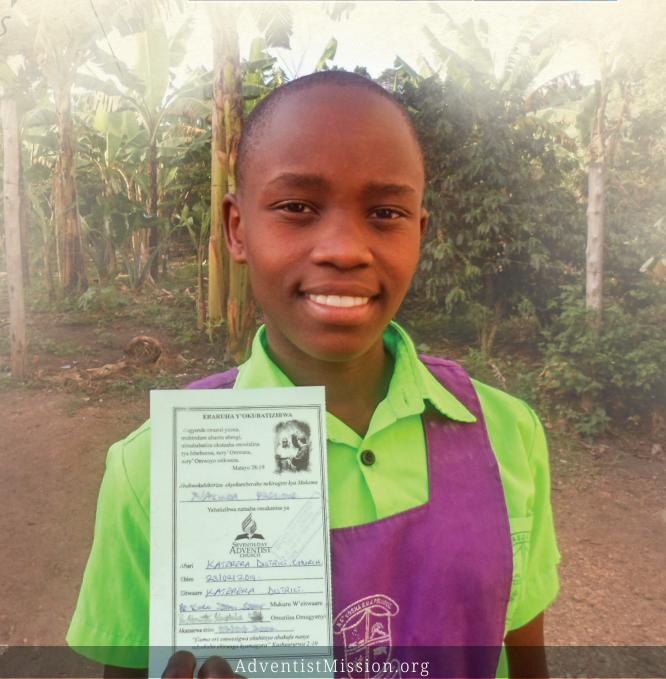


2023 • QUARTER 1 • EAST-CENTRAL AFRICA DIVISION



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Your Offerings at Work

These photos are of the Baraton International School, built on the campus of the University of Eastern Africa in Baraton, Kenya, with the help of a Thirteenth Sabbath Offering collected in second quarter 2013. The building was completed, dedicated, and opened on





March 13, 2022. Initially, the Thirteenth Sabbath Offering funds were to be divided between two projects: Baraton International School and housing for teachers and married students. However, church leaders later voted to use the funds only for the school. An incorrect photo featuring a wrong building was published in this space in third quarter 2016. We regret any unintended confusion this may have caused.



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Dear Sabbath School Leader,

Andrew McChesney *Editor*



This quarter we feature the East-Central Africa Division, whose territory includes 11 countries: Burundi, Democratic Republic of Congo, Djibouti, Eritrea, Ethiopia, Kenya, Rwanda, Somalia, South Sudan, Tanzania, and Uganda. In this region of 419 million people, the Seventh-day Adventist Church has 4.5 million members, or about one Adventist for every 93 people. Three years ago, when the Thirteenth Sabbath Offering last went to this division, the ratio was one

Opportunities

The Thirteenth Sabbath Offering this quarter will support six projects in the East-Central Africa Division:

- Dormitory, Mugonero Nursing School, Mugonero, Rwanda
- Faculty housing, School of Medicine, Adventist University of Central Africa, Masoro, Rwanda
- Youth agricultural training center, Nchwanga, Uganda
- Multipurpose hall, Ethiopia Adventist College extension campus, Nekemte, Ethiopia
- Dormitory and multipurpose hall, Mwata Adventist School for Deaf Children, Mwata, Kenya
- Multipurpose hall, University of Arusha, Tanzania

Adventist for every 100 people.

This quarter's Thirteenth Sabbath Offering will assist six mission projects in five countries. You can find more information in the sidebar on this page.

Special Features

If you want to make your Sabbath School class come alive, we offer photos and other materials to accompany each mission story. More information is provided in the sidebar with each story. For photos of tourist sites and other scenes from the featured countries, try a free photo bank such as pixabay.com or unsplash.com. You could show the photos to the children on your computer or mobile device while you read the mission story, or you could print the photos to decorate your Sabbath School room or church bulletin board.

In addition, you can download a PDF of facts and activities from the East-Central Africa Division at bit.ly/ecd-2023. Follow us at facebook.com/missionquarterlies. You also can download the PDF version of the youth and adult *Mission* magazine at bit.ly/adultmission, and Mission Spotlight videos at bit.ly/missionspotlight. A printable mission-bank image, which the children can color, can be downloaded at bit.ly/bank-coloring-page.

If you have found especially effective ways to share mission stories, please let me know at mcchesneya@gc.adventist.org.

