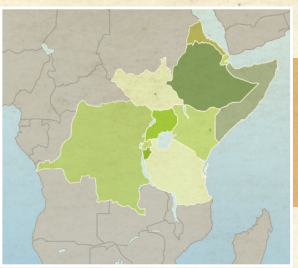
CHILDREN'S MISSION

2016 • **QUARTER 3** • EAST-CENTRAL AFRICA DIVISION



www.AdventistMission.org

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Your Offerings at Work

Three years ago, your Thirteenth Sabbath Offering helped to build housing for teachers and married students at the University of Eastern Africa in Baraton, Kenya. Your offerings also helped to build classrooms for the children attending the Baraton Elementary School on the university campus. Thank you for giving!

SEVENTH-DAY ADVENTIST CHURCH®

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Dear Sabbath School Leader,

This quarter features the East-Central Africa Division, which includes the countries of Burundi, Democratic Republic of Congo, Eritrea, Ethiopia, Kenya, Republic of Djibouti, Rwanda, Somalia, South Sudan, Uganda, and the United Republic of Tanzania.

This division is home to more than 351 million people, including more than 3 million Seventh-day Adventists.

Our Thirteenth Sabbath Offering will be going to Rwanda and South Sudan. Both of these countries have experienced horrific wars (the Rwandan genocide in 1994 and the on-going fighting in South Sudan). Special care has been taken in choosing age-appropriate children's stories, however, please read the stories ahead so you are familiar with them.

Language Fun

Language fun includes words and phrases in Kirundi, the traditional language of Burundi, and in Swahili, the most widely spoken language in eastern and central Africa. A variety of recipes from East Africa are also featured.

Mission Potluck

Host a mission potluck this quarter. Choose recipes and label the foods with their country of origin.

Decorate the tables with the African rain sticks that the children have made (see page 33) and other colorful African items. Add pictures from the internet or magazines. Invite the children to greet people in Swahili as they arrive, saying "*jambo*" (hello) and "*karibu*" (welcome). After the meal let the children sing a song and collect a special mission offering.

Opportunities

This quarter's Thirteenth Sabbath Offering will help to:

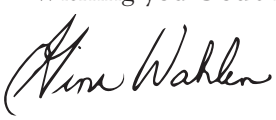
- build dormitories and a cafeteria at the Adventist University of Central Africa, Rwanda.
- build a lamb shelter at the Central Adventist Church in Juba, South Sudan

Special Features

- **Offering device:** We're excited to provide attractive, reusable Thirteenth Sabbath Offering banks. Just write to us at missionquarterlies@gc.adventist.org, indicating how many banks you are requesting and your mailing address.
- **The free *Mission Spotlight* DVD from Adventist Mission** features great video stories! Free download at www.adventistmission.org/dvd
- **More information and activities**: In the "Leader's Resources" (page 35) you'll find kid-friendly websites listed. Be sure to see "Our Africa." This site features several videos created by children and young people to introduce others to their countries.

Thank you once again for your dedication to mission and helping children connect with their spiritual brothers and sisters around the world, and teaching them to participate in the mission of the church through giving.

Wishing you God's richest blessings!



Mission quarterlies editor

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RWANDA | July 2

Jessica

Jessica and Jesus

Jessica and her family live in Kigali, the capital city of the tiny country of Rwanda in eastern Africa (point out the country of Rwanda on a map). Jessica was sad because her father was gone from home a lot and he drank a lot of alcohol.

But one day when Jessica was eight years old she received an invitation that would change her life, and the life of her family. Jessica's uncle, the younger brother of her father, invited her to come to church with him. He said that there was going to be a special program for children.

Jessica was excited when her parents said that she could go with her uncle! When she arrived at the church, Jessica was surprised to see so many children there. She loved the songs and the stories, and the teacher even remembered her name! She could hardly wait to come back.

As Jessica continued going to Sabbath School and church, she learned more and more about Jesus and His love. She felt happy to know that she was special to Jesus and she wanted to tell her family about Him.

Why are you crying?

One Sabbath morning before going to Sabbath School, Jessica saw her father coming home with a bottle of beer in his hand. He was drunk. Jessica started to cry.

"Why are you crying?" Jessica's father asked.

"I want you to stop drinking beer," she told him.

Jessica's father was sad to see his daughter crying.

"OK," he told her, "I'll stop drinking beer."

And he did stop drinking—at home. But he still went to the bar where he drank.

Jessica prayed for her father every day. And she invited her parents to come to

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Fast Facts

- Rwanda is one of the smallest nations in the world, with 10,169 sq. miles (26,338 sq.km.). With a population of more than 11 million people, Rwanda is one of the most densely populated countries in the world. The Cook Islands Mission was established in 1892.
- Rwanda is one of only three countries where you can see Mountain Gorillas.
- Rwanda is also known as the "Land of a Thousand Hills."

church with her. Even though they didn't come right away, Jessica kept inviting them—and she kept praying.

Interesting Dreams

Then, Jessica's father had two dreams. In his first dream he saw a church, but there weren't any people inside and grass was growing on the floor. In his next dream he saw the same church, but this time there were people inside and they were singing while some people were being baptized. Jessica's father knew it was an Adventist church because he recognized the song. It was the same song he used to sing when he was a boy and went to church with his parents. He started to think about coming back to God. The Holy Spirit was working on his heart.

Jessica kept praying. And every week she asked, "Please Daddy, won't you come to church with me this Sabbath?" But he always replied, "Not now."

Things became harder for Jessica's father. He lost his job. Then thieves came and stole what money he still had. He didn't know what to do. Then He remembered God.

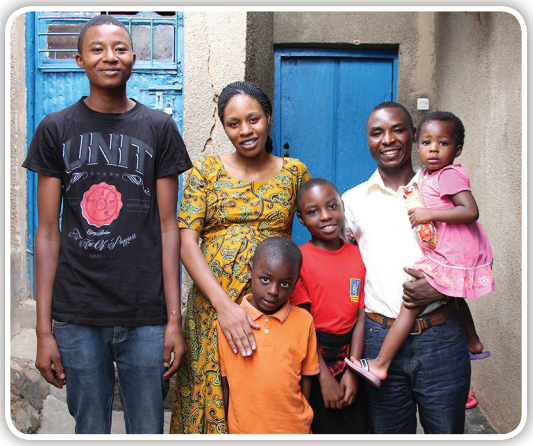
A Timely Invitation

One day two ladies from the Adventist church came to visit Jessica's family. They invited Jessica's father and mother to some special evangelistic meetings at the church. Jessica was so excited when her parents agreed to come to the meetings!

Jessica's parents enjoyed the music and the Bible presentations. When the preacher spoke about people who had left God and were sad, Jessica's father felt as if the pastor was talking about him. At the end of the sermon the pastor invited those who wanted to give their heart to Jesus and be baptized to come to the front. Jessica was so happy when her father went forward! Not long afterward, Jessica's mother decided that she also wanted to be baptized.

Jessica was very happy that her parents were baptized, but she also wanted the rest of the family to give their hearts to Jesus. So she talked with her other relatives and told them about how powerful God is, and she invited them to church. Before long eight people were baptized!

Jessica and her family are so happy now! "We're happy together and we praise God for our new life," her father says.



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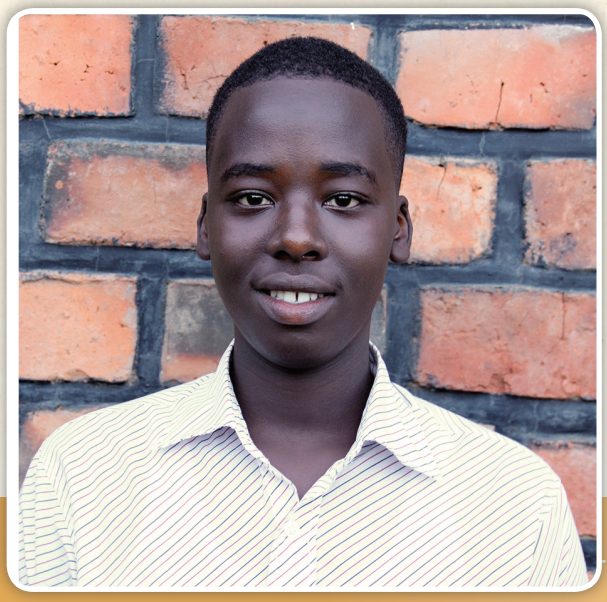

RWANDA | July 9

Moderne

Rescued from Satan

Boys and girls, maybe you remember the Bible story about the mother who came to Jesus for help because her daughter was possessed by an evil spirit. You can read about it in Matthew 15:22-28. Another similar story is found in Mark 9:17-25, where a father begs Jesus to help his son who is possessed by a demon.

