

**Celebrate Harvest with  
Self Help Africa...**



**...and help families  
feed their children**



**Self Help  
Africa**



# Hunger...

## ...the reality in rural Africa

In the rural areas of Africa, many men and women struggle to feed their families. The soil is poor and the rains are erratic. People don't have good quality seed and even with a lot of hard work, it's difficult to grow enough food to eat. Many families eat only one meal a day and this is often only a bowl of maize porridge.

But with your church's support, we can provide families with the skills and knowledge they need to produce enough good food all year round and for years to come.

This Harvest time, we'd like to invite you to be thankful for the food we have and to think about the millions of families in Africa who are going to bed hungry.

In this pack, you'll find all that you need to prepare for your Harvest celebration whilst remembering families like Justina's who struggle to give their children a bowl of maize porridge once a day.

### Did you know?

There are more than 222 million undernourished people in sub-Saharan Africa. That's almost one in four.

### In your pack...

- Sermon/talk ideas and prayers
- Meet the families
- Activity ideas – for children, young people and adults
- Fundraising ideas
- Extra resources

**Cover:** Grant Nyasulu, Eunice Mumba and Thokozie, Malawi  
**Photo:** Emma Judge



# You can help...

## ...families like Justina and Eric

Justina Nkangwa lives with her 14-month-old baby boy Eric, in the village of Nsunda in the remote Northern Province, Zambia. Justina's mother and father have died and Eric's father has left them.

Justina and Eric eat just once a day and that meal is usually a bowl of nshima (maize porridge). Eric is often sick and she knows that she needs to feed him better. Justina does what she can. She leaves the village to find work on other people's small farms. Sometimes, she walks for a couple of hours then works all day with Eric on her back before walking back to Nsunda. Sometimes she works for beans or vegetables but more often, it's for flour to make nshima.

We're starting to work with Justina and others in Nsunda village to help them grow more food and to prepare better meals for their families. We'll give them good quality seeds and training on how to prepare the soil, make compost and care for their crops.

**Your church can help families like Justina and Eric to eat well and escape hunger...for good.**

**"It is a very hard life. Especially feeding and clothing."**



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

# Harvest Prayers

## An African Harvest Prayer

*Lord of lords, Creator of all things,  
God of all things, God over all gods  
God of sun and rain, you created the  
earth with a thought  
And us with your breath.*

*Lord, we brought in the harvest  
The rain watered the earth,  
The sun drew cassava and corn out of  
the clay.*

*Your mercy showered blessing after  
blessing over our lands.*

*Creeks grew into rivers; swamps  
became lakes.*

*Healthy fat cows graze on the green  
sea of the savannah.*

*The rain smoothed out the clay walls:  
The mosquitos perished in the high  
waters.*

*Lord, the yam is fat like meat, the  
cassava melts on the tongue, oranges  
burst their peels, dazzling and bright.*

*Lord, nature gives thanks, your  
creatures give thanks.*

*Your praise rises in us like a great  
river.*

*Lord of lords, Creator, Provider,  
We thank you in the name of Jesus  
Christ.*

Anon.

*God of harvest,  
gardener supreme  
you place us at the centre  
feed us, equip us and  
having provided for us  
look to a different harvest  
a fruitfulness of lives  
in service to you  
and others.*

*God of harvest,  
feed us  
prune us  
harvest us  
that our lives  
might bring glory to you*

John Birch  
([www.faithandworship.com](http://www.faithandworship.com))



# Hymns & Songs

## ***Praise God for Harvest-time***

Paul Wigmore

## ***Earth's Creator, everyday God***

Bernadette Farrell

## ***Praise God for the harvest of orchard and field***

Brian A. Wren

## ***Think of a world without any flowers***

Doreen E. Newport

## ***God, whose farm is all creation***

John Arlott



## ***For the fruits of all creation***

*In the just reward of labour,  
God's will is done;  
In the help we give our  
neighbour,  
God's will is done;  
In our world-wide task of  
caring  
For the hungry and  
despairing,  
In the harvests we are  
sharing,  
God's will is done.*

Fred Pratt Green





## Based on Ruth 2: 1-23

*With thanks to Sue Mathews, Methodist Local Preacher*

**W**e might sometimes think that we are the first people to face up to all sorts of difficult situations such as refugees, hungry people and famines. Way back in time, people in many places worked out how they could help others. Certainly the Jews did that, hundreds of years before Jesus was born.

