

## 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](https://crsricebowl.org/photos) and watch the video at [crsricebowl.org/stories](https://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 [csricebowl.org/stories](https://www.csricebowl.org/stories).
- A map of the world.
- Week 2 Activity Sheet: Grades 4-6.
- A pen or pencil for each student.

**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 4-6. Have the students write their own haiku poem, using one of the topic suggestions, or they can come up with their own.

**CLOSING PRAYER (5 MINUTES)**

*Loving God,*

*Thank you creating us in your image and as your children.*

*We lift up our voices in prayer for our global family:*

[Have a few students read their poems]

*May we always see your face in our family members around the world, and help all people live a good and healthy life.*

*Amen*

**AT HOME**

1. Share your poem 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**

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

Name: \_\_\_\_\_



### Haiku Poetry

A haiku is a short poem with three lines. The first line has five syllables, the second line has seven and the third line has five.

Examples:

*Hard working farmers  
Helping their community  
Overcome hunger*

*Healthy food, good life  
For our global family  
Human dignity*

Directions: Write a haiku about one of the topics below, or choose one of your own that is related to the story of Adolf and Florence:

- Human Dignity—All people are sacred.
- Global Family—We are all children of God.
- Support—Help others live a good and healthy life.
- Hunger—All people deserve to have nutritious food.

Use the space provided to write your finished poem:

Line 1—Five Syllables: \_\_\_\_\_

Line 2—Seven Syllables: \_\_\_\_\_

Line 3—Five Syllables: \_\_\_\_\_