

ADVENT LIVES



...AND IS CHANGING LIVES

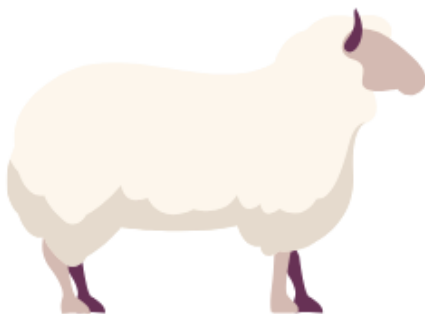
A resource for
school-aged children and older



PWRDF

The Primate's World Relief
and Development Fund

The Anglican Church of Canada



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**Please read ahead for each week
as you will need some resources
and photocopies for some
of the activities.**

This resource has been put together by and in consultation with an incredible team whom I would like to thank.

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Attributions:

Opening prayer adapted from *Living Justice: While We Wait*

Candle prayers adapted from Sadler Religion

Closing blessing from Garry J. Deverell, www.deverell.net

Welcome!

Thank you for choosing to join PWRDF in this exciting journey through Advent as we explore the Christmas story together. It is a story we have heard and have told many times, it is also the most important story that we have to share. The Advent story is one of anticipation, waiting, opportunity, gifts and lives changed. Though this story remains the same, how we live it, celebrate it and anticipate the birth of Christ is different, family to family, church to church, town to town and province to territory.

Yet one thing remains constant: we all have a part in this story. Lives are being changed in our families and our communities by the telling of this story and the sharing of gifts through hospitality, meal programs, Christmas hampers and in an abundance of other ways.

The lives of individuals and whole communities are also being changed by your support for PWRDF, by sharing the stories of how we are living out the Advent promise of hope, love, joy and peace so all might live in a truly just, healthy and peaceful world. This work is only possible through your generosity throughout the year, and especially at Christmas through PWRDF's World of Gifts guide. Thank you for your support, for being a part of Advent every day and for helping to change lives.

In this resource we are seeking to engage the listener and the storyteller in new ways. There is something to engage everyone. Each week we will be introduced to a different animal. The animal will help the children move through Advent and prepare for Christmas through stories. This resource can be used in a one-room or a multi-room Sunday School, a youth group or in the home, as part of a church service or at school or even a day camp when kids are off school for professional development days.

In this resource you will find:

- Gathering Ritual
- Prayers
- The Story
- Engagement Questions
- Activities
- Fact Sheets
- Animal Cards
- Fun
- Laughter

We hope you enjoy hearing the Advent story through the animals that have made such a positive impact in communities in which PWRDF has partners in Tanzania, Rwanda, Burundi and Mozambique. This work is made possible by people like you who purchase livestock as gifts through PWRDF's [World of Gifts](#) and for that we are profoundly appreciative.

We hope you have a fun and awesome Advent. Please share your experience through Advent with us on social media using: #AdventLives #PWRDFAdvent.

Thank you,

Su McLeod

PWRDF Youth Engagement Coordinator
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INTRODUCTION: Advent

Sunday before Advent (often called Stir Up Sunday or Reign of Christ Sunday)

Preparation & Materials

- A candle to light in the “Opening” once the Children have all arrived.
- Matches/ Lighter
- Advent wreath
- Advent “fortune teller” p.15
- Scissors
- Pencil Crayons/ Pens
- Business card for Rafiq Rabbit

Notes

The prayers can be said all together or led by one person.

The closing blessing can be made into an action prayer.

Gathering

Opening

As we begin, we light the single candle and say,
Jesus Christ is the light of the world. A light no darkness can extinguish.

Gathering

God of all Creation, what do you require of us?

To do justice, and to love kindness, and to walk humbly with your God.

To do justice, seeking peace and reconciliation, standing with those who are forgotten.

To love kindness, showing compassion and unconditional caring for those in need.

To walk humbly, following in the steps of Jesus, not looking for praise for our own work but giving praise to you.

Engage

- Have Christmas music playing as the children arrive

FUN FACT

Rabbits produce fertilizer that helps the crops to grow.



Name: Rafiq Rabbit

Country: Tanzania

Job: Meat Provider, Pet, Fertilizer Producer, Fur Provider, Transformer, Storyteller



Story

Hello, Hi, Hey there, I'm Rafiq Rabbit, and I'm so excited to introduce you to our animal Advent series!! Over the season of Advent, you are going to meet a bunch of my animal friends. Each of us is going to tell you a piece of the Christmas story and each of us is going to tell you about why we are a great gift to give at Christmas time. We are all friends of PWRDF -- The Primate's World Relief and Development Fund. PWRDF is the official relief and development agency of the Anglican Church of Canada and works to help people all around the world. They do this by working with partners to improve access to health, food, education and income. One of the things they do is work with farmers to provide new animals for their farms. That's where my friends and I come in.

My name, Rafiq, means gentle or friend in Arabic. I'm a great gift to give a family, because of my gentle nature. I don't take up a lot of space, I'm quiet and a good companion. I'm a great member of a farm -- I even provide fertilizer for gardens and small crops!

During Advent, you are going to meet all sorts of animals. Cows, goats, guinea fowl, pigs and sheep. Each of us will share a part of the Christmas story.

My job is the introduction, so I'm going to tell you about the prophet Isaiah. He lived over 700 years

before Jesus, and he promised that the Son of God would be born to humanity. His writing is full of strong images and poetic verse. During the season of Advent, Christians around the world turn to his words as they await the birth of Jesus. Each week, you are going to hear words from Isaiah, anticipating the wonderful good news of Christmas.

So, that's the plan! I'm so glad that you are joining us in the barnyard. As you get ready for Christmas, I want you to think about gifts. Our lives are surrounded by gifts, big ones and small ones. Sometimes we receive gifts on a special day, like a birthday. Sometimes we give gifts to the people we love, to let them know we are thinking of them. But sometimes, we give gifts to people we have never met, because we care about them too. Isaiah gave us the gift of his poetry and knowledge. Jesus gave us the gift of his whole life. We make gifts out of whatever we have, in order to make the world a better place. What are you going to give others in your life?

Note *Farmers

These are not farmers as we understand farmers to be in Canada, they are a family with a very small lot of land.

Engage

- Rafiq means gentle or friend. Who are your friends?
- How did you feel when you first met them?
- Friends sometimes share gifts with one another, just like Rafiq talked about. What kind of gifts do you share with your friends?
- What kinds of gifts have been shared with you?
- Rafiq told us lots to help us get ready for the start of Advent. What do you think this Advent will be like?

This week we remember and say that God is the God of the whole world and look forward to the time when Jesus will make everything right: when peace will be everywhere and where no one will be sick or be hungry and thirsty or die anymore. Next week, the church begins a new year and we begin the season of Advent. Advent is the season where we wait and watch for the coming of Jesus into the world as a baby. Each week we will light a candle and pray for hope, for peace, for joy, and for love in our lives and in the world.

Today we pray to bless the Advent wreath/candles that we will use to remind us of these things each week until Christmas Eve.

Advent wreaths are one of many customs and traditions that surround Advent, what are some of the traditions you and your family have during Advent?

What are some of the traditions you see and do at church as we prepare for Christmas?

In these days of Advent many of our traditions involve counting down the days until Christmas begins.

The Advent wreath is a circular wreath made up of ever-green branches. It is circular to remind us of the eternal nature of God – without beginning or end.

On the wreath there are four candles with a fifth one in the centre. There are three purple or blue candles and one pink candle. The centre candle is white.

We light the first candle on Advent Sunday and then each week a new candle is lit until Christmas Eve when we light the centre candle, a symbol of Jesus – the Light of the World.

The first candle (purple/blue) represents us, you and me, God's people. This is the candle of **Hope**.

The second candle (purple/blue) reminds people of the Old Testament prophets who spoke of the birth of the Messiah, the anointed one or the chosen one, Jesus. This is the candle of **peace**.

The third candle (pink) is a symbol of John the Baptist who was Jesus' cousin and told the people that Jesus would come. This candle is the candle of **joy**.

The fourth candle (purple/blue) reminds us of Mary the mother of Jesus and that candle represents **Love**.

Each of these four candles represents and reminds us of people who prepared for the coming of Jesus. By lighting the candles it helps us to remember their story and that we are included and have a part in the story today. The fifth candle, the one in the centre, is lit on Christmas Eve. This is the Christ candle and we light it to celebrate and show that Jesus has been born.

ACTIVITY: Advent Wreath

Option 1:

Materials

- Collect some cedar bows or similar
- Pie plate
- Florist wire/bag tie or string (to tie the bows together)
- 4 small candles (3 blue/ purple & 1 pink)
- 1 large candle
- Scissors
- Hot glue, glue gun
- Any other decorations the children might want — maybe including the words, *hope, peace, love* and *joy*.

Directions

1. Start arranging and attaching the bows of cedar around the pie plate.
2. Leave room for the candles to be placed in the middle, attach the candles using the glue gun.
3. Attach any additional decorations you would like on your wreath.
4. The fifth candle, if you have it will be placed in the centre, of the wreath.

Option 2: (all available from the Dollar Store)

Materials

- Mini door or car wreath
- 4 small battery votive candles (for each child)
- 1 slightly larger votive (for each child, optional)
- Pink and purple or blue ribbon/
- Tape/wool/yarn
- Scissors
- Hot glue, glue gun
- Any other decorations the children might want — maybe including the words, *hope, peace, love* and *joy*.

Directions

- Remove any packaging
- Cut a length of tape to wrap around each votive, 3 purple or blue and one pink
- Attach the colour to the candle.
- Place a small amount of glue under the candles being careful not to cover the on/off switch as you will need to access this to turn the candle on and off.
- Then, press the votive to the wreath where you would like it placed. Hold it firmly until it has attached well.

Repeat this same action for each of the four votives. Attach any additional decorations you would like on your wreath. The fifth votive, if you have them, will be placed in the centre.

Sending

Blessing of the Advent wreaths.

This could be done in Sunday school or in the church service.

*Let us pray,
God, bless this Advent wreath. May it help us to look for hope, peace, joy and love and help us prepare to welcome Jesus to the world and to our lives. May the light of these candles remind us of God's love that shines through us. Amen.*

Closing Blessing

The following can be taught as an action prayer. Make a cross with two pointer fingers at the word 'Christ'. Then point to the body part indicated and make a motion which signifies looking, listening, making, etc.

*Christ be in our eyes and in our looking,
Christ be in our ears and in our listening,
Christ be in our hands and in our making,
Christ be in our minds and in our understanding,
Christ be in our hearts and in our loving.*

ADVENT 1: Hope

First Sunday of Advent

Preparation & Materials

- A candle to light in the “Opening” once the Children have all arrived.
- Advent wreath
- Matches/ Lighter
- Animal Business Card
- Photocopies of p.11 –p.15
- Magazines and flyers
- Scissors
- Glue
- Pencil Crayons /Pens
- Thread for Spiral

Notes

The prayers can be said all together or led by one person.

The closing blessing can be made into an action prayer.

Gathering

Opening

As we begin, we light the single candle and say,
Jesus Christ is the light of the world.

A light no darkness can extinguish.

Gathering

God of all Creation, what do you require of us?

To do justice, and to love kindness, and to walk humbly
with your God

To do justice, seeking peace & reconciliation, standing
with those who are forgotten.

To love kindness, showing compassion and unconditional
caring for those in need.

To walk humbly, following in the steps of Jesus, not
looking for praise for our own work but giving praise
to you.

Isaiah 7:14

*Therefore the Lord himself will give you a sign. Look, the
young woman is with child and shall bear a son, and shall
name him Immanuel.*

FUN

FACT

**Cow's milk provides a good
source of nutrition as well
as income.**



Name: Kawvaw Cow

Country: Tanzania

**Job: Milk Producer, Meat Provider, Leather Provider, Lawn
Mower, Producer of Dairy Products, Bio Gas Supplier,
Income Maker, Transformer, Storyteller**



Story

Moouoo! Hello, everyone. My name is Kawvaw Cow. Moo! Kawvaw means hope in Hebrew. The people who care for me named me Kawvaw because when life was difficult for them, I was given to them as a gift, and things began to change. See, we cows, we may be big, and slow – but we are smart, and caring and offer a lot to a family. Especially a family with children. Oh, I love children. I love their laughter, their games, I love how they pick flowers from the field and give them to me as a snack, or as a crown for my fur (to wear on my head). I love how thoughtful and kind children can be, as well as funny and brave. In fact, children remind me a lot of cows. Moouoo!

So, what does a cow like me offer her people? Well, milk, of course! Did you know that milk is really important for growing? Especially growing minds? The fat in milk is exactly what we need to grow our large, smart brains. And our big strong bones! And our shiny white teeth. And a cow like me, we produce a lot of milk, much more than my family can drink themselves. So they are able to sell my milk, which helps them buy fruit and vegetables and other healthy food, as well as other things they might need.

What are your favourite foods that have milk in them? (Ice cream, cheese, yoghurt, etc.)

Moouoo! Those are all delicious!

I hear that you are in the season of Advent right now. Do any of you know what Advent means? It means, “Arriving”, and usually is about the arrival of someone very important.

Do you know who we are waiting for? Who we are waiting to be born?

Jesus, that’s right!

