



Self Help
Africa

HARVEST

2014

Resource Pack

.....
You cannot tell a hungry
child that you gave him food
yesterday.

~ Zimbabwean Proverb



Celebrate Harvest 2014 with Self Help Africa and help families feed themselves.

Thank you for supporting Self Help Africa this Harvest. Across the world, people come together at this time to be thankful for the food they have, but also to think of those who have less than themselves. Inside this pack you'll find all that you need to prepare for your Harvest celebration and help you to remember some of the people in the world who struggle on a daily basis to feed themselves and their families.

This pack focuses on the Parable of the Workers in the Vineyard. It also looks at the daily lives of families such as Meseret and Ketema in Ethiopia, and Beatrice Tupet's family in Kenya who, through Self Help Africa's work, have been given hope for the future.



Vera Mwanza, Zambia

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Self Help Africa helps families in rural Africa to escape hunger and poverty...for good. Our low cost, sustainable solutions provide practical help where's it's most needed, giving farmers the skills they need to grow enough food to feed their families.

Cover: Ignatius in the Nyakabungo primary school vegetable garden, Kenya

Photo: Maymie Tegart, Quest University

Prayer Ideas

As we celebrate our Harvest, and
give thanks for our food,

Father we praise you,
For all you have done and for all you
have given us.

Father we praise you,
For the food we have which is varied
and nutritious.

Father we praise you,
For a healthy appetite and the
means to satisfy it.

Father we praise you,
For all that is symbolized in this
Harvest Service.

Father we praise you.

Creator and Sustainer of all,
We thank and praise you.

For provider and producer,
From field to factory,
Retailer to consumer,
Each one depending on the others.

God and farmer working together in
harmony.

Creator and Sustainer of all,
We thank and praise you.

*"I thank Self Help Africa for
everything it has done for cashew
farmers and for me through
training, support and reducing
poverty in our village"
- Michel Safani, Benin.*

Hymns and Songs

We all have our favourite Harvest hymns but here are a few lesser
known ones, details of which are widely available online.

- 🕊️ Almighty God, Your Word is Cast into the Ground
(John Caword, 1775-1852)
- 🕊️ Fair Waved the Golden Corn (John Hampden Guernsey, 1802-1862)
- 🕊️ Bringing in the Sheaves (Knowles Shaw, 1834-1878)
- 🕊️ The Sower Went Forth Sowing (William S. Bourne, 1846-1929)
- 🕊️ Praise God for the Harvest (Brian A Wren, 1968)



Real Lives: Real Change

Beatrice Tupet, Kenya.

Beatrice Tupet lives in Kajado county in southern Kenya where, on average, people have to travel over six miles to find water. Water is an incredibly precious resource.



Beatrice Tupet, Kenya

We were able to work with Beatrice and the Nashipai support group of which she is a part. The group received training on kitchen gardening techniques, small stock production and drought-tolerant crops. Beatrice and others also received a 2,300 litre water tank and drip-irrigation kit. Using the skills she learned and this new equipment, she decided to grow vegetables on one of her plots, both to help feed her family and to sell the remainder to buy household necessities.

“My family gets nutritious vegetables from our vegetable garden, so we do not need to buy them anymore”, Beatrice explains. “Nutrition and income security are at my doorstep”. And as well as having more food to feed her family, she has also been able to help and inspire those around her who, seeing her success, have also decided to grow their own vegetables.



Beatrice Tupet working in her field



Did you know?

In Sub-Saharan Africa there are over 222 million people that have been hungry for at least a year. That is more than 1 person in 4.

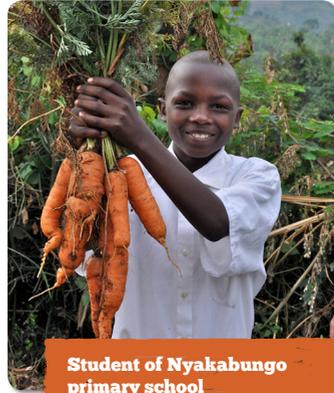
Nyakabungo Primary School

A small garden of vegetables at Nyakabungo Primary School has grown into a source of inspiration for several students. Self Help Africa helped the school purchase 50g of carrot seeds, 100g of onion seed, and 50g of cabbage seed. They established a school garden and the pupils were in charge of mulching, weeding and watering.

Howard, the garden teacher, explains how their Community Connector Officer provided them with the knowledge. "Now our pupils are taking it home to their own family." Ten students from very vulnerable households were given seeds to take home, while others simply took the initiative themselves."

At first, the garden was simply part of their garden lessons. The school curriculum requires students to learn about carrots and onions, but students had no idea how to plant them. Now, students have brought their knowledge home to their own siblings and parents.

