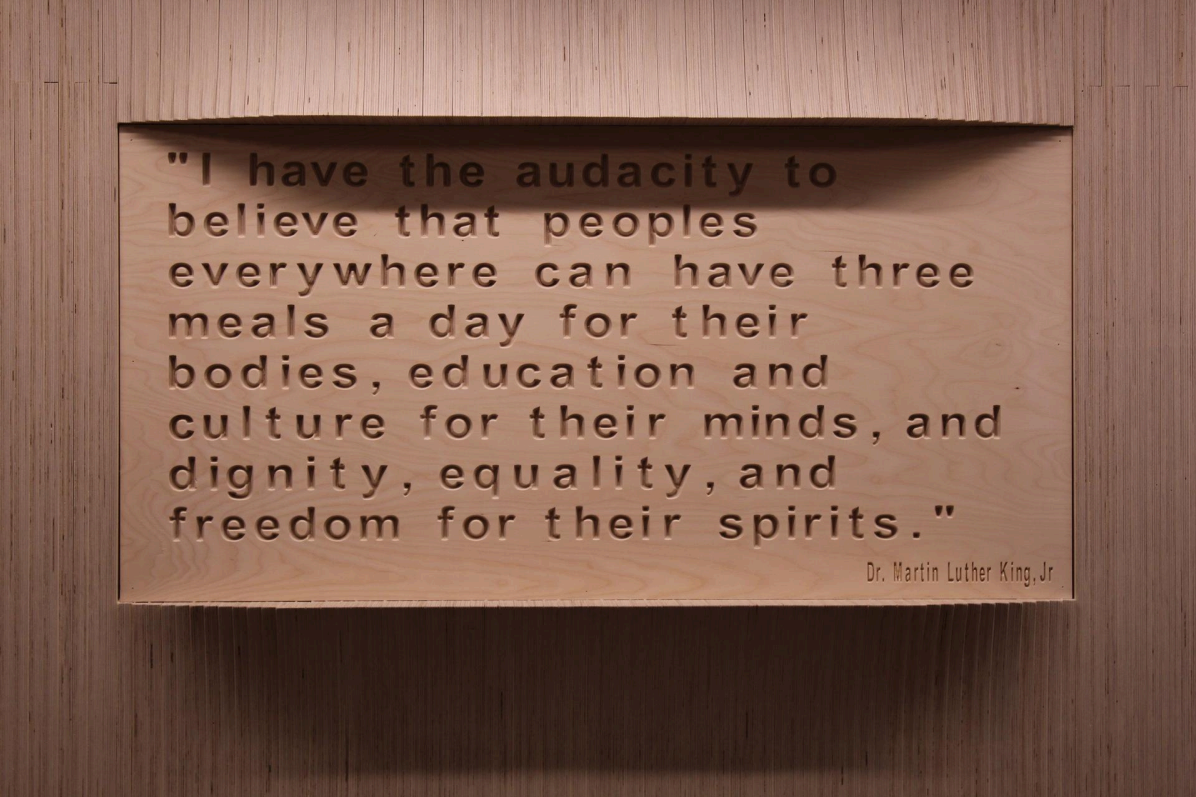
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Dr. Martin Luther King, Jr. made a lasting impact when he dared to dream of a more just and equal world. In 1968, the Center was renamed in his honor after his assassination. Our favorite Dr. King quote is literally etched into the walls of the Center. (As shown in the photo below!)

His words empower us not only today, but everyday as we work to fulfill his dream. We are proud to honor him and carry on his legacy.

**The Newport NAACP is hosting their annual gathering at the Center at 3:00 p.m. on Monday, January 20.** We hope to see you there. The Center is closed to all regularly scheduled programs on MLK Day.

**Please continue reading this newsletter to learn events in our community this weekend and on the 20th to celebrate Dr. King.**



"I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality, and freedom for their spirits."

Dr. Martin Luther King, Jr

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## Join us at Sardella's to support the Center this holiday weekend

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It starts today! Enjoy a delicious Italian meal at [Sardella's](#) and [Imbriglio's](#) for a MLK special event.

Long time community partners and restaurateurs, **Richard Sardella** and **Patrick Fitzgerald**, are celebrating 45 years in business by **making a pledge to the Center in celebration of Dr. King.**

**20% of gross sales or \$10,000, whichever is greater, will be donated to the Center to support our work in the community.**

Reservations can be made by calling 401-849-6312 or by [clicking here](#).



DR. MARTIN LUTHER KING, JR.  
COMMUNITY CENTER

# CUISINE FOR A CAUSE



## MLK DAY WEEKEND

FRI.-MON. JAN. 17-20 2025



**SARDELLA'S**



Featuring  
**IMBRIGLIO'S**  
PIZZERIA NAPOLETANA

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### Toast volunteers joined us for MLK Friends Lunch

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MLK Friends Lunches and Dinners are a fun opportunity to come together for a meal as a community. A special shoutout goes to the team from Toast, a restaurant management software company, for volunteering to serve last Friday's lunch.

To learn more about their business based in Boston, [click here](#).

To learn more about their charitable and community involvement, [click here](#).



## Rhode Island Energy Supports STEM at the MLK

The MLK Center is dedicated to providing quality education and enrichment for students in our educational programs. Thanks to generous funding from the Rhode Island Energy Foundation, we can provide education in STEM (Science, Technology, Engineering and Math) to our students.

Introducing STEM to young kids can open up a world of possibilities for their future and we are proud to have funding and a partnership with Rhode Island Energy to make these opportunities happen. Today, our students are having a blast learning coding, tomorrow they could be leading innovators in our community and beyond.