We are waiting, in hope, for Jesus’ birth. I’m going to tell you the beginning of the story. Once, many, many “moouoooooooo”ns ago, there was a young woman named Mary. She was a Jewish woman, living in a city called Nazareth. She was engaged to be married to Joseph. She was visited by the angel Gabriel, and was told, “Don’t be afraid” – because seeing an angel can be pretty overwhelming – “You are going to have a baby, a son, and you will name him Jesus. He will be Holy, and called the Son of God.” Mary said, “Here I am, the servant of God. Let what you say be true.” Then the angel left.

This is the beginning of the story – and it is a story that fills me with hope! It is about looking to the future, knowing that things are going to change. There’s so much to hope because of this story.

Just as when I was a gift to my family, I filled them with hope for a better future, with lots of yummy milk and a good working farm. The promise of Jesus being born to Mary fills us all with hope for a better future. I hope each of you finds hope this Advent. Well, I mean, you’ve already found me, Kawvaw Cow, so you’re well on your way to finding lots of hope this Advent! And I hope you can share hope with others. It is a simple gift, but it turns the world around. Moouoo!

Engage

- Kawvaw’s name means hope. Do you know what hope is? What things make you feel hope?
- How many things have you eaten or drunk today that have milk in them? How would you feel if you couldn’t eat or drink any of those things?
- Advent is all about waiting for the birth of Jesus. Waiting can be hard. Can you think of a time that you were hoping and waiting for something and it took a long time?
- How did it feel when the thing you were waiting for happened?

Engage

These activities and instructions can be found on the following pages

- I am Filled With Hope...
- Hope Cow Collage
- Hope Spiral
- Story Stones
- Finger Fidget / Fortune Teller
- Mad lib
- Hand out an animal card for Kawvaw Cow

SENDING

Lighting the First Advent Candle

Today we light the first candle, the candle for Hope. It reminds us that Jesus brings hope into the world, even when it seems scary or when the problems in our world seem too big for us to handle on our own, and asks us to share that hope with others.

- Light one blue/purple candle and sit for a moment of silence.

*Christ our Hope,
Shine in our lives with hope and promise.
Give us eyes to see so that we remain attentive in this holy season.
Remind us to look for you in small acts of kindness and love.
We await your coming with wonder.
Amen.*

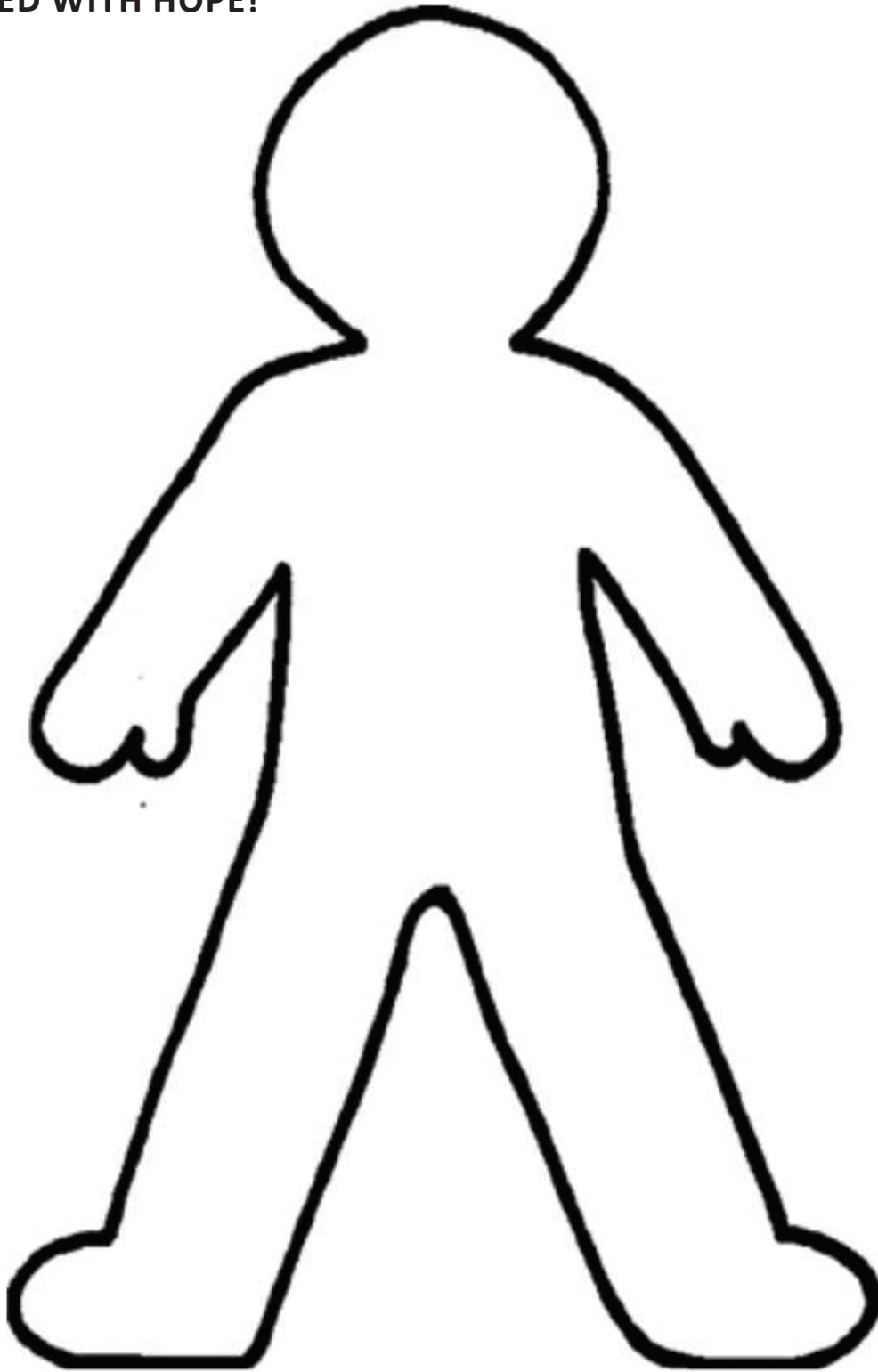
Closing Blessing

The following can be taught as an action prayer.

- Make a cross with two pointer fingers at the word 'Christ'. Then point to the body part indicated, and make a motion which signifies looking, listening, making, etc.

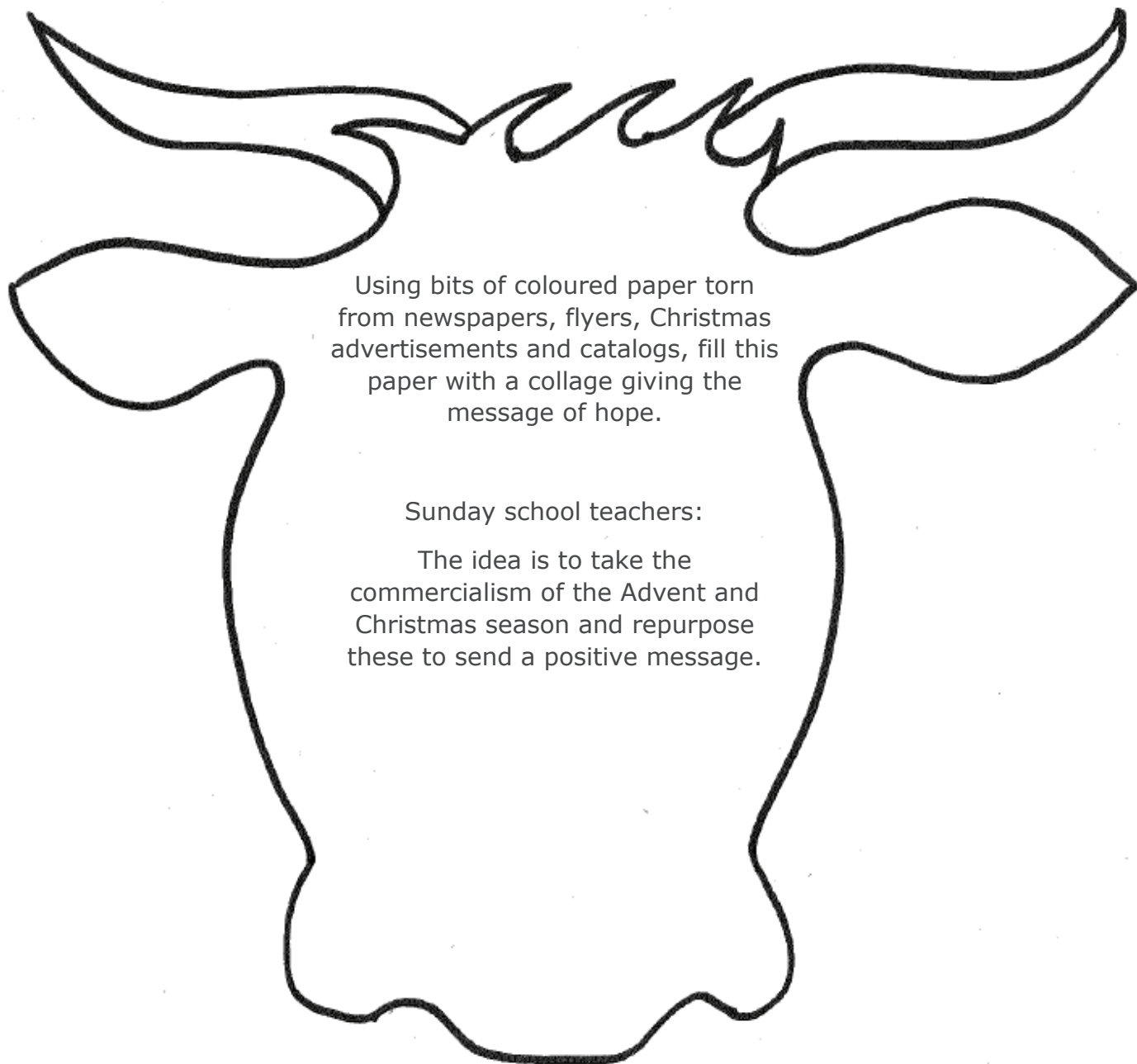
*Christ be in our eyes and in our looking,
Christ be in our ears and in our listening,
Christ be in our hands and in our making,
Christ be in our minds and in our understanding,
Christ be in our hearts and in our loving.*

I AM FILLED WITH HOPE!



Imagine that this outline of a person is you. You can make it look like you if you like. Think about all the things that fill you with hope. Think about the story you heard this morning. Maybe there are things from the story that fill you with hope. Put those things inside the outline of this page. You can draw, write or make a collage.

Hope CoW CoLLage



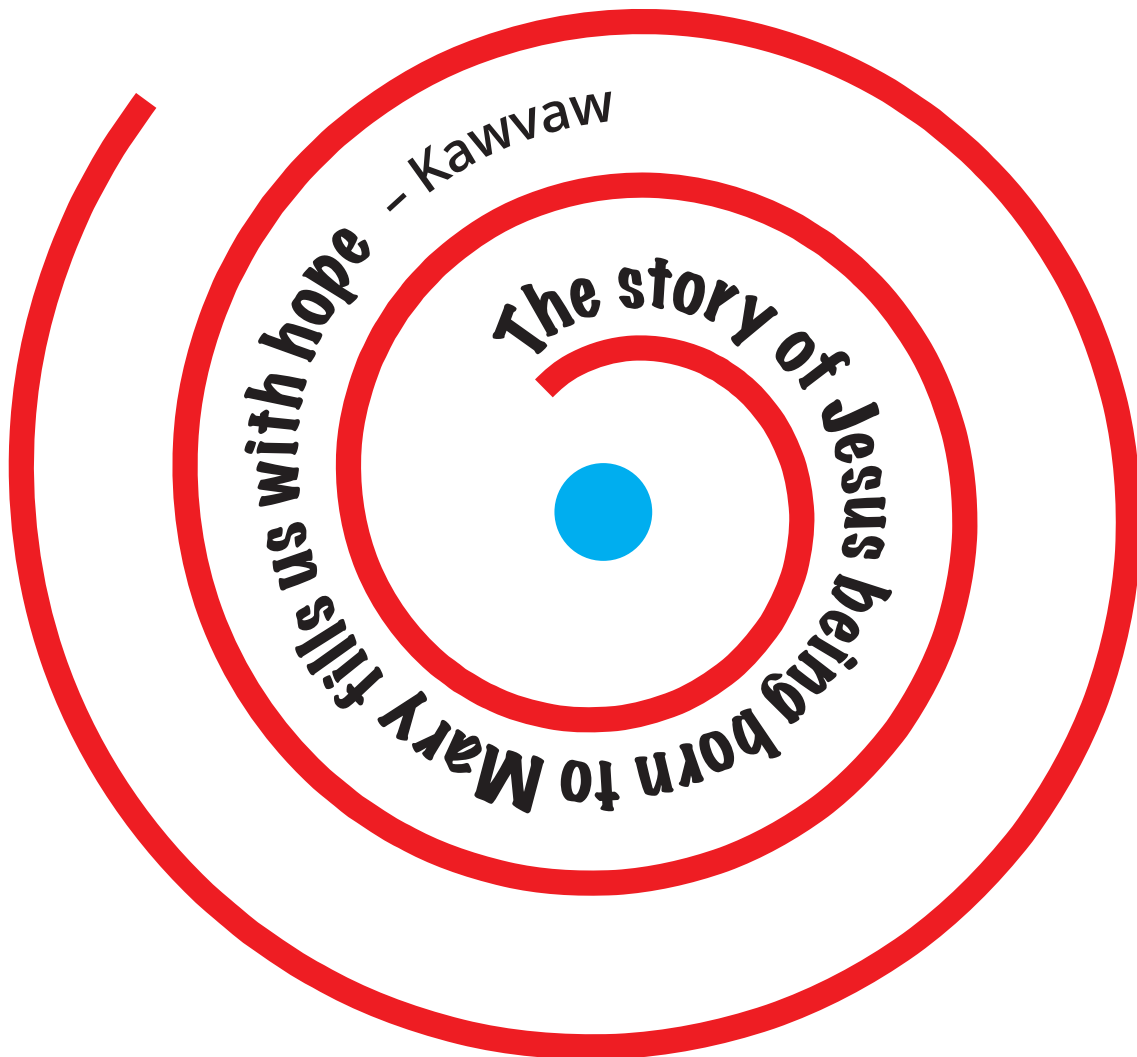
Using bits of coloured paper torn from newspapers, flyers, Christmas advertisements and catalogs, fill this paper with a collage giving the message of hope.

