

Summer 2017

# RAINBOW

Free  
for all  
children!

JMA secretaries'  
news inside!

NEWS FROM ZAMBIA



NEWS FROM SRI LANKA



The Methodist Church  
*Living generously*

# Crying for joy!

Welcome to  
the summer issue  
of *Rainbow!*

**Do you like to receive presents? I wonder if you like surprises best, or whether you prefer to know what you are going to get?**

A big container of parcels arrived in Ghana for Pat Jamison. But they weren't all for her! They were for the hospital in Ankaase where Pat works as a nurse. Pat's friend Catherine gathered items from her church family in Ireland and sent them to Ghana.

The presents included new curtains, bedclothes and fresh paint for the children's and maternity wards, as well as medical equipment and computers. "It's so lovely to see the children's ward transformed and look so much brighter," Pat said.

There was also a present for each of the 312 children in the local primary and nursery schools. Pat said that she was overwhelmed by so many gifts that she cried for joy.

Thomas and Edward are twins who did not have enough food to eat. They are two and a half years old and were very small for their age. They weighed only about 6kg when they should weigh about 14kg – more than twice as much.

Pat gave their parents special food for Thomas and Edward, to help them to grow. Pat has also given them blankets and some wooden walkers so that the twins can learn to walk.



Ankaase Hospital is in the Ashanti Region of Ghana, about 180 miles from Accra, the capital.



## Take action: help your local hospital

Our local hospitals in Britain often need help too. Look up your local hospital and see whether they are collecting gifts, or fundraising for a special project. Sometimes hospitals need supplies of new-born baby clothes, and nappies for new parents who couldn't buy things before their baby was born.

### Facts about Ankaase

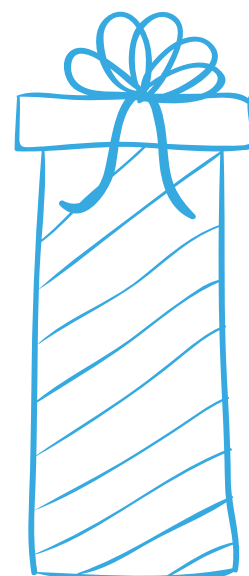
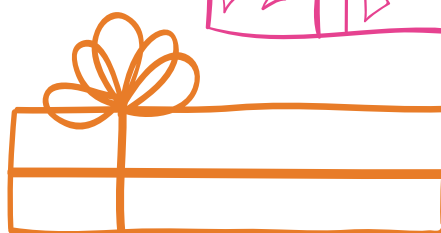
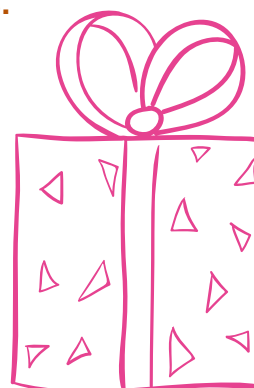
Ankaase is a town close to Kumasi in the Ashanti Region of Ghana, west Africa. It takes about two hours to drive there from Accra, Ghana's capital city. Many people in Ankaase are farmers.

People coming to the hospital are usually very poor. Some of the most common diseases are malaria and pneumonia. People can also get ill from not eating well; when this happens, we say they are 'malnourished'.

Please pray for Pat, the doctors and nurses, and all the patients – especially Thomas and Edward – while you colour and decorate this pile of presents.



**Prayer  
focus**



Raing McCullagh with some of the women in Sri Lanka who pick tea leaves.

# A teatime tale

**Raing McCullagh works for the Methodist Church in Sri Lanka with her husband, Mervyn. Raing is helping some of the women in Sri Lanka who pick tea leaves.**

The women are paid just £2.60 each day. That's less than the price of a big box of tea from your supermarket! They have to pick 17kg of tea every day. That is a lot of tea! Leaves are very light and 17kg weighs the same as 34 tins of baked beans, or 17 bags of sugar!

Some of you may have a bay tree in your garden, or herbs such as rosemary or thyme. Your family might pick the leaves and use them in cooking. Next time you pick one, you could weigh it. How many of them would you need to make 1kg? What about 17kg?

Life is very hard for these women and their families. Many of them cannot read and write; often they cannot see a doctor when they are ill because they live far away from the hospital. Raing is talking to the women about what they need, and helping them to ask the tea farmers and the government for these things.



## How is tea grown?

Tea grows near to the equator in tropical areas where it is hot and wet. Tea needs at least 100cm of rainfall a year. Tea from Sri Lanka is called Ceylon Tea. Ceylon is the old name of Sri Lanka; the country changed its name in 1972.

Tea grows on bushes.

Women pick the leaves by hand.

The two newest leaves and a bud are picked from the top of each bush.



The leaves are left in a cool, dry room to dry out.

When the leaves are dry, they are crunched up in big machines.



Then they are left out in the air to turn black. The oxygen from the air makes them turn black. This is called oxidizing or fermenting.



The leaves are dried for a second time, and then packaged up to be sold.



## Prayer focus



Lord, please be close to the tea pickers in Sri Lanka. Give them the strength they need each day to gather tea.

Heavenly Father, please work in the hearts of the people the tea pickers work for, so they grow kinder and more caring towards the women every day.

Please write your prayers in the tea leaves and teabags.



# Play4All

Even though it is free to attend school in Zambia, about one out of every five children are not able to go because there are not enough teachers.

Play4All is a project to help these children who can't go to school. It was set up by the Methodist Church in Kamatipa in 2012. Nearly 100 children go there to play and learn. They learn by dancing, drumming, doing puzzles, sport, and playing problem-solving games.