One story that has been passed down to us is of Ruth and her mother-in-law, Naomi. Naomi and her husband were Jews who had left Bethlehem many years before because they had no food; Bethlehem and the area around was suffering from a famine. They migrated to Moab with their two sons where the two boys married local women. In those days medical care was not good and Naomi's husband and two sons died.

Understandably Naomi wanted to go back home to Bethlehem where she felt she belonged. Ruth went with her, determined to support her mother-in-law through thick and thin.

Once they arrived they had to support themselves – there were no welfare benefits in those days. But the Jews had worked out ways of coping with such situations. Crops like wheat were cut by hand so a significant quantity of the grain fell on the ground. Widowed women and their families, usually the daughters, were allowed to follow the reapers and pick up the grain which had fallen; in other words, they were gleaning in the fields.

If a woman had lost her husband, it was customary for other men in the extended family to help her, often by providing a home or money. Boaz, the farmer, was distantly related to Naomi so Ruth, her daughter-in-law, went to glean in Boaz's field. And as we say, the rest is history. Boaz spotted Ruth, took to her, and did far more than he needed to do, making sure Ruth was safe, that she had food and something to drink at lunch time and went home with enough grain for the two of them.



*"I have to work so hard for food....to earn even a little for my children."*

Milly Nachula, Zambia

## What can we learn from this story?

Every society has to work out the system that suits them to help those who need help. Here we see how the Jews dealt with the situation, ensuring that everyone had sufficient food for themselves and their family. This idea is just as important today even if we think of other ways of doing this. It is difficult to imagine anyone gleaning in a field! Sometimes people need emergency aid and quite properly, we give money to help them. At other times, people want to do all they can to ensure they can produce enough food for their families and themselves.

So, this Harvest time, we've chosen to support Self Help Africa who provide training and guidance to African families keen to learn better methods of growing crops and raising animals.

Another point we tend to forget and we can learn from the Jews – the importance of ensuring people keep their own self-respect. Imagine not being able to look after your family properly! The Jews recognised this. It is important we do too – by helping to provide training so that families can learn how to manage their own lives and escape hunger and poverty, for good.

Above all we need to learn, like the Jews, that all of us do whatever we can in response to the love God has shown to us.



*"I have been supported with training to become a lead farmer, and grow and sell different crops, as well as giving advice and training to others."*

Mischek Mwanza, Zambia

**"Fine words do  
not produce  
food"**

– Nigerian Proverb

# Meet the families who are escaping hunger

*"I am proud to be a farmer because when I farm, I get food for my family and money for their future."*

**Mauda Korugyendo**, south west Uganda



*"I do my work and then I know I will be able to feed my children tomorrow."*

**Rosemary Chate**,  
Northern Province, Zambia



*"My family used to only have food for five months after harvesting. Now we have food all year round."*

**Zalire Yesaya and Susanna Zalira**,  
Malawi



## Did you know?

37% of children in south west Uganda are stunted because of a lack of good food.



Scovia and Gastone Ndisasirwa and their two daughters, Promise and Prime, Uganda

Scovia and Gastone's garden is full of cabbage, papaya, tomatoes and pumpkin and they enjoy three healthy meals with their family every day.

But it hasn't always been like this. 'In the past we might only eat matoke (a cooked starchy porridge) with beans and salt,' explains Scovia.

Scovia and Gastone live with their daughters, Promise and Prime in Kikyenkya village in south west Uganda. Like many families in this area, they only have a small plot of land and they were struggling to produce enough to eat.