Sunday school teachers:

The idea is to take the commercialism of the Advent and Christmas season and repurpose these to send a positive message.

HOPE

HOPE SPIRAL



How do you share the Hope that we hear in today's story with other people?

- Ask the other children and Sunday school teachers how you show **Hope**.

Write those words in the spiral then cut along the pink line.

Poke a decoration hook or paperclip through the blue dot and hang it on your tree to remind you and others of the **Hope that can be found in the Christmas Story and that is shared by you.*

**It works best to poke the hole before the spiral is cut out*



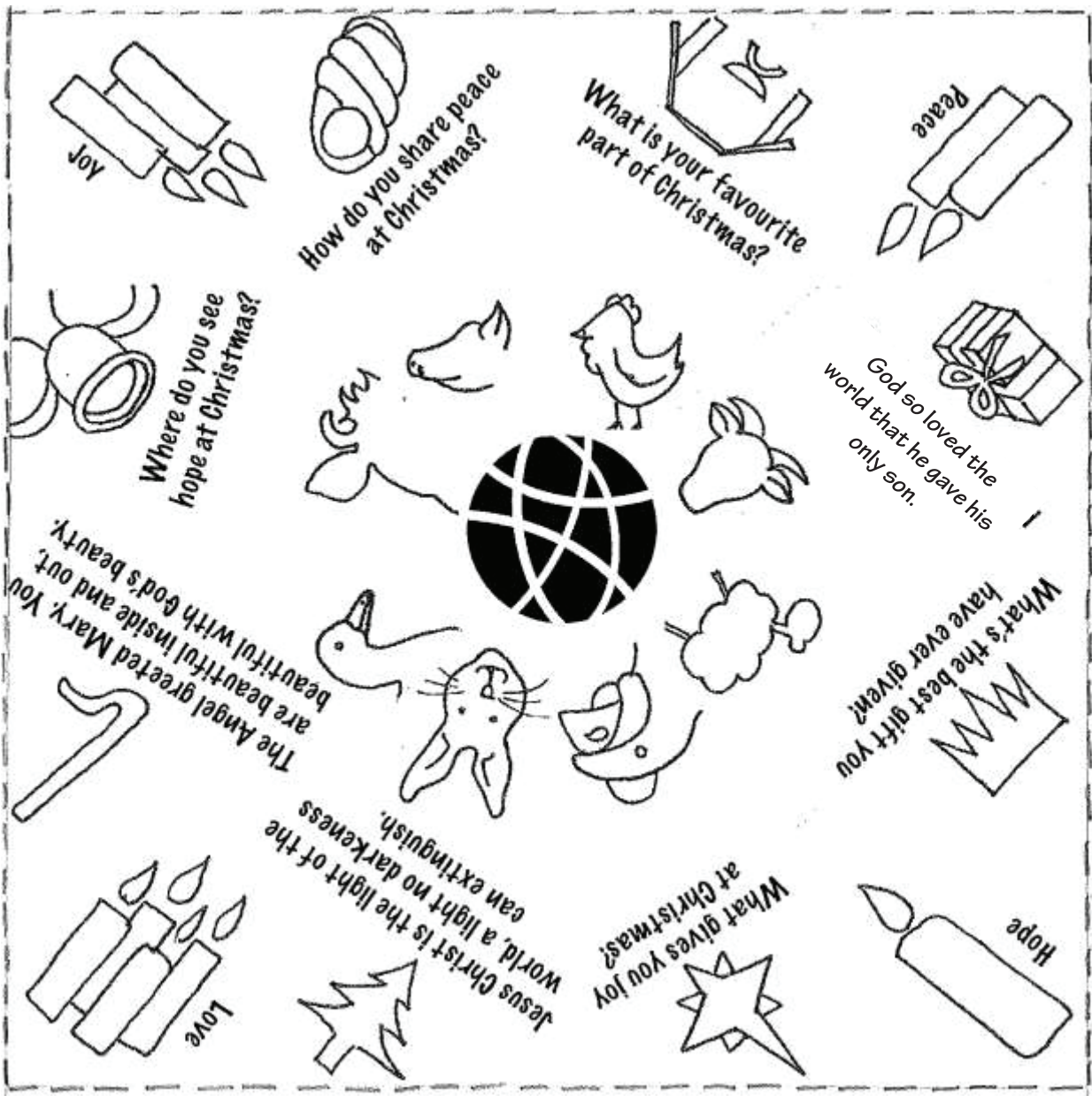
Story Stones



These story stones are for you to retell the story and make the story your own, you will see there are two empty stones, draw on them something that wasn't in the story today that you think should be. Colour the stones then cut around the dotted lines. Move the stones around and place them in a sequence to tell the story.

Sunday school teachers, this works best on card and the can be reused each week. The children could put their name or initials on the back so they don't get misplaced.

Finger Fidget / Fortune teller



Instructions: Colour in the finger fidget, then cut it out using a pair of scissors.

1. Fold the paper into quarters to make 4 even squares.
2. Unfold the paper.
3. Turn the paper over so the printed side is facing down.
4. Fold back the four corners so they meet into the middle.
5. Flip over the paper.
6. Fold the corners on the new side of the paper evenly into the middle.
7. Fold into quarters one last time.
8. Fit you fingers into the slits.
9. Open.
10. Play.
11. Enjoy.

Mad Lib

When God wanted to _____ and live with _____ an Angel came to Mary and told her,
(verb) (plural noun)

"You will have a _____, and he will be the _____ of God!"
(noun) (noun)

When the _____ was about to be _____, Mary and Joseph _____ on a journey.
(noun) (verb) (verb)

Mary rode a _____. They travelled to _____. When they _____,
(animal) (place name). (verb)

there was no _____ for them in the _____. Baby Jesus was _____ in
(noun) (noun). (verb)

a stable, where the _____ and _____ lived.
(animal) (animal)

Nearby, there were _____ in the _____ taking care of their _____.
(noun) (noun) (noun)

Angels _____ to them and said, "We _____ you _____ news!"
(noun) (verb) (adjective)

The shepherds were _____, but they listened to the _____ and went to
(adjective) (noun)

_____ the stable where the _____ king had been _____.
(verb) (adjective) (verb)

Wise _____ came to _____ the baby and brought _____.
(noun) (verb) (adjective)

gifts: _____, _____, and _____. Everyone rejoiced _____
(noun) (noun) (noun) (adverb)

that Jesus had been _____!
(verb)

ADVENT 2: Peace

Second Sunday of Advent

Preparation & Materials

- A candle to light in the “Opening” once the Children have all arrived.
- Advent wreath
- Matches/ Lighter
- Animal Card
- Photocopies of p.20 –p.25
- Magazines and flyers
- Scissors
- Glue
- Pencil Crayons /Pens
- Thread for Spiral
- Ingredients for Birdfeeder p22
- Baking Sheet
- Parchment Paper
- Cookie Cutters

Notes

The prayers can be said all together or led by one person.

The closing blessing can be made into an action prayer.

Gathering

Opening

As we begin, we light the single candle and say,
Jesus Christ is the light of the world. A light no darkness can extinguish.

Gathering

God of all Creation, what do you require of us?

To do justice, and to love kindness, and to walk humbly with your God.

To do justice, seeking peace & reconciliation, standing with those who are forgotten.

To love kindness, showing compassion and unconditional caring for those in need.

To walk humbly, following in the steps of Jesus, not looking for praise for our own work but giving praise to you.

Isaiah 11:1

A shoot shall come out from the stock of Jesse, and a branch shall grow out of his roots.

FUN

FACT

Goat's milk and meat are good sources of protein and goats are easy to care for.



Name: Gabriel Goat
Country: Rwanda, Tanzania, Mozambique
Job: Milk Producer, Weed Eater, Hedge Trimmer, Leather and Fur Provider, Meat Provider, Income Provide, Transformer, Storyteller



Story

Hello, hello, hellooooo, I'm Gabriel Goat! It's great to get to gallop and gab with you today! I glean from the glen that you got to meet my friend Kawvaw Cow? Good gracious that's grand. Kawvaw's wonderful, but a little laid back. If it's energy and adventure you're after, you should come play with me. Goats are the clowns of the barnyard. We love to run and jump and climb. We are escape artists – we can get out of almost any pen. We love to play and love to laugh. And we are great companions. Good with children, kind to adults, smart and funny. Not to mention we also provide milk, to drink or make into cheese, and all that good dairy food to a family.

We can also work! We pull carts, eat weeds and will even clear a field of poison ivy! So you humans can roam safely when we are around.

We are in my favourite season of the year right now – Advent! I love Advent because there is so much to do while we prepare for the birth of Jesus. And speaking for goat-kind – we love to work! And the more the merrier, so when family comes to visit, that's even better for us.

Speaking of visiting, that's the part of Jesus' story that I'm going to tell. You'll remember from Kawvaw Cow that the angel Gabriel came to visit Mary at the beginning of the story. That's who I'm named after – Gabriel Goat! Gabriel means "God is my strength" and the angel Gabriel is God's messenger, sharing good news. So, I guess that makes me a good news goat!

Here is my part of the story. After the angel Gabriel left Mary, Mary went to visit her cousin Elizabeth, who was also pregnant. Sometimes it's important, when you are experiencing something new, or something big in your life, to find others who are going through the same thing, so you can talk about it and support each other. Well, when Mary arrived at Elizabeth's, Elizabeth began to laugh. She said, "Mary, as soon as I heard your voice, the baby inside me leaped with joy! Blessed are you."

Now, we goats know all about leaping for joy, don't we? Well, that baby, who leaped for joy when he heard Mary's voice, grew up to be John the Baptist, a great, energetic prophet who travelled from place to place, bringing people joy and peace.

Mary replied to Elizabeth's laughter and blessing with a beautiful song – a song that is sung to this day. It is called The Magnificat – but don't worry, it's not about cats, today is all about goats. This song is about how we become bigger, more joyful, more peaceful creatures when we focus on God. Mary's song reminds us that God lifts up the poor and fills hungry people with good things.

That's what I do – I fill people with good things. Good things like milk and cheese, but also safe fields and good company, and most of all, laughter.

Engage

- Gabriel the Goat loves to play and have fun. What do you like to do to have fun?
- When people come to visit, it can be lots of fun and very exciting, like when the angel Gabriel visited Mary, and when Mary visited Elizabeth. Have you ever had someone come visit and tell you something exciting?
- Elizabeth's baby jumped for joy when Mary spoke. What makes you jump for joy?
- God and Gabriel Goat both fill people with good things. What good things have people filled you with today?

Engage

These activities and instructions can be found on the following pages

- You are filled with Peace...
- Peace Goat Collage
- Peace Spiral
- Bird Feeder
- Mad lib
- Hand out animal card for Gabriel Goat

Additional Ideas

- Use the Story Stones
- Build a barn – use any of the resources available to you to build a barn and add to it as the week's progress through Advent: Lego, cardboard boxes, Play Dough, gingerbread

Sending

Lighting the Second Advent Candle

Today we light the second candle, the candle for Peace. It reminds us that Jesus is called the Prince of Peace who brings peace into our hearts and asks us to be people of peace to those around us.

- Light two blue/purple candles and sit for a moment of silence.

