



THE CHURCH
OF ENGLAND

Diocese of St Edmundsbury
and Ipswich



Lent *for schools*

Praying for Kagera – daily reflections

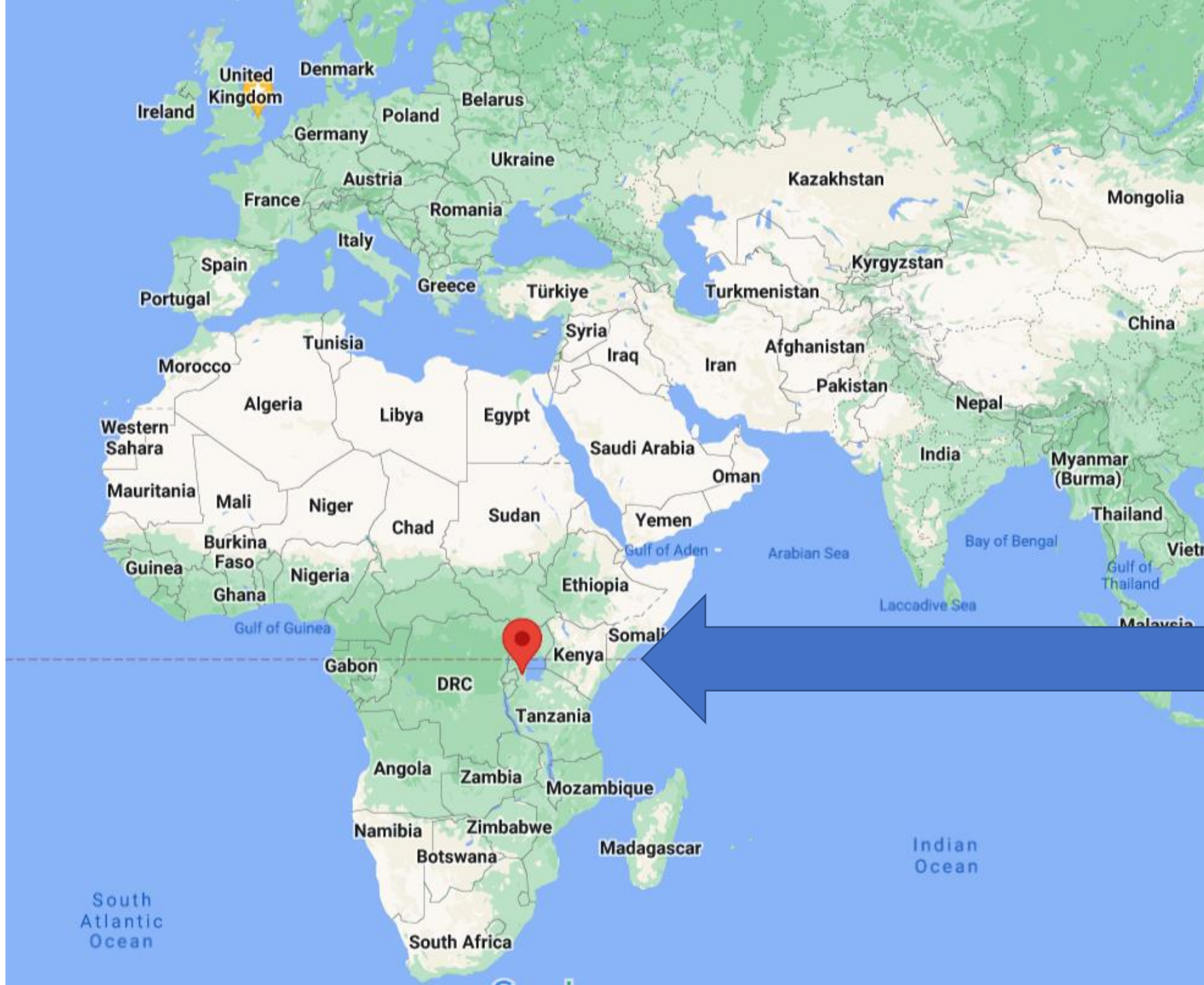
Introducing Kagera

Our diocese has been linked with the Diocese of Kagera in Tanzania since 1994. Together we work to support one another, share our news and pray for each other.

Kagera is a beautiful region in the northwest of Tanzania. However, it is one of the poorest areas of the country and most of its two million people live on less than £1 a day. In recent years rains have become unpredictable, leading to crop failures and food shortages.