*"We used to have to take the girls to the health clinic regularly because of illness," says Scovia.*

Gastone and Scovia have joined many other families in the area on a Self Help Africa project which is helping them to improve the fertility of their small plots

of land, giving them better quality seed and training them in fruit and vegetable production.

*"Now we eat different food. We are healthier because of it", says Scovia.*

Not only is the family healthier, but Gastone says he has begun to look at his land in a different way. Before the project, he says he thought that his plot was just too small to support his family and allow him to earn a living.

As well as enjoying their fruit and vegetable harvests, the family now rear chickens and goats. Gastone is the chair of the local farmers group and is helping others in the area to produce more food.

*"Now, I am very optimistic about the future, especially when I look at my children. I am going to continue working hard."*

# For Children & Young People

**M**eet Stephen Linga from Malela in Northern Province in Zambia.

He is ten years old and lives with his grandmother. They usually only eat one meal a day.

"We only eat once," his grandmother explains. "It is nshima that we prepare with cassava. We use cassava leaves with it. Sometimes after harvest, we run out of cassava. It only reaches up to August, and from August to December, we have no food."

Stephen grew up in the village and has lived there all his life. He likes it because his friends are there. He spends three hours every day walking to and from school. When he grows up, he wants to be a priest.

"I go to church on Sunday", Stephen says. "I pray every day when I wake up and when I'm going to bed."

*"I am worried that I won't finish school because I don't have anyone to pay the costs."*



## Talking points:

- What are the differences between your life and Stephen's life?
- Are there any similarities?
- How do you get to school? How long does it take?

## Things you can do:

### Food on a plate

Draw a picture of your favourite food on a paper plate

Talk about the meal that Stephen eats most of the year.

### Good food for Africa

Create a 'good food' montage in the shape of Africa.

## Try nshima

**N**shima is a staple food in Zambia and Malawi. It's made from ground maize, known locally as maize meal. During the 'hungry season' leading up to harvest, many families have to survive on just one bowl of nshima a day.

This recipe serves 6-8 people. The nshima is usually eaten by rolling it into patties with your hands and dipping it into the ndiwo.



### Nshima

- 500g of maize meal or fine white polenta flour
- 1.25 litre water

Bring one litre of water to boil in a heavy-bottomed saucepan. Mix the meal or flour with 250ml of cold water into a smooth paste.

Add the paste to the boiling water, stirring constantly, making sure that lumps don't form. When the mixture reaches the consistency of thick porridge, turn off the heat, cover and leave to stand for five minutes before serving.

### Ndiwo (peanut relish)

- One large onion, chopped
- One bag of frozen spinach
- 2 pots of crunchy peanut butter
- Handful of cherry tomatoes
- 200ml water
- Salt

