



Ways to Celebrate Juneteenth 2022
Sunday - June 19th

**Prepared by: Christ Church Cathedral's
Pursuing Racial Justice Committee
June 2022**

Table of Contents

	Page #
Lift Every Voice and Sing (Link to Video)	3
History of Juneteenth (Link to Video)	3
Prayers for Juneteenth (Diocese of Missouri)	3
Reducing Medical Debt	3
Juneteenth Activities, Programs & Events	4
Planning Your Juneteenth Feast	6
Recipes for Juneteenth	
Strawberry Soda	8
Red Velvet Cake	10
Old Fashioned Tea Cakes	12

Lift Every Voice and Sing

[View the video of Cathedral member Lauren Waight singing Lift Every Voice and Sing.](#)

History of Juneteenth

[View the video by Deborah Nelson Linck's Black History Hands on Museum for a history of Juneteenth.](#)

Prayers for Juneteenth (Diocese of Missouri)

Juneteenth is the nationally celebrated commemoration of the ending of slavery in the United States. The observance began on June 19, 1865, in Galveston, Texas, as African American Emancipation Day. It has since spread across the United States and beyond.

Bishop Deon Johnson offers the prayers for congregations or individuals to use in their commemoration of Juneteenth. The People and Clergy Pray together:

Almighty God, you rescued your people from slavery in Egypt, and throughout the ages you have never failed to hear the cries of the captives; We remember before you our sisters and brothers in Galveston, Texas who [on this day] received the glad tidings of their emancipation; Forgive us for the many grave sins that delayed that liberating word; Anoint us with your Spirit to bring good news to the poor, to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim the year of your favor; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

OR

Holy and righteous God, you created us in your image. Grant us grace to contend fearlessly against evil and to make no peace with oppression. Help us, like those of generations before us, resist the evil of slavery and human bondage in any form and any manner of oppression. Help us to use our freedoms to bring justice among people and nations everywhere, to the glory of your Holy name through Jesus Christ our Lord. Amen.

Commemorate Juneteenth by Emancipating your Fellow Citizens from Medical Debt

The Pursuing Racial Justice Committee, in coordination with the Emery Washington Convocation of the Diocese of Missouri, encourages you to commemorate Juneteenth by contributing to the campaign to abolish medical debt. This campaign, which began with contributions from several congregations in the Emery Washington Convocation, has already relieved \$1.3 million in debt. Every dollar you donate will further reduce \$100 of medical bills. We can think of no better way to celebrate the announcement of emancipation to enslaved African Americans in Galveston, Texas, on June 19, 1865, than to help liberate our fellow citizens from the crushing weight of medical debt. To make a donation, click on the link below.

<https://ripmedicaldebt.org/campaign/episcopal-medical-debt-forgiveness-campaign/>

Juneteenth Activities, Programs and Events

Missouri History Museum

Online history of Juneteenth

<https://moh.ist/RSpt7>

Calendar of in-person Juneteenth events

<https://mohistory.org/juneteenth>

National Museum of African American History and Culture (virtual programs)

<https://nmaahc.si.edu/events/series/juneteenth-public-programs>

Plan a visit to Eyeseeme, a local African American Bookstore

Website <https://www.eyeseeme.com/>

Location: 6951 Olive Blvd University City, MO 63130

Contact: (314) 349-1122 or contact@eyeseeme.com

The mission of eyeseeme is to be a resource to parents, teachers, and schools in providing the very best children's books on the market that promote positive images and stories about African American culture and history. As a tool to help increase literacy, African American children will benefit by seeing themselves respectfully represented in the literature they read. Non-African American children will benefit by helping to dispel negative and inaccurate stereotypical images of people of color and that despite our many differences, all people share common feelings and aspirations. (Retrieved from: <https://www.eyeseeme.com/pages/about-us>)

On their website, check out the list of banned books and how you can help fight book banning.