*Christ our Peace,
Glow brightly in each moment.
Enlighten our vision so that we see beyond
all of the trouble and all of the conflict in our world
and see the peace that you give.
Relieve us, if just for a moment,
of our worries and stress.
We await your coming with quietness.
Amen.*

Closing Blessing

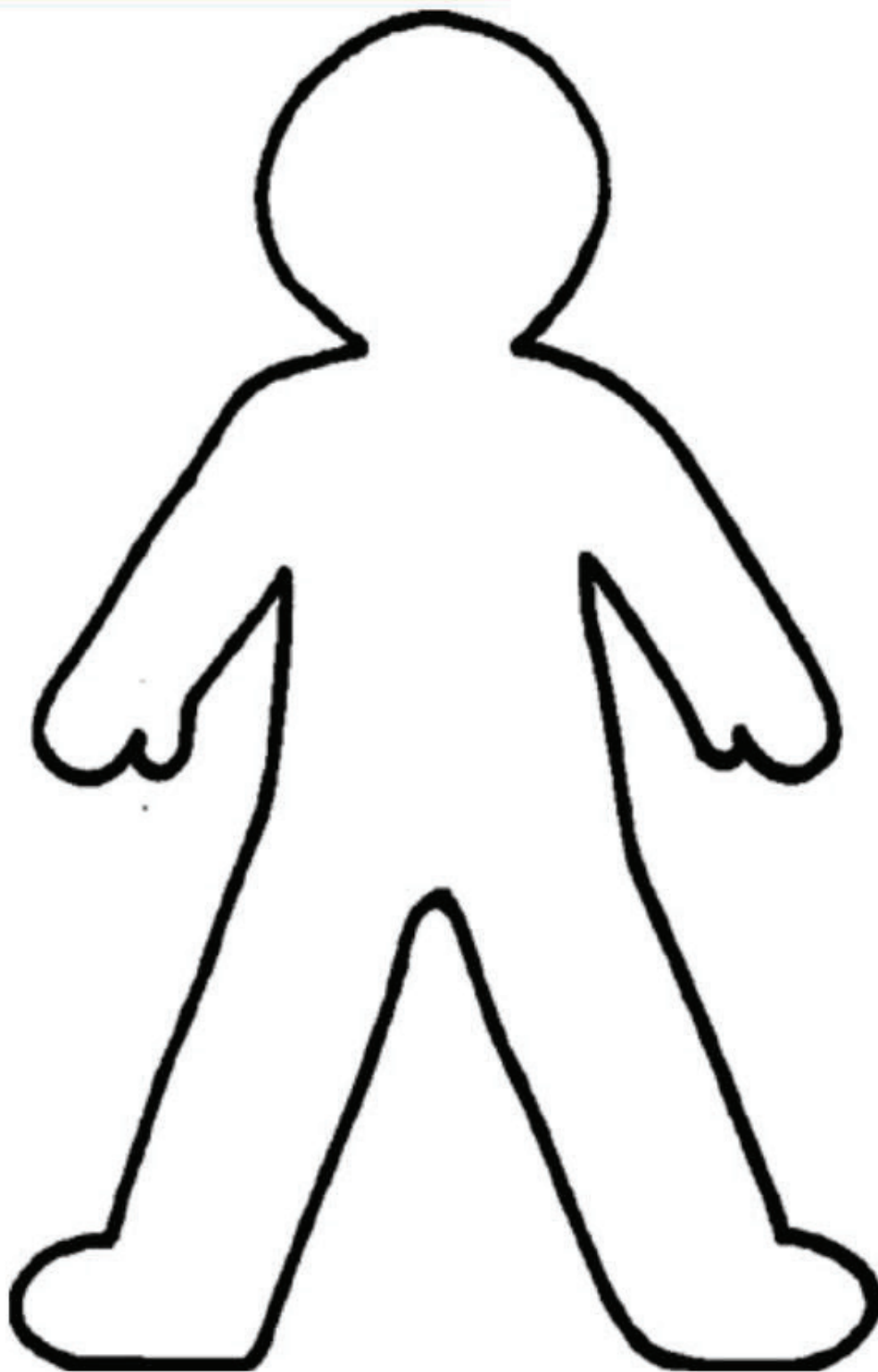
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- Make a cross with two pointer fingers at the word 'Christ'. Then point to the body part indicated, and make a motion which signifies looking, listening, making, etc.

*Christ be in our eyes and in our looking,
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Christ be in our hands and in our making,
Christ be in our minds and in our understanding,
Christ be in our hearts and in our loving.*

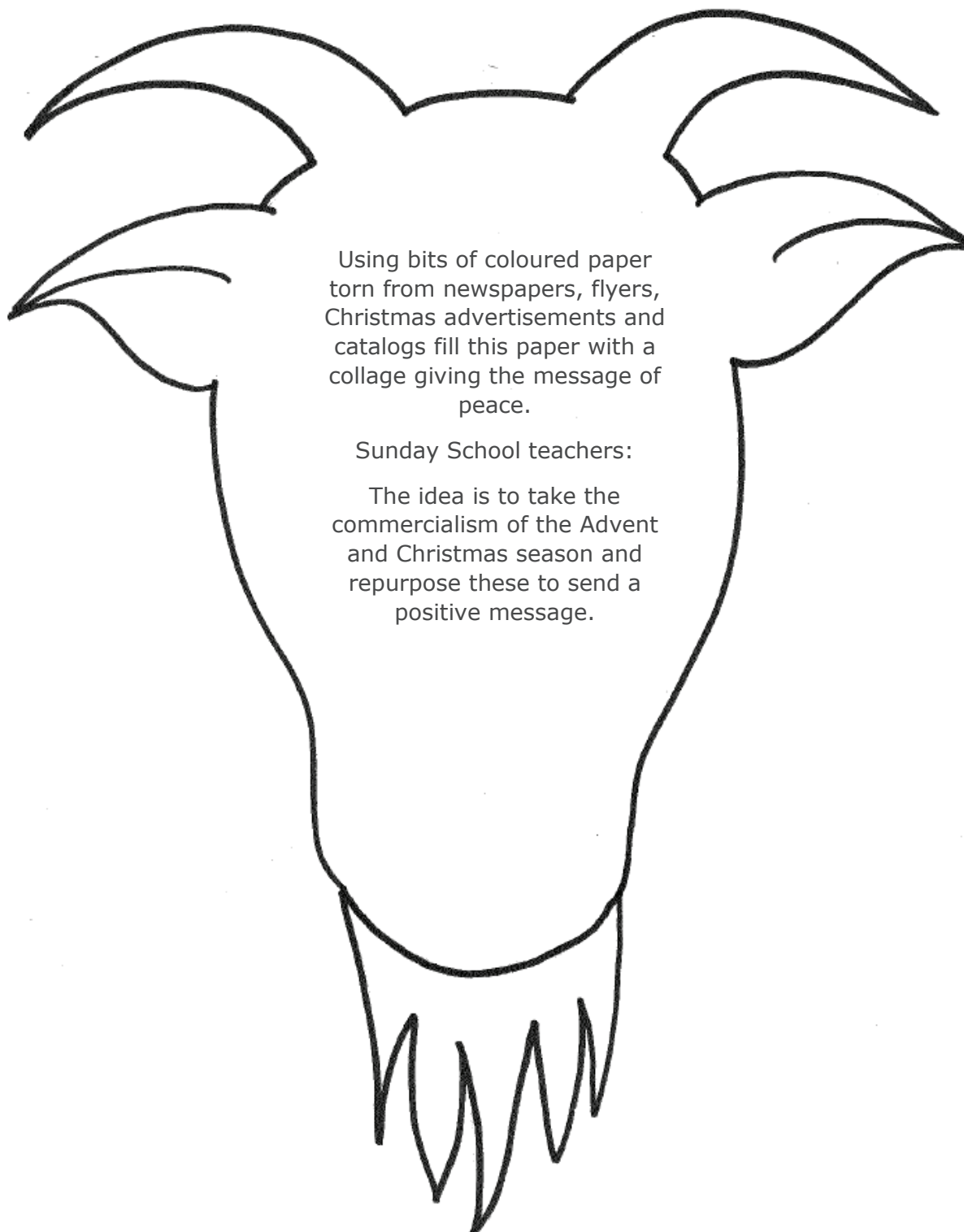
YOU ARE FILLED WITH PEACE!

Name: _____ you are filled with Peace, because you....



Thank you, _____

Peace Goat COLLAGE



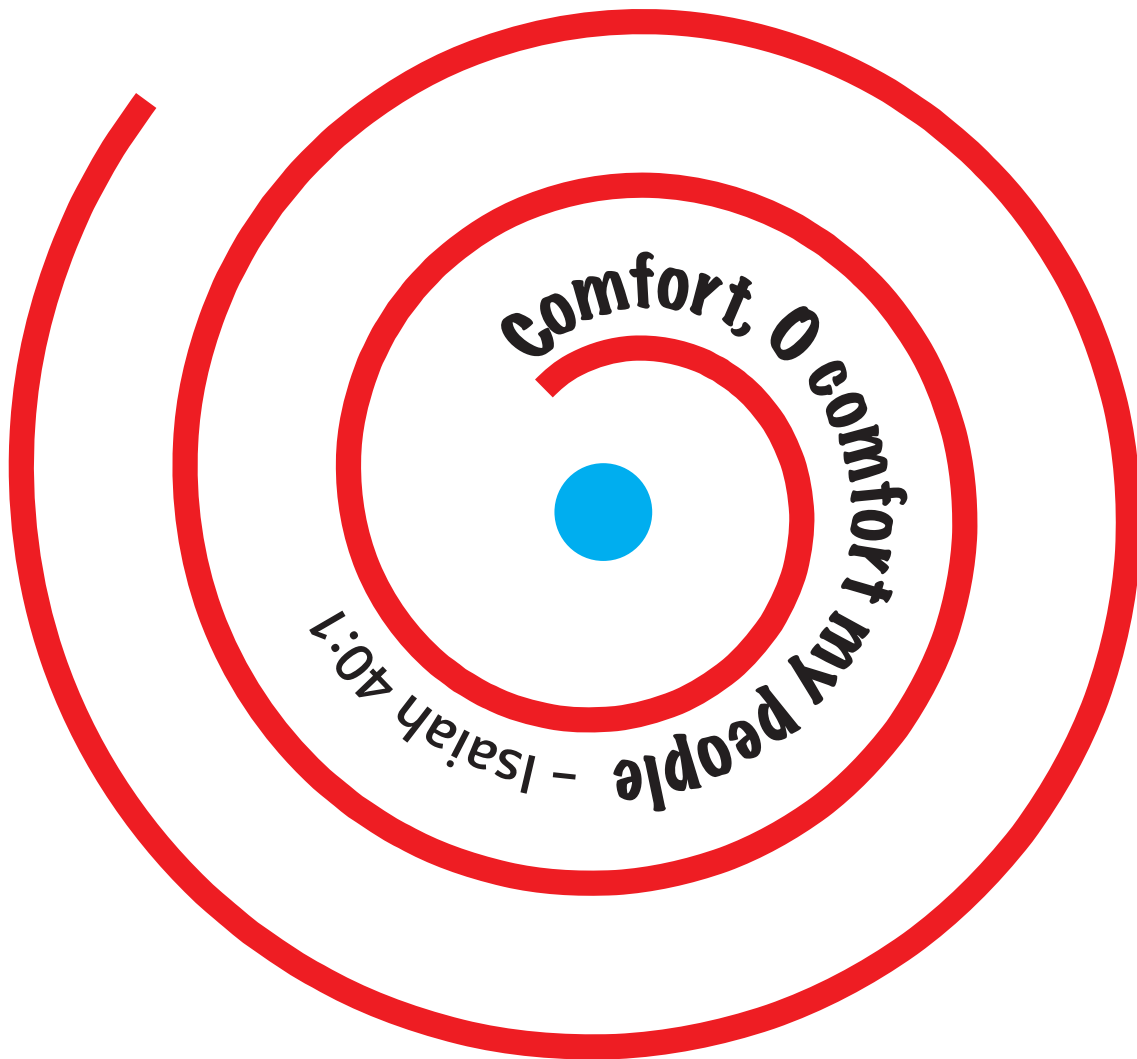
Using bits of coloured paper torn from newspapers, flyers, Christmas advertisements and catalogs fill this paper with a collage giving the message of peace.

Sunday School teachers:

The idea is to take the commercialism of the Advent and Christmas season and repurpose these to send a positive message.

PEACE

PEACE SPIRAL



How do you share the Peace that we hear in today's story with other people?

- Ask the other children and Sunday school teachers how you show **Peace**.

Write those words in the spiral then cut along the pink line.

Poke a decoration hook or paperclip through the blue dot and hang it on your tree to remind you and others of the **Peace that can be found in the Christmas Story and that is shared by you.*

**It works best to poke the hole before the spiral is cut out*



“Peace to you,
full of grace,
our Lord is
with you; you
are blessed”

Luke 1:28

You are Love(d)

You are Joy

You are Hope

Peace be with you

You are Love(d)

You are Joy

You are Hope

Peace be with you

You are Love(d)

You are Joy

You are Hope

Peace be with you

“

”

--	--	--	--	--	--	--	--	--	--	--

Mad Lib

After Jesus was born in _____, a band of _____ ones arrived in
(city/town #1) (personality trait #1)

_____ from the _____. They asked around, “Where can we find and
(city/town #2) (location)

honour the newborn _____ of the Jews? We observed a _____ in the sky
(profession) (noun #1)
that signaled his birth. We’re on a pilgrimage to worship him.”

When Herod heard this, he was terrified, and arranging a _____ meeting with the
(adjective)

_____ ones, he told them to go to _____, saying, “Go find this child. Leave
(personality trait #1) (city/town #1)

no _____ unturned.”
(noun #2)

The _____ ones set off. Then the _____ appeared again, the same one as
(personality trait #1) (noun #1)

before. It led them on until it _____ over the place of the child.
(verb #1)

They _____ into the house and saw the child in the arms of Mary, his mother.
(verb #2)

Overcome, they _____ and worshipped him. They opened their luggage and
(verb #3)

presented gifts: _____, _____ and _____.
(metal) (baby gift) (nice-smelling thing)

In a dream, they were warned not to report back to Herod. So, they worked out another route, left the territory without being seen, and returned to their own country.

ADVENT 3: Joy

Third Sunday of Advent

Preparation & Materials

- A candle to light in the “Opening” once the Children have all arrived.
- Advent wreath
- Matches/ Lighter
- Animal Card
- Photocopies of p.29 - p.32
- Magazines and flyers
- Scissors
- Glue
- Pencil Crayons /Pens

FUN

FACT

Guinea fowl are hearty and lay super protein rich eggs, great for nutrition and income.