Our story today is similar to these Bible stories. It's about a boy who was demon-possessed and his mother who prayed for him.

Controlled by Demons

Moderne (moe-DARE-na), his mother, Mrs. Aziza, and younger brother Dino live in Kigali, Rwanda. When Moderne was 9 years old, he started having terrible problems. He couldn't sleep at night, and he couldn't eat. He started seeing and hearing things that nobody else could see or hear. He tried to fight these things and would break many things. He was much stronger than a boy his age should be. It was because demons had come inside of him and were controlling him.

Mrs. Aziza took her son to the doctors at the hospital, but they couldn't help. They didn't know what was wrong with him.

Sometimes the demons would make Moderne blind for many days, and sometimes they would hit him or make him fall. Mrs. Aziza cried because she loved her son and wanted him to be well.

Then she decided to pray to Jesus. She prayed and prayed that the demons would leave her son and that he would be well.

The Power of Prayer

Moderne could sense that his mother was praying for him, but every time she said the name of Jesus, the demons would make Moderne cover his ears. But Mrs. Aziza kept praying. His little brother, Dino, prayed for him, too.

Little by little Moderne was getting better, but sometimes the demons would still

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Mission Post

- The Rwanda Union Mission is part of the East-Central Africa Division.
- There are 645,048 Seventh-day Adventists in Rwanda, worshipping in 1,713 churches.
- The Adventist University of Central Africa is establishing a medical school on its campus in Rwanda. Our Thirteenth Sabbath Offering this quarter will help to build a cafeteria and dormitories for the students there.

come and make him very sick and scared.

Mrs. Aziza remembered the Bible story where the disciples couldn't help a boy who had demons, but Jesus was able to cast the demons out. When the disciples asked Jesus why they weren't able to cast out the demons, He told them, "This kind can come out by nothing but prayer and fasting" (Mark 9:29).

Prayer and Fasting

Mrs. Aziza knew what she would do. She decided to fast (not eat anything) and pray for three days. During that time she became very close to Jesus. She prayed, "God I want to be closer to You. I want to be closer than I can think. I want to tell You my problems and I know that You can give me the answers."

Mrs. Aziza had a little book where she wrote down all of her problems, and God gave her answers to them one by one. God showed her the answers in the Bible. As Mrs. Aziza continued to pray, she saw the problems ending one by one, and she knew that Jesus would heal her son.

She started teaching Moderne to say the name of "Jesus" and then taught him how to pray. Soon, all of the demons left and Moderne was completely well. Jesus healed him!

Moderne is now 14 years old and is a children's leader at church. He says that it's important for children to know how to pray. He tells them, "You can pray to Jesus about your problems. Tell Him about each one, and He will help you. Pray at the beginning of every day and ask Jesus to help you with whatever you might face. Believe in God because He is real."

Pinto Beans and Potatoes

2 cups dried pinto beans, presoaked or
4 cups canned pinto beans
2 large potatoes, chopped
2 celery stalks, chopped
1 teaspoon salt
1 onion, thinly sliced
4 tablespoons peanut oil

DIRECTIONS:

Cover beans with water and bring to a boil; reduce heat and simmer until beans are just tender. Add potato chunks, celery, and salt, and enough water to cover. Cook over low heat until potatoes are nearly done. Gently fry onion in oil in a large heavy skillet or stew pot. Using a slotted spoon, add beans and potatoes to the onion pot and stir until mixed well. Serve over rice. Serves 8.

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RWANDA | July 16

Natasha and Charity

A Family Affair

Charity and Natasha are sisters, and they live in Rwanda in eastern Africa *[Locate Rwanda on a map.]* For Charity and Natasha, sharing God's love is a family affair. Everyone gets involved.

Charity is 10 years old. She remembers when she was involved in a serious automobile accident and then seconds later another car almost hit her while she still lay dazed on the road. "When I think of the day that I could have died," she says, "I want to tell others about Jesus."

And she does. During breaks at school Charity talks to her classmates about the great things Jesus did in Bible times and explains that He can do great things in their lives too. She tells them that Jesus is her Savior and invites them to let Jesus be their Savior, too. Then she invites them to attend church with her family.

Charity is happy when her friends come to church. "I introduce them to my teacher and some of the other children, so they'll feel welcome. I also share my Sabbath School lesson with them so they'll know what the lesson topic is," she says. "This helps them feel that they are part of the class."

Pauline Shares the Good News

One girl Charity invited is her friend Pauline, who now comes to church regularly. A few months ago Pauline invited her mother to attend church with her. Charity's mother talks about God with Pauline's mother, and that helped Pauline's mother choose to worship God. Now Pauline's mother regularly attends

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Fast Facts

- Rwanda lies directly north of Burundi and between Uganda, Tanzania, and the Democratic Republic of the Congo.
- Rwanda is a hilly country with farms on all but the most rugged land. During the growing season Rwanda looks much like a green patchwork quilt has been tossed across the landscape. Of the more than 561,000 people living in the Solomon Islands, nearly 47,000, or one person in every 12, is a Seventh-day Adventist.
- The equator runs just north of Rwanda, but because of the country's elevation, it maintains a temperate climate year round.
- The capital and largest city is Kigali, with a population of more than 1 million.

church with Pauline. She's studying the Bible on her own so she can find answers to questions about God.

Recently Pauline's mom asked Charity's father to call Pauline's father and invite him to come to church. The two fathers have talked on the telephone several times. "The whole family is involved in sharing God's love with my friend and her family," Charity says. "My dad talks to Pauline's dad about the Sabbath and what that means. Pauline's dad told my dad that one day he would come to church with Pauline. I'm praying for Pauline and her family. I know how important it is to me that my family loves God and worships Him as a family. And I want that for my friend, too."

Natasha Shares her Faith

Natasha is Charity's younger sister. She's determined not to be left out when it comes to sharing God's love.

"I tell my friends at school about Jesus," Natasha says. "I invite them to come to church with me. If they want to come, I ask my mom to get permission from their mother. If they live near us, we take them to church with us. Sometimes my friends spend the whole Sabbath day with us."

So far four of Natasha's friends have come to church with the family. Natasha invited her cousins to come, and they did. "Their dad has come to church a few times too, but their mom hasn't come yet," Natasha says. "We pray for them and for their parents. We want them all to worship Jesus together."

A Family Affair

Charity and Natasha's parents are happy that the girls invite their friends to church.

They want their friends and cousins to learn about God and love Jesus as they do. "I want my friends to be in heaven with me when Jesus comes," Natasha says. "I want to urge all the children in Sabbath School today to invite their friends to Sabbath School," she adds. "That way more children can learn about God."

Charity agrees. "Children around the world can invite their friends to Sabbath School, and in this way they can share God's love with many other children. God wants them to share His love with everyone they meet. Invite your friends to church. You might be surprised. They may come—and bring their families."

Boys and girls, let's share God's love with someone this week and try to invite someone to come with us to Sabbath School next week. That's one way to tell the world that Jesus loves them.

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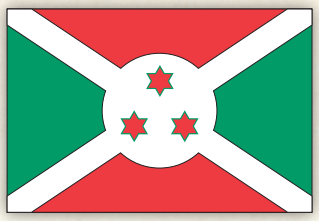

BURUNDI | July 23

It's Easy!

Rosette and Larissa

Larissa and Rosette live in the tiny country of Burundi in eastern Africa. *[Locate Burundi on a map.]* Larissa is 8 years old, and Rosette is 7. The girls live near each other and are best friends.

Larissa's Invitation

Larissa and her family are Adventists. One day while the girls were playing together, Larissa's mother called her to come into the house for family worship. Larissa looked at Rosette and said, "Come on! It's time for worship!" Rosette followed Larissa into the house. The family sang a song about Jesus, then Mother read a Bible story and they all prayed.

"I liked Larissa's family worship," Rosette says. "My family doesn't have worship together, and I wanted to worship with Larissa's family again."

Come to Sabbath School

"Then Larissa invited me to Sabbath School," Rosette says. "I told my parents about Larissa's family worship. I told them that Larissa wanted me to go to Sabbath School with her. I'm so glad that they said I could go. I love Sabbath School!"

Rosette has been attending church with Larissa for three years now. "I really like Sabbath School," Rosette says. "I like the songs we sing and the Bible stories that we hear. We also memorize Bible texts, and I like learning those too."

