

## 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.
- Posterboard, one per 3-4 students.
- Markers, crayons or paint and paintbrushes.

**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 do you think Adolf and Florence wanted to help their community be successful? What are things you can do to help your community?
  - What can you do to help our global family members like Adolf and Florence build a better life for themselves and their families?

**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. Divide the class into groups of 3-4 students and give each group a posterboard and coloring supplies. Have each group create a poster about the principle of Life and Dignity of the Human Person and how we can practice that at home and around the world.

3. If time allows, have each group present their posters.

**CLOSING PRAYER (5 MINUTES)**

*Loving God,*

*You have made each person sacred, created in your image and likeness.*

*Help us to protect life and uphold human dignity in our communities and around the world.*

*We pray for Adolf and Florence, and for all people who are persevering through challenges to provide healthy meals and a better life for themselves and their families.*

*Each time we receive the Eucharist, may the bread of life transform our hearts and help us see your face in our sisters and brothers near and far.*

*As one body of Christ, may we share bread for life with all our global family members experiencing hunger.*

*May we continue to work for a better world where all people can reach their God-given potential and thrive.*

*Amen*

**AT HOME**

1. Share with your family about the poster you and your group created.
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.