Name: Chara Guinea Fowl

Country: Tanzania

Job: Producer of Protein-Rich Eggs, Meat Provider, Alarm Bell, Pest Control, Soil Aerator, Fertilizer Producer, Feather Provider, Income Provide, Transformer, Storyteller



Gathering

Opening

As we begin, we light the single candle and say,
Jesus Christ is the light of the world. A light no darkness can extinguish.

Gathering

God of all Creation, what do you require of us?

To do justice, and to love kindness, and to walk humbly with your God.

To do justice, seeking peace & reconciliation, standing with those who are forgotten.

To love kindness, showing compassion and unconditional caring for those in need.

To walk humbly, following in the steps of Jesus, not looking for praise for our own work but giving praise to you.

Isaiah 9:6-7

*For a child has been born for us,
a son given to us;
authority rests upon his shoulders;
and he is named
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
His authority shall grow continually,
and there shall be endless peace
for the throne of David and his kingdom.
He will establish and uphold it
with justice and with righteousness
from this time onwards and for evermore.
The zeal of the Lord of hosts will do this.*

Story

Oh hello, I'm so excited to be here. When I found out that I got to join the team that already had cows and goats and rabbits and sheep, I was honoured. Overjoyed. Exuberant. I mean, when was the last time you saw someone like me in your typical Canadian barnyard?

Oh, sorry, let me introduce myself. I'm Chara Guinea Fowl. "What on earth is a guinea fowl?" you may be wondering. Well, we are very special birds, and if I'm the first one you've ever met, then I'm delighted to welcome you into the guinea fowl world, because we are awesome! Okay, we are a little bit like chickens, but bigger. And we are a little bit like turkeys, but smarter. We are the oldest species of barnyard bird. We are very independent, confident creatures, who LOVE to talk. We are the bosses of the barnyard and a great friend to have around.

We lay big, delicious eggs, filled with vitamins and protein. So for a growing family, we are a big help at mealtime. But, maybe even most importantly, we are protectors. I protect my farm and family from wild animals who might try to attack the other animals. I'm like an alarm system – if anyone shows up who isn't supposed to be around, I let out a racket. Not only that, I defend the farm too. I can fly much higher than chickens and pounce on predators. No foxes get into my barn, I keep everyone safe.

On top of that, I also eat all the bugs that are dangerous for humans and other animals, bugs like

ticks and mosquitos that spread disease. I'm a pretty good gardener too, as my sharp beak digs out all the bugs that might eat crops before people get to them, but my gentle feet don't destroy the plants while I hunt.

It was birds like me who kept baby Jesus safe when his family had to care for him in a barn. You see, after Mary came back from visiting Elizabeth, she married her fiancé, Joseph. Joseph and Mary were looking forward to Jesus being born at their home in the city of Nazareth, but an order was sent by the Roman emperor that everyone was to be registered. This meant that the government was counting every person in the land, and recording who they were, and what job they did, and how much money they owed in taxes. So Joseph and Mary had to travel to the city of Bethlehem, because that was where Joseph's family was from. They travelled the long journey, even though Mary was pregnant. When they arrived in Bethlehem, there was no room for them in the inn, so they took shelter in a barn, and got ready to welcome the new baby.

Because of guinea fowl like me, the barn was free from dangerous insects and they had no fear of predators. So, they were able to welcome one of the greatest joys of all, a new baby. And not just any baby, Jesus, the son of God, born to Mary and Joseph, in Bethlehem, in a barn. It was a great joy. In Greek, Chara means joy, the life giving joy that comes from God.

Engage

- Chara is a guinea fowl, which is like a chicken but bigger. Have you seen one before? What's the biggest animal you have ever seen?
- Chara and other guinea fowl aren't just big, they produce big nutritious eggs, help keep their owners healthy, and keep the barnyard safe for animals and people. Who helps keep you safe?
- Mary and Joseph had to go on a long journey after they got married. If you had to go on a long journey, what would you want to bring with you to help you feel safe or to remind you of home?
- Chara means joy, and because of guinea fowl like her, Mary and Joseph were safe in a barn in Bethlehem when Jesus was born, and he filled them — and fills so many others — with joy. What can you do to help other people be filled with joy?

Engage

These activities and instructions can be found on the following pages

- You are Filled With Joy...
- Joy Guinea Fowl collage
- Joy Spiral
- Mad lib
- Hand out an animal card for Chara Guinea Fowl

Additional Ideas

- Cookie Decorating
- Use the Story Stones
- Build a barn — use any of the resources available to you to build a barn and add to it as the weeks progress through Advent: Lego, cardboard boxes, Play Dough, gingerbread

SENDING

Lighting the Third Advent Candle

Today we light the third candle, the candle for Joy. It reminds us that Jesus brings joy into our lives and asks us to bring joy into the lives of everyone around us.

- Light three blue/purple candles and sit for a moment of silence.

*Christ our Joy,
Brighten our homes with your presence.
Clear our vision so that we can see you in the lives of
people around us.
Help us to make the things we do
an opportunity to spread your joy.
We await you coming with delight.
Amen.*

Closing Blessing

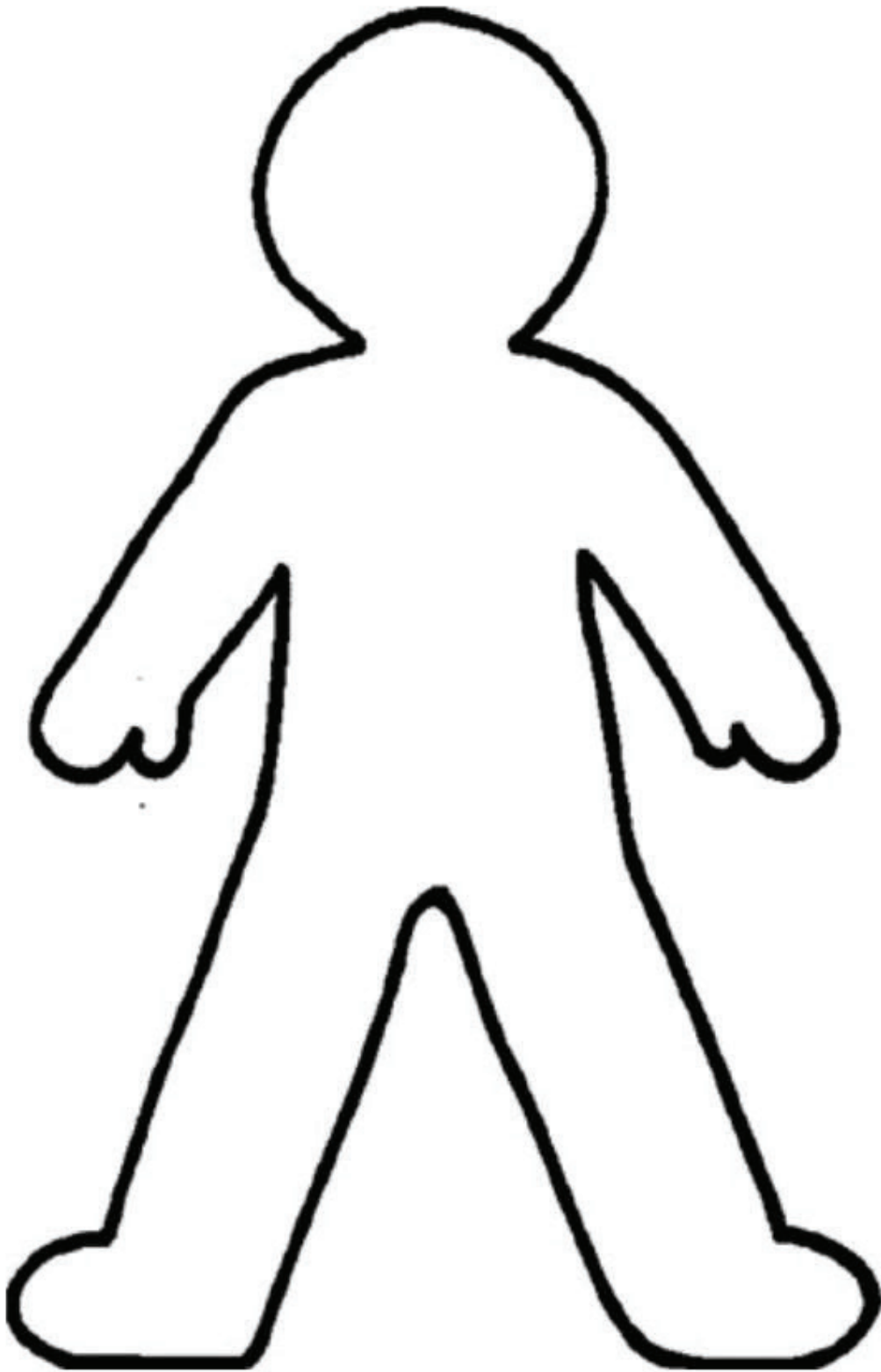
The following can be taught as an action prayer.

- Make a cross with two pointer fingers at the word 'Christ'. Then point to the body part indicated, and make a motion which signifies looking, listening, making, etc.

*Christ be in our eyes and in our looking,
Christ be in our ears and in our listening,
Christ be in our hands and in our making,
Christ be in our minds and in our understanding,
Christ be in our hearts and in our loving.*

YOU ARE FILLED WITH JOY!

Name: _____ you are filled with joy, because you.....



Thank you _____

Joy GUINEA FOWL Collage



Using bits of coloured paper torn from newspapers, flyers, Christmas advertisements and catalogs fill this paper with a collage giving the message of hope.

Sunday School teachers:

The idea is to take the commercialism of the Advent and Christmas season and repurpose that to send a positive message.

JOY

JOY SPIRAL



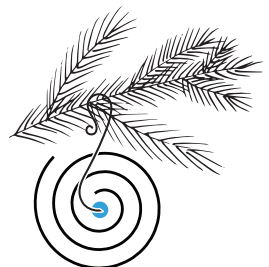
How do you share the Joy that we hear in today's story with other people?

- Ask the other children and Sunday school teachers how you show **Joy**.

Write those words in the spiral then cut along the pink line.

Poke a decoration hook or paperclip through the blue dot and hang it on your tree to remind you and others of the **Joy that can be found in the Christmas Story and that is shared by you.*

**It works best to poke the hole before the spiral is cut out*



Mad Lib

My name is _____. I'm a _____. I live in _____ with my family and my _____.
(name) (animal) (country) (noun)

I _____ my family by giving _____ and _____. Before they got me, my _____.
(verb) (noun) (noun) (noun)

had to walk _____ kilometers to fetch _____ every day. Now they can buy _____.
(number) (noun) (noun)

and _____. The _____ can _____ to school and if the harvest is _____ they still
(noun) (noun) (verb) (adjective)

have food to _____. When I _____ babies, they can _____ them to the neighbours
(verb) (verb) (verb)

so that the _____ village has more _____. We're all so _____ that I'm here!
(adjective) (noun) (adjective)

ADVENT 4: Love

Fourth Sunday of Advent

Preparation & Materials

- A candle to light in the “Opening” once the Children have all arrived.
- Advent wreath
- Matches/ Lighter
- Animal Card
- Photocopies of p.36 –p.38 & 40
- Magazines and flyers
- Scissors
- Glue
- Pencil Crayons /Pens
- Thread for Spiral

Gathering

Opening

As we begin, we light the single candle and say,
Jesus Christ is the light of the world. A light no darkness can extinguish.

Gathering

God of all Creation, what do you require of us?

To do justice, and to love kindness, and to walk humbly with your God.

To do justice, seeking peace & reconciliation, standing with those who are forgotten.

To love kindness, showing compassion and unconditional caring for those in need.

To walk humbly, following in the steps of Jesus, not looking for praise for our own work but giving praise to you.

Isaiah 40: 1-10

Comfort, O comfort my people, says your God. Speak tenderly to Jerusalem, and cry to her that she has served her term, that her penalty is paid, that she has received from the Lord's hand double for all her sins. A voice cries out: 'In the wilderness prepare the way of the Lord, make straight in the desert a highway for our God.

Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain.

Then the glory of the Lord shall be revealed, and all people shall see it together, for the mouth of the Lord has spoken.'

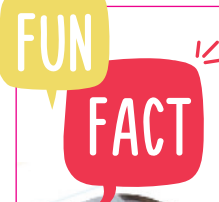
A voice says, 'Cry out!' And I said, 'What shall I cry?' All people are grass, their constancy is like the flower of the field.

The grass withers, the flower fades, when the breath of the Lord blows upon it; surely the people are grass.

The grass withers, the flower fades; but the word of our God will stand for ever.

Get you up to a high mountain, O Zion, herald of good tidings; lift up your voice with strength, O Jerusalem, herald of good tidings, lift it up, do not fear; say to the cities of Judah, 'Here is your God!'

See, the Lord God comes with might, and his arm rules for him; his reward is with him, and his recompense before him.



Pigs provide a good source of protein and income.



Name: Raham Pig
Country: Tanzania
Job: Meat Provider, Income provider, Fertilizer Producer, Soil Aerator, Transformer, Storyteller



Story

Hi everyone, I'm Raham Pig. Raham means love in Hebrew. Hebrew has four different words for love, but Raham is special, because Raham is the kind of love that parents have for their children, or God has for humanity. It is the kind of love we have when we care for someone or are loyal to someone. As a name, it means compassion or friend. And that's who I try to be – a good friend to all.