Rosette often told her mother about what she was learning in Sabbath School. Sometimes she recites the Bible texts that she's learned, and sometimes she sings the songs she has learned in church. Her mother listened as Rosette talked about

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Fast Facts

- Burundi is a tiny country in east-central Africa. It lies east of the Democratic Republic of Congo, west of Tanzania, and south of Rwanda.
- Although it is one of Africa's smallest countries, it has a large population for its size—10.1 million people. However, most of the people live in small settlements, where they farm or raise cattle.
- The capital city is Bujumbura [boo-juhm-BOO-rah], located in western Burundi along the shore of Lake Tanganyika. Its population is about 750,000.

the fun things she did in Sabbath School. Rosette even liked the worship service that followed Sabbath School.

Rosette's Invitation

One day Rosette invited her parents to go to Sabbath School and church with her. At first they didn't want to go, but Rosette kept inviting them. "Please, come at least once," she begged. Finally, Rosette's mother agreed to go to Sabbath School with her.

Rosette was so excited! "I'm so glad you're coming, Mama!" Rosette said. "I would like it if you would come all the time."

Rosette's mother couldn't always come because she was taking some classes. But whenever she had no classes, she went to church with her daughter. Once she finished the Saturday classes and she could come to church more often.

Praying Together

Rosette wanted her family to pray together like Larissa's family does. So when her mother started going to another Adventist family's home to have family worship, Rosette went with her.

Rosette learned that her mother and father wanted to have a baby. So she began praying for a baby. A few months later Rosette learned that her mother was expecting a baby.

Then Mother had another surprise for Rosette. She had decided to be baptized. Rosette was so happy!

Praying for Father

Rosette's father doesn't attend church with the family, but he's glad that the rest of the family attends church. Rosette knows what to do. She has begun praying that her father will join the family in worshipping God on Sabbath. Then she invites him to come with them to church. She wants the whole family to be members of God's family, just like Larissa's family. "I want my family to have family worship, just like Larissa's family does," Rosette says. "Maybe I'll start leading worship myself!"

It's Easy!

Larissa says it was easy to invite her best friend to become a friend of Jesus. Larissa wants other children to invite their friends to Sabbath School to learn to love God too. "First, pray for them," she says. "Then invite them. If they say yes, that's great. And if they say no, you can keep praying for them and inviting them to come to church with you. One day they'll be glad that you asked."

Rosette is glad that Larissa invited her to church. Now Rosette is thinking of inviting one of her classmates to come to church with her. After all, that's what missionaries do.

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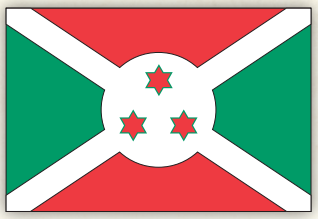

BURUNDI | July 30

Loinçon

I'm Not Ashamed

Loinçon [LOY-son] lives in the hills outside the capital city of Burundi. *[Locate Burundi in east-central Africa.]* Ever since he can remember, his parents have taught the children to pray and use their talents for God. Loinçon and his older sister enjoy singing in church, and sometimes they go with their father to visit neighbors and tell them that God loves them. Some people thank them for coming, but others don't want to hear about God. But Loinçon has decided that it's important to tell people about Jesus, even if they don't accept Him as their Savior.

Spreading the Word

Loinçon shares his faith with his classmates and invites them to church. "Today I brought three friends to church with me," he says. "Other times other boys come with me."

Loinçon's parents worship in a church close to home, but Loinçon likes the church in the center of town. So he and his friends walk 45 minutes to church. But the boys don't mind the long walk. "Some of my friends think it's strange that we worship on Sabbath instead of Sunday," Loinçon says. "So while we're walking I can explain why we do things differently from other churches. I tell them what I think Jesus wants them to know. Then on the way home we talk about what we learned in church that day."

One of Loinçon's friends attends church with him and has joined the children's choir. But his parents weren't happy that he was going to church on Sabbath. They told him that if he kept going to church with Loinçon, he would have to find another place to live. So the boy went to stay with Loinçon's family for two weeks. Then one day his parents told him to come back home and promised that he could attend church. Loinçon 's friend loves Jesus

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Mission Post

- About two thirds of the people living in Burundi are Christians, primarily Roman Catholic. One third follow traditional African beliefs and worship spirits.
- Burundi has 109,138 Seventh-day Adventists in a population of 10,483,000.
- Most of the Adventists living in Burundi live in the countryside, where they farm or raise cattle.

and doesn't want anything or anyone to stop him from worshipping on Sabbath.

Standing for the Sabbath

Several Adventist children attend school with Loinçon. Soon they'll take the national exams to determine who can go on to seventh grade. The teachers hold special classes on Saturdays to help the students prepare for the exam. The children tell the teachers that it's more important to worship God than to go to school. Although the teachers and principal could make it difficult for the students who skip classes on Sabbath, the children praise God that so far the teachers understand and allow them to miss the classes. Sometimes their friends ask them, "Why don't you come to school on Saturday? You can go to church after classes." Loinçon tries to explain the importance of obeying God's laws.

Not Ashamed

"I'm not ashamed to share my faith," Loinçon says. "I will tell my friends about God, even when they laugh at me." Loinçon is a missionary. We can be missionaries too as we tell our friends that we love Jesus and invite them to worship God with us. Will you be a missionary this week?

Speak Kirundi

Following are some words and phrases in Kirundi, the traditional language of Burundi. Vowels are pronounced as follows: *ah* as in father; *ai* as in eye; *ay* as in hay; *ee* as in bee; *eh* as in bet; *oh* as in toe; *oo* as in boot; *uh* as in cup. The accented syllables are written in capital letters.

COMMON PHRASES	WRITE IT	PRONOUNCE IT
Happy Sabbath	Isabato nziza	EE-sah-bah-toh n'zee-zah
Welcome	kaze	KAH-zeh
Hello (in morning)	bgakeye	b'wak-AY-eh
Hello (in afternoon)	mwiriwe	m'weh-REE-weh
Thank you (to one person)	urakoze	ooh-rah-KOH-zeh
You're welcome	murakoze gushima	mooh-rah-KAH-zah gu-SHE-meh
Yes	ego	EH-goh
No	oya	OH-yah
Goodbye	n'agasaga	n'a-ga-SA-ga

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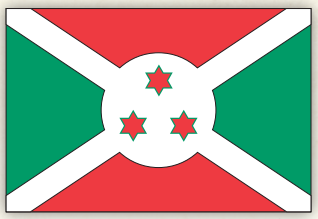

BURUNDI | August 6

Bella

The Precious Sabbath

Today's story comes from Bujumbura [boo-joom-BOO-rah], the capital city of Burundi.

Ever since Bella was little, her parents have taught her to love God and the Sabbath. But when she started school, she realized that not everyone loves God or the Sabbath as she does.

Bella's school held classes six days a week, Monday through Saturday. When school started each year, Bella's parents helped her explain to her teachers that Bella worships God on the Sabbath and would not be in school that day.

Standing Alone

Her first and second grade teachers allowed Bella to be absent from classes, but her third grade teacher told her that she wouldn't receive any credit for the tests she missed on Saturdays.

Bella told her parents, and they spoke with the school principal. The principal said that it was up to the teacher whether or not Bella could be excused. Bella's parents urged her to pray about the problem, and finally the teacher agreed to let her take the Saturday exams on Monday.

Saturday was a half day of school, and the teachers almost always gave quizzes to be sure that students understood the work they had covered that week. So every Saturday they had three quizzes, and every Monday Bella had to take these quizzes early in the morning or during recess.

Other students noticed that the teacher wasn't happy that Bella was absent from school on Saturdays. They began mocking her, and some said she was lazy for not being in school. Bella often felt alone in her stand to keep the Sabbath, but her family supported her and told her she was obeying God rather than man.

Bella and her family began praying that

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Fast Facts

- Although Kirundi and French are the official languages of Burundi, Swahili is spoken commonly all over the country.
- At the beginning of the 20th Century Burundi and Rwanda was ruled by Germany and Belgium, and the region was then known as Ruanda-Urundi.
- Burundi and Rwanda gained independence on July 1, 1962.

God would make a way for her to study in a school that didn't require Sabbath attendance. Bella studied hard to get good grades and high marks on her tests, and when children took their national exams, she scored well enough to choose the school she wanted to attend. She applied to study in a school that didn't hold classes on Sabbaths.

Precious Sabbath

"The Sabbath has become more precious to me because I have had to struggle to keep the Sabbath," Bella says. "I urge children to be faithful to God, to honor His will and His laws, even when those around you make it hard. Being faithful gave me chances to share my faith with others and let them know that God makes a way for those who trust Him."

Bella is right. When we honor God in things big or small, He helps us. And others see our faithfulness and may want to obey God too.