This resource provides opportunities to learn about and pray for the people of Kagera. In doing so, perhaps we will also learn more about ourselves.







How to use this resource -

This resource has been designed for use by schools during Lent. This can be used during collective worship or at class reflection time.

This resource supports the Bishops' Lent Appeal for Kagera 2024. More information can be found [here](#).



Amina is Swahili for Amen

Wednesday 14 February 2024



<https://www.youtube.com/watch?v=rFEjDkY5emc>

Learn -

Ash Wednesday marks the beginning of Lent, a season in the Church calendar. Lent includes 40 days (but not the Sundays) leading up to Easter. Ash Wednesday is so named because Christians sometimes have ash crosses placed on their forehead on this day, as a reminder of the way the world isn't as God would want it to be, and as a "sorry" for our part in that.

Think –Lent is also a time for personal reflection. As well as thinking about our own lives, this Lent we will also think about the people of Kagera. **I wonder... how might their lives be different from yours?**



Thursday 15 February 2024

What can you see?

Think –



I wonder... where does the food you eat come from?

Pray (if you want to) –

Ask God for good weather in Kagera to make the crops grow strong.

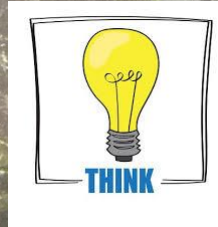
Learn -

70% of people in Kagera are subsistence farmers. This means they grow their own food but not to sell to others to earn a living. Instead they grow food to feed themselves and their family. Like many Tanzanians, these men work bare-foot. They will be used to it from childhood and the soles of their feet will be tough. Shoes are kept for more formal occasions.

Amina

Friday 16 February 2024

What can you see?



Think –

I wonder... what makes our roads different from the roads in Kagera?

Pray (if you want to)–

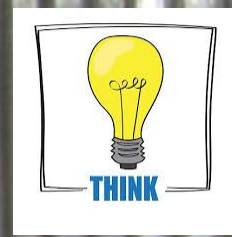
Ask God to help provide for a special eye doctor (ophthalmologist) for the people of Kagera.

Learn -

The roads in Kagera are not very good. They are bumpy and dusty. People in Kagera have to travel far, far away if they need to see a special doctor. Those in Kagera who need an eye doctor have to travel for eight hours on these roads which is a very long way.

Amina

Monday 19 February 2024



What can you see?

Think –

I wonder... do jobs which pay more make you happier?

Learn -

Kagera is a poor area of Tanzania. There are not many opportunities for jobs like there are in the big cities. Here is a carpenter working with wood. Most of the people of Kagera live on less than £1 a day.

Pray (if you want to) –

Ask God to provide more opportunities for work for the people of Kagera.

Amina

Tuesday 20 February 2024

What can you see?

Learn -

Many of the women in Kagera team together to make crafts. They may have learnt their craft from a family member or a training scheme. The money they make doesn't go on buying things for themselves. Instead they use the extra money to help pay for their children to go to school.



Think –

I wonder...should education be free for everyone?

Pray (if you want to) – ask God to help grow the skills of the women in Kagera.

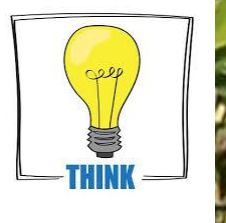
Amina

Learn -

Most houses in Kagera do not have running water or electricity. Instead families use oil to light special kerosene lamps. They walk to collect water. This is something children help with from an early age. It's not always a bad task – you get time to chat and play with your friends on the way!

Think –

I wonder... do you help with tasks and chores at home?
How does it make you feel?



What can you see?

Pray (if you want to) – pray for the people of Kagera to have access to solar panels to help school children study and families stay healthy.

Wednesday 21 February 2024

Amina

Thursday 22 February 2024

Learn -

Some people in Kagera can grow enough food to sell some. These crops need to be drought-resistant which means they can survive even when the weather is very dry. Avocados are very popular! Have you ever tried one?

What can you see?



Think –

I wonder... what would happen if Kagera had a drought? What if we did?

Pray (if you want to) –

Thank God for the different seasons and the variety of food we grow. Ask him to send enough rain to Kagera for the plants to grow.

Amina



Friday 23 February 2024



What can you see?