## Celebrate Dr. King with the Newport County NAACP

The Newport County NAACP Branch has organized a day full of events in honor of Dr. Martin Luther King, Jr. To learn more, [click here](#).

While the Center will be closed for regular programming, the NAACP will be hosting an event here at 3 p.m. We hope to see you there!

# CELEBRATING DR. MARTIN LUTHER KING'S LEGACY TOGETHER

MONDAY, JANUARY 20TH, 2025

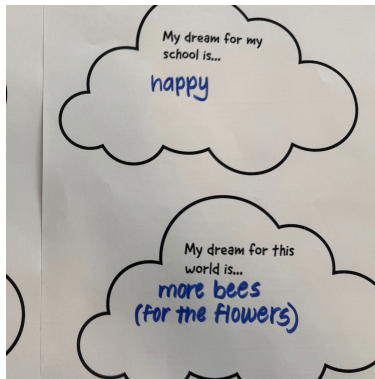
JOIN US FOR MEANINGFUL EVENTS SPONSORED BY THE NEWPORT COUNTY NAACP BRANCH

- Torch Run 9am- Patriot Park**  
The Annual Torch Run from Patriot Park to Thompson Middle School (8.5 miles) is a wonderful opportunity to connect with others and promote unity. Free & Runners needed!
- Birthday Program 9:30am- Thompson Middle School**  
Come celebrate the birthday of Dr. Martin Luther King Jr. with musical selections, poems and reflections from the community. Free event
- Luncheon Noon Green Valley Country Club**  
This Annual Luncheon is organized to honor the legacy of Dr. Martin Luther King Jr. Our guest speaker, Jonathan Lewis, a proponent of Kingian Nonviolence trainer, will pay tribute to him and inspire the community to embrace his mission. Tickets required
- Celebration 3:00pm- Dr. Martin Luther King Jr. Center**  
This is a family-friendly gathering with engaging trivia and history that challenge your knowledge, while savoring delightful snacks. This event is designed to educate, entertain, and unite people of all ages. Free event
- Worship Service 5:30pm- Salvation Army**  
Captains Chris and Kylie Williams encourage everyone to join the evening service in honor of MLK. All are warmly invited to attend the worship service.

**"Mission possible: Protecting Freedom, Justice, and Democracy in the Spirit of Nonviolence365"**

For more information Call or Email Mrs. Victoria Johnson at 401.559.3968 or [vjprincipal02@gmail.com](mailto:vjprincipal02@gmail.com)

## Do you remember learning about MLK for the first time?

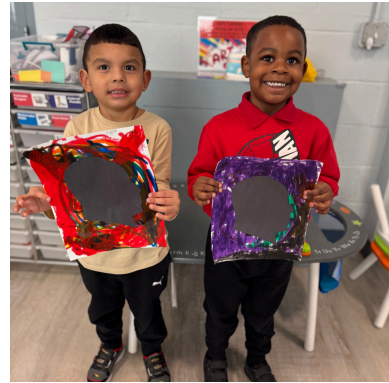


Some of us may have lived through the Civil Rights movement, some of us may have learned about Dr. King in school, but either way his legacy lives on with each generation.

This week our Preschoolers were introduced to Dr. King's story, his mission, and his dream for the world. For story time, they read *Who was Martin Luther King, Jr.* By Lizbeth Kaiser, the poem *With My Own Two Hands* by Ben Harper, and they watched a video from Kids Academy español called, *La historia de Martin Luther King Jr.*

In class, they discussed what it means to be equal and the importance of kindness. They also learned that the Center was named in his honor and did some arts and crafts to get more familiar with his image.

What a fun way to learn about such an important civil rights icon!



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## A life without noodles seems im-pasta-ble!

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Help spice up our clients' daily rotini (Last pun. This time I mean it!) with a variety of food options in our food pantry.

We still need pasta in our pantry! **We receive donations Monday – Friday 8:30 – 5:00 at the Loading Dock. Ring the bell at the Donations and Deliveries door and we'll be glad to receive your donation.** Thank you! Every box is needed and welcome!

Remember, if you don't have time to shop or stop by, you can give to the food pantry and we will go out and do the shopping for you! **There's always a way for you to make a difference here at the MLK. [Just click here!](#)**

# DONATIONS NEEDED

## MLK FOOD PANTRY



### PASTA



DR. MARTIN LUTHER KING, JR.  
COMMUNITY CENTER



Give to the Food Pantry

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### Senior Lunch & Learn Started the New Year Fresh!

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Last week we had our first Lunch & Learn of the New Year! To start of 2025, we did a fun game our friends dubbed "senior ball" where you have limited time to unwrap the ball to win prizes. It was loads of fun to laugh, spend time with friends, and enjoy a delicious meal. Join us for Lunch & Learn every first and third Wednesday of the month!



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## Beep! Beep! Here Comes the Mobile Food Pantry!

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Here's next week's Mobile Food Pantry Locations:

**Monday CLOSED FOR MLK DAY**

**Tuesday 1/21/25:**

1 Park Holm Newport, RI 12:00 p.m. - 1:00 p.m.

**Thursday 1/23/25:**

Quaker Estates, 2368 E. Main Rd. Portsmouth, RI 12:00 p.m. - 1:00 p.m.

Anthon House, 51 Middle Rd. Portsmouth, RI 1:15 p.m. - 2:15 p.m.

*All are welcome. You do not need to reside in the neighborhood to use the Mobile Food Pantry. Please remember to bring your reusable bags*

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# PROGRAM CALENDAR

[Download January calendar Here](#)

[Descargue el Calendario  
del Enero Aquí](#)



## Our Contact Information

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**Volunteer**

**Give**



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