One of the students, Brian, prepared a garden at home and planted a hedgerow around it for his carrots. With help from his dad, he prepared a nursery bed for onions. Another student - Edson - showed his five siblings how to plant carrots and he



Student of Nyakabungo primary school

now has a garden full of carrots that he plans to sell at the market.

But as well as the pupils who attended the training and received seeds to bring home, the inspiration and knowledge has spread even further. Twelve-year-old Ignatius (pictured) was so inspired he decided to ask his dad for a bit of money to buy some seeds of his own. Armed with the knowledge from the school garden, Ignatius prepared the land and planted his carrots. He was very pleased with his harvest, saying "These carrots will make me healthy when I eat them. But it will also be a source of money to help me buy books and pens and other things I need for school."



Meseret feeding her cattle, Ethiopia

Meseret, Ethiopia

30-year old Meseret lives with her husband Ketema in Guraharicho Village in central Ethiopia. Despite Meseret being a high school graduate, she and Ketema were struggling to make a living from their farm. So when Self Help Africa began setting up a savings and credit co-operative in Guraharicho, Meseret decided to be one of the founding members. She also began saving \$0.60 a month and took out a small loan. "With the loan I took", Meseret explains "I rented land and bought seed and tools to plant onion and wheat."

Come harvest time, the results were pretty impressive. "I got a good harvest and was able to repay my loan from the proceeds of selling my produce."

As her income increased, Meseret was able to increase the amount she

was putting aside each month to ten times what she had been saving. She was able to take out a second loan to invest in her agricultural enterprises and to open a small shop. Her families have now moved from a house with a grassed [straw] roof to one with a tin roof. Meseret and Ketema are finally able to dream about their long term future when once that didn't look possible. "Thank you Self Help Africa for supporting us".



Meseret in her shop



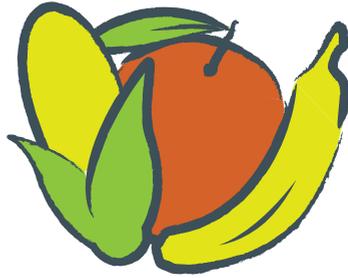
Did you know?

Over one in three of Africa's children are stunted as a result of poor nutrition before their fifth birthday.

Where does my food come from?

Hold up some food items e.g. rice packet, tomatoes, chocolate, sugar (try to include some from Africa). Get the children to guess where they are grown. Bring a globe or a world map and show the children where each item has come from. You may even want to use the internet to find a picture of a child from each of the countries where each item of food comes from. Print them out to show the children.

Explain that we are very lucky to have such a range of foods, that in some rural African communities they have to rely on what they can grow themselves and that sometimes these harvests fail.

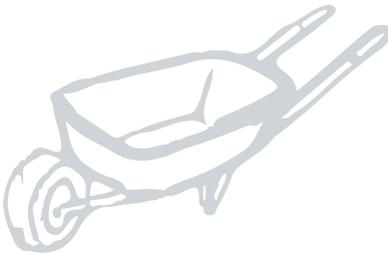


It's not fair!

Ask each child to talk about a time when they felt they were treated unfairly.

When everyone has had a go, talk to them about a time when you felt initially you had been treated unfairly, but got to see things from another perspective.

Talk about global inequality and ask them if they think that is fair or unfair.



Did you know?

63% of Africans live in rural areas, yet only a tiny proportion of government aid helps farmers to feed themselves.



Code

Write down below every third letter to crack the code from Matthew 20:14

YYIDD-55CJJH99OSSOAAASAAEVV*33T££OFF-
 GGGJJILLVDDSS*%TG-OVV*EETJJH**I11S
 BB*XXLZZAMMSIITPP*UUPKKE@@RWWSEEODDN
 GG*%TDDHAAE>>-DDSG-AJJMOOEPP*SSAEES
 RR*TTIHH-CCGSSIFFVRREWW-@@TDDOFF*SSY
 AAOVVU

Word Search

N	Y	A	D	S	U	I	R	A	N	E	D
H	I	R	E	S	E	G	A	W	M	O	R
V	I	N	E	Y	A	R	D	A	G	R	A
F	I	V	E	X	L	A	S	T	I	Z	W
M	A	R	K	E	T	P	L	A	C	E	E
E	E	R	H	T	H	E	F	I	R	S	T
W	O	R	K	E	R	S	N	O	O	N	S

DAY
 DENARIUS
 FAIR
 FIRST
 FIVE

GOD
 GRAPES
 HIRE
 LAST
 MARKETPLACE

NINE
 NOON
 SAME
 STEWARD
 THREE

VINEYARD
 WAGES
 WORKERS

Download and print a larger version of these activities from
www.selfhelpafrica.org/uk/fundraise/churches

Youth Discussion

Write or print out some of the proverbs below and give one to each member of the group. If you have a large group, break them into twos or threes to discuss it first. Give them a couple of minutes to think about what it says and then get each in turn to read it out to the group and explain it. Encourage the others to react/share/agree/disagree.