Think –

I wonder... have you ever saved for something special?

Pray (if you want to) –

Pray for Elijah, his business and that he can share his skills with others.

Amina

Learn -

This is Elijah. He grows passion fruit. He used to walk to the market 12km away. The walk used to take him 2 and a half hours! Could you imagine walking that far? But thanks to the success of his passion fruits he doesn't have to walk anymore. Instead he was able to buy himself a motorbike! This has saved him a lot of time and effort.



Monday 26 February 2024



What can you see?

Learn -

In Kagera, a man called Thomas leads a special church project to help people learn the skills they need to become self-sufficient (to be able to look after themselves without relying on others). This helps them feel more positive about the future. What skills do you think they are learning?

Think –

I wonder... what does it mean to have hope in the future?



Pray (if you want to) – ask God to give the people of Kagera hope in him and his promises. Pray for Thomas and his project.

Amina

Tuesday 27 February 2024



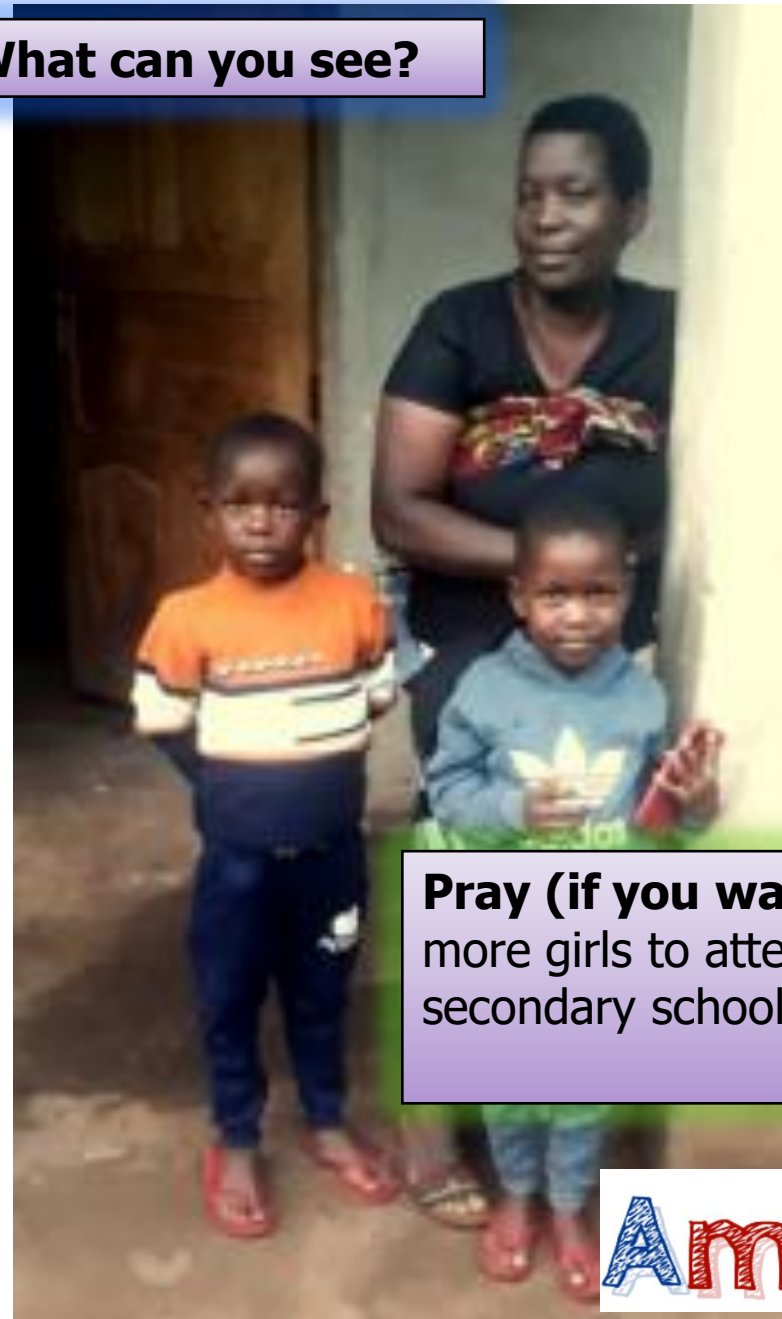
Think –

I wonder... how would you feel if your education finished at age 13? How might this disadvantage you in the future?