Speak Swahili

Swahili is spoken by 45 million people in eastern and central Africa. Vowels are *a* as in ah, *e* as in bet, *i* as in bee, *o* as in oh and *u*, as in boot (written *oo*). The accented syllables are written in capital letters in the pronunciation column.

COMMON PHRASES	WRITE IT	PRONOUNCE IT
Hello	Jambo	JAHM-boh
Good morning	Shikamoo	shee-KAH-moo
How are you?	Habari gani	hah-BAH-ree gah-nee
Fine, thanks.	Sijambo asante	see-JAHM-boh ah-SAHN-teh
My name is _____ .	Jina langu ni _____.	JEE-nah LAHN-goo nee_____
What is your name?	Jina lako ni nani?	JEE-nah LAH-koh nee NAH-nee
yes	ndiyo	n=DEE-yoh
no	hapana	hah-PAH-nah
please	tafadhali	tah-fahd-HAH-lee
thank you	ahsante	ah-SAHN-teh SAH-nah
welcome	karibu	kah-REE-boo
goodbye (to one person)	kwa heri	kwah HEH-ree
goodbye (to many)	kwa herini	kwah heh-REE-nee

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SOUTH SUDAN | August 13

"I Want To Tell Them"

Michael

Michael and his family live in South Sudan, a country in east Africa *(locate South Sudan on a map)*. This area used to be a part of Sudan, but in 2011 it became its own country. There have been many wars in these countries, and sadly, fighting is still going on.

Life is very difficult for people in South Sudan. Many children are hungry every day. Many people are worried with so much fighting going on all around them.

But in spite of these problems, God is still working in this country. There are more than 24,000 Seventh-day Adventists in South Sudan, and more and more people are becoming Adventists every year.

Hope in Jesus

Michael and his family are Seventh-day Adventists. They live in the capital city of Juba, and they want to share with others the hope that they have in Jesus. Michael is 12 years old, and he loves to tell others about God and the Bible.

"Some people don't know about the Bible, so that's why I tell them," he says. "I want to tell them that Jesus loves them, and that they can love Jesus, too."

Michael enjoys sharing the Bible stories, such as the story of Joseph, with children and adults. And he tells them that Jesus died on a cross for our sins. "If He didn't die for us," says Michael, "we wouldn't know about God."

When Michael tells children and adults that Jesus is coming again to take His people to heaven, they are very happy to hear this wonderful news! Michael encourages them to read the Bible and to pray every day.

Learning During Family Worship

"My mother and father taught me these things during our morning and evening

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Mission Post

- The South Sudan Attached Territory of the Seventh-day Adventist Church was organized in 2015. This territory is attached directly to the East-Central Africa Division.
- There are 59 Adventist churches in South Sudan, with a total of 24,092 members.
- There are 59 Adventist churches in South Sudan, with a total of 24,092 members. There are 962 churches and 2,852 companies within the PNGUM.

worships at home," says Michael. "At morning worship, we read the Bible, and then they teach us how to pray. In the evening before we go to sleep we read the Bible again and then we pray. We also like to sing songs such as, "Praise the Lord!"

Even though he enjoys preaching, Michael doesn't plan to be a pastor. He wants to be an engineer and construct buildings when he grows up. But he still plans to continue sharing the truth about God with people.

Share Your Faith

You don't have to be a pastor in order to preach or to share with others. And you don't even have to be an adult. Many children and young people around the world are sharing their faith with others. You can too! Why not pray right now and ask Jesus to show you who can share your faith with.

And remember also to pray from Michael and all of the children and young people in South Sudan. Your Thirteenth Sabbath Offering this quarter will help them to have their very own building where they can meet for Sabbath School, Adventurers, Pathfinders, and other activities. Right now they have to meet under the trees. Thank you for giving generously.

South Sudanese Red Rice

8 ½ cups Red Rice Flour (see Note)
2 Tbsp. Oil

DIRECTIONS:

Soaking time: overnight

Place 1 cup flour in a large bowl. Add 5 cups water and mix to form a very thick paste. Cover with a tea towel and stand overnight at room temperature. Add remaining flour to paste and, using your hands, gather handfuls and rub in flour for 20 minutes or until mixture resembles crumbs. Heat oil in a large frying pan over medium heat, add 2 cups red rice flour crumbs and cook for 3 minutes or until it darkens slightly in color. Add 1/3 cup water, or more if necessary, until the entire mixture is moistened, and cook for a further 2 minutes or until tender. Transfer to a bowl and repeat with more oil and remaining red rice flour crumbs. Serve with stew, topped with natural yoghurt.

Note: Red rice flour is available from select African food shops. If unavailable, substitute red millet flour, from Asian food shops.

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SOUTH SUDAN | August 20

A Faithful Family

Mr. Victor and Shammah

In last week's story we learned about Michael and his family who live in South Sudan. You might remember how Michael loves to tell other people about Jesus. In today's story we will hear how Michael's father helped Mr. and Mrs. Victor learn more about God.

Mr. Victor grew up in a home where his father drank a lot of alcohol. His father thought that nothing bad would happen to him, even though he drank. But one day he became very sick and died.

A Clear Voice

When he grew up, Mr. Victor also drank alcohol, and one day he, too, became very sick. Then he heard a very clear voice saying to him that if he didn't stop drinking he would die like his father. He decided to quit drinking. "That was the day that God started working in my life," he remembers.

Mr. Victor started watching a Christian television station and enjoyed the programs. About this time, he also met a nice lady named Vera and they were married. Mr. and Mrs. Victor were looking forward to having children. They waited and waited, but no children came. They were very sad and decided to read the Bible. They hoped that God would help them, and He did. They read about many people in the Bible who wanted children—such as Abraham and Sarah, and Hannah, who prayed for a child and was given Samuel. Mr. and Mrs. Victor decided to start praying that God would give them a child.

Happy Times

About this time, Michael's father met the Victors. He asked if they would like to study the Bible with him, and they said "Yes!" They were very happy that

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Fast Facts

- Established in 2011, South Sudan is one of the youngest countries in the world.
- South Sudan is one of Africa's most linguistically-diverse countries. It has several hundreds of language groups.
- South Sudan has a predominantly Christian and tribal government while the Islamic Sharia law prevails in North Sudan.

now they had someone they could ask questions and who would show them answers from the Bible. After their Bible studies with Michael's father, Mr. and Mrs. Victor were baptized at the Seventh-day Adventist Church in Juba.

Then something else happened—a baby was born to the Victors! They named her Shammah. Then two babies came along—twin girls! After a while another baby was born into the family and they named her Faith.

The Victors were so happy. Every evening before going to bed, the family had family worship. They enjoyed singing hymns, listening to Bible stories, and praying together.

Favorite Bible Story

After a while, Mrs. Victor was expecting another baby. But this time, something sad happened. When Mrs. Victor went to the hospital to have the baby, there was a problem and the mother died.

Of course, Mr. Victor and the children were very sad. But they still kept their faith in Jesus and look forward to His soon return.

"My favorite Bible story is when Jesus rose from death," says Shammah, who is now 12 years old. "Father told me that when Jesus comes, He will wake Mother up and will take us all together to Him!"

Every evening, the Victor family still gather together for family worship where they sing, read the Bible and pray. And every Sabbath they are happy to go to Sabbath School and church. Sometimes however, Shammah and her sisters, and the many other children can't have Sabbath School because it is raining. The only place they have to meet for Sabbath School is under the trees. When it rains everything becomes very wet and muddy.

This quarter, we have a wonderful opportunity to help the children in Juba, South Sudan! Part of our Thirteenth Sabbath Offering will be used to build a "Lamb Shelter." This is a special building that will be used for children's meetings such as Sabbath School, Adventurers and Pathfinders. Please remember to bring your special mission offering so you can help Shammah and the many other children living in Juba, South Sudan. Thank you!.

In South Sudan, children meet under the trees for Sabbath School.

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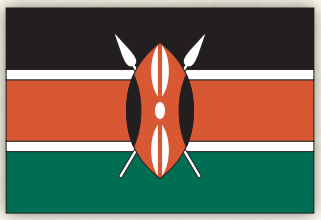

KENYA | August 27

Naeku

Escape to Hope Part 1

Today's story comes from southern Kenya. *[Locate Kenya on a map.]*

"Cheetah!" Shinai [shin-AI] gasped. "Quick! Get under the bed!" Namu pushed his little sister under the bed in their mud-and-stick hut. Little Naeku [nah-EH-koo] scooted against the rough wall. The bed, made from a cow's hide stretched over some branches, didn't offer much protection, and the children shuddered as they heard the cheetah's low guttural growl near the hut's open doorway.