- 🌀 The man who counts the bits of food he swallows is never satisfied.
~African Proverb
- 🌀 You cannot work for food when there is no food for work.
~African Proverb
- 🌀 When the leg does not walk, the stomach does not eat.
~Mongo (Congolese) Proverb
- 🌀 The mouth is stupid. After eating it forgets who gave it the food.
~African Proverb
- 🌀 The man who has bread to eat does not appreciate the severity of a famine. ~Yoruba Proverb
- 🌀 Fine words do not produce food. ~Nigerian Proverb
- 🌀 If you are looking for a fly in your food it means that you are full.
~South African Proverb
- 🌀 You cannot tell a hungry child that you gave him food yesterday.
~Zimbabwean Proverb
- 🌀 However little food we have, we'll share it even if it's only one locust.
~Malagasy Proverb



The Really Valuable Quiz

Read out the following multiple choice questions and either ask the children to write down the answer they think is correct, or get them to vote on each as you read them out. The correct answer in each case is in bold.

1. How much is the biggest diamond in the world worth?

- a) 40p b) \$4,000 **c) \$400 million**

2. How much did it cost 100 years ago to buy a normal house?

- a) £2,000** b) £10,000 c) £20,000

3. How much did it cost to make the film Frozen?

- a) \$100 million **b) \$150 million** c) \$200 million

4. How much money did the richest person in the world earn last year?

- a) \$8 billion **b) \$9 billion** c) \$10 billion

5. Which is worth the most - 100 iPads, 1000 Barbies or a million Mars bars?

(100 iPads = £40,000, 1000 Barbies = £25,000, **a million Mars Bars = Half a million pounds**)

Ask each child to tell the group what their most valuable possession is.

Read the parable either from the Bible or a children's Bible.

Explain that the Landowner wanted the workers to know that they were all equally valuable to him, just as God loves us all and thinks we are all equally valuable to him.

Explain that some children have very little yet they are just as valuable to God as some of the wealthy people we looked at in the quiz.

How should we treat those who are valuable to God but have very little?

End by reminding them that they are all loved and valuable in his eyes.

Parable of the Farmhands and the Vineyard Owner

Based on Matthew 20:1-16
(Lectionary Gospel reading for 21st September 2014)

Sometimes it can be difficult to know what exactly Jesus is driving at. Other times you think you understand him the first time around, but find that the more you look at what he's actually saying, the more complicated it becomes. Take the parable of the Labourers in the Vineyard for example, a story set during a harvest. **Is the landowner meant to be God?** Or a cartoonish buffoon whose meddling and micromanagement serve to create disharmony amongst his workers? When Jesus concludes "the first shall be last and the last shall be first", does he imagine this rich landowner is the one judging, or one of those who will be judged? Will he, like the rich young man in the preceding chapter, be one of those who will get bumped down the pecking order?

There are other difficult questions to resolve as well. If the landowner's desire is for generosity, why does he not pay his workers more than the basic wage for cheap labour?

If it's for fairness, then why not hire all the labourers at the start of the day so they all work the same hours? If it's for equality, then how does that square with hogging large swathes of the best land just in order to grow luxury crops whilst everyone else goes without? If it's for compassion for the landless poor, why not do more to address the daily concerns faced by his zero-hours contracted workers such as starvation and poverty?



Alida and Lofta Zulu, who have benefited greatly from improved seed and training from Self Help Africa.

But whether we judge the landowner as a tinkering and out of touch villain or as the God who sees all, a few points emerge nevertheless. Firstly, that **in God's eyes all people have dignity and are important - from wealthy landowners to the smallest child.** Even the men left in the



marketplace until the 11th hour – the labour market’s rejects – even they have inherent worth and need to be able to feed their families. Perhaps that is why the landowner, rather anachronistically, goes to the labour market in person. Each time. Perhaps he doesn’t want to become detached from the ordinary people who depend on him in order to put food on their own tables: he wants to look into their eyes and meet them face to face.



Kacholola Group in Zambia receiving training in banana farming.

The second point follows on from the first: that **whilst most people are willing to work to try and feed their families, not all of them have the same opportunities to do so**. The situation in the story suggests that – even at harvest time - unemployment in the area was a big issue. Often this was due to people being landless, often because

rich landowners had terminated their tenancy. Such men were left to carve out a living as casual labourers, worrying each morning that the labour lottery might not turn up their number.