Learn –

In Tanzania, children are expected to be in primary school from the age of 7 -13. Some pupils start their schooling later when their family can afford to send them. All Tanzanian families must pay school fees and buy the uniform and school equipment for their children. This is Alice. She went to primary school but not secondary school because her parents needed her to help out at home on their small farm. School was also too expensive for the family.

What can you see?



Pray (if you want to) – for more girls to attend secondary school in Kagera.

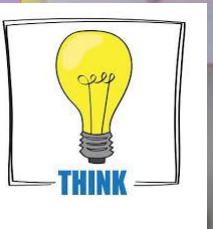
Amina

Wednesday 28 February 2024

What can you see?

Think –

I wonder... is a job which helps others more important than a job that helps only yourself?



Learn -

Alice and her family were helped by Thomas and his special church project. As a result they made some money from selling their crops. Alice's parents were then able to send her to school. Alice grew up to become a midwife and help mothers and babies in her community.

Pray (if you want to) – for the midwives of Kagera and that the babies are born healthy and strong.

Amina

Thursday 29 February 2024



Think –

I wonder ... why is family so important to so many people?

What can you see?



Learn -

These crops belong to David. He found it difficult to grow enough food to feed his family. He was helped by the church project to improve his coffee and banana crops to sell at market. He has also planted trees to produce wood for building and furniture making. Now his family has enough to eat. He can also afford healthcare and all his children go to school.

Pray (if you want to) – for all families in Kagera to be able to afford healthcare.

Amina

Friday 1 March 2024

Think –

I wonder... what is good in your life?



What can you see?

Pray (if you want to) –

Think of those things which are good and say thank you to God for each.

Amina

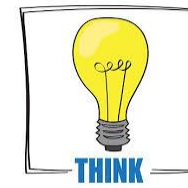
Learn -

The banner in the church reads 'What shall I return to the Lord for all his goodness to me?' and is from Psalm 116:12

Life is sometimes difficult in Kagera but people still recognise that God is in charge and that he is Good.

NIMURUDISHIE B WANA NINI KWA LIKARIMU WA
ZAB 116:12
KOMTENDEA

Monday 4 March 2024



What can you see?

Learn -

Last year over 200 people in Kagera needed glasses but there weren't any available. Others needed to go to the hospital for treatment for eye diseases but it takes up to 8 hours to get there. This makes getting the help they need very difficult.

Think –

I wonder... have you ever been to a hospital? How long did it take to get there?

Pray (if you want to) –

Pray for doctors and all who work in hospitals, both here and in Kagera.

The logo for "Amina" features the name in a colorful, hand-drawn style. Each letter is filled with a different color and has a textured, sketch-like appearance. The letters are: A (blue), m (red), i (green), n (blue), a (yellow).

Amina

Tuesday 5 March 2024

What can you see?

Think –

I wonder... are you a part of any communities? How does it feel to be a part of them?



Learn -

The church is built of mud bricks and wood but is well attended as churches often are in this part of Africa. People come from surrounding villages. They will walk miles for a special occasion like a christening. Being part of this community is very important.

Pray if you want to – Say thank you to God for the communities you know. Stop and think about anyone who might be lonely and ask for them to feel connected to others.

Amina

Wednesday 6 March 2024

What can you see?

Think –

I wonder... how will this woman pay for her bread?



Pray (if you want to) –

Thank God for all he provides.

Learn -

A woman is buying a load of bread at a kiosk. Bread is expensive in Kagera because wheat is not grown locally. It has to be imported. She is buying the bread as a treat for her family. The people of Kagera usually eat beans, rice, fruit and vegetables which they grow themselves.

Amina

Thursday 7 March 2024



What can you see?

Learn -

This is Doctor Ethan. He dreamt of becoming a doctor after his father died when he was young. The church helped his mum buy him school uniform and continue his studies. After school the government helped him to go to university and now he is training as an eye doctor.

Think –

I wonder... what are your dreams for the future??



Pray (if you want to) – for the doctors of Kagera like Dr Ethan and that we can learn from their perseverance and patience.

Amina

Friday 8 March 2024



What can you see?

Think –

I wonder...do you prefer playing inside or outside? Why?