Thank you for encouraging children to be mission-minded!



RWANDA | January 7

God's Way

Jared

ared is a Mexican-Costa Rican missionary kid living in Rwanda. Jared is a Mexican because his mother is from Mexico. Jared is Costa Rican because his father is from Costa Rica. Jared lives far away from home in the African country of Rwanda because his parents are teachers at the Adventist University of Central Africa.

Jared likes being a missionary kid.

The other Sunday, Jared jumped out of bed, bursting with energy. He spent some special time with God in his bedroom, praying, reading the Bible, and studying the Sabbath School lesson. Then he found Father and Mother in the living room.

"Good morning!" he exclaimed with a big smile.

"Good morning, Jared!" Father and Mother replied.

His big brother, Arnoldo, joined them, and the family sat together for morning worship.

After breakfast, Jared and Arnoldo ran outside to ride their bicycles. After some time, Father called the boys to help him cart some things from the house to a storage place on the other side of campus. Jared and Arnoldo liked to help Father, and they agreed to carry some things on their bicycles as Father took bigger things in the family car.

Waiting for Father to get the car took forever for Jared. Hours seemed to pass as Jared waited and waited and waited. But Jared wasn't upset. He got more and more excited as he thought about the fun trip across campus.

After what seemed like an eternity, Mother called the boys into the house.

"The car won't start," she said. "The battery must be dead."

What were they to do? The nearest car repair shop was several miles (kilometers) away.

Arnoldo went to his bedroom to pray. Jared thought that prayer was a great idea, but he didn't want to pray by himself.

"Let's kneel and pray together," he told Father and Mother.

Father called Arnoldo, and the family of four knelt in prayer. Jared was especially earnest in his prayer with God to fix the car. After praying, Jared was excited to see how God would answer.

"Can I start the car?" he asked, eagerly.

Jared jumped into the driver's seat and turned the key. But the car did not start.

"Let's pray again!" Jared said.

The family prayed again, and Jared turned the key a second time. The car did not start.

The family prayed again, and again the car didn't start. Jared couldn't understand what was happening. He ran to his bedroom and fell on his knees.

"Dear God, why didn't You answer our prayers?" he prayed.

He felt terribly sad and discouraged. He prayed for 15 minutes. He was confused about why God had not answered him.

While Jared was praying, a neighbor came by the house and fixed the car.

Then Jared understood. God had answered his prayers. He had expected God to fix the car in one way. But the God of the earth, the seas, the land, and the entire universe had fixed it in His own way.

Jared has never forgotten that day. Whenever he wonders if God has not heard a prayer, he remembers that God hears all prayers — and answers them in His own way.

Thank you for your Thirteenth Sabbath Offering in 2016 that helped build the school of medicine where Jared's parents teach at the Adventist University of Central Africa in Rwanda. Your Thirteenth Sabbath Offering this quarter will help build new homes for teachers at the university.

By Eustace A. Penniecook

Story Tips

- Show the children the locations of Mexico, Costa Rica, and Rwanda on the map.
- Know that Jared is a homeschool student with Griggs International Academy.
- Discuss with the children Jared's insight into the way God answers prayer. Ask the children whether they think God has to answer prayers the way that they want. Ask whether God knows the best way to answer prayers.
- Challenge the children to remember Jared when they wonder why God doesn't seem to answer their prayers. God answers prayers in His own way, not necessarily the way that we expect.
- Download photos on Facebook: bit.ly/fb-mq.
- Download Mission Posts and Fast Facts from the East-Central Africa Division: bit.ly/ecd-2023.
- This mission story illustrates the following objectives of the Seventh-day Adventist Church's "I Will Go" strategic plan: Spiritual Growth Objective No. 5, "To disciple individuals and families into spirit-filled lives"; Spiritual Objective No. 6, "To increase accession, retention, reclamation, and participation of children, youth, and young adults"; and Spiritual Objective No. 7, "To help youth and young adults place God first and exemplify a biblical worldview." For more information: IWillGo2020.org.



MISSION

David Elie Delhove (1882–1949), a young pioneer worker from Belgium, began the Adventist work in Rwanda shortly after World War I. He was given a 125-acre (50 hectare) plot, 11 miles (24 km) north of the town of Nyanza on a low ridge known as the Hill of Skulls, a spot the natives allegedly believed had once been cursed by the Rwandan king. Here the foundations were laid for Gitwe Mission.