Plan a visit to the Griot Museum of Black History (African American wax museum)

Website: <https://www.thegriotmuseum.com/>

Location: 2505 St. Louis Avenue, St. Louis, MO 63106

Contact information: (314) 241-7057 or info@thegriotmuseum.com

The Griot is the first cultural institution in St. Louis that is solely dedicated to revealing the broad scope of Black History and culture. Only the second of its kind in the country, The Griot Museum of Black History opened as The Black World History Wax Museum in February 1997. In 2009, we hit upon what seems to be the perfect name "The Griot (pronounced "GREE-OH") Museum of Black History ("The Griot"). Our new name more accurately reflects what we do -- collect, preserve, interpret, and share the stories, culture, and history of Black people - particularly highlighting their regional connection to American history.

The core galleries of The Griot include life-size wax figures, other art, artifacts, and memorabilia to help interpret the stories of Black people who have contributed to our country's development. Visitors can "meet" and learn about Carter G. Woodson, Josephine Baker, Dred and Harriet Scott, Elizabeth Keckley, William Wells Brown, James Milton Turner, Clark Terry, Dr. Martin Luther King Jr., the Rev. Earl. E. Nance Sr., Miles Davis, Madame C.J. Walker, York, Percy Green, Macler Shepard, Chief Sherman George, and others.

The Griot's interpretative program includes an authentic slave cabin, originally built on the Wright-Smith plantation in Jonesburg, Missouri. Visitors can solve puzzles, view documentary videos, and "board" a scale model section of a ship that replicates those used to transport Africans to America during the Transatlantic Slave Trade. (Retrieved from: <https://www.thegriotmuseum.com/mission-history>)

Patronize a local black business

Plan your own Juneteenth Celebration Feast

Red foods are the most prominent feature on the Juneteenth menu. Common Red Juneteenth Foods: Soda, punch, hibiscus tea, red velvet cake, red beans and rice, hot sauce, fruits (strawberry, watermelon)

Ask anyone familiar with the traditions of Juneteenth, and they'll mention the color red. [Culinary historian and writer Michael Twitty](#) tells Oprah Daily that the historical importance of red food traces back to the times of enslavement. Because many of the more common foods of the day were white, green, or brown, there was an excitement that came with the rarity of eating red colored treats. In the 19th century, this made certain vibrant delicacies worth celebrating. And in the later half of the 1800s, following the Civil War, Black Americans would even occasionally use an expensive South American dye called "cochineal," which was used to color foods red.

But what made the color even more significant was Texas's status as one of the last states to participate in the American slave trade. Twitty explains that many Africans came through Galveston, an island city on the Gulf Coast of the state, which also happens to be the birthplace of Juneteenth. "Texas was at the end of the world to the Antebellum South. There were a lot of enslaved Africans who were coming to Texas from the continent and through the Caribbean. The color red is highly associated with the cultures that would've come through the later years of the trade, which would have been Yoruba and Kongo."

Both people—the Yoruba of Nigeria, Benin, and Togo; and the Kongo of Angola, the Democratic Republic of the Congo, the Republic of Congo, and Gabon—placed great philosophical and spiritual value in the color red. Twitty explains the hue took on many meanings. It could symbolize sacrifice, transition, and power.

"I think that's why red is so potent because you had people in Texas who were born in Africa," Twitty says.

Africans brought their homeland traditions with them, which manifested itself through food and generations of Juneteenth celebrations. Think: red beverages like strawberry sodas and hibiscus tea, or red velvet cake and red beans and rice. Others, like watermelon, also had the convenience factor of being in peak season during the month of June.

But barbecue brings the community together.

Juneteenth barbecue foods: Pork, chicken, ribs, hot links (encased sausage), brisket

Smoked, sauce-covered barbecued meats are also considered a red food that Twitty calls "the most important" feature on the Juneteenth table.

Already a staple food of the South, the preparation methods that go into cooking and serving the savory proteins bring in the communal aspect of the holiday. [Texas Monthly's barbecue editor, Daniel Vaughn](#), discovered multiple 19th century newspaper reports that all called for entire communities to gather at the local barbecue pit or grounds to prepare the food and eat together in honor of Juneteenth.

The sides consist of "prosperity meals."