Pray (if you want to) –

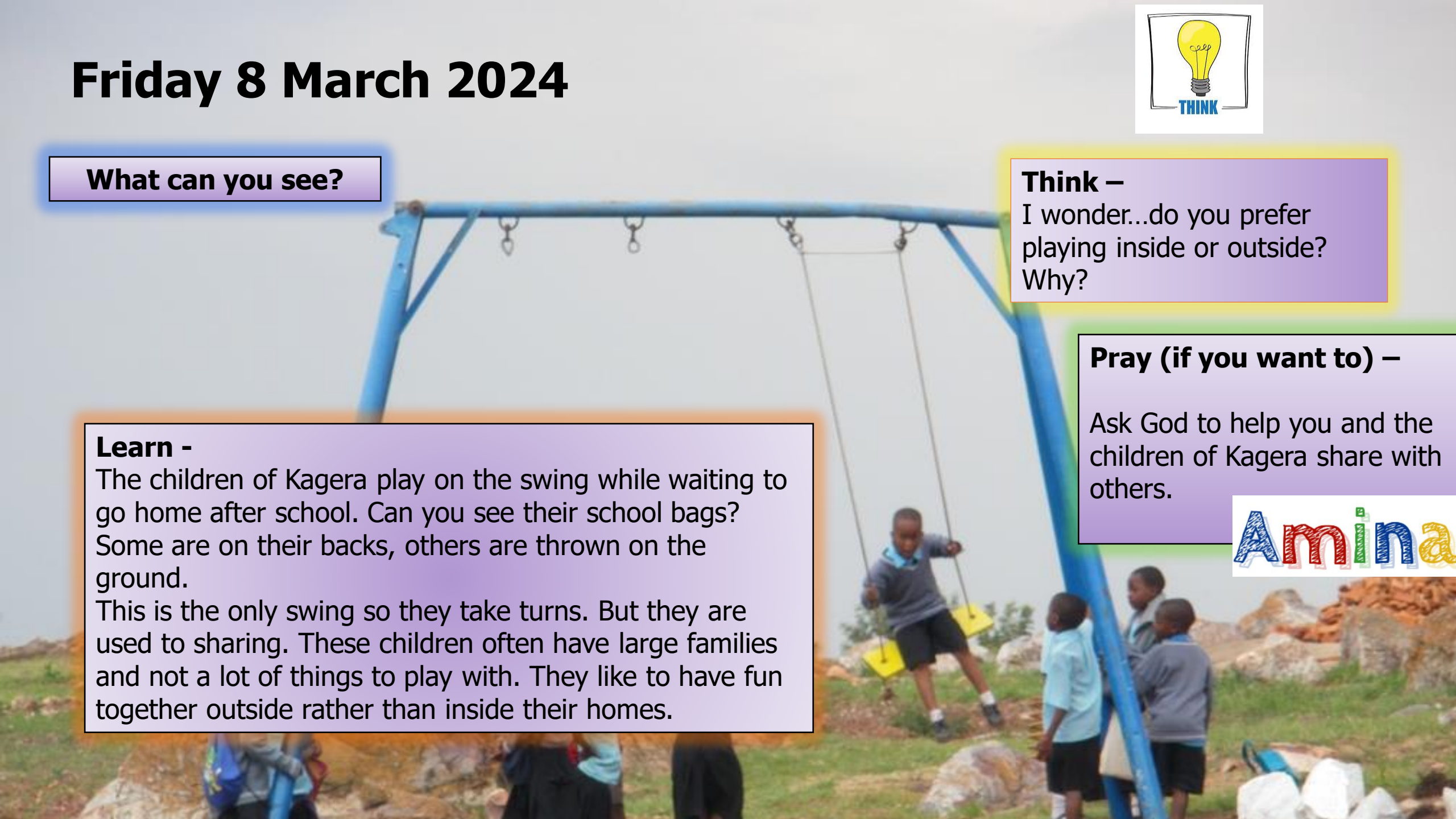
Ask God to help you and the children of Kagera share with others.

Amina

Learn -

The children of Kagera play on the swing while waiting to go home after school. Can you see their school bags? Some are on their backs, others are thrown on the ground.

This is the only swing so they take turns. But they are used to sharing. These children often have large families and not a lot of things to play with. They like to have fun together outside rather than inside their homes.



