


# HCA Program Guide



**Program Guide**  
Senegal | Lent 2010

**Featuring activities for the *It's Our World* Newsletter**

## Discovering Senegal

Senegal is located in Western Africa, bordering the North Atlantic Ocean, between Guinea-Bissau and Mauritania. Senegal was one of France's earliest colonies in West Africa and remained under its control for some 300 years.

In 1959, Senegal and French Sudan were merged and granted their independence as the Mali Federation. This union dissolved within several months, and Senegal struggled to establish its own political identity for several years thereafter. Today, the nation is considered one of the most stable democracies in Africa and has contributed substantially to international peacekeeping efforts.

The majority of Senegalese are Muslim; five percent of the population is Christian. Young people under the age of 20 account for close to 60 percent of Senegal's total population, making efforts on behalf of children vital to the nation's future. Local priests, Religious Brothers and Sisters and lay catechists are caring for Senegal's large population of young people, while also bringing them the "Good News" of Jesus' great love for them.

For example, at the Catholic Mission Boarding School in Bambey, some 100 children receive an education while being fed and cared for by missionaries. These children come from some of the poorest farming families in the area. Peter is one of these children. After the death of his father, Peter was brought to the school by his mother because she could not afford to care for him. After learning about Jesus in catechism classes, Peter asked to be Baptized. He told the missionaries, "You took me from the back of the flock. I want to be a priest someday too and help others."

With the support and prayers of children in the United States, the Holy Childhood Association is able to assist the Church in countries such as Senegal. Thank you for all that you do in encouraging young people to live their missionary vocation through HCA!



# Activities

Lent is the season of the Church year when we begin a special journey of remembrance — prayerfully recalling our Lord’s suffering and death on the Cross, as well as His Resurrection. It is a time when many of us seek spiritual renewal through repentance, prayer and sacrifice, and affirm our faithfulness to Jesus. It is also a most appropriate time to turn our attention away from ourselves and look to the world — to the Missions. The following activities are designed to help you add a missionary dimension to your Lenten lessons.

## **PB&J MISSIONARIES**

+ Grades 5-8

+ **Materials:** Jar of peanut butter, jar of jelly, loaf of bread, butter knife, paper plates, napkins, bandana or kerchief (to be used as blindfold).

**Prepare:** Arrange chairs on the perimeter of the room allowing for a large open space at the center. Hide all of the materials except the blindfold.

**Explain:** Gather students and ask for one person to volunteer to be “blindfolded.” Tell the group that you are going to challenge this student volunteer to make a peanut butter and jelly sandwich three times.

**Do:** Ask the student volunteer to come to the front / center of the room, while everyone else remains seated. Blindfold that student volunteer.

**Round One:** Tell the blindfolded student that he or she has to make a peanut butter sandwich in 90 seconds.

Provide no other instruction. Allow a few minutes for all students to think about this challenge before moving on to round two.

**Round Two:** While the student remains blindfolded, place the ingredients for making the sandwich around the classroom. Next, tell the class they can guide the blindfolded student toward the ingredients. However, they cannot touch the person in the blindfold or any of the ingredients – they are only allowed to talk to him or her. During this part of the exercise, ask for a volunteer to help the blindfolded student move about the room without bumping into any furniture. Again, allow the blindfolded student 90 seconds to complete the task and a few minutes for the class to analyze the challenge.

**Round Three:** This time, tell the group they can do anything to help the blindfolded student (see how many think to make the sandwich themselves), complete the task in 90 seconds. They are sure to succeed this time!

## **FOR FURTHER DISCUSSION:**

1. Which one of these rounds was the hardest? Why?
2. Which round was the easiest? Why?
3. Is there anyway that someone who was blindfolded could actually complete the goal without help?
4. What do you think our role is in helping other people find Christ? Should it be like our first try through the game (no help) or the second time through the game (talking only)? Or perhaps it should be like the third time, when we did whatever we could, actually perhaps even physically helping the person complete the task?
5. Do you think it’s possible to convince people to follow Jesus if we don’t genuinely love them?
6. What are some ways we can “preach” with our actions to help those in need?
7. In what ways are you being more of a missionary this Lent?

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# A Letter to Parents and Guardians from HCA

Today in the Missions, Christ is alive – in the words and witness of missionaries who bring Jesus’ Gospel message and His love to the poor and the suffering.

Sister Rosalind is one of these missionaries. She works in Thies, Senegal, located – as she describes it – “in the middle of nowhere.” This Religious Sister is one of a handful of missionaries who provide medical care to expectant mothers and children. They also run a small school and teach catechism classes.

During these 40 days of Lent, we are profoundly reminded of our responsibility for sharing our faith by offering our prayers and personal sacrifices for others, just as Jesus offered His life as a ransom for the whole world. Lent is also a time of renewal, a time to deepen our commitment to our Baptismal

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call to share our faith – to be missionaries – while we always gratefully reflect upon God’s many gifts and blessings to us.