The children eventually fell asleep under the bed, and the cheetah moved on. When Naeku awoke the next morning, she crawled out from under the bed and stood shivering next to her brother. Her thin shirt couldn't ward off the early morning chill. Her stomach growled, but she knew there was no food in the house.

Shinai and Naeku are Maasai [mah-SAI] children. The Maasai are a tribe of people that live in southern Kenya and northern Tanzania. Life for the Maasai is never easy.

Shinai and Naeku lived in a small hut called a manyatta on the plains of southern Kenya. Ever since their mother died in childbirth, their father often left the children alone for days as he tried to lose his sorrow in strong drink. The children cried because they were hungry, and sometimes a neighbor brought them a little milk from their cow.

Naeku's New School

Then one day when Naeku was 5 years old, a man came to talk to Naeku's father. The men talked for a long time. Then Father called Naeku from the shadows of the hut and said, "Go with this man. He will take you to school."

Naeku obediently followed the man to his vehicle. She wondered what would

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Fast Facts

- The Maasai people are a nomadic, cattle herding people who live in southern Kenya and northern Tanzania. Their cattle are their wealth, and they move from place to place in order to find fresh grazing land for their cattle. Often women and girls remain behind while the men and boys follow the animals to new grazing land.
- Most Maasai live in small houses, called kraals or bomas (Swahili), made of sticks and plastered with dung. The kraal has a doorway but often no door to protect its occupants from wild animals.

happen to her, but she was too frightened to ask. The man sensed her fear and told her, "You will like your new school. Life will be easier there."

Dust billowed as the vehicle bounced over the rough roads. Naeku was hungry and thirsty, but she didn't complain. Soon they arrived at a cluster of buildings. The vehicle stopped, and a woman came out to greet them. The man introduced Naeku to the woman, the headmistress [the principal] of the school. The little girl shyly stepped forward with her head bowed to receive the woman's soft touch on her head, the common greeting in their culture. Then the headmistress gently invited Naeku to come and see her new home.

New Experiences

They entered a large building and stood in a large room. Rows of beds lined the walls and the middle of the room. They weren't like her father's cowhide bed at home. These beds had mattresses and soft covers on them! "This is your bed," the woman said, smiling. The little girl placed her meager belongings in a box and slid it under the bed.

Then she followed the woman to another room where she found a plate of boiled cassava, *matoke* [mah-TOH-keh],* and some greens. The headmistress smiled and nodded, and Naeku sat down and ate hungrily. For the first time in months her belly was full.

Next week we'll learn what happened to Naeku at her new school.

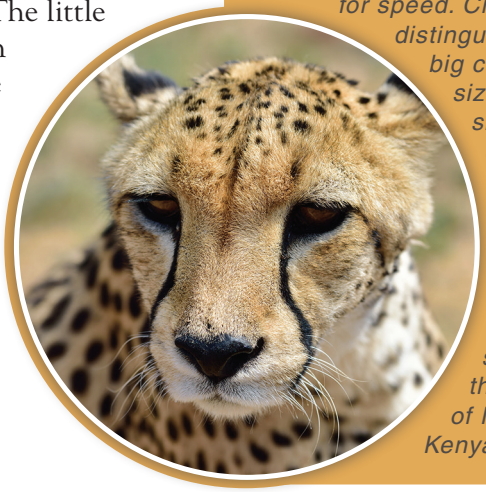
To be continued.

* *Matoke* is a plantain-like banana that is cooked and usually mashed. It's a common food in Kenya and most of eastern Africa.

KENYA

CHEETAH

Cheetahs are the fastest land animal in the world. They can run up to 75 mph (120 kph) in short bursts. Their slender, long-legged body is built for speed. Cheetahs can be distinguished from other big cats by their smaller size, spotted coats, small heads and ears and distinctive "tear stripes" that stretch from the corner of the eye to the side of the nose. Cheetahs are a vulnerable species. They live in the African countries of Namibia, Botswana, Kenya, and Tanzania.



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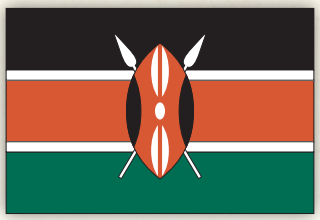

KENYA | September 3

John

Escape to Hope Part 2

[Review last week's story briefly.]

The headmistress walked with Naeku across the courtyard toward another building. Naeku could hear children chanting a lesson loudly in unison. She wasn't sure what the chanting meant. They entered the room, and Naeku stared at her bare feet as the headmistress introduced her to her new teacher and classmates. The simple concrete block building was filled with simple wooden benches and desks, but Naeku had never seen anything so fine!

Bitter Loneliness

Naeku quickly grew accustomed to her new home and new schedule. She loved school and quickly caught up with the other children. But during quiet time at night she often felt a bitter lump of loneliness rise up within her as she thought of her brother, alone in the family hut, and her little sister who lived with their aunt. Often when she thought no one saw her, she wept quietly. She wished they could study and have a better life, as she now did.

Naeku loved her new school, where she learned to read and write and to love God. But she missed her brother and sister. During school break, Naeku was allowed to return home for three days. She was happy to see her brother and sister again and happy to know that her brother was attending school too. However, he had to walk many hours every day just to get to school, and often he was hungry.

As she learned more about Jesus, Naeku realized that she could take her worries to

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Fast Facts

- Among the Maasai people girls are married at age 12 or 13, and sometimes even earlier. When a girl is married, her husband or his family pays a dowry of several head of cattle. Therefore, a girl is valued for the wealth she can bring her family.
- Many Maasai parents don't see education as important for girls, so few attend school. Often girls are rescued from early marriages and taken to a boarding school where they will be safe and can study. Only after parents see the benefits in their daughters learning to read and write will they agree to allow her to stay at the school.

God. She began asking God to help her brother and sister have a better life.

In time Naeku's father realized that he couldn't properly care for his children. He allowed his son to study at another boarding school. And when Naeku's little sister arrived at the Adventist boarding school, Naeku's heart almost burst with joy!

Busy Helping Others

Naeku remembers how afraid and homesick she was when she first arrived at the school. It took time to understand that the school is her home, where she is loved and protected. So when a new girl arrives at the school, Naeku befriends her and helps her learn the routine. "I try to help them because I remember how lonely I was when I first came," she says quietly.

The students learn responsibility by washing their own clothes, keeping the campus clean, and by caring for a single plant. And during morning and evening worship and on Sabbath the children learn that Jesus loves them and wants the best for them. In time they learn to love Jesus as well. "I'm so glad that Jesus brought me to this school," Naeku says shyly. "Here I have learned to love Jesus, and I trust Him to keep me safe. Now I know that it was Jesus who saved my brother and me from the cheetah when I was little.

KENYA

Bean Curry

1 pound dried beans
4 quarts beef-like vegetable stock
1 large onion, chopped
1 cup carrots, sliced
1 10-ounce can tomatoes, drained and chopped
½ teaspoon nutmeg
1 tablespoon curry powder
salt to taste
1 cup fresh parsley, chopped

DIRECTIONS:

1. Wash the beans and soak overnight.
2. Drain and put in a large pot. Add remaining ingredients and simmer two hours.

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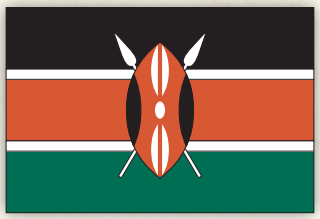

KENYA | September 10

Steve

A New Friend for Jesus

Steve is 12 years old. He lives in western Kenya. One day Steve and his family were walking along the river when they saw a man sitting in front of a little thatched hut. He looked young, but his shoulders drooped like an old man. They could tell he had been drinking.

A New Friend

Steve learned that the man's name was Kibogo [kee-BOH-go]. Steve visited Kibogo when he went for a walk along the river. Sometimes Kibogo was friendly; but when he had been drinking, his actions frightened Steve, who learned to be careful around the man.

One day during family worship, Steve said, "We are supposed to help the poor. Kibogo has nothing but rags to wear. Can we give him some clothes?"

Mother and Father looked at each other. They didn't have much money, but they had a home and clothes to wear. "Yes," Father said, "I think we can find something for Kibogo."

Clothes for Kibogo

Mother and Steve found a shirt, trousers, shoes and socks for Kibogo in the marketplace. That evening Father and Steve walked along the river and found Kibogo sitting outside his thatched hut. "We brought you something," Steve said, giving Kibogo the bag. "I hope they fit." Kibogo opened the bag and pulled out the shirt and trousers.

"Thank you," Kibogo said quietly. "Why did you do this?"

