

WEEK 2: UGANDA

LIFE AND DIGNITY OF THE HUMAN PERSON

We are made in God's image and likeness, which means each life is sacred. Every person has the right to life, and we must uphold the dignity of all our sisters and brothers.

STORIES OF HOPE

Adolf and his wife, Florence, are farmers in Akwangagwel, Uganda.

Their family works hard each day to garden, clean, prepare meals and care for the animals. In the evenings, they enjoy spending time together.

In the area where they live, the climate is very dry. Lately, the rainy season has been coming later than it used to. And sometimes, it rains too much all at once and causes flooding.

To overcome these obstacles, Adolf and Florence joined a Catholic Relief Services program where they learned new farming methods that help them grow crops even when it is hot and dry. This provides enough food to eat and to sell at the market for extra income.

"I have seen my children are happy because they are well fed," Adolf says.

Adolf and Florence are now sharing the knowledge they learned with others so that their community can thrive as well.



Photo by Stuart Tibaweswa for CRS

FACTS TO CONSIDER

- Known as the pearl of Africa, Uganda has a variety of beautiful landscapes and colorful wildlife including giraffes, elephants, hippopotamuses, crocodiles and rare mountain gorillas.
- There are more than 30 languages spoken by the people of Uganda. The most common are Luganda, English and Swahili.
- CRS focuses on three program areas in Uganda, including farming, health and emergency response, that help communities get the resources and training they need to build healthy and good lives.



For downloadable photos, visit crsricebowl.org/photos and watch the video at crsricebowl.org/stories.

LIFE AND DIGNITY OF THE HUMAN PERSON

45 MINUTES

OBJECTIVE

Through the story of Adolf and Florence, students will explore the Catholic social teaching principle of Life and Dignity of the Human Person. They'll learn how all people deserve to live with dignity.

MATERIALS

- Week 2 story and video, available at crsricebowl.org/stories.
- A map of the world.
- Week 2 Activity Sheet: Grades 1-3.
- Coloring and art supplies: markers, paint, tissue paper, glue and glitter.
- A pen or pencil for each student.
- Optional: printed pictures of Adolf and Florence from crsricebowl.org/photos.

DISCUSSION (15 MINUTES)

1. Locate Uganda on the map.
2. Read the story from week 2. Use the video to supplement the story.
3. Reflect:
 - What were some of the challenges that Adolf and Florence experienced?
 - Why is growing food important for Adolf, Florence and their family?
 - How do Adolf and Florence help others to live a good life?
 - What are things you can do to help others at home, in your community or around the world?

ACTIVITY (25 MINUTES)

1. Explain the principle of Life and Dignity of the Human Person. We are all children of God and therefore each life is sacred and important. Every person deserves to live a healthy and good life where they can support their family and use the gifts that God gave them.

2. Provide students with a copy of the week 2 Activity Sheet: Grades 1-3. Have the students decorate their picture frame using coloring and art supplies. In the center space of the frame, have them draw a picture of themselves and write one thing that makes them special.
3. Hang the completed picture frames on a wall or bulletin board with a banner that reads: "God's Family."
4. Optional: Place Adolf and Florence's pictures on the wall with the others to demonstrate how we are all part of one global family.
5. If time permits, have each student share the word they chose.

CLOSING PRAYER (5 MINUTES)

God our Father,

You have created us in your image and made everyone special.

Help us to see what is special in each person around us and in our family members around the world.

Help us to love others as you love us and to care for others as you care for us, so that all people can live a good and healthy life.

Amen

AT HOME

1. Share your picture frame with your family.
2. As a family, read and discuss the daily reflection found in your **CRS Rice Bowl Lenten Calendar**.

IF YOU ONLY HAVE


**10
MINUTES**

1. Read the week 2 story. Use the video to supplement the story
2. Lead Discussion step 3.

Name: _____



IS A CHILD OF GOD

GROWING IN HIS LOVE

A large rectangular box with a thick black border is centered on the page. A horizontal line is drawn near the bottom of the box. To the left of the box is a ribbon graphic. To the right of the box is a watering can watering a small plant. Below the box is a globe. The text "IS A CHILD OF GOD" is written in a bubbly font above the box, and "GROWING IN HIS LOVE" is written in a bubbly font below the box. A small bee is flying above the text "GROWING".