How many of you have ever met a pig? That's great! What did you see us do? Did you see us play in mud? Did you see us run? Did you hear us squeal? Did you see us sleep? I bring up sleep, because we pigs, we are the sensitive hearts of the barnyard and we like to sleep nose to nose. It keeps us warm and it makes us feel safe when we have others nearby.

Unfortunately, we can sometimes get a bad reputation. We like to cover ourselves in mud, so we get pretty dirty. But don't let that fool you. We pigs, we are smart! We learn fast and are good companions on a farm. We are some of the smartest animals in the world, right up there with apes and dolphins.

So, of course, my favourite part of the Christmas story is about the wise scholars from the East, known as the magi. They were astronomers, people who studied the sky. They saw a new star rise in the sky, which they

believed meant a king was born. They travelled a long way to find baby Jesus in Bethlehem. In Bethlehem, they went to King Herod, who was the ruler of the time. Herod was a cruel king. While he didn't know anything about Jesus, he was immediately suspicious. He ordered the magi to return to him to tell of where he could find Jesus. The magi continued their search. When they found Jesus, they offered him gifts of gold, frankincense and myrrh, which are gifts for a king. In a dream, they were told not to go back to Herod, so when it was time to leave, they left the city a different way, careful not to be caught.

Smart, right? Just how I am careful not to be caught when I'm sneaking out from my pen, to go eat acorns under my favourite oak tree. Yum, yum, snort!

I love this part of the story, because it means that, right from the beginning, Jesus' life was special and meaningful to people from all over the world. Jesus brings people together, across difference, across culture, across all the things that can keep us apart. It shows that love can rise above everything. Another word for Jesus is Immanuel, which means "God with us". Through Jesus' birth, God joins humanity as one of us, here among us. And we get to share the simple love of being together with the divine.

Engage

- Raham's name means love, but not just any kind of love. It means a great big kind of love. What are the biggest kinds of love that you feel?
- Love is a special gift, kind of like the special gifts that the Magi brought to Jesus. Other than love, what is the most special gift you have ever received?
- For lots of families around the world, a pig like Raham, and other animals that we've met this Advent are gifts because they help them to be healthy or to earn an income for their family. Which of the animals do you like the best?
- This part of the story of Jesus is Raham's favourite, what part was your favourite?

Engage

These activities and instructions can be found on the following pages

- You are Filled With Love...
- Love Pig Collage
- Love Spiral
- Birdfeeder
- Mad lib
- Take what you need Poster and a template to make your own
- Hand out an animal card for Raham Pig

Additional Ideas

- Use the story stones
- Build a barn – use any of the resources available to you to build a barn and add to it as the week's progress through Advent: Lego, cardboard box's, Play Dough, gingerbread

SENDING

Lighting the Fourth Advent Candle

Today we light the fourth candle, the candle for Love. It reminds us that Jesus is love and brings love to our lives and asks us to love God, love ourselves, and love our neighbours.

- Light all four blue/purple candles and sit for a moment of silence.

*Christ our Light,
Illuminate our hearts with your grace.
Enlarge our vision so that we recognize
that we are one family with all of the people of the
world.
Help us to give to others
in ways that meet their deepest needs.
We await your coming with gratitude.
Amen.*

Closing Blessing

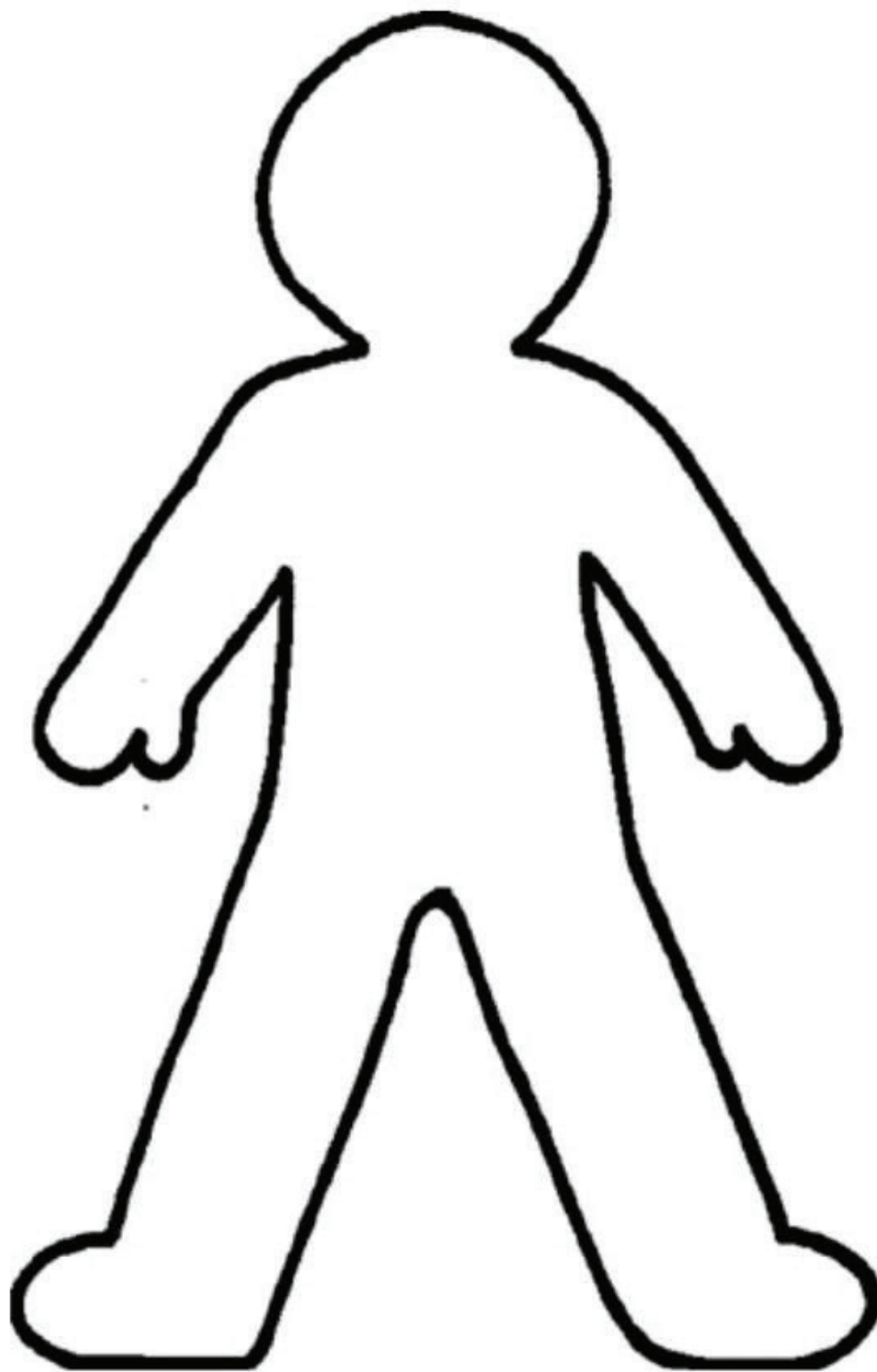
The following can be taught as an action prayer.

- Make a cross with two pointer fingers at the word 'Christ'. Then point to the body part indicated, and make a motion which signifies looking, listening, making, etc.

*Christ be in our eyes and in our looking,
Christ be in our ears and in our listening,
Christ be in our hands and in our making,
Christ be in our minds and in our understanding,
Christ be in our hearts and in our loving.*

YOU ARE FILLED WITH LOVE!

Name: _____ you are filled with love, because you....



Thank you, _____

Love Pig COLLAGE



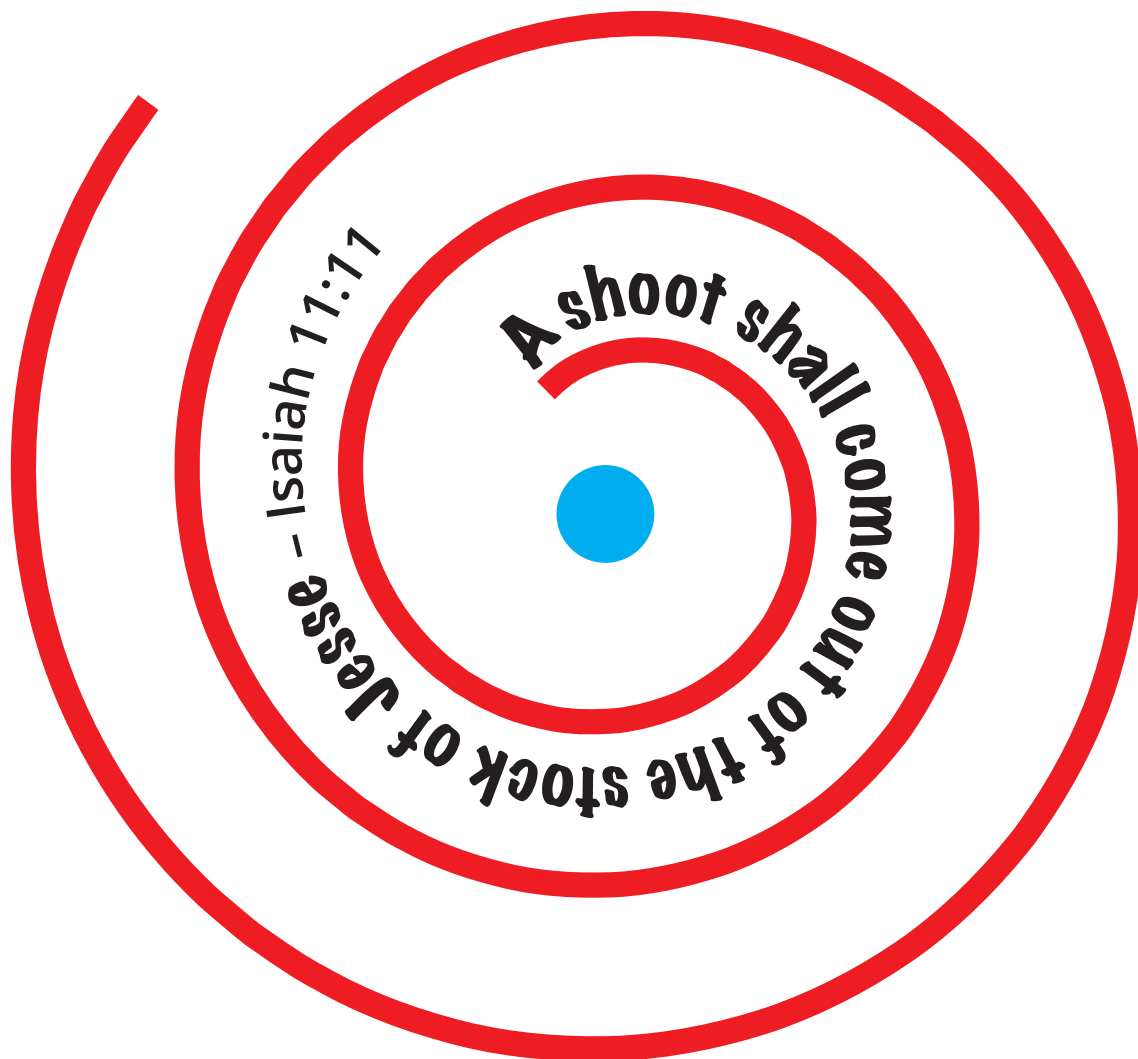
Using bits of colored paper torn from newspapers, flyers, Christmas advertisements and catalogs fill this paper with a collage giving the message of hope.

Sunday School teachers:

The idea is to take the commercialism of the Advent and Christmas season and repurpose that to send a positive message.

LOVE

LOVE SPIRAL



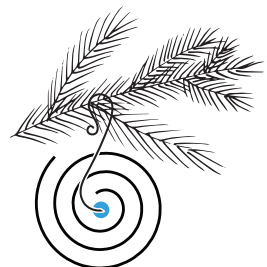
How do you share the love that we hear in today's story with other people?

- Ask the other children and Sunday school teachers how you show **Love**.

Write those words in the spiral then cut along the pink line.

Poke a decoration hook or paperclip through the blue dot and hang it on your tree to remind you and others of the **Love that can be found in the Christmas Story and that is shared by you.*

**It works best to poke the hole before the spiral is cut out*



ACTIVITY: Cookie Cutter Bird Feeder

Ingredients

- 2 envelopes of gelatin
- 2 cups water
- 3 cups birdseed — suited to the birds in your area and region
- 1/2 cup Cranberries
- cookie cutters of different shapes
- String
- Parchment paper lined baking sheet
- Toothpicks or similar to poke a hole in the cookie for the hanging string.
- Pen

Directions

1. Dissolve gelatin in a bowl of boiling water.
2. Stir until completely dissolved.
3. Add the birdseed and cranberries
4. Stir until the birdseed is completely coated and wet.
5. Add more birdseed as needed

Tips

- Give each child a piece of parchment paper, get them to write their names on the paper.
- Using a small spoon, the children can scoop the birdseed into the cookie cutters.
- Being sure to fill the surface area with the mixture. The more compact the mixture the better it will stick together.
- Poke a hole in the birdseed cookie — this will be where the hanging string will go.
- Leave the birdseed cookies to dry until the next week. If you can turn them over once through the week that will help with the drying. By the next Sunday they will be perfect.
- Thread some string through the hole and hang them in a tree.