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"Your clothes were torn," Steve said. "I wanted you to have something new." Steve waited a minute as Kibogo tried on his new shirt. It fit well. "You know, Kibogo," Steve said, "if you stopped drinking and smoking, you could earn money to buy food and clothes yourself."

"I know," Kibogo said sadly. "I've tried to stop, but I can't. It's too hard."

Steve and his father said goodbye and turned toward home. "How can we help him quit drinking?" Steve asked.

"I don't know," Father said. "We can encourage him and pray for him. But God has to do the rest."

"Can you help me?"

Sometimes Steve took a plate of Mother's home-cooked meals to Kibogo. He often found Kibogo listening to his portable radio outside his hut. One day when Steve and his father arrived, Kibogo was upset. He had heard a news report saying that several people who drank the locally brewed beer had died. "That's all I drink!" Kibogo said. "I don't want to die. What can I do? Can you help me stop drinking this stuff?" he begged, holding out the bottle.

Steve and his father visited Kibogo almost every day to encourage him and pray with him. "Let God help you stop drinking," Father urged. "Only God can free you from these addictions."

A New Family

Steve invited Kibogo to come to church, and one day he agreed to go. He arrived at the church and was welcomed warmly. During testimony time, Kibogo stood and said, "I have been drinking for many years, but I want God to forgive me and take away the desire to drink."

Mission Post

- The Adventist work was first organized in Kenya in 1921.
- Kenya is a part of the East-Central Africa Division and is divided into the East Kenya Union Conference, located in Nairobi, and the West Kenya Union Conference in Kisumu.
- Kenya has 5,045 Adventist churches and a total of 824,185 members.

The church members hugged Kibogo and welcomed him to their family. Steve and his parents sat with Kibogo to let him know that they were glad he was there.

Kibogo started attending church every week. Steve was excited to see how God was changing Kibogo's life. One Sabbath at church Kibogo stood and said, "I am done with drinking. I want to follow Jesus and be baptized." People in the church said, "Praise God! Hallelujah! Amen!" Steve was so happy he couldn't speak; so he smiled.

On the day that Kibogo was baptized, Steve and his family were so happy! The pastor thanked them for being Kibogo's friend and helping him find Jesus.

Kibogo, God's Friend

Kibogo still lives in his small house. But now he works as a security guard and is saving his money for a new house.

"Kibogo is my friend," Steve said. "We are brothers. We both belong to Jesus."

Today Kibogo is a very active church member. He tells others about Jesus, just as Steve told him about Jesus. Who can you tell about Jesus?

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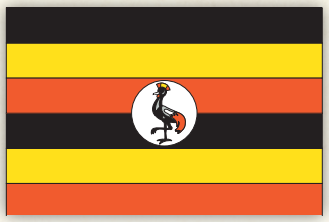

UGANDA | September 17

Kenneth

Little Brother Leads

Kenneth was bored. His best friends had gone away to a boarding school, and he didn't have anyone to play with. All his brothers and sisters were older than he was and didn't want to play with him.

Then he had an idea. He asked his parents to let him study at the Adventist boarding school where his friends were studying. Two of his sisters also urged his parents to send Kenneth to the boarding school. Finally, his parents agreed, and Kenneth eagerly joined his friends at boarding school.

Discoveries in School

"At first I just liked the school because my friends were there," Kenneth says. "But now I also like the teachers and the Bible classes, and I enjoy the daily worships that we have. I especially like Sabbath School because my church doesn't have a fun class for children to learn about God."

As Kenneth studied his Bible lessons, he began to notice some differences between what his family's church teaches and what the Adventist church teaches. "In my family's church, the teachers tell us something about God, but they don't show us where it says that in the Bible," Kenneth says. "At school my teachers tell us something and then read it from the Bible so we'll know it's true. I began to realize that what my family's church teaches isn't all true."

Sharing With the Family

When Kenneth went home for vacation, he talked to his parents about some of the things he was learning at school. His parents weren't angry that he was learning more about the Bible. But when his father asked him if he wanted to become an Adventist, Kenneth didn't answer because he didn't want his father to be angry with him.

Kenneth eventually told his mother that

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Mission Post

- The East-Central Africa Division includes the countries of Burundi, Democratic Republic of Congo, Eritrea, Ethiopia, Kenya, Republic of Djibouti, Rwanda, Somalia, South Sudan, Uganda, and Tanzania. The division headquarters is near Nairobi, Kenya.
- Some 3.1 million Adventists live in eastern Africa, or one person for every 115 people.
- The division serves people from hundreds of ethnic groups and who speak hundreds of different languages; however, the three most-used languages are English, French, and Swahili, the trade language of eastern Africa.

he wanted to become an Adventist, and she told him to think carefully before making a decision. The next day Kenneth told her that he was sure that he wanted to become an Adventist. His mother was glad, so Kenneth studied the Bible and prepared to be baptized.

Kenneth invited his mother to attend church with him when he was at home during school breaks. But his father works on Saturdays and isn't interested in changing religions.

Adventist Education Pays

Kenneth's older brother studies in an Adventist high school and also prepared for baptism. "We are the only two in our family who have studied in Adventist schools, and we're the only ones who became Adventists," Kenneth says. "That shows that Adventist education is important!"

"We have a good faith," Kenneth says, referring to the Adventist Church. "And God wants others to know it too. It's up to us to tell them. Please pray that my brother and I will have the wisdom to know how to share God's love with our family and friends."

Kenneth is being a missionary. Let's pray for Kenneth and his brother right now. *[Close with prayer.]*

Let's Play Jonah!

This game is one that children in Uganda enjoy playing. Its all about rowing to safety against stormy waters. The name Jonah comes from the Biblical story of Jonah and the whale.

HOW TO PLAY:

- Several children sit on the floor behind each other in two rows with their legs in a V shape - as if on a rowing boat.
- Pupils sway forward and backward, rowing against the waves of the sea. This is like the boat being moved up and down.
- They sing a rhyme about Jonah and when the rhyme ends they start to sway from side to side, as if the boat is going into a storm. (You may choose your own song or rhyme.)
- The swaying becomes stronger until students start to lose their balance and fall out of the side.
- Those who fall out or lose their balance are in the water have to swim to safety and are out.
- The winning team is the boat with the most rowers after an allotted time.

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Thirteenth Sabbath Program

If your division will present the Thirteenth Sabbath program for the adults, the following suggestions can help you plan.

- Practice 2 or 3 songs from your Sabbath School program that the children are comfortable singing them for their parents.
- If you wish to present the Thirteenth Sabbath story (below), ask three older students who are good readers to practice reading the stories aheada of time (1 narrator, 2 readers).
- A week or two before Thirteenth Sabbath, send a note home with the children reminding them to bring their Thirteenth Sabbath Offering.

If you won't be having a special program, use the following stories as the regular mission feature, or invite a guest to speak to the children about one of the featured countries.

- Remind the children to bring their Thirteenth Sabbath Offering. If they have special banks for their offering, encourage them to finish filling them and bring them on Thirteenth Sabbath.

Obeying God Rather than Man

Narrator: Today we'll hear two inspiring stories from East-Central Africa. In the first story, we pay tribute to one of the early Seventh-day Adventist missionaries—Pastor O.U. Giddings. Pastor and Mrs. Giddings served as missionaries in many countries of Africa, including the Democratic Republic of the Congo, which is where this story, written by Pastor Giddings, takes place. It was first published in the *Missions Quarterly*, Fourth Quarter, 1942.

Reader 1: Mwana-Mbo was a native lad about fourteen or fifteen years of age who lived in a village about one and a half miles from our mission. His name translated into English means "a young buffalo." "Mwana" means "a young one," or "baby," and "mbo" means "buffalo."

Mwana-mbo entered the mission school and he not only learned to read well, but was a good student. He seemed to have a better sense of spiritual things and of right and wrong than many of the other students. His home in the village was close enough to the mission so that he could live at home while attending school, instead of living in the dormitory on the mission with other boys who came from a greater distance.

One day when he returned home after school, he found his father, who was not a Christian, in their grass hut with some of his friends drinking native beer.

Most of the native beer comes from the juice of a certain palm tree. The tree is tapped near the ground—much in the same way that maple trees are tapped in northern countries—to get the sap. The

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natives catch the sap in a gourd or earthen pot. Sometimes they add wild honey or some other substance, and as fermentation begins very soon, within two or three days the liquid contains much alcohol, and is, of course, very intoxicating.

When Mwana-mbo entered the hut, his father dipped up a gourd or cup of beer, held it out to his son, and told him to drink it. The boy hesitated, then declined. The father spoke to him again—this time in a sharp command for him to drink. The son tried to explain to his father that it was wrong to drink strong drink. He told him that Jesus would never do it, and that he was now Jesus' boy.