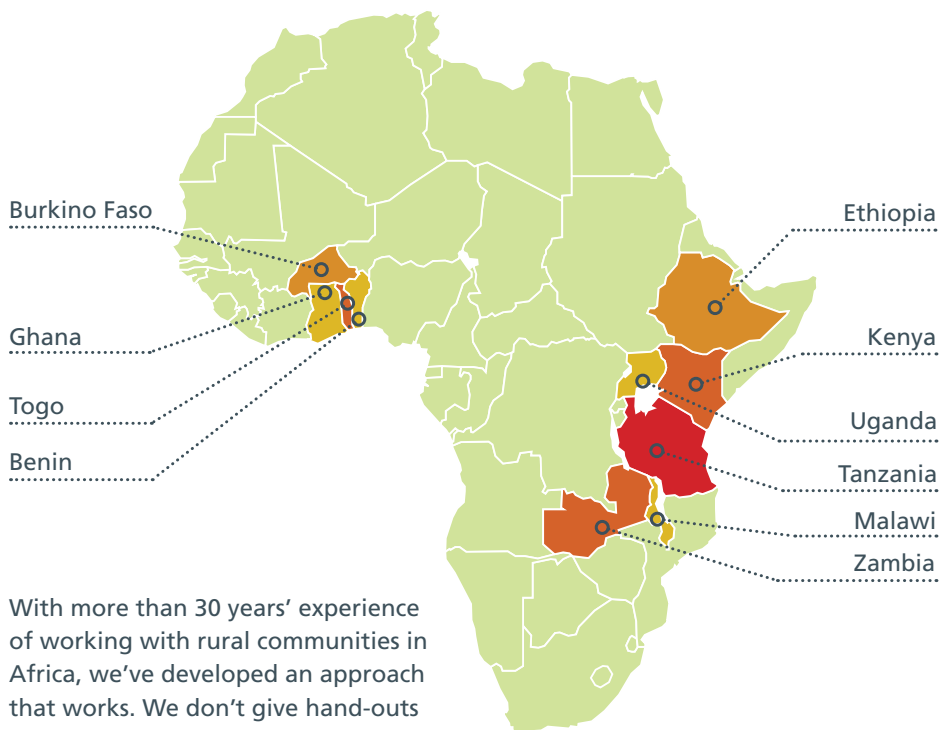
Boil the water in a pan. Add the chopped onion and simmer until soft. Add the spinach. Add the peanut butter and stir, adding water if too thick. Bring to the boil and add the tomatoes and a pinch of salt. Cover and turn off the heat. Leave to stand for ten minutes before serving.

# About Self Help Africa

In a world of plenty, it is an outrage that in sub-Saharan Africa, 222 million people still suffer from hunger and malnutrition. As up to 70% of Africans live in rural areas and depend on small-scale farming for their survival, this is where we focus our efforts.

## Sub-Saharan Africa

**ONE IN FOUR  
PEOPLE GO  
HUNGRY**



With more than 30 years' experience of working with rural communities in Africa, we've developed an approach that works. We don't give hand-outs or aid; we give families the skills and knowledge they need to grow enough food to feed themselves, and to manage their own lives.

Last year, we helped more than 290,000 families across ten countries to produce more food and change their lives for the better.

## Your gifts

**WILL HELP FAMILIES TO  
PRODUCE MORE FOOD  
AND TO MAKE A LIVING  
FROM THEIR FARMING.**



## **You'll be helping families...**



**...develop their farming**



**...produce good quality seed**



**...work together**



**...irrigate their crops**



**...develop their food business**



**...improve the fertility of their soil**

**Thank you for joining Self Help Africa  
this Harvest to free families from  
hunger and poverty...for good.**



# You can help African families...

## ...to feed themselves

### ■ Have a Harvest collection

You can hold a collection during your Harvest service. Use our resources to show how your congregation can help families feed themselves.

### ■ Host a Harvest supper

Invite people to a simple Harvest supper or lunch. Ask them to donate what they might have spent on a hearty three-course meal.

### ■ Hold a cake sale

Ask people to make cakes, perhaps with a fruit and vegetable theme, and sell them after your Harvest service.



# Help families...

...this year and for years to come

**£10**



could provide a loan of good quality seed which is then 'paid back' to help other families.

**£25**



could provide an improved-breed goat, giving an African family a vital source of meat, milk and manure.

**£70**



could buy a farming toolkit including wheelbarrow, pick, shovel and other tools for families to share.

**£1,000**

could help transform the lives of a whole community of at least 150 people. It could provide seeds, training for farmers, treadle pumps and goats or chickens.

**£250**



could provide seed, tools and training for four families to set up productive vegetable gardens.

**Need more  
resources?**



**We can provide  
you with:**

- Gift Aid envelopes to make donations worth 25% more
- A speaker for your Harvest service
- More stories and photos to create a display in your church

Call us:  
**01743 277170**

Email:  
**harvest@selfhelpafrica.org**


Visit:  
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to download more resources  
including a PowerPoint  
presentation.



**Self Help  
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