Mad Lib

While Mary and Joseph were in _____, the time came for her to give birth.
(town/city #1)

She gave birth to a son. She wrapped him in a _____ and laid him in a
(clothing item #1)

_____, because there was no room in the _____.
(container #1) (building)

There were _____ - herders _____ in the neighborhood.
(animal #1) (verb #1)

They had set night watches over their _____. Suddenly, God's angel stood
(animal #1)

among them and God's glory _____ around them. They were _____.
(verb #2) (emotion #1).

The angel said, "Don't be _____ I'm here to announce a _____.
(emotion #1) (adjective)

and joyful event that is meant for everybody: A Savior has just been born in

_____, a Savior who is Messiah and _____. This is what you're to
(city/town #1) (profession)

look for: a baby wrapped in a _____ and lying in a _____.
(clothing item #1) (container #1).

At once the angel was joined by a huge _____ of angels _____ God's praises:
(collective noun #1) (verb #3)

Glory to God in the heavenly heights, Peace to all people on earth who please God.

As the _____ of angels _____ into heaven, the _____ - herders talked it over.
(collective noun #1) (verb #4) (animal #1)

"Let's get over to _____ as fast as we can and see for ourselves what
(city/town #1)

God has revealed to us." They left, _____, and found Mary and Joseph, and the baby
(verb #5)

lying in the _____. They told everyone they met what the angels had said about this
(container #1)

child. Mary kept all these thing to herself, holding them dear, in her _____.
(body part)

The _____ - herders returned and let loose, glorifying and praising God for
(animal #1)

everything they had heard and seen.

CHRISTMAS EVE

December 24

This is it, the preparations are all done, and we gather this evening to greet and welcome the Christ child. We are not a “perfect” people but we know from this story and the stories that grow from here, you are loved, you are enough and you are beautiful with God’s beauty.

Prayer

Lighting the Advent Candles Today we light the white candle, the Christ Candle. It reminds us that Jesus is the light of the world and has come to live with us today and always.

- *Light all of the candles and sit for a moment of silence.*

*Christ our Light,
Thank you for coming into the world,
for being born as a baby,
and for reminding us that we are never alone.
Amen.*

Prayer

Opening

As we begin, we light the single candle and say,
*Jesus Christ is the light of the world. A light no darkness
can extinguish.*

Gathering

God of all Creation, what do you require of us?

To do justice, and to love kindness, and to walk humbly
with your God.

To do justice, seeking peace & reconciliation, standing
with those who are forgotten.

To love kindness, showing compassion and unconditional
caring for those in need.

To walk humbly, following in the steps of Jesus, not
looking for praise for our own work but giving praise
to you.

C	H	R	I	S	T	M	A	S
L	O	V	E	T	M	A	W	H
S	O	N	G	A	E	R	N	E
H	T	G	G	R	U	Y	C	P
E	A	I	J	O	S	E	P	H
E	N	F	O	V	T	B	E	E
P	G	T	Y	P	R	O	A	R
J	E	S	U	S	A	R	C	D
S	L	B	I	U	W	N	E	N

HOPE
PEACE
JOY
LOVE
BORN
JESUS
STAR
MARY
JOSEPH
MAGI
GIFT
ANGEL
SONG
SHEEP
OX
SHEPHERD
STRAW
CHRISTMAS

Draw your favourite part of the Christmas story.

Story

Welcome baaaack! My name is Ongoza, your friendly and bashful sheep. Yes, I am cute and cuddly, and I provide many necessities for our shepherds. Can you think of any? Here are three: wool (to keep you warm), meat (to fill your belly) and fertilizer (for food and plant growth). You've met my friends Rafiq, Kawvaw, Gabriel, Chara and Raham. You've read their stories and heard the gifts they provide for their communities and how their names speak on the beautiful themes of Advent. My name means lead and I am sooo excited to lead you to an amazing event!

One night, I am with my family and friends along the mountain range, minding my business and enjoying some delicious sweet grass, when suddenly a bright light covered the night sky! Soooo bright that I could not make out the figure, but I heard the words, that in Bethlehem, a child is born wrapped in cloth and lying in a feeding trough. Question for you, why is there a kid in our dinner?! This child, continued the voice, is the promised Messiah. When the voice stopped talking, I heard more voices giving God glory for this miracle. Personally, a child in my food is nothing special nor tasty!

My shepherd was amazed and excited that he rushed us to this spot. I skipped as fast as my little legs could move. As we got closer to this manger, I saw more of my friends.... Rafiq and Kawvaw...Gabriel, Chara and Raham!! Wow...this was quite a sight. In my excitement on seeing my buddies, I almost did not notice the silence and that every creature...I mean every creature had its head bowed. Many went to the lengths of kneeling! Odd... What's the reason? Even my shepherd was on his knees. Is there royalty around?! What is a Messiah?

I was able to wiggle through the herds and flocks and the many, many people until I was able to get a glimpse of the child. The closer I got, the more excited I became! Then I was nose to nose with the baby. There was and is something special about this boy. At that moment, I began to understand the silence, the bowing, the voices in the sky speaking of this beautiful miracle. I began to understand that I am face to face with royalty, our Shepherd, our Maker, our Immanuel. He is the promised One to lead us!

Engage

- Have you ever looked to the sky at night and been amazed by its beauty?
- What are some of the things you have seen? Constellations? The Milky Way? A shooting star? Aurora Borealis (or the Northern Lights)?
- How would you feel if you were with the sheep and heard the message from the Angel?

Prayer

The following can be taught as an action prayer.

- Make a cross with two pointer fingers at the word 'Christ'. Then point to the body part indicated, and make a motion which signifies looking, listening, making, etc.

*Christ be in our eyes and in our looking,
Christ be in our ears and in our listening,
Christ be in our hands and in our making,
Christ be in our minds and in our understanding,
Christ be in our hearts and in our loving.*

Attributions:

Opening prayer adapted from *Living Justice: While We Wait*

Candle prayers adapted from Sadlier Religion

Closing blessing from Garry J. Deverell, www.deverell.net



Name: Karibu Chicken
Country: Tanzania
Job: Egg Producer, Feather Provider, Pest Control, Fertilizer Producer, Meat provider, Soil Aerator, Income Maker, Transformer, Storyteller



Name: Chara Guinea Fowl
Country: Tanzania
Job: Producer of Protein-Rich Eggs, Meat Provider, Alarm Bell, Pest Control, Soil Aerator, Fertilizer Producer, Feather Provider, Income Provide, Transformer, Storyteller



Name: Kawvaw Cow
Country: Tanzania
Job: Milk Producer, Meat Provider, Leather Provider, Lawn Mower, Producer of Dairy Products, Bio Gas Supplier, Income Maker, Transformer, Storyteller



Name: Raham Pig
Country: Tanzania
Job: Meat Provider, Income provider, Fertilizer Producer, Soil Aerator, Transformer, Storyteller



Name: Amigos Duck
Country: Mozambique and Tanzania
Job: Egg Producer, Pest Control, Fertilizer Producer, Feather Provider, Meat Provider, Income Provider, Transformer, Storyteller



Name: Rafiq Rabbit
Country: Tanzania
Job: Meat Provider, Pet, Fertilizer Producer, Fur Provider, Transformer, Storyteller



Name: Gabriel Goat
Country: Rwanda, Tanzania, Mozambique
Job: Milk Producer, Weed Eater, Hedge Trimmer, Leather and Fur Provider, Meat Provider, Income Provide, Transformer, Storyteller



Name: -ongoza Sheep
Country: Rwanda
Job: Fertilizer Producer, Wool Provider, Meat Provider, Income Maker, Transformer, Storyteller



World of Gifts...



01. Shallow Wells

\$65.00

PWRDF's new partner in Kenya, Utooni Development Organization (UDO), is bringing clean water to rural communities by building shallow wells. Your gift towards the cost of a shallow well will improve health and opportunities for families.

Pipe Up with a gift of \$65

Get Pumped with a gift of \$825

Dig Deep with a gift of \$3,000



02. Water Accessibility

\$50.00

In Kenya, elderly people benefit from storing water in tanks close to their homes, and younger people use donkeys to transport containers of water. Your gift of \$50 will allow UDO to choose the best local solution for delivering clean water.



03. Water Pump Attendant Tool Box

\$150.00

In 2017, PWRDF donations made it possible for our partners at the Diocese of Masesi, Tanzania, to build 25 bore wells. Today, water pump attendants monitor the wells for safety and proper function. Your gift of \$150 will let a water pump attendant keep the water flowing.

Combined with \$900 match = actual cost of \$1,150



04. Mangrove replanting

\$50.00

In low-lying areas of Bangladesh, communities are vulnerable to flooding due to climate change. Partner UBINIG is planting mangroves along the shoreline to improve flood resistance. Your gift of \$50 will support mangrove replanting.



05. Emergency Food relief with the Canadian Foodgrains Bank

\$60.00

When disaster strikes, PWRDF can combine funds from its equity in the Foodgrains Bank with other members' funds, and work together to provide emergency food relief in places such as Yemen and South Sudan. Funds are matched by the Government of Canada. Your gift of \$60 will provide food relief and rebuild livelihoods in disaster-affected areas.



06. Healthy Food in Cuba

\$50.00

In the villages of Matanzas and Villa Clara, the Cuban Council of Churches is improving agricultural methods to build self-sustaining communities. Your gift of \$50 will support nutrition training and crop diversification.



07. Women farmers in Zimbabwe

\$50.00

In Zimbabwe, new partner Tsuro Trust is making communities more resilient to climate change by training women in agriculture and nutrition. Your gift of \$50 will support nutrition training for women.



08. Cow

\$200.00

A cow improves a family's nutrition with a regular source of milk, and also provides income through selling the milk. Manure can also be used as fertilizer, improving crop yields. Your gift of \$200 provides a family with one cow.

Combined with \$1,200 match = actual cost of \$1,400



10. 40 chickens

\$40.00

Chicken eggs are an excellent source of protein and income. Your gift of \$40 supplies a Colombian community with 40 chickens.



11. Pair of piglets

\$30.00

Pigs are a good source of protein but are also prized for their manure for fertilizer. Your gift of \$30 will provide two piglets to produce inexpensive, organic fertilizer or healthy protein.

Combined with \$180 match = actual cost of \$210



12. Seeds for farmers

\$30.00

Small holder farmers grow food to feed themselves and their communities. Access to a variety of new seeds improves nutrition and makes crops more resilient to climate change. Your gift of \$30 will promote crop diversity by providing a farmer with a 20 kg bag of seeds to a farmer in our All Mothers and Children Count program.

Combined with \$180 match = actual cost of \$210



13. Organic farm supplies

\$20.00

Biofertilizer helps farmers increase yields without polluting the environment. Your gift of \$20 provides four farmers with organic fertilizer and sprayers.

Combined with \$120 match = actual cost of \$140

...together We can Make a World of difference.



14. Farm tools

\$50.00

Hoes, shovels, wheelbarrows, hand rakes and watering cans make it possible for small holder farmers to cultivate large garden plots. Your gift of \$50 will provide tools to help people grow enough food to feed their family and sell to others.

Combined with \$300 match = actual cost of \$350



15. Pineapple seedlings

\$50.00

In Uganda, new partner St. Jude Family Projects is improving nutrition and crop diversity in the community. Your gift of \$50 will provide 10 pineapple seedlings.



16. Buy the whole farm!

\$450.00

When you buy all the items in our agriculture category, you support several farmers from Tanzania, Uganda, Colombia, Rwanda and Mozambique! One cow, one goat, two piglets, 20 kg bag of seeds, organic farm supplies, farm tools (which all receive a 6:1 match from the Government of Canada to make up the full cost of the item) plus 40 chickens and 10 pineapple seedlings.



17. Safe birth

\$40.00

When babies are born with sterile, clean equipment and bedding, the chances of a healthy birth are much greater. Your gift of \$40 gives 40 babies a healthy start with a new blanket, sterile equipment and other items.

Combined with \$240 match = actual cost of \$280



18. Equip a doctor

\$60.00

In Burundi, access to quality health care depends on outfitting clinics with the most up-to-date equipment. Your gift of \$60 will provide instruments for a doctor to deliver quality care.

Combined with \$360 match = actual cost of \$420



19. Bike repair for CHWs

\$30.00

Community Health Workers in Tanzania and Mozambique rely on bicycles – provided through PWRDF – to see patients. Your gift of \$30 provides 15 spare tire and innertube kits to keep services rolling.

Combined with \$180 match = actual cost of \$210



20. Mosquito nets

\$50.00

Hands down the easiest way to prevent malaria! Your gift of \$50 helps 50 Mozambicans sleep better.

Combined with \$300 match = actual cost of \$350



21. Equip a maternity ward

\$50.00

In Burundi, a brand new Expectant Mothers' House has been built next to the Village Health Works Hospital making it easier to women to have safe labour, delivery and quality post-natal care. Your gift of \$50 will help furnish the wards to make sure new moms get the care they need.

Combined with \$300 match = actual cost of \$350



22. Women of Maison Dorcas in Democratic Republic of Congo

\$100.00

Many women in war-torn Democratic Republic of Congo who are victims of sexual violence turn to the Panzi Hospital's Maison Dorcas to recover. Your gift of \$100 restores dignity by teaching women skills to earn an income.



23. Substance abuse prevention in Thai-Burmese refugee camps

\$75.00

In refugee camps along the Thai-Burmese border, DARE (Drug and Alcohol Recovery and Education) restores health and hope through active living programs. Your gift of \$75 supports harm reduction programs for youth.