RWANDA | January 14

Claude

Standing Before Jesus

Claude was a rough boy who liked to pick fights with the other boys in Rwanda. Life was difficult at home, so he preferred to play on the street with his friends. He often got into trouble.

One day, Claude saw a boy carrying a book called *The Great Controversy*. On the cover of the book was a picture of majestic angels in white. Claude was astonished at the title, *The Great Controversy*. He knew that the word "controversy" meant to have a disagreement or an argument. He had seen many disagreements and arguments in his young life. So, a "great controversy" must mean to have a big disagreement or a big argument. If the book was about a big argument, why were there majestic angels in white on the book cover? Claude was very curious.

"Can I borrow your book?" he asked the boy. The boy knew that Claude liked to pick fights and often got into trouble.

"If you repent, you will stand like these angels that you see on the cover," the boy said. "If you repent, you will stand in the presence

of Jesus when He comes back in glory."

The boy's words hit Claude like a bolt of lightning. He suddenly realized that he was indeed a very rough boy. He realized that he was very wrong to pick fights with other boys and get into trouble. He remembered that the boy with the *Great Controversy* book went to church every Sabbath.

"Can I go with you to church next Sabbath?" he asked.

The boy smiled.

"Yes," he said. "Please come with me."

On Sabbath, Claude prepared to go to church. He took a bottle of water and put it in a basket that he had made. Into the basket he also put his Bible, which he had received as a prize for getting good marks in school several years earlier. Then he started off for church. He was very excited. As he walked, he met other children who also were going to church.

At the church, children and adults welcomed Claude warmly. He felt happy and loved. He enjoyed the Sabbath School

program very much.

After that Sabbath, Claude returned to church the next Sabbath and the next. Mother and Father allowed him to go. They were happy that he was interested in God.

Claude began to read his Bible and other books about God that he borrowed from other children.

In one book, he read about a boy who wanted to be a witness to others. In the story, the boy asked his father, "How can I teach the Word of God to other children?" His father replied, "Write your favorite Bible verses on pieces of paper and give those pieces of paper to other children."

Claude loved the idea, and he immediately began writing his favorite verses on pieces of paper and giving them to other children.

Claude's old friends didn't understand what was going on. The rough boy who liked to pick fights with other boys and often got into trouble was now giving them Bible verses. What had happened to Claude? Some of the boys started to go to church with Claude on Sabbath. Four of them decided to give their hearts to Jesus.

Today, Claude still loves giving away pieces of paper with Bible verses. He loves talking about God. He is no longer a rough boy who likes to pick fights with other boys and often get into trouble. He is a boy who has repented of his old ways. He is a boy who looks forward to standing in the presence of Jesus when He comes back in glory.

Thank you for your Sabbath School mission offering that helps spread the good

Story Tips

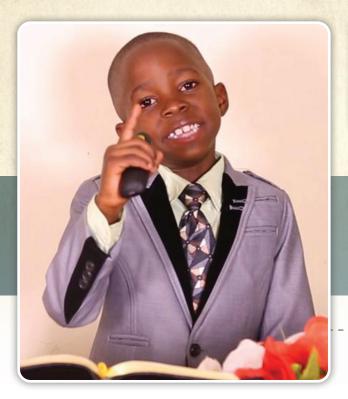
- Find Rwanda on the map.
- Challenge the children to find ways to be a good witness like Claude. As a class activity, they could write their favorite Bible verses on pieces of paper to share with other children later.
- Download photos on Facebook: bit.ly/fb-mq.
- Download Mission Posts and Fast Facts from the East-Central Africa Division: bit.ly/ecd-2023.
- Join the global church in 2023 and 2024 in the mass promotion and distribution of *The Great Controversy*. Visit greatcontroversyproject.com for more information or ask your pastor.
- This mission story illustrates the following objectives of the Seventh-day Adventist Church's "I Will Go" strategic plan: Spiritual Objective No. 6, "To increase accession, retention, reclamation, and participation of children, youth, and young adults"; and Spiritual Objective No. 7, "To help youth and young adults place God first and exemplify a biblical worldview." For more information, go to the website: IWillGo2020.org.

news about Jesus' soon return to boys and girls in Rwanda and around the world.

By Andrew McChesney



In 1961, Pastor E. Semugeshi became first the Rwandan national to lead the field, until he was forced to flee to Tanzania 1963, with many other Tutsis, following political turmoil inside the country. In 1977, he returned from exile and led the field until 1980.



Have you ever preached a sermon? Juge is a boy in Rwanda. He preached his first sermon when he was 2 years old.

You see, when Juge was very little, he received his very own Bible. It was a picture Bible. Juge couldn't read, but he loved to look at the pictures. He opened the Bible on the table in the living room. He listened as Mother read stories about brave children in the Bible. He learned the story about the boy Samuel who heard God's voice at night. He learned the story about the boy David who defeated the giant Goliath. He learned the story about the boy King Josiah who loved God and triumphed over his wicked grandmother, Athaliah. He learned about the children whose mothers took them to Jesus so that Jesus would lay His hands in blessing on them. Juge thought a lot about Jesus. When he slept at night, he often dreamed that Jesus was laying His hands on him.

Juge got to know Bible stories very, very well.

Big adults noticed that the little boy knew the Bible very, very well. So, when Juge was



RWANDA | January 21

The Little Evangelist

Juge

2, they invited him to stand in front of a church to preach. When he got up to speak, he felt frightened and embarrassed when he saw everyone looking at him. The little boy swallowed hard and told the story of how Jonah was swallowed by a big fish. He was so nervous that he forgot parts of the story. But the Sabbath School teacher was pleased with the sermon. "You did a good job," she said.

Juge felt encouraged not to give up. He continued to study the stories in his picture Bible. He continued to memorize the stories. Then someone asked him to preach again. He spent all his free time memorizing and practicing the sermon. He placed every chair in the house in the living room and preached to them, pretending that he was preaching at church.

One Sabbath when Juge preached, someone made a video of the sermon and posted it on the Internet. Some journalists saw the sermon and made a video report about Juge called "The Little Evangelist." Many people watched the report, and soon Juge was receiving many invitations to preach at churches in Rwanda.

Juge loved speaking about Jesus. He loved meeting other children and making new friends. He especially liked seeing people

raise their hands as they gave their hearts to Jesus at the end of his sermons.

When Juge was 7, someone invited him to give evangelistic meetings for a whole week in a faraway city. He would need to preach every evening for seven days.

At first, Juge was scared and thought that he wouldn't be able to preach evangelistic meetings. Then he decided to take his fears to God.

"Dear God," he prayed, "please give me strength and give me many sermons to preach."

He preached powerfully, and 24 people were baptized.

Today, Juge is 9 years old. He has preached in more than 60 churches. More than 2 million people have heard his sermons in person or on the Internet.

Juge is one of many children who tell others about the love of Jesus in Rwanda. Some children preach, others sing, and still others recite Bible verses.

"Through the work we do as children, we hope thousands of people are receiving God's salvation," Juge says.

His favorite Bible verse is Matthew 21:16, where Jesus says, "Have you never read, 'Out of the mouth of babes and nursing infants You have perfected praise'?"

"The Bible verse inspires me on my missionary journey," he says. (\$\)

Thank you for your Sabbath School mission offering, which helps children in Rwanda and in many other countries

Story Tips

- Find Rwanda on the map.
- Challenge the children to find ways to share Jesus' love like Juge. Then ask the children how they can share Jesus in addition to preaching, singing, or reciting Bible verses.
- Download photos on Facebook: bit.ly/fb-mq.
- Download Mission Posts and Fast Facts from the East-Central Africa Division: bit.ly/ecd-2023.
- This mission story illustrates the following objectives of the Seventh-day Adventist Church's "I Will Go" strategic plan: Mission Objective No. 1, "To revive the concept of worldwide mission and sacrifice for mission as a way of life involving not only pastors but every church member, young and old, in the joy of witnessing for Christ and making disciples"; Spiritual Objective No. 6, "To increase accession, retention, reclamation, and participation of children, youth, and young adults"; and Spiritual Objective No. 7, "To help youth and young adults place God first and exemplify a biblical worldview." For more information, go to the website: IWillGo2020.org.

around the world hear about Jesus.