The father became very angry, and told his son that he would have to drink it or leave his home. Mwana-mbo stepped outside. He went behind the hut, and asked Jesus to help him to be a strong boy for Him. Then he went into the hut again, and said to his father, "You may drive me from home, father, but I cannot drink that beer." So he was driven from his father's house.

We saw him coming up the path toward the mission home just at dusk, and as that was very unusual, we went out to see what he wanted.

Naturally, the lad was very sad. He had no place to stay, no food, and as he said, no brothers from his own village on the mission who could share a room or hut with him.

After hearing his experience, we provided a place for him, gave him food and supplied his needs for several months until he could get a garden of his own.

He continued after we left the mission, finishing the mission school and then attending [the Adventist] training school. Now he is one of our regular teacher-evangelists, and is teaching boys and girls of his own tribe the story of Jesus which has meant so much to him.

Narrator: Our next story features another young person who stood up for his faith even when it seemed he was alone. This story comes from Tanzania and was written by Mrs. V. Dunder, who served as a long-time missionary in East Africa. Her story was first published in the *Mission* Quarterly, First Quarter, 1974.

Reader 2: How fortunate to be the first-born! And that's what Wambura was. He was born into a Seventh-day Adventist home and had eight younger brothers and sisters.

As time passed, both Father and Mother became careless about reading the Bible and praying. Then it was that Satan began laying traps to catch them completely. Soon they quit going to church. Both Father and Mother began that terrible evil of drinking alcoholic liquors.

Wambura struggled through primary school and was chosen to attend our Seventh-day Adventist school. At the end of his secondary schooling he successfully wrote the Cambridge examination and was selected to take nurse's trianing. How thankful Wambura was to know the Lord was leading him where he could help others.

Just before leaving home to study nursing, Wambura attended an Adventist youth camp. Pastor Hancock was there and taught the young people a chorus that inspired this young man to make Christ first in everything, regardless of the consequences. As he left his father, mother, sisters and brothers, these words rang in his heart:

The Lord is my Shepherd,

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I walk with Him alwayas,
He leads me by still waters,
I walk with Him always.

Wambura took the Lord as his Shepherd and walked with Him always. Since there was a large number of young people entering nurse's training, the class was informed that at the end of the first and second quarters only the best students would be allowed to continue.

Immediately Wambura faced real problems. In this school classes were held on the Sabbath. His entire future was threatened. What could he do? He spoke with the head of the nursing school, but was told that no exception could be made. All students must attend the lectures on Sabbath morning.

Nevertheless, each Sabbath he prayed and went to church. Several times he was called in before his supervisor to explain these absences. Finally this could be tolerated no longer, and Wambura was summoned to speak with the head of the school for the final word of dismissal.

What a sad day! He remembered his poor parents and brothers and sisters. They were depending on him, the first-born, to complete this course so that he could help them out of their deep poverty. His prayer was that the Lord would give him the words he should speak.

For the last time he was asked to attend classes on Sabbath or return home. Even before entering the office, while yet in the doorway, the question came, "Which is more important, your religion or your training?"

It was a big question, but not too big for God. The answer was there: both are very important. Silently Wambura prayed that he would have the courage to make the right decision. After explaining again that Sabbath was God's holy day, he added that he would rather be dropped from the class than attend lectures on this day. He had made the right choice, and God was there to honor him. He was excused from all Sabbath classes.

He studied hard and made good grades. He prayed much for his family. His parents were proud of their son who had shown them the way to remain faithful even through trials. After a short time a letter arrived telling of the parents' joy in their renewed faith in God. The grandmother also was baptized. Now the entire family is preparing for the soon return of our Lord and Saviour.

Prayer, faithfulness, and kindness win people to Jesus. Please pray that the Lord will continue to raise up more faithful young people to witness for Him in these last days.

Narrator: Today we have the opportunity to help the young people in East-Central Africea by giving generously to the Thirteenth Sabbath Offering. A portion of today's Thirteenth Sabbath Offering will be going to build a cafeteria and dormitories for the medical students at the Adventist University of Central Africa in Rwanda. A portion will also be used to build a Lamb Shelter for the children in South Sudan. This Lamb Shelter will provide a place where they can meet for Sabbath School, Adventurers, Pathfinders, and other programs for children. Thank you so much for your generous offering!

[Offering]

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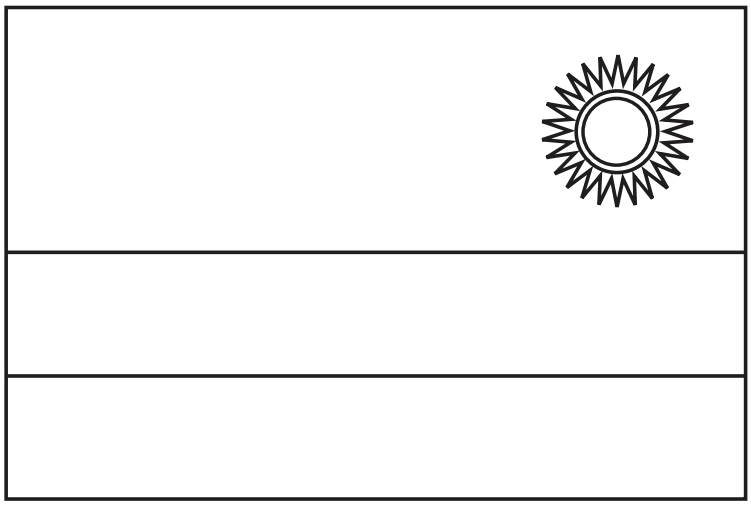
Color The Flags

Color the flags of the two countries where our Thirteenth Sabbath Offering will be going to in the East-Central Africa Division.

RWANDA



DIRECTIONS

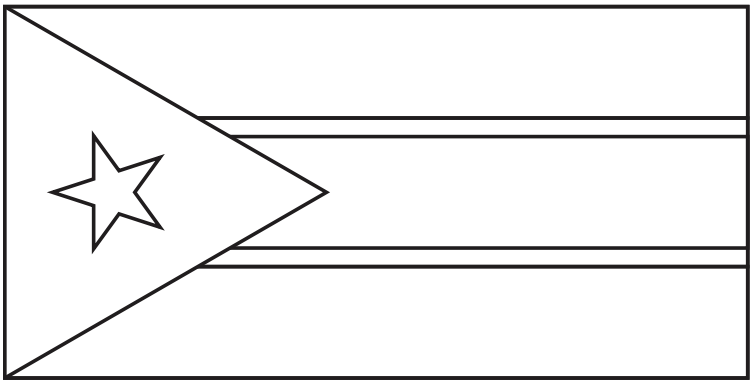
Color the large top horizontal stripe light blue.

Color the sun and rays within the blue stripe yellow.

Color the middle horizontal stripe light yellow.

Color the bottom horizontal stripe green.

SOUTH SUDAN



DIRECTIONS

Color the top horizontal stripe black.

Color the thin horizontal stripe below the black stripe white.

Color the middle stripe red.

Color the thin horizontal stripe below the red stripe white.

Color the bottom horizontal stripe green.

Color the triangle on the left blue.

Color the star yellow.

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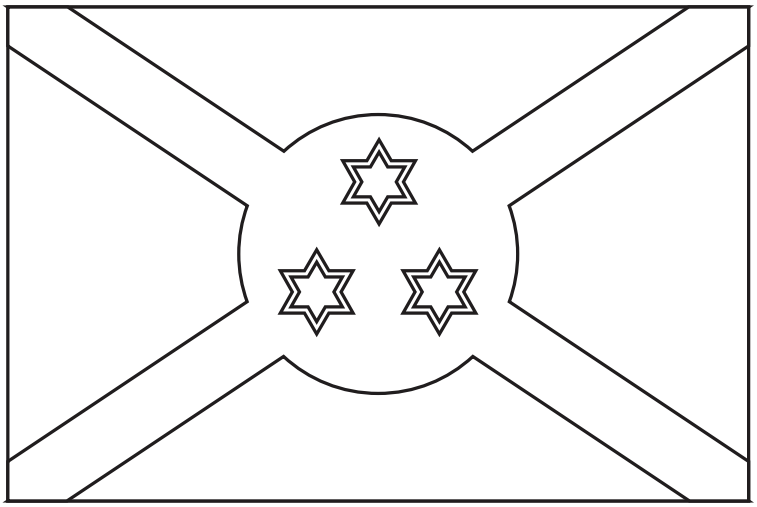
Color The Flags

BURUNDI



DIRECTIONS

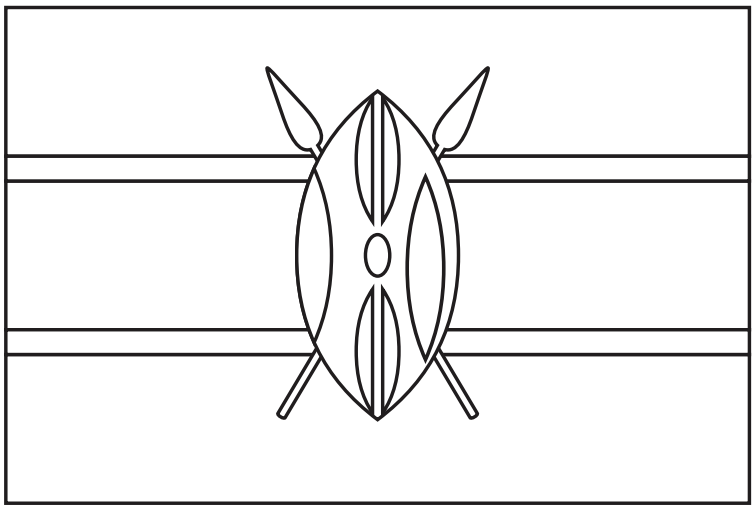
Color stars in center red, outlining them in bright green.

