

WEEK 2: NIGERIA

CALL TO FAMILY, COMMUNITY AND PARTICIPATION

Humans are social by nature. We need each other. Like the early disciples, we are called to come together and grow as a community—in our classrooms, church and families.

STORIES OF HOPE

Amina Bukar is a well-respected leader in Muna Moforo, Nigeria. She supports mothers in her village to lead healthy lives, teaching skills like how to prepare nutrient-rich porridge for their children.

Amina and her family used to live in their hometown of Marte. But in 2014, violence forced them to flee their village. After arriving in Muna Moforo, Amina and her family had to start life all over again. Amina joined a Catholic Relief Services program that provided food and cooking supplies, enabling her family to eat healthy meals as they worked to rebuild their lives and find employment.

Amina eventually started a food grinding business and sold specialty foods in the market, earning enough money to support her family's needs. Now, she helps other women start their own businesses.

Because of her caring nature, Amina was nominated to be a lead mother in her village. She is helping her community overcome the challenges of hunger so they can thrive!



Photo by Randy Radeno Hannel for CRS

FACTS TO CONSIDER

- Nigeria is home to interesting animals like leopards, elephants, gorillas, buffalo and antelope. The endangered white-throated monkeys are indigenous to Nigeria.
- There are many different types of landscapes in Nigeria, including mountains, plateaus, jungle, swamps and large areas of flat grasslands called savanna.
- Millions of people in Nigeria do not have enough nutritious food to lead healthy lives. CRS programs in Nigeria are helping families gain skills and resources to earn an income, put nutritious meals on the table and build better futures for themselves.



For downloadable photos, visit crsricebowl.org/photos and watch the video at crsricebowl.org/week-2.

CALL TO FAMILY, COMMUNITY AND PARTICIPATION

45 MINUTES

OBJECTIVE

Through the story of Amina in Nigeria, students will explore the Catholic social teaching principle of Call to Family, Community and Participation. Students will reflect on what community means and why it is important to share our gifts and blessings with others.

MATERIALS

- Week 2 story and video, available at crsricebowl.org/week-2.
- A map of the world.
- Week 2 Activity Sheet: Grades 1-3.
- Colored pencils, markers or crayons.

DISCUSSION (15 MINUTES)

1. Locate Nigeria on the map.
2. Read the story from week 2. Use the video to supplement the story.
3. Reflect:
 - What challenges did Amina and her family face when they moved to Muna Moforo?
 - How did Amina help her community?
 - Why is it important to share our gifts and talents with others? In what ways do you help your family or local community?

ACTIVITY (25 MINUTES)

1. Explain the principle of Call to Family, Community and Participation: We are social by nature and God invites us to come together as a community, whether in our classroom, church or family. As members of the body of Christ, we are called to work together, share our gifts and look out for one another.
2. Provide students with a copy of the week 2 Activity Sheet: Grades 1-3. Have the students draw pictures of healthy foods on the plate. In the next activity, have students draw pictures of activities they like to do when they eat nutritious food each day and their body feels healthy.

3. Invite students to share what they drew and why they think it's important for all people to be able to eat healthy food, grow and develop. Have students share what emotions they experience when they are hungry and how it can affect the activities they do.

CLOSING PRAYER (5 MINUTES)

Dear God,

Thank you for the gift of community.

Help us to be like Amina, sharing our gifts and talents with others.

Guide us to support and care for one another,

So that we can build a strong and loving community.