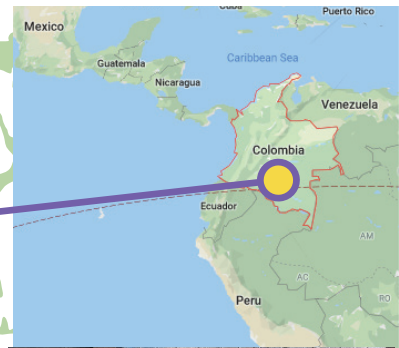


24. Indigenous Youth Microfinance

\$50.00

Through the Nu-u-Chah-Nuith Economic Development Corporation (NEDC) in Port Alberni, B.C., Indigenous youth can get training and mentoring as well as a \$5,000 loan to start a business. Your gift will promote self-sufficiency and strengthen a community.

Rev the engines with a gift of \$50



Colombia was colonized by the Spanish between 1499-1550. On July 20, 1810 Colombia declared its Independence. Before Spanish colonization Colombia was home to Indigenous peoples.

National Dish - Bandeja Paisa

Bandeja Paisa is comprised of

- Hogao (Colombian Creole Sauce)
- Arroz Blanco (Colombian-Style White Rice)
- Colombian-Style Powdered Beef (Carne en Polvo)
- Colombian-Style Fried Pork Belly (Chicharrón Colombiano)
- Frijoles Colombianos (Colombian-Style Beans)

Here is the recipe for Frijoles Colombianos:

Ingredients (6 SERVINGS)

- 3 cups cranberry or pinto beans
- ½ pound pork hocks 6 cups water
- 1 cup shredded carrots
- ½ teaspoon salt
- ½ green plantain, cut into ¼- inch

Stew:

- 1 tablespoon chopped onions
- 2 cups diced tomatoes
- ¼ cup chopped scallions
- 3 tablespoon vegetable oil
- ¼ teaspoon salt
- 1 clove garlic, minced
- ¼ cup chopped cilantro
- ¼ teaspoon ground cumin

<https://www.mycolombianrecipes.com/paisa-pinto-beans-frijoles-paisas>

Capital City: Bogotá

Official Language: Spanish

National Animal: Andean Condor

Population: 48,258,494

Flag:



Food: Rice, Beans & Plantains

Method:

1. In a regular pot: wash the beans and soak overnight in cold water. Drain the beans and place in a large pot and add the water and pork hocks.
2. Over medium-high heat, bring the beans to a boil, then cover the pot and reduce the heat to medium-low. Allow the beans to cook until almost tender, approximately 2 hours. When the beans are cooking, prepare the Stew.
3. In a large skillet, heat the vegetable oil over medium heat, add the tomatoes, onions, scallions, salt, garlic, cilantro and ground cumin and cook for 10 to 15 minutes. When the beans are almost tender, add the Stew, plantains, carrots and salt.
4. Cover and cook for another hour or until the beans are fully cooked. (Add additional water as necessary).

For the slow cooker: Use the same ingredients except use 4 cups water instead of 6. Wash the beans and soak overnight in cold water. Drain the beans and place in a slow cooker, add 4 cups water and pork hocks and cook on high for about 2 hours. Follow step 2 in the regular pot recipe. Add the stew, plantains, carrots and salt then cover and cook for another 3 hours. Taste for salt and serve.

This resource and more info is available at pwrdf.org



PWRDF Development Projects



“The project will improve the quality of life of women, their families and their territory,” -Jeannethe Lara



PWRDF's new partner ILSA (Instituto Latinoamericano para una Sociedad y un derecho Alternativos) works with local women to address these needs. The program will train women in nine municipalities of Paramo de Pisba and empower them with the skills and necessary funds to create agricultural microenterprises, protect their environment and strengthen their leadership potential in the public sphere.

The project has identified 75 women and 400 family members who will take part in training and discussions on everything from women's rights, leadership, agriculture, public policy and environmental protection.

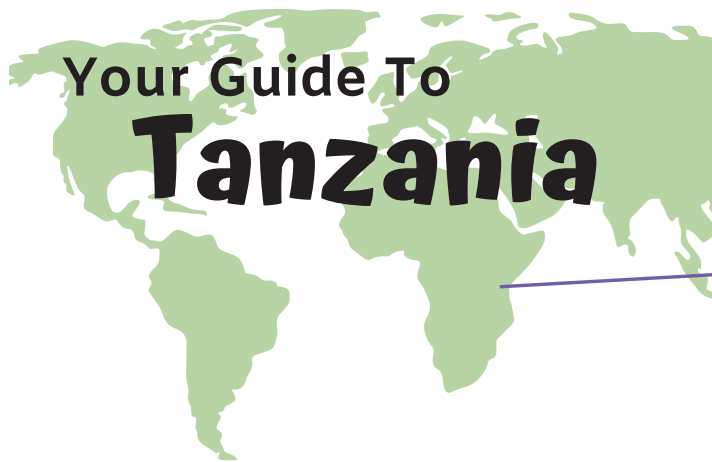
“ILSA is creating an eco-feminist response to climate change in the region of Pisba.” -Jeannethe Lara

This training will promote the women's participation in the public sphere and create community campaigns on climate change mitigation and environmental protection. The women will use their new skills to establish a native plant nursery that will help reforest the land damaged by mining. They will also receive seeds and livestock for their family farms including hens, chickens and sheep, which can be used to obtain wool and bred for additional income.

The identified women will also receive training and coaching on entrepreneurship including financial, administrative and technical information. Together they will establish a “revolving fund” where everyone contributes and has access to a shared pot of money. These funds will allow the women to design and establish collective income generation enterprises in order to provide the women with the income they need.



Women representing the municipalities of Tasco , Socha, Mongua, Socota, Gameza, Pisba y Chita, of the Pisba moorland area, who got together in July 2019 to prepare their lobby and discussion agenda for a public forum with mayoral candidates in national municipal mayoral elections for 2020-2023.



Capital: Dodoma

Official Language: Kiswahili

National Animal: Giraffe

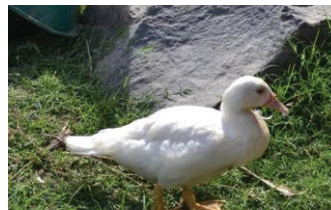
Population: 55,572,201

Flag:



Food: Each of the 126 tribes have preferred cuisine and drink types. Along the coast, rice and green vegetables (mchicha) or fish or meat are the popular staple foods.

In the interior of Tanzania, people eat cooked or steamed green bananas (matoke) or maize and millet meal eaten with relish such as beans, fish or meat relish. source: <http://www.tanzaniaembassy.or.jp>



Here is a delicious Tanzanian soup recipe for you to try, please edit to fit your diet.

Coconut soup

Ingredients

- 2 cups dried red kidney beans or 4, 15oz cans
- 1 white onion, chopped
- 1/4 cup peanut oil
- 2 tablespoons mild Madras curry powder
- large pinch of salt, plus 1 1/2 tablespoons
- 1 tablespoon cayenne pepper
- 6 turns of black pepper
- 3 tomatoes, finely chopped
- 1 coconut
- 6 cardamom seeds
- 2 cups coconut milk
- 2 cups chicken stock
- 1 cup rice

Author: Mark Kurlansky
wanderlust uk

Method

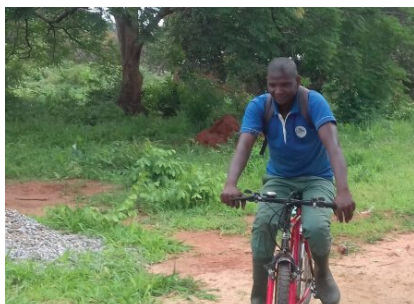
1. Soak the kidney beans the night before.
2. In a large pot, sauté the onion in peanut oil.
3. Add the curry powder, the pinch of salt, cayenne pepper, black pepper, kidney beans and tomatoes.
4. Add all the water from one fresh coconut, the cardamom seeds, the rest of the salt, the coconut milk and the chicken stock.
5. Cook until it comes to a boil, add the rice, and continue boiling for 10 minutes or until the rice is done.
6. Serve with grated fresh coconut on top.



PWRDF Development Projects



Volunteer Community Health Workers



Volunteer Community Health Workers received bicycles to make it easier to get to their patients living far away. This has helped increase the percentage of people accessing health care services. Community members are also more satisfied with the health care services available to them.

"Our life has started to change"

Food Security & Nutrition



Mwamedl Maiga cares for his goats he received as part of a joint partnership between the Diocese of Masasi and PWRDF to help improve food security in rural villages.

Story One.

Through a food security program that was matched by Global Affairs Canada, Mwamedl Maiga received a pair of goats, and his life changed immediately. The nanny goat produces milk daily. The Maiga family consume one liter and

the surplus milk to people in a neighboring village.

This steady income allows the family to pay school fees for the children, and to buy medicine and food to enrich their diet. Once his goats had bred, Mwamedl passed the first baby goat on to another family in need, as is the practice in the program. Passing it on not only benefits one family, it benefits whole villages and beyond. Mwamedl now has six goats. The five nannies produce up to four liters of milk a day.

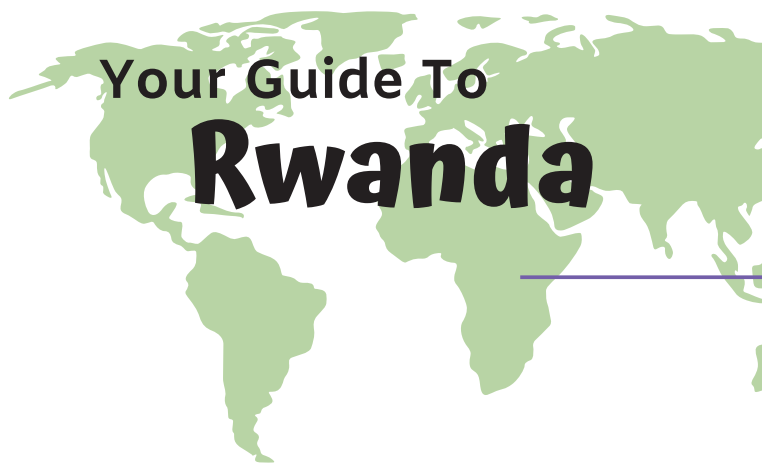
Story Two.

"Our life has started to change since we received our goat," said Fatuma, another recipient of the program. "Great thanks to the Diocese of Masasi and your partners PWRDF and Global Affairs Canada, and please tell them that with this project people are now believing that Awatu (Fatuma's grandmother) was not only a dreamer of hopes to improve her life, but also a performer as her dream has turned into a reality."



Visit youtube.com/PWRDF to watch The Cycle Continues! and Joyce, profile of a Tanzanian farmer

This resource and more info is available at pwrdf.org



Igisafuliya is a delicious Rwandan dish prepared with chicken, vegetables and plantains whose name means "pot" in Kinyarwanda.

Igisafuliya

Ingredients

- 4 chicken thighs
- 2 onions, chopped
- 2 leeks (white and green parts), thinly sliced
- 4 green bell peppers, seeded and cut
- 4 tomatoes, peeled, seeded and diced
- 5 celery stalks, chopped (including leaves)
- 4 plantain bananas, peeled, cut in half lengthwise and then cut in half
- 10 oz. spinach, fresh or frozen
- 3 tablespoons tomato paste
- 4 tablespoons sunflower oil
- 1 hot pepper (optional)

Method

1. In a pot with hot oil, sear chicken over medium-high heat to colour on all sides.
2. Add onion, leeks and peppers.
3. Stir and leave about 10 minutes, stirring occasionally.
4. Add the tomatoes, celery and tomato paste and mix well.
5. Cook on medium heat for 15 minutes, stirring regularly.
6. Cover with water, salt, pepper and bring to a boil.
7. Reduce the heat to low and simmer for about 15 minutes.
8. Remove two pieces of chicken, add the plantains, cover them with the spinach and put the chicken back on top. Add water if necessary so that the bananas are fully submerged.
9. Cover, add the whole hot pepper, and simmer over low heat for about 25 minutes. The liquid should not evaporate too much during cooking, as there should be a lot of sauce left.

Author: Vera Abitbol
196 flavors



Capital: Kigali

Official Languages: English, French, Kinyarwanda, Swahili

National Animal: Leopard

Population: 11,262,564

Flag:



Food: beans, cassava, plantains and sweet potatoes

This resource and more info is available at pwrdf.org



PWRDF Development Project



Sheep



"The sheep I have received provide fertilizer for my small plot of land." Ntawucukayenda Anastasia said. Ntawucukayenda who lives in Kabahura village in Rusumo Cell, Butaro Sector in Burera district was speaking at a community meeting held by local leaders to evaluate the impact of the POSER intervention. "My family can now feel credible in the community because we have sheep at home."

"We are so lucky to have received one sheep from PWRDF partner POSER. Our sheep have managed to reproduce eight times and our family was able to pay school fees for my child who is in secondary school. I have also been able to use their manure for fertilizers which I use in my garden". Nzariturande lives in Nyarukore village.



"It makes me happy"



"It makes me happy that I was able to receive sheep. They are invaluable when it comes to my agricultural activities; they provide manure for my gardens. Currently, I am saving up from the proceeds to buy a cow". Barayagwiza Vincent, in Gatsibo Cell in Butaro Sector .



Visit youtube.com/PWRDF to watch PWRDF and Partners In Health Rwanda