So lastly there’s a reminder that sometimes people, through no fault of their own, need help from others to get by. *(Here you could use one of the three stories on pages 4 - 6 to illustrate the point)*. Many people in our world are in need, like the farm labourers desperately hanging about the marketplace in the hope of even an hour or two’s pay. We can be like the landowner and help give them a hand up. Give them just a little more than they were expecting.

So whether you see the landowner as a stand in for God, or as an out of touch patrician, or as a model for yourself, one thing is clear: his desire for equality is ultimately judged to be “what is right”. **God has created all as equal. All are deserving of food, drink and love.** We may find we have been offered different types and different amounts of labour, but we are all equal in his eyes.

Films related to the talk

-  On the Waterfront (Certificate PG)
-  Matewan (Certificate 15).

Both films explore themes of the dignity of workers and the injustices inherent in a system where some labourers get picked and others do not.

Order More Resources

We have a lot of other resources to help you celebrate Harvest, which you can order online, by mail or on the phone using the details below.

-  More copies of this pack.
-  Gift Aid envelopes so we can claim an extra 25% from HMRC.
-  Extra copies of the poster.
-  Leaflets explaining more about what we do.

You can also download a **PowerPoint presentation** to accompany your talk and A4 copies of the **children's resources**.

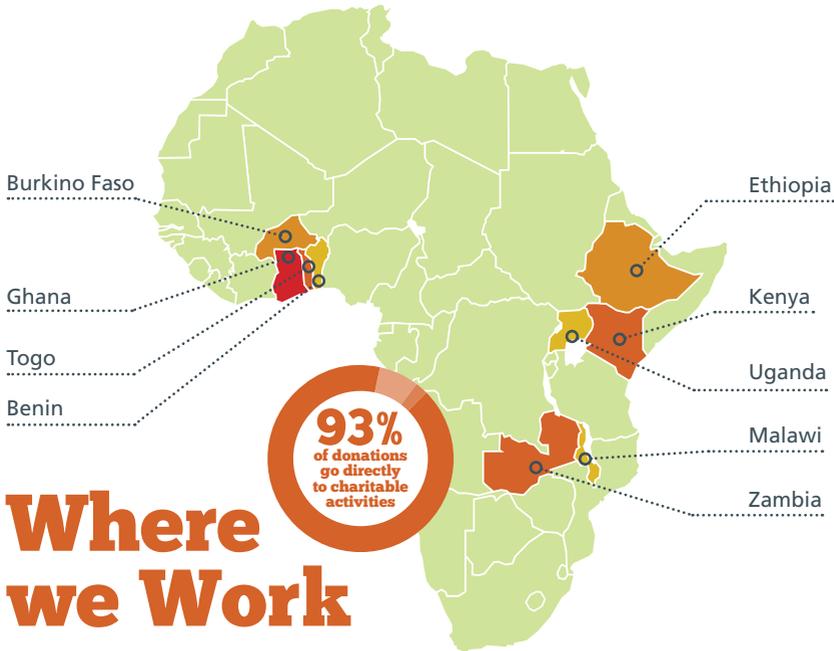
If you would like someone from Self Help Africa to speak at your service/event please contact us using the details below.

Other church resources are available for download from www.selfhelpafrica.org/uk/fundraise/churches

-  harvest@selfhelpafrica.org
-  01743 277170



Over 222 million people are hungry in sub-Saharan Africa. Since 63% of Africans live in rural areas, it's only by tackling the challenges faced by rural communities that these problems can truly be overcome. Self Help Africa has spent the last 30 years helping rural communities to improve their farms and their livelihoods and tackle poverty. In 2013 alone we directly helped just under 200,000 smallholder farmers improve their farms and change their lives.



We focus on solutions that are low cost and easy to reproduce, again and again meaning that communities continue to benefit after we have moved on. It's about providing practical help where it's most needed. We don't give hand outs or aid; we give families the skills they need to grow enough food to feed themselves, and manage their own lives.

We currently work in nine countries: Benin, Togo, Burkina Faso, Ghana, Ethiopia, Uganda, Kenya, Malawi and Zambia.

Your donations help to support farmers to produce more food and to make a living from their farming. You're helping farmers to...



Develop their farming



Produce good quality seed



Work together



Irrigate their crops



Develop their food business



**Improve the fertility of
their soil**

Your support will make a difference every day. Thank you for joining Self Help Africa in our work to free families from hunger and poverty... for good.



Help us change the lives of more African families

£10

£10 could provide a family with a loan of good quality seed that is adapted to local soil.

£25

£25 could provide a goat for an African family a vital source of milk, cheese and manure

£80

£80 could buy a bee hive and protective equipment for a farmer.

£225

£225 could train 40 cashew farmers in Benin on agronomy and orchard management.

£755

£755 could provide 20 farmers in Kenya with drip irrigation kits.



FundRaising
Standards Board
Registered Charity
No. 298830

Find out more

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