Amen

AT HOME

1. Share your worksheet 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



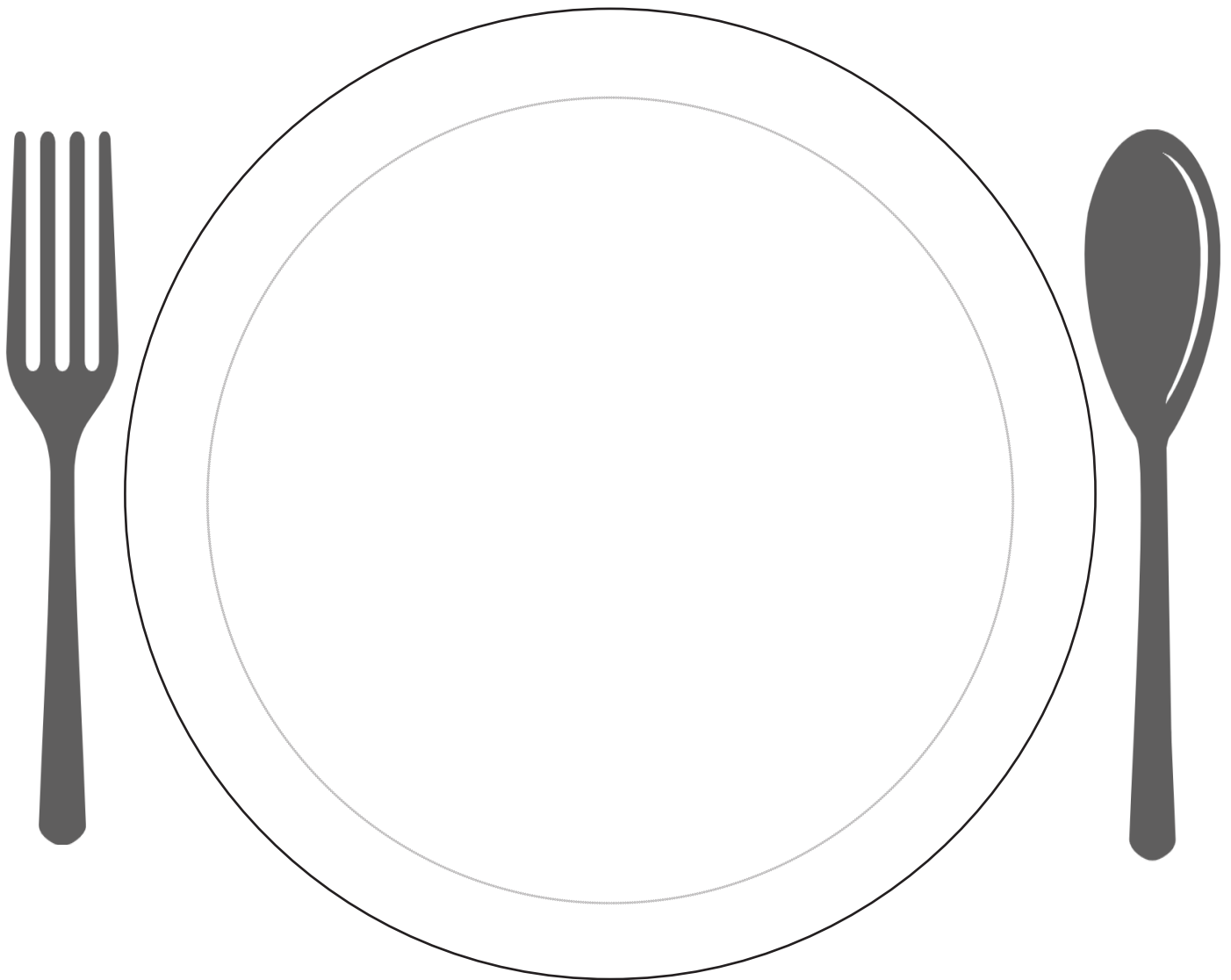
1. Read the week 2 story. Use the video to supplement the story
2. Lead Discussion step 3.

Name: _____



WEEK 2
CALL TO FAMILY, COMMUNITY AND PARTICIATION

Draw examples of healthy, nutritious foods on the plate below:



Name: _____



WEEK 2

CALL TO FAMILY, COMMUNITY AND PARTICIATION

Draw pictures of activities you like to do when you eat healthy food and your body feels good: