



The Methodist Church

# Rainbow

SPRING 2019



Spotlight  
on Syria

Puzzles

Meet our  
friend Shahed

Bake some biscuits



# 2019

Welcome to the first edition of Rainbow for 2019. Let's look ahead to an exciting year to come. What are you looking forward to this year? What are your hopes and dreams for 2019?

Write them here...

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After Jesus was born, Mary and Joseph probably had hopes and plans for the months ahead. But life took an unexpected turn when they had to flee Bethlehem to escape the King, Herod. He wanted to kill Jesus after the wise men visited and told him a new king had been born.

Now, over 2,000 years after Jesus' birth, millions of people around the world also have to flee their homes to escape fighting and violence. In this edition of *Rainbow* we are going to find out more about being a **refugee**, and what you can do to help. We will focus on a country called Syria – you might have heard of it in the news. Read on to find out about life in Syria and meet some of our special friends!

*The Rainbow Team*



Follow the path  
with Mary and  
Joseph and find out  
what happened  
next ...

# Searching for safety

Around the world, about 69 million people had to leave their homes and find safer and better places to live last year. That's more than the entire population of the United Kingdom! People are forced to leave their country because of fighting or war, poverty, disasters such as earthquakes, or because they are not treated fairly. Often they need to leave quickly and don't get a chance to collect any of their belongings.

## Meet Shahed



AGE: **12**

COUNTRY OF BIRTH: **Syria**

COUNTRY WHERE SHAHED LIVES NOW: **Jordan**

HOBBIES: **Playing with friends, drawing and learning English**

WHAT SHAHED WANTS TO BE WHEN SHE GROWS UP: **English or Art teacher**

Turn over to read Shahed's story...



Look at the list below. If you had to leave your home very quickly, what would be the most important things to take with you?

My List

- Mobile phone
- Clothes
- Passport
- Food
- Toys
- Your family
- Water bottle
- Money

## Jargon Buster

**Refugee:** someone who has to escape their home country and move to another country.

**Population:** the total number of people who live in a country.

# Shahed's story



Like Jesus and his family, our friend Shahed had to leave her home when she was small.

Shahed and her family are from Syria, a country in the Middle East where there is a war.

She was only five years old when her family had to leave Syria because of fighting nearby. They went to live in a different country, called Jordan.

I was afraid of the planes which were shooting at us.

Shahed was still scared and worried even after arriving in Jordan.

**ALL  
WE  
CAN**

**All We Can** (the Methodist Church's agency supporting people in need around the world) helped Shahed to overcome her fears through special classes.

Shahed now feels at home in Jordan and has made many new friends.



About **13 million** people in Syria have had to leave their homes since the war started. That's over half of Syria's population!

I love everything about Jordan!

I like playing with my Syrian and Jordanian friends and we go to places together. We enjoy ourselves so much that I almost feel as if I'm flying!

You can watch a video about Shahed at [allwecan.org.uk/shaheds-story](http://allwecan.org.uk/shaheds-story)



**Capital city:**  
**Damascus** – one of the most ancient cities in the world.

**Most popular sports:**  
football, basketball, swimming and tennis.

**The war in Syria:**  
different groups of people in Syria are fighting each other. This is called a 'civil war'. They are not at war with other countries. Syria's civil war began in **2011**.

There are more than **1.4 million** Syrian refugees living in Jordan.

Since September 2013, over **1 million Syrian children** have become refugees. Many people have to live in tents in crowded conditions. They don't have enough to eat and can't go to school. Many other children died in the war.



# SPOTLIGHT ON Syria

## As you colour in the flags of Jordan and Syria:

- Think about Shahed and her family escaping Syria's civil war by going to Jordan.
- Pray for refugee families like Shahed's who now live in other countries.
- All We Can is doing all it can to help Shahed and other children escaping the war in Syria. In what ways could you show your love to people who live near you?

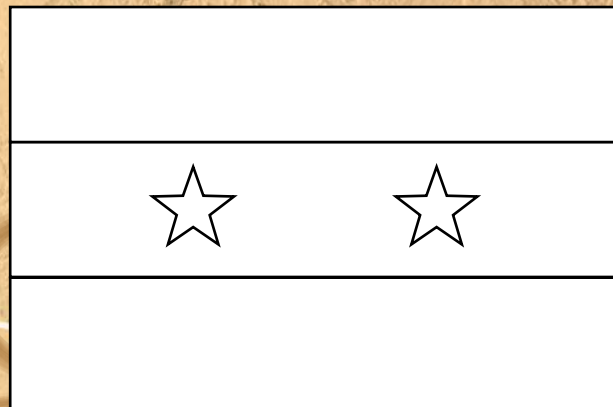
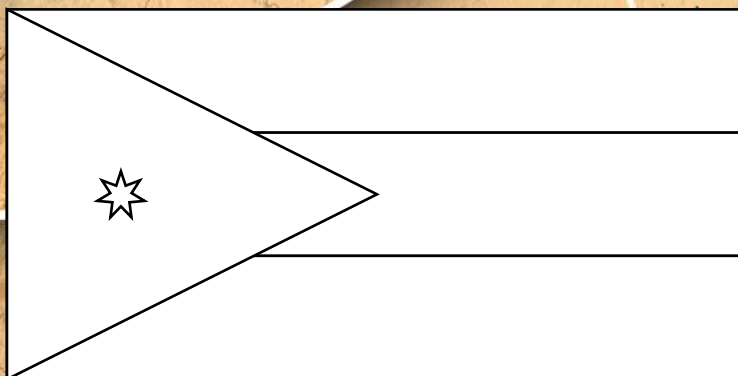
*"... You shall love the Lord your God with all your heart ... and your neighbour as yourself."  
Luke 10:27 (NRSV)*



# JORDAN



# SYRIA



# Words search

Find the words hidden in this square.

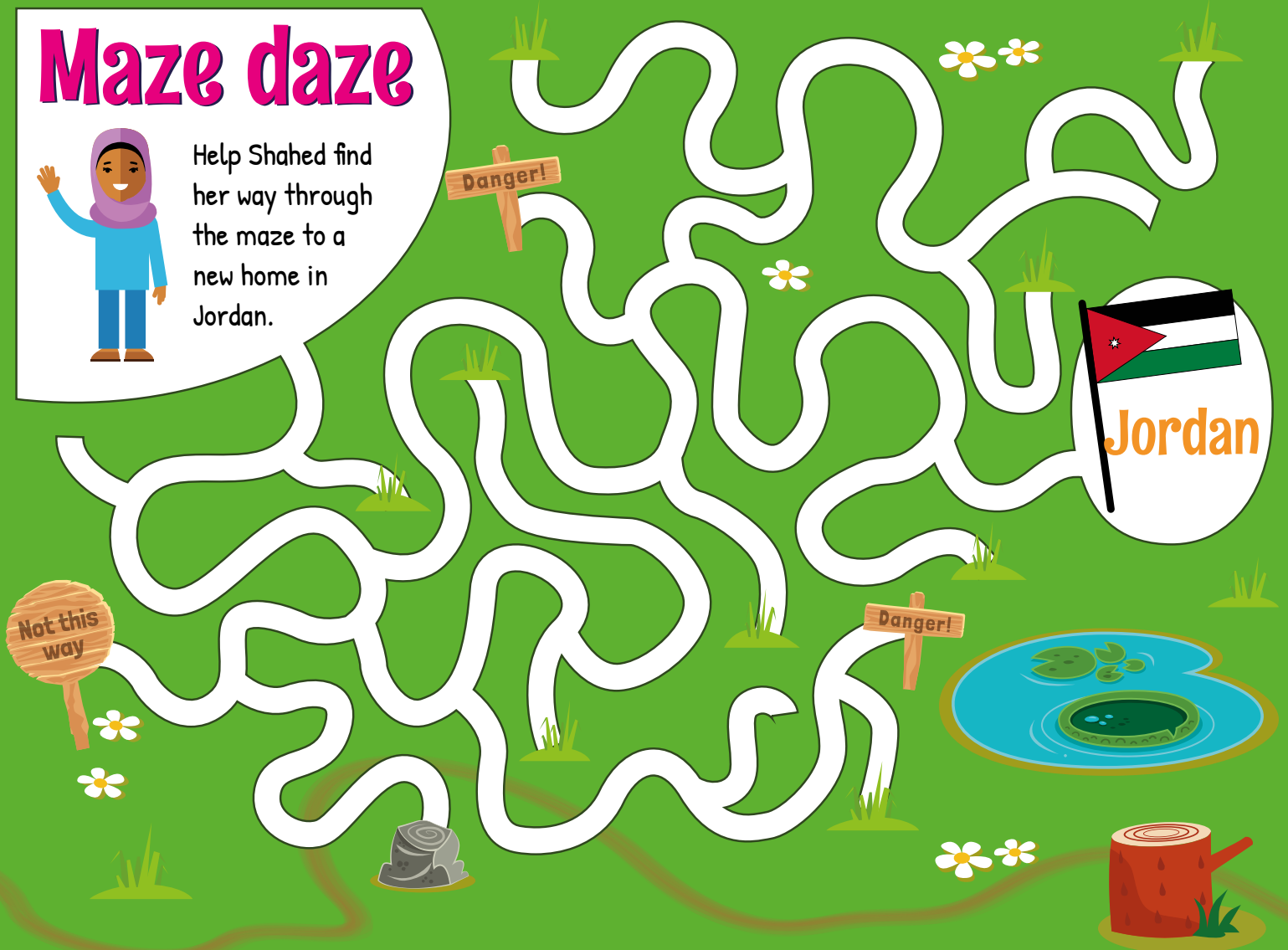
- Syria
- Jordan
- safety
- home
- scared
- family
- refugee
- war
- fighting
- journey
- Shahed
- Damascus
- flee



## Maze daze



Help Shahed find her way through the maze to a new home in Jordan.



Why not try baking some delicious Syrian Barazek biscuits using the recipe below?

Get a grown up to help you. Make sure no-one will be made ill by eating anything in these biscuits before you share them.



# Barazek biscuits!

## You will need:

- 300g wholemeal flour
- 75g caster sugar
- A few drops of vanilla essence
- 250g unsalted butter
- Pinch of salt
- 1 egg
- Crushed pistachio nuts (but leave out if you are baking for anyone with a nut allergy)
- Toasted sesame seeds (before adding, check if anyone is allergic to these)

## What to do:

- 1) Put the flour, salt and sugar into a bowl. Take the butter straight from the fridge and cut into cubes. Add to the bowl and rub the mixture together with your fingers so that it becomes like breadcrumbs.
- 2) Separate the egg and add the yolk to the bowl (keep the white to use later). Mix it into a dough.
- 3) Sprinkle some flour on to a board or worktop and roll the dough out to about 1cm thick. Use cookie cutters to make your biscuit shapes; place on a baking tray lined with greaseproof paper and put them in the fridge for at least 2 hours.
- 4) Preheat your oven to 180°C/350F/Gas Mark 4. Brush each biscuit with the egg white and sprinkle with pistachios on one side and sesame seeds on the other. Or leave off the nuts to make plain biscuits.
- 5) Bake in the oven for around 12 minutes. When the biscuits begin to brown, remove from the oven and leave to cool. Eat and enjoy!



The Methodist Church has a loooooong history of showing love to people by helping them. Here are some churches in Britain and Ireland supporting refugees.

## A special day out for families



In Ireland, there is a very bad housing crisis. Many refugee families who journey to Ireland have to live in emergency places. Sometimes a whole family has to share one room and have nowhere to cook. Sometimes children have to travel a long way to go to school.

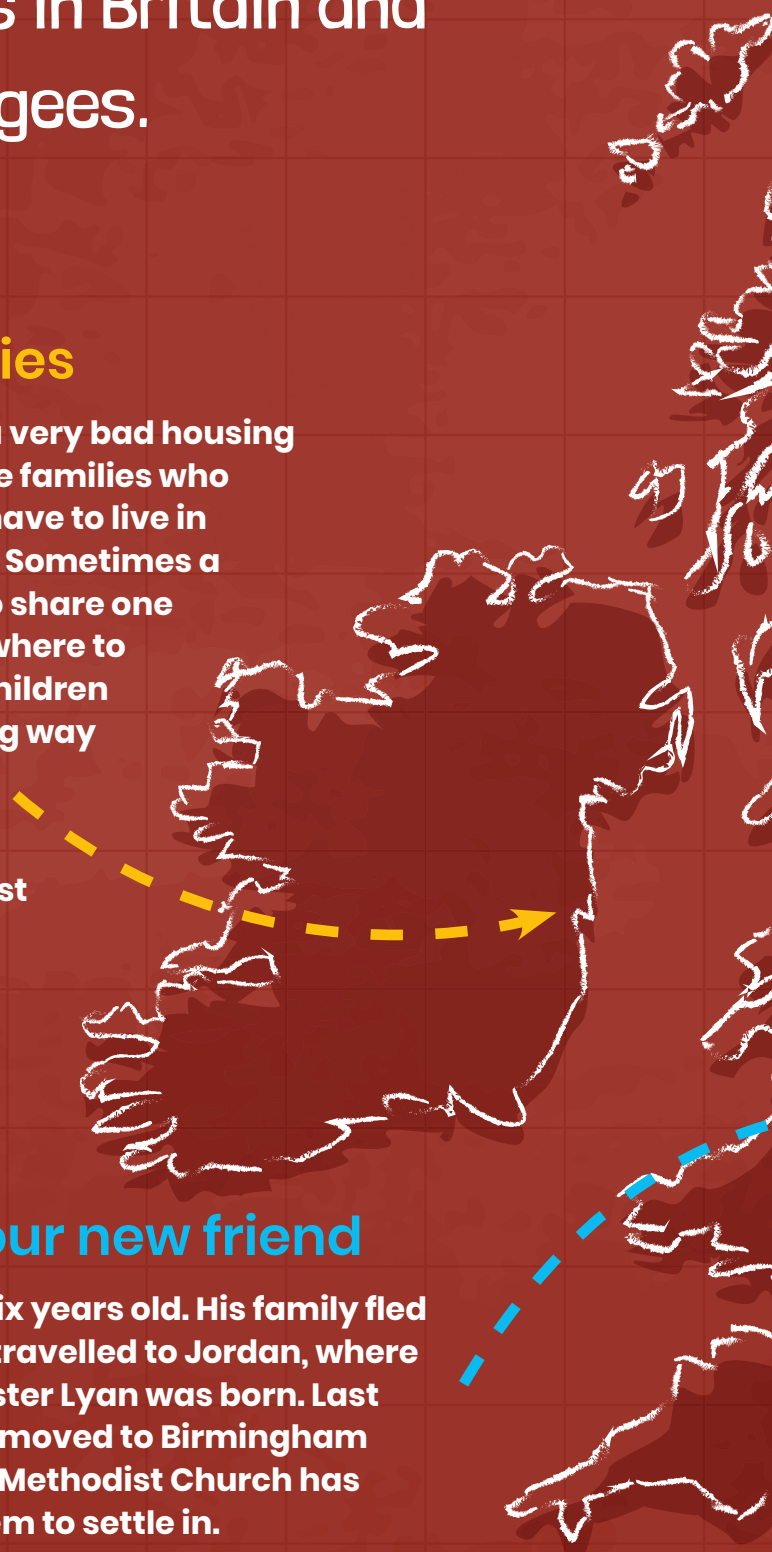
'A Lovely Day' programme is one way the Dublin Central Mission (run by the Methodist Church in Ireland) helps. Refugee families enjoy days out together during the school holidays, going to the zoo, cinema or to see a show. They also get help organising a birthday party for a family member!



## Meet our new friend

**Rami** is six years old. His family fled Syria and travelled to Jordan, where his little sister Lyan was born. Last year, they moved to Birmingham where the Methodist Church has helped them to settle in.

Rami loves his new country. He said, "This place should not be called Britain. It should be called heaven!"





## Be a champion!

Brothers **Arun** (13, wearing the white shirt) and **Jasso** (2, centre) have won the 2018 Young Champions award for their community in Muswell Hill, North London.



Photo used courtesy of Sponsor Refugees

When Arun heard that a Syrian refugee family was coming to live in his area, he helped to paint their house and get it ready for them. He then went to the airport to give them a big welcome.

Arun collected sportswear and trainers for the teenage sons of this new family. He also taught them some English words, and the boys taught him some Arabic words! They soon became good friends, chatting together about computer games and football.

Arun's little brother, Jasso, also made Syrian friends. They are five small children of three refugee families who moved to Muswell Hill. Together they have lots of fun playing in the garden, going to the playground and reading books.

Find out about a refugee project running in your area or nearest town.

In the space below add the name of the project, and then list some of the main ways this project helps people who have left their homes to find a safe place to live in Britain or Ireland. Pray for that project and the people it helps.

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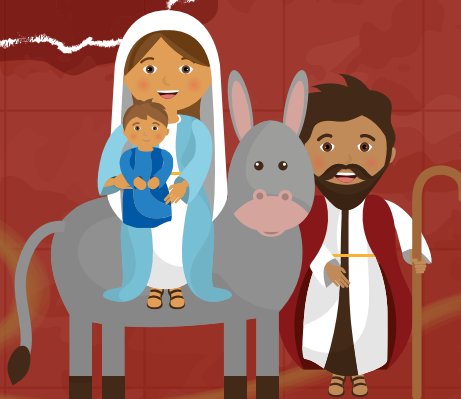
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# Pray – Act – Change the world!

## Changes bit by bit

Sometimes problems in the world seem so huge that we don't know what to do. But we can all do something to help another person. Bit by bit that can help to change the world around us.

So, we might not be able to end wars, but we can do things to help others who have problems.

Check out our ideas here.

Which ones could you do?

Think of a challenge, like walking a long way or keeping quiet for a long time. Ask family and friends to sponsor you to do your challenge and raise money for refugee projects with your JMA group.

Speak with your minister or church group leader about what your church is doing to help refugees. Ask how you can help.

Look back at what you discovered about the refugee project in your local area. Now ask a grown-up to help you find out what the project might like to support people there. You could make cards or bookmarks or friendship bracelets. Or find out if you can collect and donate toys or books.

# 3Generate

Around 1,000 children and young people from the Methodist Church met together for a weekend last November.

At 3Generate, there was a drop-in where young people could find out what it is like to be a refugee. Here's what some said after hearing Shahed's story:

It makes me sad that Shahed lost her home, but it's cool that she's got help so she can be happy again.  
(Rory, aged 12)

The refugee experience made me see how tough life is for Shahed and others like her. It makes me want to try and raise some money to help.  
(Matthew, aged 16)



Talking to God really does change things. Write or draw a prayer here for a person or situation you've read about in this *Rainbow*.

So, what did happen to Mary, Joseph and Jesus after they escaped from Bethlehem?

The Bible tells us that they went to live in Egypt until King Herod died. Then it was safe to return to Israel.

We don't know how old Jesus was when they escaped to Egypt, but King Herod died when Jesus was about four years old, so they were probably there for a long time. You can read the whole Bible story in the Gospel of Matthew, chapter 2.

How do you think they might have felt during this time?



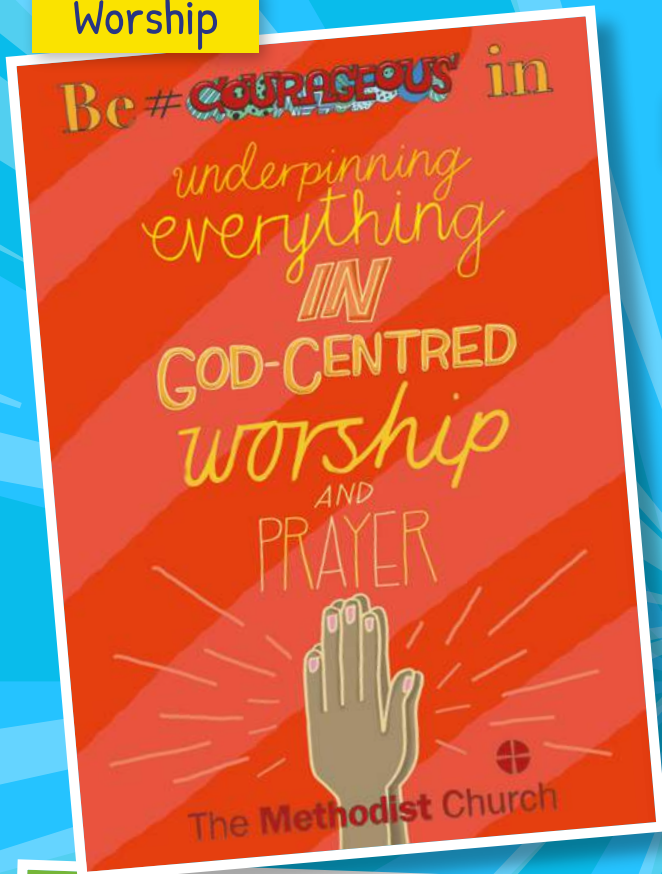
Find out how Joseph knew it was safe to return home by crossing out the letters s, y and b in the spiral above. The letters that are left will give you the answer!