One way in which young people may do this is through participation in the Holy Childhood Association (HCA). Your children have been given coin holders to collect their Lenten offerings for HCA. They are asked, above all, to remember in their prayers their brothers and sisters in the Missions – especially those who have not yet heard the “Good News” of Jesus.

Please encourage your children to share their love with others this Lent by offering their prayers and financial sacrifices to children in the Missions through HCA. Thank you.



A baby gets weighed by one of the Sisters.

# Let Your Faith Shine Out

## + Grades K-3

**Explain:** When we were baptized, we became missionaries. As baptized Catholics, Jesus wants us to go and tell others about Him and the wonderful plan that God the Father has for their lives. Jesus wants us to be a light to the world – and tell our family and friends about Him and His “Good News.” Some people who have not heard about the “Good News” might feel like they are living in the dark, especially if they are sick, hungry or very poor. When we tell others about Jesus, we help to bring the light of His love to others – we become beacons of hope.

**Read:** Luke 9:1-6.

**Discuss:**

1. What did Jesus send the twelve Apostles out to do? (*To preach the kingdom of God and to heal the sick*)
2. What does it mean to preach the kingdom of God? (*To*

*tell people the Good News that God loves them and sent His Son, Jesus, to save us from sin*)

3. What did Jesus tell the Apostles to take on the journey? (*Nothing – no extra clothes, no money, not even food*)
4. Who would provide for the daily needs of the Apostles? (*The Apostles were to stay at the house of where they were preaching and the people there would meet their needs*)
5. What were the Apostles to do if people did not welcome them? (*The Apostles were to leave the town and find another place where they would be welcome*)
6. Did the Apostles follow Jesus’ command to preach the Gospel? (*Yes, they went from village to village, preaching the Gospel*)
7. As followers of Jesus how do you let others know about the “Good News”? Discuss.

## Words to Watch

These vocabulary words / terms are in the fall issues of *It’s Our World*.

### GRADES K-2

clinic	Senegalese	Gethsemane
Sacraments	occurred	linen cloth
westernmost	Calvary	Passover

### GRADES 3-5

malnutrition	emissary	respiratory
malaria	HIV/AIDS	yellow fever
westernmost	illiteracy	unstable
Senegalese	covenant	gender roles

### GRADES 6-8

sacrifice	leprosy (Hanson’s disease)	proficient
rainy season	Offeratory	memoirs
pitted	abundant	intertwined
malaria	coup d’état	
diabetes		

## Craft

**Materials:** paper coffee filters, crayons, rubber bands, medium-size flashlights (each student brings in his / her own)

**Prepare:** Using a crayon, draw a circle around the inner crease of the coffee filter and then write “Let Your Light Shine” directly under the circle you drew (inside edge). Just opposite of “Let Your Light Shine,” write Matthew 5:16. You will need to make one template for each child in class.

**Do:** Using crayons, have the children draw a picture of their face on the coffee filter within the circle you drew. Demonstrate how the children can attach their finished craft to a flashlight. Place the coffee filter over the end of the flashlight and then secure it in place using the rubber band. When finished turn on the flashlight to see a glowing face!

**Explain:** As the children work on their crafts, explain why it is important for all of us to tell others about Jesus. When we tell others about Jesus, we are letting our faith “shine” – to warm the hearts and souls of others!

Adapted from Kids Sunday School Place

# Lenten World Search Puzzle Solution

## Activities

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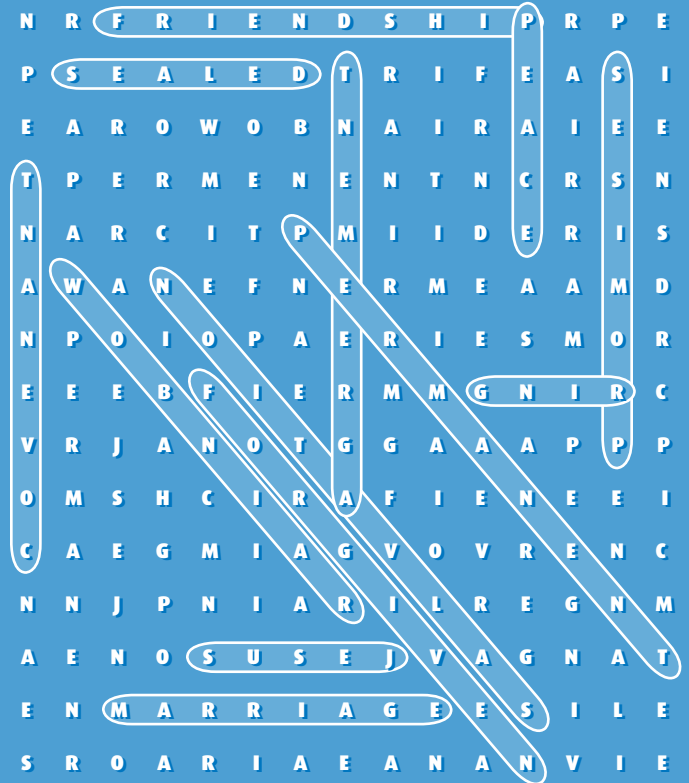
### A Ransom for All

+ All Grades

Materials needed: square pieces of felt, gold cord, small index cards (one of each for all students); a hole punch.

