



SNACK: Anjera



Anjera (or Injera) is a common staple food among the Somalis/Oromo/Borana who live in Kenya. Many are refugees who fled conflict in their home country. Anjera is like a fermented crepe. To eat it, people tear off a piece and use it to pick up chunks of meat or vegetables, in a delicious, spicy sauce. Try this easy version.

Ingredients:

All-purpose flour -- 1 1/2 cups
Whole wheat flour -- 1/2 cup
Baking powder -- 1 tablespoon
Salt -- 1/2 teaspoon
Club soda -- 2 to 2 1/2 cups
Juice of 2 lemons

Directions:

- Preheat a large cast-iron skillet over a medium flame. Mix the all-purpose flour, whole-wheat flour, baking powder and salt together in a large bowl. Stir in the

club soda and mix to a smooth batter. It should have the thin consistency of a pancake batter.

- Brush the skillet with a little oil using a paper towel. Ladle about 1/2 cup of the batter into the skillet and spread it with a spatula to make a large crepe. Let bake in the skillet until all the bubbles on top burst and begin to dry out, about 2 or 3 minutes.
- Carefully turn over and cook on second side another minute or two. Try not to brown it too much.
- Remove to a warm platter and repeat with the rest of the batter, wiping the skillet clean with an oiled paper towel each time.
- After the batter is used up, use a pastry brush to brush each with the lemon juice. Serve immediately or hold covered in a warm oven.

Source: whats4eats.com



PRAYER: Thank you Jesus



Thank you Jesus for our families and our parents who love us. We pray for families in our world who are poor and don't have the basic things in life. We know that you care for them very much. Help us to be responsible with what you have given us, and to share, and to find ways to respond, with your love, to any injustices that we see.



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Hey! It's Not Fair!



LESSON 3 Mom's Cooking Up a New Job

LEARNING OBJECTIVE: Poor people may work hard, but face barriers that can keep them poor

SCRIPTURE REFERENCE: Isaiah 58:10, 1:17, 58:6



BIBLE VERSE:
Isaiah 58:6

Removing the Chains that Bind



BACKGROUND:

CBM is committed to addressing poverty through projects that help families become confident in their ability to either produce or earn enough money to purchase the amount of food necessary for a healthy and active life, as well as cover family expenses for basic needs like health care, school, housing, etc.

In Kenya, a CBM project based on a Self-Help Group approach is enhancing the sustainable well-being of vulnerable households (especially among refugee families). It's a holistic intervention that leads to social, economic and spiritual empowerment. The project offers scholarships for vulnerable children, skills training, matching business grants for micro enterprise startups, sack garden training, water filter distribution and training, and strengthens existing Self-Help Groups in some of the major urban slum areas of Nairobi (Eastleigh, Huruma and Kariobangi). The project encourages effective approaches to Muslim and Christian dialogue and approaches to ministry.



OPENING ACTIVITY AND DISCUSSION: **Meeting Basic Needs**



Ask the class “How many babies do you think are born in the world every single minute?” Take some guesses. Did you know that there are about 255 babies born in the world every minute? Wherever they are, there are things that they all need to grow and develop into the best person they can possibly be.

Draw the outline of a child, individually or in groups, and have children write or draw what they think the needs are inside or outside the figure (i.e. food, water, love, safety, education, friends, family, etc.). Have a time of sharing.

Closing: Despite needing these basic things, there are many families around the world who are denied opportunities to have them. They are very poor or marginalized (disregarded) in their society. Did you know that in our global economy, just eight people own about the amount the same amount of wealth as the poorest half of the world (Oxfam). *Hey, that's not fair!* Let's see how we can respond.

Tip: For extra fun, have children draw around each other on large sheets of paper or outside in chalk on the ground; be sensitive to any children with physical disabilities or those who do not want to do this. For younger children, introduce a doll or puppet to represent a child and elicit ideas about its needs through a storytelling/questioning approach.

Source: Worldslargestlesson.globalgoals.org



ACTIVITY: **Impact Chain**



Refer to the activity sheet for this activity.

Have children form small groups. Hand out strips of paper to represent chain links. In small groups, ask children to create an ‘impact chain’, writing down all of the impacts they can think of that will come about as a result of the inequity that poor people face (personally, family, village, country, globally; economically, social, political, etc.). Then have each team tape or staple their slips together to form their impact chain.

Close in a time of prayer, asking for God's intervention, listing some of the impacts. Then have children break, or tear up, their chains. Or post up as a reminder and have children suggest what they can do to help break a link in the chain (write a letter to a politician, join a campaign, raise funds for a CBM project, etc.)



MISSION
ADVENTURE
STORY:

Meet Naomi and Her Favourite Person



Meet Naomi and her most favourite person in the world, her mom. They live all the way over in Kenya. (Have a child put a sticker on Kenya on your world map.) Let's hear her story.

My family is big – I have eight brothers and sisters. Poor mom! That's a lot of people to feed all by herself. There are also two girls that mom has taken in. She felt sorry to see that they had no family to care for them.

We live in a poor, crowded area of the big city of Nairobi. It is a very unhealthy place. Open sewers and burst sewage pipes cause human waste and garbage to flow down the alleys. Many people are sick a lot especially in the rainy season when there is lots of flooding. Most families are too poor and can't afford to go to the doctor or to get medicine. Clean water is another problem. Most of the water taps are broken. With so many challenges, people can feel hopeless and depressed. There is a lot of crime and many people use drugs. Mom worries about us. She knows that we see these dangers on our way to school.

I am so proud of mom. She works very hard to earn money for food and rent. But not much is left to pay for all of us to go to school. I couldn't believe it when mom got a scholarship to help me go to school. It was from a group (self-help group) she belongs to. Mom says that she is so proud of us, her children; that we give her a reason to get up and work every day.

Mom's group is amazing. They also gave us a water filter. Now we have clean, fresh water to drink. Before we were always getting sick and missing school. Her group is also learning many things, like how to start and grow a business. Mom cooks anjera, it's one of our favourite foods. She also grinds coffee to sell. She is so happy that she can now also get small loans from the group with low interest. She says that this will keep her business running. Mom really likes her group. She says that they really help her to stay encouraged and that she has people who she trusts to save money together. She dreams of one day buying a small house for us and seeing all of her children graduate from school.



DISCUSSION QUESTIONS

1. What is the problem in the story? How does it make people feel?
2. What is helping Naomi and her mom to break the chain of poverty in their family?
3. How does the story make you feel?
4. What can we do to help?



EXTRA ACTIVITY: **Equity Chain Game**



Longstanding injustices and inequalities have denied large groups of people, even entire countries, the opportunity to improve life. For instance, many developing countries are burdened with huge debt and don't have enough funds to build infrastructure, like roads, schools and hospitals. Even within countries, there is inequality. Some communities are healthy and vibrant, while others struggle, like the one in our story today. The reasons for such injustice are complex and intertwined. But often at the heart of it is greed, selfishness and corruption.

Play this fun game where teams of students become countries engaged in a battle to make paper chains to earn a living and deal with injustice. Note that this game is intended for older children or youth. You will need to make modifications to accommodate younger kids. Source: cus.oise.utoronto.ca/Lesson_Plans_Social_Justice_Issues