Monday 11 March 2024

Learn -

The school is built on the edge of a rocky hillside. The playground is unfenced and surrounded by fields. Part of this has been cleared for assemblies outside. Children have to be very careful when playing. The ground is uneven with large rocks. There is no soft surfaces to fall on. Children learn to be sensible quickly.

Think –

I wonder... how is this place different from your school playground?



What can you see?

Pray (if you want to) –that both your school and Kagera's schools may be happy places full of learning.

Amina

Tuesday 12 March 2024

What can you see?

Think –

I wonder... what food do you eat the most?



Learn -

Plantains are a staple food in Tanzania. They are a kind of banana which needs to be cooked before eating. They grow all year round often on land outside the family home. Each banana plant (not tree) produces 40-50 bananas. The taste is like potato. Meat is only for very special occasions.

Pray (if you want to) –

express thanks to those who cook well balanced healthy meals for their families in this country and in Kagera.

Amina



Wednesday 13 March 2024



What can you see?

Think –

I wonder... why does everyone dance and sing together?

Learn -

There are many choirs in churches in Kagera. They sing and dance joyfully in every service. Music and movement go together in Africa. No-one sings standing still and the worship is lively and joyful. Among the congregation are different robed choirs who perform their own specially composed worship songs with accompanying dance moves. Traditional drums or battery-powered keyboard provide the backing.

Pray (if you want to) – thank God for your ability to sing. Next pray the churches in Kagera continue to feel connected to God through song.

Amina

Thursday 14 March 2024

What can you see?

Think –

I wonder... how would it feel to be at the market? What could you hear? Smell?



Pray (if you want to) –

For the market in Kagera and your local market. That they continue to be busy and successful for all. That by working together communities can help one another.

Learn -

In Kagera shops are very small and there are no large supermarkets like the kinds you know. Most shopping is done at markets set up at the side of the road. These will sell clothing and food. What can you see being sold?

Amina

Friday 15 March 2024

What can you see?

Learn -

This woman is wearing a kanga. In many countries in Africa, the kanga is used. It is an important part of life. Babies are wrapped in them when they're born, choirs will wear matching ones. Men wear shirts made from them and women dresses or hats. In the home they're used as curtains or tablecloths. Kangas are important enough to hand on to friends and children and in the end when they're really worn out, they're even used as rags for cleaning pots or floors. They are long lasting and have many uses.

Think –

I wonder... what happens to your old clothes?



Pray (if you want to) –

Ask God to provide for all the needs of the people of Kagera both young and old.

Amina



Monday 18 March 2024

What can you see?

Think –

I wonder... why are the doors always left open in Kagera?



Learn -

There are different types of houses in Kagera. Many are built with mud, bricks and a steel roof. These houses have two rooms. One for living and eating and another for sleeping. Can you find evidence of children in the photo? Plastic sheeting by the entrance keeps the floor clean. Cooking is done outside on a stove. Other houses are bigger and have indoor stoves and even dishes for satellite TV.

Pray (if you want to) –

Thank God for all he is doing in Kagera.

Amina

Tuesday 19 March 2024

What can you see?

Think –

I wonder... how is this school like yours? How is it different?



Learn -

This is Ngara Anglican Primary School in Kagera. The children stand in line for assembly. The older children take it in turns to lead. The Head Teacher is in the white shirt. These children will speak in three different languages every day. At home they will use their local tribal language, around the town they will speak Swahili but at this school they use English for their lessons. This will give them an advantage when they grow up.

Pray (if you want to) – for all those in Ngara Anglican Primary School

Amina

Wednesday 20 March 2024



What can you see?

Think –
I wonder... is walking better than driving a car?

Learn -

What is the most common transport in Kagera?
Walking and cycling. Owning a motor vehicle is very expensive and many people live in places where there are no roads only footpaths. Bicycles are used to transport goods not just people!

Pray (if you want to) –

Ask God to provide improved roads for the people of Kagera.

Amina

Thursday 21 March 2024

Learn -

Rev'd Christian has five churches to look after with 950 members altogether. He used to hire a motorbike to travel the 42 kilometers to the furthest church, but it was very expensive. He was very happy when the church bought him his own bike!

Think –

I wonder... how do you get to school each day? How long does it take you?