Prepare: Judas received 30 pieces of silver for handing Jesus over to the authorities. This is a “pay back” exercise — with students paying a “ransom” to symbolically make amends for this betrayal.

Do: Ask students to make draw-string bags by gathering the felt square and tying it with gold cord. Then, label the index cards, “30 pieces of silver” or “Jesus’ ransom money.” Make a hole in the card with the hole punch and thread the cord through the hole in the card. Students can leave the bags in class or take them home. Encourage students to put only “silver” coins in the bag. Students can then turn their “ransom” money in to HCA at the end of Holy Week. Have students offer a prayer with each silver coin placed in the bag — a prayer that children in the Missions who suffer will come to know the joy of Easter!



## The Road to Jerusalem Puzzle Solution

<sup>1</sup> b r a n c h e s

<sup>2</sup> c r o w d s

<sup>3</sup> j e r u s a l e m

<sup>4</sup> c l o a k s

<sup>5</sup> k i n g

<sup>6</sup> d o n k e y

<sup>7</sup> r o a d

What did the crowds shout when Jesus rode past them in a donkey?  
**H O S A N N A.**

## Check Out These Resources

### Video –

IRIN\*, in partnership with the United Nations Environment Program (UNEP), has released eight short videos on climate change in Africa. These eight short films feature stories from Kenya, Lesotho, Mauritania, Mozambique and Senegal (see “Coastal Erosion”).

\*IRIN (Integrated Regional Information Networks) is part of the Office for the Coordination of Humanitarian Affairs at the United Nations.

### Book –

*Sofie and the City* (Hardcover) Karima Grant (Author) and Janet Montecalvo (Illustrator). Publisher: Boyds Mills Press (March 31, 2006). Reading level: ages six through eight.

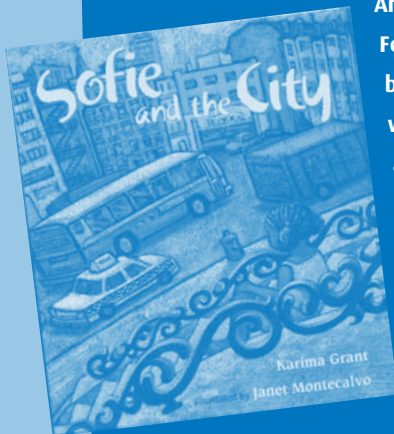
Sofie, a recent immigrant from Senegal, has little use for her new home in a big

American city.

Feeling abandoned by her hard-working parents and teased by peers about her distinctive hairstyle, Sofie is ready to return to Senegal until

she meets a friend,

and they decide to make the city beautiful by creating original sidewalk chalk art.



# Pentecost Puppets

## + Grades 1-4

Read: Acts 2:5-12

On Pentecost God sent the Apostles the Holy Spirit so they could spread the “Good News” of Jesus to the whole world (see also Acts 1:8). On that day, when the Apostles spoke, people of all different nations all heard the Word of God in their own language. These “Pentecost puppets” will remind students that they too are filled with the Holy Spirit and called to be Jesus’ witnesses “to the ends of the earth.”

### Materials:

Colored cardstock or construction paper	Markers
Flesh-colored cardstock or construction paper	Crayons
Scissors	Large craft sticks
Glue	Wiggle eyes
	Fabric scraps
	Felt

Prepare: Make a pattern for a 3-inch equilateral triangle; make also a pattern for a 1-inch-by-3-inches rectangular bar. Find objects to trace or make patterns as well for one 1<sup>1/2</sup>-inch and two 1-inch circles.

On cardstock or construction paper, have children trace and cut out the triangle shape. Use the flesh-colored cardstock or construction paper to cut out the rectangle shape, and the circle shapes.

Glue the rectangular bar across the top of the triangle to make the body (triangle) with the arms (rectangular bar).

Glue the head (1<sup>1/2</sup>-inch circle) and hands (two 1-inch circles) to the body (triangle).

Decorate with fabric scraps, wiggle eyes, markers, crayons, etc.

Glue a craft stick on the back to finish the stick puppet.