Leave circle and stripes white.

Color top and bottom sections red.

Color sections on the left and right bright green.

KENYA



DIRECTIONS

Color the top large horizontal stripe black.

Leave both thin horizontal stripes white.

Color the middle large horizontal stripe red.

Color the bottom large horizontal stripe green.

Leave the middle shapes in the center of the shield white.

Color the main part of the shield red.

Color the two oval-shaped areas on either side of the shield black.

Leave the crossed spears behind the shield white.

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Make an African Rain Stick

Rain sticks are musical instruments made from bamboo trunks or other hollow wood. When gently tipped from one end to the other, beans or small stones inside the rain stick bounce off the bamboo's ridges and produce a soft sound like rain. Rain sticks are often used to accompany singing, even in church.

Help your children make simple rain sticks for use in the Thirteenth Sabbath program or to accompany their songs at the mission potluck.

FOR EACH RAIN STICK YOU WILL NEED:

- cardboard tube from an empty paper towel roll
- wire nails (available at craft or hardware stores)
- two 3-inch circles cut from thin cardboard
- all-purpose glue
- two small rubber bands
- rice, beans, lentils, popcorn, or beads to make "rain" noise
- 6" x 12" piece of cloth, felt, or construction paper*

PREPARATION:

1. Before children arrive, cut cardboard circles and make ½-inch slits ½ inch apart around each circle. Cut cloth or construction paper into 6" x12" [15-cm by 30-cm] pieces.
2. Give each child a cardboard tube and some wire nails. Show them how to gently press the nails into the cardboard along the spiral of the tube without denting the tube.
3. Cover one end of the tube with a cardboard circle, folding the cut edges down over the sides of the tube. Glue ends down firmly and secure with a rubber band until the glue dries.
4. Add about 1/4 cup rice, beans, lentils, or beads to the rain stick and cover the open end with the remaining cardboard circle. Glue and secure with rubber band.
5. Remove rubber bands and cover the tube with cloth, felt, or construction paper. Apply a thin line of glue the length of the tube and carefully align cloth or paper on the tube. Press into the glue. Add another line of glue an inch or so from the first row and press the cloth into it. Continue applying glue and pressing the cloth over it until the tube is covered. Glue the end of cloth securely so it won't unravel. Let rain sticks dry for an hour or so before using.
6. To play the rain stick, tilt it slowy from side to side at a 60-degree angle to allow the grains inside to bounce off the nails and sound like rain.

* If using fabric, look for a bright African-style print. From *The Great KidMission*, Gospel Light Publishers, 1996.

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Let's Cook!

BURUNDI

UGALI (CORNMEAL PORRIDGE)

Ugali is a thick porridge that is eaten at any meal in Eastern Africa. It is usually cooked without salt or sugar and is eaten by rolling a small amount into a ball and dipping it into the juice of vegetables or gluten to add flavor.

12 cups water
4 cups cornmeal or regular Cream of Wheat cereal
margarine (optional)

DIRECTIONS:

Heat the water in a saucepan until lukewarm. Mix half the cornmeal, a little at a time, with the warm water, stirring with a wooden spoon to make sure there are no lumps. Bring to a boil, stirring well, then lower the heat and let it boil gently for a few minutes. The mixture should look like a thin transparent porridge. Sprinkle the remaining cornmeal over the liquid mixture, a little at a time, stirring continuously to avoid forming lumps, until the desired consistency is reached. Keep stirring until the ugali is smooth and well cooked. Stir in a little butter or margarine if desired. Serve with an entree or vegetables. Serves 8.

OTHER FOODS POPULAR IN EASTERN AFRICA

Chapatis, or Indian fried bread, is popular throughout eastern Africa. If chapatis are not available, cut pita bread into quarters and serve instead.

OTHER FAVORITE AFRICAN VEGETABLES

Butternut squash or sweet potatoes: Peel squash or sweet potatoes and cut into one-inch cubes. Steam until tender. Salt if desired.

Future Thirteenth Sabbath Projects

Next quarter the Inter-European Division (EUD) will be featured. Special projects include providing a new place of worship for an international Adventist congregation in Vienna, Austria, a new church building for a congregation in Ragusa, Italy, and and the creation of a Judeo-Adventist Center in Paris, France.

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Leader's Resources

Following are sources of information that may be helpful in preparing for the mission segment of Sabbath School.

For more information on the cultures and history of the East Africa countries featured in this quarterly visit your local library or a travel agency, or visit the websites listed below.

An excellent website to explore is "Our Africa." This website has a wide variety of information and activities for kids and features a pull-down A-Z menu of African countries to explore. Highly recommended!

Rwanda: http://www.our-africa.org/rwanda
Kenya: http://www.our-africa.org/kenya
Uganda: http://www.our-africa.org/uganda
For the countries of Burundi and South Sudan, try these websites:
Burundi: http://easyscienceforkids.com/burundi/
South Sudan: http://easyscienceforkids.com/all-about-sudan-and-south-sudan/

You may also find these denominational websites helpful:
East-Central Africa Division: http://www.ecd.adventist.org
Adventist University of Central Africa: http://www.auca.ac.rw
East Kenya Union Conference: http://eku.adventist.org
West Kenya Union Conference: http://www.wku.adventist.org

Be sure to download your free *Mission Spotlight* DVD, featuring video reports from around East-Central Africa and beyond. Download or stream from the Adventist Mission website at: www.adventistmission.org/dvd

Get your FREE Thirteenth Sabbath Offering Bank by sending an email to: missionquarterlies@gc.adventist.org. Please indicate the number of offering banks you are requesting and a complete mailing address.

Ask your Sabbath School council to set a quarterly mission offering goal (set the goal a little higher than last quarter and divide it by 14, one part for each of the 12 regular Sabbaths this quarter and two parts for Thirteenth Sabbath). Chart the weekly progress toward the quarter's goal on a goal device.

Remind your Sabbath school members that their regular weekly mission offerings will help the missionary work of the world church and that one quarter of the Thirteenth Sabbath Offering will go directly to the projects in the East-Central Africa Division. On the twelfth Sabbath, report on mission giving during the quarter. Encourage members to double or triple their normal mission giving on Thirteenth Sabbath. Count the offering and record the amount given at the end of Sabbath School. This immediate feedback will encourage the children to continue their mission giving.

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East-Central Africa Division

	CHURCHES	COMPANIES	MEMBERSHIP	POPULATION
Burundi	377	414	109,138	10,483,000
East Congo	242	401	70,312	10,020,314
East Kenya	2,674	2,049	459,426	37,233,236
Ethiopian	901	368	162,588	96,819,000
North East Congo	1,031	583	160,606	20,396,462
Northern Tanzania	1,840	1,347	359,059	28,525,434
Rwanda	1,713	560	645,048	11,080,000
Southern Tanzania	642	878	111,592	22,231,566
Uganda	927	1,974	285,180	38,845,000
West Congo	643	629	293,987	40,750,224
West Kenya	2,371	1,815	364,759	16,782,764
Attached Fields	62	180	24,618	18,275,000
TOTAL	13,423	11,198	3,046,313	351,442,000

Statistics from the 2015 Annual Statistical Report
Population statistics from the 2015 Seventh-day Adventist Yearbook

PROJECTS:

1. Dormitories and Cafeteria for ECD Medical School, Kigali, Rwanda
2. Children's Project: Lamb Shelter for children in Juba, S. Sudan