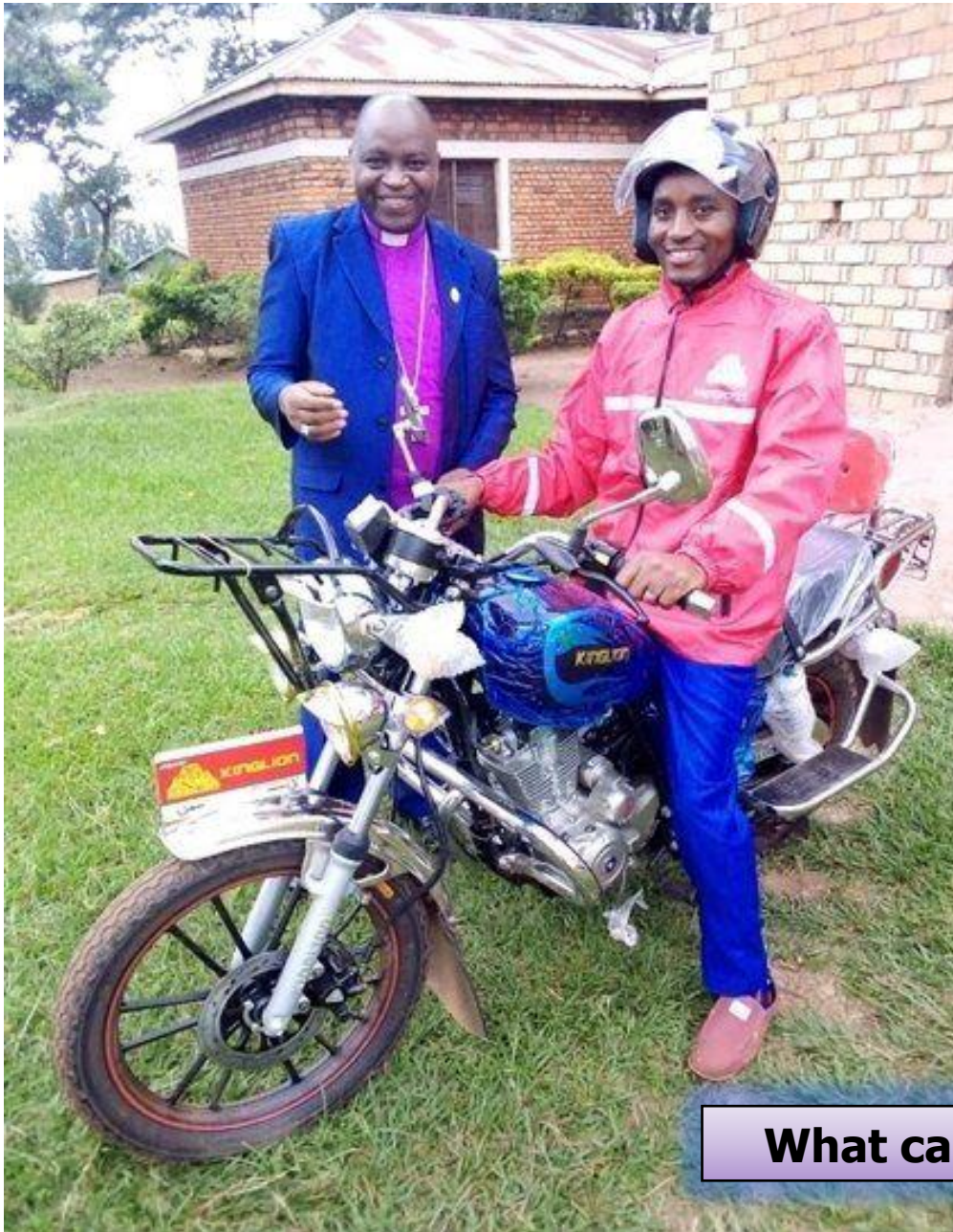


Pray (if you want to) –

give thanks for all those who serve in the church in Kagera.

What can you see?

Amina



Friday 22 March 2024



Think –

I wonder... how would it feel to live miles away from anyone?

What can you see?

Learn -

This crowd is gathered outside a country church. They are saying goodbye to some visitors. Visitors are very welcome in this part of the country because it is so remote. Look at the background. What can you see? What can't you see?

Pray (if you want to) – for increasing numbers of visitors to Kagera.

The logo for "Amina" features the word in a stylized, multi-colored font. The letters are outlined in blue and filled with various colors like red, yellow, and green. To the right of the word, there is a small green icon of a person with arms raised.