By Andrew McChesney



AMAZING

Mountain gorillas live in east-central Africa in a region spanning three national parks in Uganda, Rwanda, and the Democratic Republic of Congo. Mountain gorillas are an endangered species — there are an estimated 1,063 in the wild. Gorillas can live to more than 40 years old, and an average male mountain gorilla can weigh 400 pounds (180 kg), and measure more than 5'5" (170 cm) tall.







TANZANIA | January 28

Deus

Hello, Pastor Deus!

Deus was born into a very poor family in Tanzania. His parents were so poor that they could not buy notebooks and pencils for him to go to school. Deus felt embarrassed to show up in school without a notebook and a pencil. He couldn't do his homework without a notebook and a pencil. When he was in the fifth grade, he decided that he didn't want to go to school anymore. He dropped out of school.

Around the same time, Father and Mother decided that they couldn't afford to take care of Deus. They send him away to live with his grandparents.

Grandfather took a special interest in the little boy. He loved Deus and wanted him to succeed in life. He wanted Deus to go to school. He especially wanted Deus to know about the God of heaven.

Grandfather looked around and found a school not too far from the house. But Deus didn't want to return to school. He would rather play with other boys or even work than to sit in the classroom. Grandfather.

however, kept encouraging him.

"My grandson," he said, day after day, "it would be good for you to go back to school. There are so many important things that you need to learn."

While Grandfather was encouraging Deus to go back to school, he also taught him about God. Hour after hour, Grandfather told the boy interesting stories from the Bible. He spoke about how God created the world and Adam and Eve in six days and rested on the seventh day. He spoke about how Adam and Eve sinned and sin entered the world. He spoke about Noah and the Flood, Abraham and Isaac, and Moses leading the Israelites through the Red Sea and to the Promised Land. He spoke about Jesus coming to earth and dying on the cross so Deus could be saved from sin and live with Him forever. Grandfather taught Deus how to pray.

After a long time, Deus agreed to go back to school.

Deus didn't like school at first, but then he began to enjoy going. Even more than school, though, he really enjoyed listening to Grandfather tell Bible stories. After a while, He started to read the Bible on his own. He shared what he had learned in Sabbath School.

After a while, someone asked Deus to preach on Sabbath. The boy who once didn't like to go to school and didn't know anything about God stood up in front of the church and preached about his love for God. Grandfather was so happy!

After that Sabbath, Deus was asked to preach again and again. He happily spoke about his great love for God. No sooner had he started preaching than some boys began to tease him. They called him "pastor."

"Hello, Pastor Deus!" said one, with a smile.

"How are you today, Pastor Deus?" said another.

Deus was not annoyed by the teasing. Being called "pastor" made him think all the more seriously about his plans in life. He did not feel like he deserved to be called "pastor." But after a while, he decided that God was calling him to become a pastor.

Today, Deus is studying to become a pastor at the University of Arusha, a Seventh-day Adventist university, in Tanzania.

He is so glad that Grandfather encouraged him to go to school and, most importantly, taught him about God.

"I thank God for using my Grandpa to pave the way for me to become a pastor," he says. (\$\\$)

Story Tips

- Show the children the location of Tanzania on the map.
- Download photos on Facebook: bit.ly/fb-mq.
- Download Mission Posts and Fast Facts from the East-Central Africa Division: bit.ly/ecd-2023.
- This mission story illustrates the following objectives of the Seventhday Adventist Church's "I Will Go" strategic plan: Spiritual Growth Objective No. 5, "To disciple individuals and families into spirit-filled lives"; Spiritual Objective No. 6, "To increase accession, retention, reclamation, and participation of children, youth, and young adults"; and Spiritual Objective No. 7, "To help youth and young adults place God first and exemplify a biblical worldview." For more information, go to the website: IWillGo2020.org. For more information, go to the website: IWillGo2020.org.

Part of this quarter's Thirteenth Sabbath Offering will help build a new building at the University of Arusha so more students like Deus will have a place to study. Thank you for planning a generous offering.

By Andrew McChesney



In 1903, the church in Germany chose two missionaries, A. C. Enns, a vegetable gardener who had received a ministerial diploma from Friedensau University in Germany, and Johannes Ehlers, who had been employed painting buildings at the mission in Germany, to pioneer the Adventist faith in East Africa.