Prosperity meal foods and sides: Corn, cornbread, collard greens, cabbage, Black-Eyed peas, pork, potatoes, yams, sweet potatoes

Michiel Perry, lifestyle expert and creator of the brand [Black Southern Belle](#), says "prosperity meals," which typically make up the side dishes served on Juneteenth, are musts. You may recognize a few foods [from New Year's celebrations](#).

"It's all about celebrating good luck and wishing for the best," Perry tells Oprah Daily.

Black-Eyed peas and pork represent wealth, collard greens (or any dish using leafy vegetables) are said to bring good fortune, and corn symbolizes gold. And though not a prosperity meal, potato salad is generally seen as non-negotiable at any decent barbecue gathering.

Twitty says that collard greens and sweet potatoes both offer historical context, as the foods were easy crops for the enslaved to harvest, store over the winter, and prepare themselves at meal times.

But remember, there is no one way to celebrate Juneteenth.

Perry, a native of South Carolina who currently lives in southern Texas, acknowledges that the foods of Emancipation Day are a huge (and delicious) part of honoring the holiday. But, she encourages those celebrating to develop their own traditions, too.

Retrieved from - <https://www.msn.com/en-us/foodanddrink/foodnews/the-traditional-foods-of-juneteenth-carry-a-rich-history/ar-AAKnjUr>

Favorite Juneteenth Foods

- Strawberry soda
- Red Velvet Cake
- Tea Cakes
- [Tomato watermelon salad](#)
- [Tomato Southern pasta salad](#)
- [Watermelon Dole Whip](#)
- [Red cabbage coleslaw](#)
- [Cranberry sauce cornbread](#)
- [Pork jowl bacon](#)
- [Cranberry sauce](#)
- [Hibiscus sweet tea](#)
- Red beans and rice
- [Juneteenth BBQ foods](#): chicken, ribs, sausage, beef brisket

On the following pages, you will find recipes for three Juneteenth favorites

- Homemade Strawberry Soda
- Red Velvet Cake
- Deep South Old Fashioned Tea Cakes

Homemade Strawberry Soda (No machine needed)

Recipe from: <https://divascancook.com/strawberry-soda-recipe-juneteenth/>



Bubbly, sweet & fresh strawberry soda made with simple ingredients! Loaded with authentic strawberry flavor and natural color.

Ingredients

- 1 lb. strawberries rinsed, hulled, and diced
- 1½ cups granulated sugar (can use less if desired)
- 1½ cups water
- 2-3 teaspoon lemon juice (optional)
- Club Soda, chilled (or lemon-lime soda) *see note*

Instructions

1. Place the strawberries, water, and sugar in a large saucepan. Stir.
2. Bring to a simmer over medium heat.
3. When strawberries are soft, mash them with a potato masher.
4. Let strawberries continue to simmer gently until the juices begin to reduce, thicken and become syrupy. (reduce heat if needed)
5. Strain mixture through a mesh strainer, using a rubber spatula to press out the excess syrup. Discard the pulp. (You should have about 1 ¼ cups of syrup.)
6. Stir in lemon juice if using. Let syrup mixture cool and then place in the refrigerator until chilled.
7. To make a glass of soda, pour 8 oz of cold club soda into a cup. Stir in the chilled strawberry

Notes

Place leftover syrup in a jar and store it in the fridge.

This recipe makes about 1 1/4 cups of strawberry soda. Serving size depends on how many tablespoons of syrup you use per cup. (I usually like about 4-5 tablespoons per 8 oz club soda)

You can also sub the carbonated water with Ginger-Ale or Lemon-lime soda. However, I feel this takes away from the fresh strawberry flavor.

The BEST Red Velvet Cake Recipe.

