



Leaders Kit

No. 61

Summer 2010

Share the Care

Dear Caring Kiwi Club Leaders,

I could just about taste the sausages when the bbq smell came wafting in the church door. As I peeped out, I could see plenty of helpers getting everything ready for the hungry stomachs inside. It has become a tradition to provide lunch after our Sunday family service. But it is not the only place serving a free lunch.

On the other side of the world another food activity is happening. Every weekday four mothers volunteer to cook lunch for their local school in the district of Zvishavane, Zimbabwe. The children are hungry because their families cannot grow or afford the food they need. Knowing that crops failed and food is short, Christian World Service partner Christian Care stepped in to help fill the gap. For some children this might be the only meal they eat on any given day.

Zimbabwe has been going through difficult times and Zvishavane has been hit hard. There is little work and crops have failed due to drought. Wanting to make a difference, Christian Care started this lunch programme as the children often had no energy to get to school or concentrate. Food has made a huge difference. The children have the energy to learn and keep healthy. It eases some of the pressure at home too. With more support Christian Care is planning to branch out into school gardens and increase the number of rainwater harvesting tanks to provide much needed water.

Over the past decade, the HIV and Aids pandemic has affected many farming families, adding to their difficulties. They have lost their most economically active members, including those who best know how to farm. Paying for funerals and medicines, families have been forced to sell their assets. Caring for the sick means that women spend less time on the land. HIV and Aids, poor governance, and drought are all underlying the food crisis. Sharing the care has become a lifesaving exercise for these families.



☺ Next year we are planning some changes in our children's resources. Less paper with more electronic based material is on the horizon. **Do send me your email address so I can keep you updated with this material or if the leadership has changed in your group.**

My address: youth@cws.org.nz

I would love to visit you or your group. If you are in Christchurch I can offer some help in after school or holiday programmes.

Keep on caring...

Katrina

*If you want to use World Watch as a lesson, here is a suggested plan.
Please adapt to suit your group.*

Objectives:

1. To learn about the Christian Care school lunch programme in Zimbabwe, how it makes a crucial difference for children facing malnutrition and how it involves the local community.
2. To think about the importance of food for all people.
3. To learn about some of the causes of the food crisis.
4. To encourage sharing and caring actions that go beyond the group.

Preparation:

- 1 Read through the material thoroughly.
- 2 You will need: Sadza or other food to share, 7 balloons, CWS Advent calendars and perhaps a globe.

Introduction: Welcome the group. You may want to make Sadza (see below) to share or some other food that is more familiar. If you serve Sadza explain this porridge is a traditional staple food in southern Africa, especially in Zvishavane (pronounced Zvee-sha-vaa-nee). When groundnuts, beans, and oil are added to the maize it provides a nutritious meal for the children. Talk about how often they eat and/or share stories about when they have been really hungry.

The Story: As a group read the front page of World Watch and *Share the Care*. Discuss the questions in the *Think about* section and then ask the children to fill in the speech balloons of *School lunch in Zvishavane*. They may also like to fill in the cooking pot in World Watch or as a group you could write why we need food in a large image of a cooking pot you have already drawn. You may like to remind the group that in Zvishavane the women gather the firewood and collect the water before they prepare lunch.

Why are the children hungry? On a balloon write the words: civil war; drought 1997/8; cyclone 2000; displaced people 2005; HIV and Aids pandemic; drought 2009/10; floods 2010. Give each child a balloon and line them up in the order given. Ask the group if they want the children to be hungry. If not, invite them to stamp on their balloon at the count of three. Then invite them to read the cartoon.

Conclude the lesson with some of the suggestions under *Help Out* and you may like to distribute a CWS Advent Calendar to each child.

Sadza (microwave version)

Ingredients

1 cup of maize meal or white cornmeal, 1 cup cold water, 2 cups boiling, salt to taste

Method

Mix the cup of cold water to the maize meal and form a smooth paste. Add two cups of boiling water and salt. Mix thoroughly with a wooden spoon until all the lumps are dissolved. Place in the microwave and cook on high for 3-4 minutes until it is cooked, stir occasionally. Serve hot. You can add peanut butter, milk, sugar and/or butter for flavour.