During World War I, the Tanzanian workers, although bereft of the Western missionaries and deprived of all financial support, were not idle. S. G. Maxwell, on arriving in 1921, found fully prepared candidates who had been waiting for baptism for six years.





TANZANIA | February 4

Joseph

Burn the Black Stick

People were very afraid of Joseph in his village in the African country of Tanzania. People were very afraid of Joseph in many other places in Tanzania as well. In fact, people were afraid of Joseph in other countries in East Africa and even as far away as Norway.

Joseph was a witch doctor. People who did not know the God of heaven asked Joseph to heal them and their loved ones. People who did not know the God of heaven asked Joseph to put curses on their enemies.

Joseph owned a black stick that he kept in a special place in his house. He used the black stick when people asked him to heal someone. He used the black stick when people asked him to curse someone. He believed that the black stick had special power. He thought that his life was hidden in the black stick.

People were afraid of Joseph's black stick. But even more than the stick, they were afraid of Joseph. They believed that he even had the power to kill by simply pointing his finger at someone. What people didn't realize was that Joseph didn't have any special power; the power that they thought he had came from evil angels. Still, no one dared to say a word against Joseph. Not in Tanzania. Not in other East African countries. And not in Norway, where Joseph once traveled to practice his witchcraft.

Then Seventh-day Adventists came to Joseph's village. They invited Joseph and other villagers to listen to sermons about the God of heaven. Joseph was curious, and he went. As he listened, the power of God touched his heart. He decided to give his heart to God and be baptized.

The preacher was delighted that Joseph wanted to live for the God of heaven. But he told him that he needed to burn all his wicked charms. Joseph owned many charms that he used to practice his witchcraft. The pastor said Joseph should burn his charms in front of all the village.

Joseph agreed under one condition. "You can burn everything but not the black stick," he said.

He said his life was hidden in the black stick

and he would die if the stick was destroyed.

The preacher assured him that he would not die.

"Your life is not hidden in the power of the devil but in the power of Jesus," he said. "You won't be harmed if you only trust the Savior."

Joseph and the preacher spoke for a short time. Finally, Joseph agreed to burn all his charms — including the black stick.

A big bonfire was set up in the village. Joseph tossed his charms into the flames as the villagers watched in amazement. The man who had frightened them with his witchcraft was now destroying his witchcraft in the fire. The man whom they had feared so much now feared the God of heaven.

Joseph did not look like a scary witch doctor as he watched the bonfire. A big smile stretched across his face as he joyfully leaped around the flames. In an upraised hand, he held a Bible. Watching villagers sang praises to the Lord.

Joseph didn't waste any time in sharing his new love for the God of heaven. Shortly after his baptism, he introduced a friend, who also was a witch doctor, to God. He also was baptized. (§)

Part of this quarter's Thirteenth Sabbath Offering will help build a new building at the University of Arusha in Tanzania so more pastors can be trained to preach the love of Jesus to witch doctors and others in Africa.

Story Tips

- Show the children the location of Tanzania on the map.
- Discuss with the children how quickly Joseph introduced a friend to God after giving his own heart to God. Encourage them to find ways to share God with their friends.
- Watch Joseph leaping with joy on YouTube at: bit.ly/Joseph-stick.
- Download photos on Facebook: bit.ly/fb-mq.
- Download Mission Posts and Fast Facts from the East-Central Africa Division: bit.ly/ecd-2023.
- This mission story illustrates the following objectives of the Seventh-day Adventist Church's "I Will Go" strategic plan: Mission Objective No. 2, "To strengthen and diversify Adventist outreach ... among unreached and under-reached people groups, and to non-Christian religions"; and Spiritual Growth Objective No. 5, "To disciple individuals and families into spirit-filled lives." IWillGo2020.org.

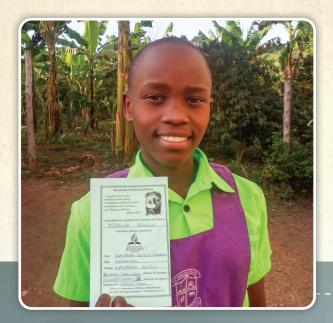
Thank you for planning a generous offering.

By Andrew McChesney



Tanzania is the home of the coconut crab, the largest crab in the world at 9 lbs (4 kg).