## Country facts: Zambia

- Capital City:** Lusaka
- Location:** Southern Africa – east of Angola and south of the Democratic Republic of the Congo
- Language:** English (official) and 11 Bantu languages (Bemba, Nyanja, Tonga, Lozi, Chewa, Nsenga, Tumbuka, Lunda, Kaonde, Lala and Luvale)
- Population:** 17,161,114 people. Just under half Zambia's population are between 0 and 14 years of age.



Play4All is starting a new group for girls, which will be a bit like Brownies. It will be called 'Kalulu', which means 'rabbit' in the local language, Bemba. The rabbit is an important animal in Zambian culture, and there are lots of old Zambian stories about a cunning rabbit character called Kalulu.

The children love sport. Four of the girls played in a big football tournament in the capital city Lusaka recently. They were chosen to be in the Zambian team that will go to a world tournament in Sweden soon.

## Prayer focus

Dear God, thank you for Play4All. We pray that the children will have fun and learn together. Thank you for Kalulu, we ask that you bless this group and make it a special place for the girls. Amen



## The Zambian flag

The Zambian flag was raised for the first time at midnight on 23 October 1964. The flag is a symbol of how proud Zambians are of their country. The background is green and it has an eagle flying over three stripes of red, black and orange. The red stripe represents the struggle for freedom, black represents the Zambian people, orange represents the country's mineral wealth and green represents the wildlife and environment. The eagle is a symbol of the freedom in Zambia and the people's strength and their ability to overcome any problems they may have.



### Design a flag

Think about the town where you live. Is it famous for anything? What are the things that make it special? Use those things to design a flag for your town.



# The Amelia Trust Farm



The Amelia Trust is a farm in Wales. The farm helps young people who find it hard at school. Many of the children who come here have autism or ADHD, or may have had something sad happen to them. The farm is one of the projects the Methodist Mission in Britain Fund supports.







Ed Felix raises funds for the Amelia Trust Farm.

Children learn new skills at the farm, such as looking after animals, caring for the woodland and making things from wood. They also learn plumbing, cooking, music, English and maths.

The farm is a friendly place where children and young people feel safe. One young boy, called Rhydian, found it helpful to be able to make friends with other children like himself.

The farm always needs money to keep going. Here's how one person raised money for it.

Ed Felix is in Year 10 at his school, and works as a volunteer in the farm's café. Ed used to visit the farm with his family when he was little. That's why he knew that it would be a great place for a treasure hunt. When Ed decided to organise one, he made clues to lead 'hunters' all over the farm. He charged a small fee for people to come and join the treasure hunt, and he gave all the money to the farm.

"I enjoyed visiting the Amelia Trust Farm with my family when I was younger," says Ed. "It's a great place to visit for people young and old, and by visiting you are supporting the work that the farm does to help young people."

You can visit the farm too. To find out more about Amelia Trust Farm, visit [www.ameliatrust.org.uk](http://www.ameliatrust.org.uk).

## Prayer focus

Thank you for the Amelia Trust Farm. We pray for all the young people who go here. Please provide just the right people to work at the farm, and bless the work of their hands. In Jesus name, Amen.



# JMA secretaries' news

## Ideas for using *Rainbow* magazine in your Sunday school

Stick some of the stories on the wall to make a display of projects that JMA fundraising helps.

If you would like to run a session about the **hospital story on pages 2-3**, you could research the volunteer and fundraising needs at your local hospital and see whether there is something that your group could help with. It might be possible to arrange a visit to the hospital.

To use the **farm story on pages 8-9** you could talk about other charities that help young people such as Action for Children, the NSPCC, and any local children's charities in your area. Play a game of animal snap, or pairs.

Use the stories to run a session:

- re-tell the story in your own words
- research the country and share more facts and pictures with the children
- ask the children to draw their own illustrations for the story
- ask the children write their own prayers for the project.

To run a session about the **tea story on pages 4-5**, visit the Fairtrade Foundation website: there are lots of resources at [schools.fairtrade.org.uk/resource](http://schools.fairtrade.org.uk/resource). Click on 'filter by resource' and select 'tea' for a series of videos, lesson plans (including PowerPoint presentations) and assembly ideas, including a short role-play. You could also buy some packets of different types of tea, and smell how they differ, as well as seeing how they look different, and taste different. Talk about where in the world they are grown.



**Kirsty Barker sent us a brief history of JMA in Ashby, Scunthorpe, and some stories of individual collectors from her church. We'd love to hear about JMA in your church too.**

### JMA in Ashby by Kirsty

Ashby Wesley Church has been collecting for JMA since at least 1961 – but it's likely we've been collecting a lot longer. Since 1981 we've had at least 125 collectors and have given around £20,000 to the work of JMA.

- Many of our collectors are elderly and have been collecting for many years. They have a box for spare change and receive *Rainbow* magazines for their grandchildren. One person puts all the 20p coins she receives into her box!
- Marjorie's son started collecting in the 1960s. When he went to college, she continued putting money in the box. She still collects today. Joyce thinks her daughter started collecting in the 1970s and her grandchildren continued. When they stopped, Joyce carried on.
- Jenny's daughter started JMA in 1985 and was also a JMA secretary. Both daughters collected until they left home. Her grandchildren Katie, William and Jake now collect.
- Ka Hei and Yiu Ting are in high school. They explain that JMA is a charity for children, and that the money they collect goes to children who don't have things they have – simple things such as homes, clothes, food and water.
- Freda says, "Our money goes to help people abroad and spread God's word to others."
- Paul fills his box regularly and says he feels that through JMA he is giving to a charity where the money is used properly to help needy children. Joyce and Julia give to JMA and feel their money goes directly to where it is needed: helping children in other countries who are hungry.



# Farm friends

On pages 8-9, you can read all about a farm that helps young people in Wales.

Can you help the animals in this box to find which path will lead them to their friends in the field?

