



2 - 4 pm

Mobilizing the Akom Okomfo Efua Nsia Sanford Community for Global Health and Development

We will examine what role the global north has traditionally held in global health and development (in particular on the continent of Africa), the outcomes of those efforts, and what role the African Diaspora (in particular adherents of ATRs) have in developing the continent.

FRIDAY, JULY 31

6 - 8 pm

Meet and Greet Akom Kcse Board

Introduce yourself to our Akom Kcse community and let everyone know what role Akom plays in your life and what you expect from our conference this year. First-time attendees will have an opportunity to learn more about Akom culture in a separate setting.

SATURDAY, AUGUST 1

11 am - 1 pm

Eldership Discussion Akom Kcse Board

Continuing our conversation from 2019, the Akom Kcse board will present our yearlong studies and findings, and the plan to establish a Council of Elders. This will be a great time to raise questions and concerns.

2 - 4 pm

Mental Health and Spirituality Okomfo Akua Baakan

Discussion on the correlation between mental health and spirituality, how they are not necessarily mutually exclusive, and tools we can use to recognize and address issues in our community.

SUNDAY, AUGUST 2

11 - 1 pm

Akom Dwom Okomfo Nyamekye Donkor

We will review songs we already “know”; gain understanding of them and discuss the personality traits of the Abosom that the songs reveal. Includes a downloadable document.

MONDAY, AUGUST 3

6 - 8 pm

Akan Funeral Rites Nana Ama Boakyewa

A Twi proverb says “Owuo atwedee baakafoo mforo” meaning death’s ladder is not climbed by just one person. This discussion will focus on the preparation for death and funeral rites within our tradition.

6 - 8 pm

Akom Drum Rhythms Kofi Bonsu

Discussion about the different Akom drums, rhythms and their corresponding songs.

TUESDAY, AUGUST 4

6 - 8 pm

Okomfo Meeting (Priests only) Okomfo Dr. Kwesi Amoah

Discussion of the role Okomfo play in the eldership selection process. And a discussion on facing challenges living as an Okomfo, particularly for new Okomfo.

6 - 8 pm

Traditional Akan Food Aunty Abena Agyeman

Discussion on traditional Akan food preparation and their significance.

WEDNESDAY, AUGUST 5

6 - 8 pm

Children's Corner (5-12yrs) Nana Ama Nsia Wilock & Mama Serwaa Oguara

Children will explore their identity withing our culture. We will hone in on growing up traditionally which features protocols for youth, storytelling, games, interviewing older youth and a special project that will allow them to share their culture with the world they live in, to be presented on Akom Kcse TV.

6 - 8 pm

Book Club Okomfo Abena Nayo Nyarkowa

Participants will share a book / reading that has an impact on how they see/understand Akom tradition. Each attendee will be encouraged to present.

THURSDAY, AUGUST 6

6 - 8 pm

Young People's Meeting Asha Amoa

Presentation by the young people, expressing their vision for the future of Akom.

6 - 8 pm

Acupuncture and Spirituality Okomfo Afiba Nson Amoa

We will discover the acupuncture points that relate specifically to the development of the Shen/Spirit in human evolution with a comparative to African culture. These concepts will show the integration of Mind, Body & Spirituality which is used to assist the body's ability to heal naturally.

FRIDAY, AUGUST 7

6 - 8 pm

ibarima Meeting Asafo Company

Discussion of issues affecting specifically the men of the Akom community.

6 - 8 pm

ibiaa Meeting

Nana Amadoma Bediako

Discussion of issues affecting specifically the women of the Akom community.



AKOM KESE 2020
July 31, to August 7, 2020
8 days of virtual learning and fun

Akom Kесе
together we can do so much

Featured Speakers

 Nana Ama Boakyewa	 Okomfo Abena Nayo Nyarkowa
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Tickets: [akomkese2020.eventbrite.com](https://www.eventbrite.com/e/akomkese2020) www.akancenter.org

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