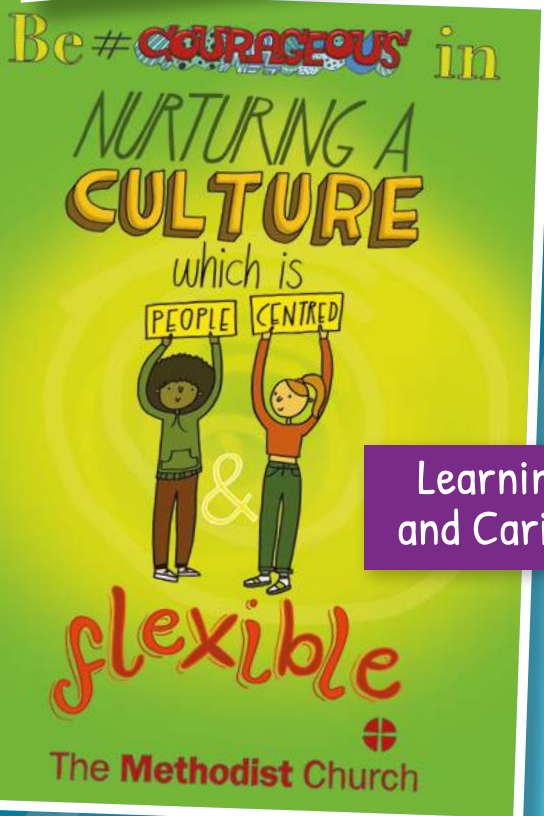
# Our Calling

The calling of the Methodist Church is to respond to the gospel of God's love in Christ through:

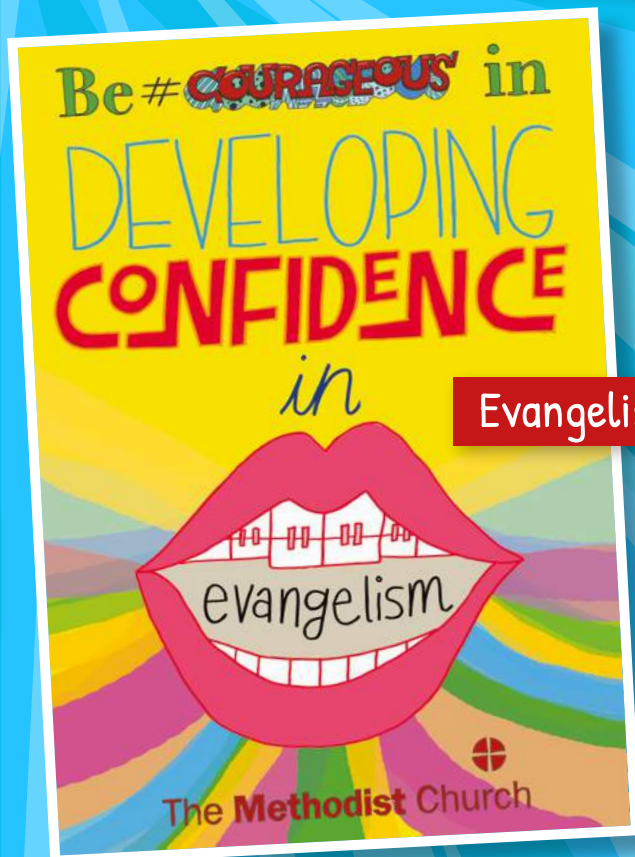
Worship



Service



Learning and Caring



Evangelism