

Fairness and Healing in Africa

Pray that Africa may find strength in Jesus for healing and fairness.



Sometimes, we Americans forget how blessed we are. If we don't get enough rain, we can put sprinklers on our lawns or in our gardens so our vegetables will grow. If we are sick, doctors can give us medicine to make us well. Our government has programs to help the poor. We could do more, but we do have shelters for the homeless and soup kitchens for the hungry. The United States' Pledge of Allegiance says that America believes in "liberty and justice for all."

The Pope is asking us to pray this month for peace and healing in Africa. While we in the United States should count our blessings, people in Africa suffer in many ways.

Parts of Africa are finally starting to see rain for the first time in many months. Twelve million people had to leave their homes because there wasn't enough rain to grow crops or feed animals. Now that rain has arrived, those same parts of Africa are worried about illness. Americans often get shots to prevent diseases like measles and polio, but most Africans can't. The rain lets farmers plant their crops, but also makes it easier for people to spread diseases.

Bishops in Africa have asked the world for help. Many countries, including the United States, treat Africa unfairly. Some countries will loan Africa money, but they make it hard for Africa to pay the money back. Because of unfairness like this, some countries in Africa can't feed their people or pay for medicine.

So we join in the Pope's prayers for Africa this month, remembering two very important things. First, we should be thankful for the blessings we have. Second, we should use those blessings to help others. Pray that the United States and other countries will treat Africa fairly, and pray that the people in Africa find strength in Jesus as they heal.

Think about it!

- What blessings do we have in America that people in Africa may not have?
- What are some of the ways Africans suffer?
- What can governments do to help Africa?

West African Sand Dough



Here is a recipe to make sand dough. When the dough dries it feels rough and sandy. Make a statue or sculpture from your sand dough. Choose a shape that reminds you to pray for the people of Africa.

Materials Needed:

- 2 cups flour
- 3/4 cups water
- 2½ - 3 cups sand
- 1 tablespoon white glue
- Acrylic paint or poster paint (optional)
- Measuring cup
- Mixing bowl

1. Measure out two cups of flour and 3/4 cups water into a bowl.
2. Mix and knead into a soft, sticky dough.
3. Add two cups of sand. Fold the sand into the dough until it's mixed in.
4. Add about one tablespoon of white glue. The glue will make the dough a bit stickier and allow more sand to be added.
5. Measure out another cup of sand and add it bit by bit. You don't need to put in all the sand - you can stop when it feels right. If you add too much sand, you can add a few more drops of water or glue.
6. The color of your dough will be decided by the color of your sand. if you use light sand, you can add a bit of paint to your dough to change the color a bit (the paint will only color the dough and not the sand particles).
7. Shape your dough and let it dry!