Recipe from: <https://divascancook.com/the-best-red-velvet-cake-recipe-easy-homemade-moist-with-southern-flair/>



Easy. Moist. Homemade Easy, moist red velvet cake recipe full of Southern charm with a secret ingredient! Frosted with Cream Cheese frosting

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 Tablespoons unsweetened cocoa powder
- 2 cups sugar
- 1 cup vegetable oil or canola
- 2 eggs
- 1 cup buttermilk
- 2 teaspoons vanilla extract
- 1-2 oz. red food coloring more or less depending on how deep you want the color
- 1/2 cup plain hot coffee prepared (don't skip this ingredient)
- 1 teaspoon white distilled vinegar

Instructions

1. Preheat oven to 325 F.
2. Generously grease and flour (2) 9-inch round cake pans. Set aside.
3. In a medium bowl, whisk together flour, baking soda, baking powder, cocoa powder, and salt. Set aside.
4. In a large bowl, combine the sugar and vegetable oil.
5. Mix in the eggs, buttermilk, vanilla, and red food coloring until combined.
6. Stir in the coffee and white vinegar.
7. Combine the wet ingredients with the dry ingredients a little at a time, mixing after each addition, just until combined. (Batter will be thin)
8. Pour the batter evenly into each pan.

9. Bake in the middle rack for 30-40 minutes or until a toothpick inserted in the center comes out with moist crumbs clinging to it. Do not overbake as the cake will continue to cook as it cools.
10. Let pans cool on a cooling rack until the pans are warm to the touch.
11. Slide a knife or offset spatula around the inside of the pans to loosen the cake from the pan.
12. Gently remove the cakes from the pan and let them finish cooling. (The warm cake will be very delicate)
13. Frost the cake with cream cheese frosting when the cakes have cooled completely.

Notes ~TIPS~

Be sure to not overbake! Check the cake at 30 minutes as some ovens run really hot. The cakes are really moist and delicate. You may need to refrigerate them to firm them up before stacking and frosting. To bake cupcakes, bake for 18-20 minutes, checking at the 18-minute mark.

Cream Cheese Frosting

Real cream cheese frosting recipe that tastes like cheesecake! Made with lots of butter and cream cheese! Sweetened perfectly with powdered sugar and a splash of vanilla!

Ingredients

- 4 (8 oz) blocks cream cheese, room temperature
- 16 tablespoons unsalted butter, room temperature
- 2 teaspoons vanilla extract
- 4 cups powdered sugar sifted

Instructions

1. In a large bowl cream together cream cheese and butter.
2. Mix in vanilla extract.
3. Gradually mix in powdered sugar.
4. Let frosting set in the fridge for a few hours to firm up if needed.
5. Store in refrigerator.
6. (makes enough to frost a 3-layer cake)

Deep South Old Fashioned Tea Cakes

Recipe from: <https://divascancook.com/old-fashioned-tea-cakes-recipe-authentic-southern/>



Southern tea cakes made the old-fashioned way. Simple ingredients just the way Granny made them.

Ingredients

1/4 cup unsalted butter room temperature
1/4 cup butter-flavored shortening
1 cup granulated sugar
1 egg room temperature
lemon zest 1 small lemon
1/2 vanilla bean scraped
2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon nutmeg
1/4 cup buttermilk

Instructions

1. In a large bowl cream together butter and shortening until creamy.
2. Mix in sugar until well combined.
3. Mix in egg.
4. Mix in lemon zest and vanilla bean paste. Set aside.
5. In a medium bowl, sift together flour, baking powder, salt, and nutmeg.
6. Mix the dry ingredients into the wet ingredients, alternating with the buttermilk.
7. Turn dough onto a smooth surface and knead until dough is soft.
8. Shape into a disk and cover with plastic wrap.
9. Refrigerate for 1 hour (or freeze for 30 minutes)
10. Preheat oven to 350 F.
11. Line a large baking sheet with parchment paper. Set aside.
12. Remove dough from fridge and plastic wrap.

13. Knead dough to soften it.
14. Roll dough to 1/4-inch thick. (I rolled the dough on parchment to prevent sticking)
15. Use a round cookie cutter to cut out circle shapes.
16. Place cookies on prepared pan about 2 inches apart. (see note)
17. Bake for 8-10 minutes until bottoms are lightly golden. (see note)
18. Remove from pan and place on cooling rack to finish cooling.
19. Once cooled store in airtight container.

Notes

1. The dough should be cold when going into the oven. So, if needed pop the cut cookies into the fridge to chill it again. (If you work at a steady pace you probably won't need to chill it again since it does stay cold for a while)
2. Do not over bake the cookies! They will not get golden on the tops and will continue to cook as they cool.