Sadza (stove top version)

Ingredients

4 cups water, 2½ cups maize meal or white cornmeal (regular cornmeal may be used)

Method

Bring 3 cups of the water to a boil in a large pot. Combine 1½ cups of the cornmeal with the remaining 1 cup water. Reduce heat to medium to low and add the cornmeal mixture to the boiling water, stirring constantly with a wooden spoon. Cook for about 5 minutes. Slowly adding the remaining 1 cup of cornmeal. When the mixture is very thick and starts to pull away from the sides of the pan, transfer to a serving bowl or plate. This is a thicker version that can be shaped, cooled and eaten with the same toppings as above.

For Christian Groups – Share the Care

Focus on Scripture

The story of Jesus feeding the five thousand is in all four Gospels. This in itself gives the story significance. Read the story from John 6:5-14 where a young boy plays a key role.

Background

John tells of the story of how five loaves and two fishes fed a hungry crowd. He records that the disciples did not want to take on the responsibility for feeding everyone and how they told Jesus what they thought. It seemed an impossible task when there didn't appear to be any food at hand. Eventually Jesus took the few loaves and fishes that a young boy offered. He thanked God and distributed the food. With Jesus' encouragement the people were motivated to share. There was enough for everyone and leftovers!



Respond to the story

Talk about the story. Ask them:

- What did Jesus ask? Why do you think he asked for food?
- What did the disciples do?
- What did the boy do? What was important about what he did?
- What does this story tell us about God's love?

Ask the children to talk about a time when they have offered something to share. How did they feel?

You might like to make a continuum across the room. Invite them to line up at one end if they find it hard to share, the other end if they find it easy and in the middle depending on who or what is to be shared. Ask the children at the different ends why they placed themselves there. Give praise for honesty. The disciples were honest about finding feeding the people a difficult task. Yet by thinking and talking about the need something could be done.

You might like to organize an Agape Love feast, a common practice in the early church when the Eucharist or communion was shared along with the stories of faith as part of a meal. You could serve the food and ask for donations to Share the Care. Send them to CWS with your story in the enclosed Christmas Appeal envelope.

Finish with a prayer

God of Life,
We bring before you the children of Zimbabwe
Knowing that they are hungry yet there is enough food.
We are sad.
Let this sadness kindle the sharing and caring that you seek.
In Jesus' name we pray.
Amen.

One of the school mothers carrying water to make the Sadza. The principal keeps the mealie meal or cornmeal in his office and allocates the daily supply.



Background

Fifteen percent of the world's population, some 925 million people —almost one out of every six people—is chronically hungry. The United Nations agreed that the first Millennium Development Goal was to halve the number of people living in poverty by 2015. There is still a long way to go. Christian World Service continues to work to help end hunger and offer hope to poor people in many places. We cannot do this alone. There needs to be much more effort to help people out of poverty and ensure every single person has the safe and adequate food they need each day. CWS partner Christian Care is part of the story of change.

Christian Care is a service arm of the Zimbabwe Council of Churches. It was formed in 1967 and is an active member of the ACT Alliance (Action by Churches Together) of which CWS is also a member. It helps with relief aid and through good development programmes in rural Zimbabwe. Contact CWS for more information about its work.

Further information on Zimbabwe, food issues and Christian Care are available at: www.cws.org.nz/resources. Colour in sheets at www.christmasappeal.org.nz/for-churches

Advent calendars are available free from CWS. Please contact me at youth@cws.org.nz to place your order. The calendar invites children to open a flap for each day and place in a coin. Send their total donation to the CWS Christmas Appeal.



*Zvishavane is in the Midlands province running through the centre of the country. **Gweru** is the main city, in the south of the province and is one area in which Christian Care works.*

Gudoku solution

G	W	S	H	E	A	P	O	R
H	A	P	R	W	O	S	G	E
E	O	R	S	P	G	A	W	H
W	S	O	E	H	R	G	A	P
P	G	H	A	S	W	E	R	O
A	R	E	G	O	P	W	H	S
S	E	W	O	G	H	R	P	A
O	P	A	W	R	S	H	E	G
R	H	G	P	A	E	O	S	W