UGANDA | February 11

Precious

Treasure in Old Vessels

Precious cried as her father led her through the gates of a Seventh-day Adventist boarding school in Uganda.

"Dad, it seems we are lost!" she said. "We must have lost the way to the school where we planned to go to. This is not the famous school we have always heard of! Let's ask for directions. Maybe the woman coming toward us can help."

Precious wanted to study in the beautiful buildings of a popular school that she had heard about. She didn't want to study in the much more modest buildings of the Katerera Primary School.

Father heard his daughter's cries, but he didn't change his mind.

"It's not the magnificence of the buildings but the excellence of the education that matters, my daughter," he said softly in her ear.

He said that the children who went to the popular school were not learning as well as children who went to the Adventist school.

Precious bit her tongue. She decided to be quiet. But her face showed her

unhappiness as Father enrolled her in classes at the school. She would live in the school dormitory and eat at the school cafeteria. When Father waved good-bye at the gate, her tears flowed freely.

"Why has my beloved Dad chosen to imprison me in the name of schooling?" she blurted out. "This is ridiculous!"

The woman who had met Precious and Father when they arrived at the gate now offered to show Precious where she was going to sleep.

"Hello, come," the smiling woman said in a kind voice. "Let's go to the dormitory, and I'll show you where you will sleep."

Precious sadly followed as the woman carried her mattress and suitcase to the dormitory.

That evening, her heart sank further when she saw children lining up outside an old building. She wondered what was happening until she saw the children carrying plates of food. She realized that it was the school cafeteria. That evening, she ate a vegetarian meal for the first time in her life.

Later, Precious heard a bell ringing and saw children running joyfully to the campus chapel for evening worship. She decided to return to the dormitory to rest. But when she reached the dormitory, she found that the doors were locked. She returned to the chapel and stood outside, unsure about what to do.

"Come, let's enter the house of the Lord," the same smiling woman said. "It's prayer time. Don't be sad."

The woman spoke so kindly. Precious felt loved, and she entered the chapel.

Inside, she heard little children singing in harmony. She had never heard such beautiful music before, and the singing children were even younger than her. After the children sang, someone stood up and spoke about Jesus. Her sadness vanished. She liked the singing and the worship talk.

"At least I will enjoy this part of the school," she thought.

Father didn't return until vacation time at the end of the school term. He had been worried that Precious would refuse to stay at the school if he came earlier. He was surprised when Precious announced that she wanted to return to the school after her vacation. She said she did not want to miss seeing the kind teachers who began every lesson with prayer and a Bible text.

The next semester, the school organized a week of prayer, and Precious decided to give her heart to Jesus in baptism.

"Surely a school is more than its

Story Tips

- Show the children the African country of Uganda on the map.
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buildings," Precious said. For it was at the school that she found Jesus. (\$\sqrt{}\$)

This quarter's Thirteenth Sabbath Offering will assist six Adventist schools in the East-Central African Division, including in Precious' homeland of Uganda. Thank you for planning a generous offering.

By John Kaganzi



It is recorded that the first Seventh-day Adventist to enter Uganda was E. C. Enns, a German missionary working at Suji in the Pare region of Tanzania (then Tanganyika) who entered the country from South Nyanza, Kenya, in 1906. However, work did not begin in Uganda until more than 20 years later, in 1927. This long delay was most likely because of prevailing political and religious unrest in the region.





"All other churches are fake," Father said. When John went to church on Sunday, the priest warned him never to listen to sermons from any other churches.

in Uganda.

"All other churches are fake," he said. John believed Father. John believed the priest. He thought that if he disobeyed them, he would be disobeying God.

But it was hard for him not to hear sermons from the Seventh-day Adventist Church.

John saw Adventists raise a big tent for evangelistic meetings. He heard beautiful music coming out from the tent. He liked the music, and he wanted to listen. But he was too scared to go into the tent. So, he stood outside a nearby store and listened from there. He enjoyed the music until it stopped and the sermon started. Then he remembered that the priest had told him not to listen to sermons from other churches, and he ran away.

The next day, John returned to the store to listen to the beautiful music. When the sermon



UGANDA | February 18

Music for the Soul

John

started, he ran away again. This happened day after day until the meetings ended.

A short time later, Adventists raised the tent for more meetings. John returned to the store to listen to the music. Sometimes he accidentally heard parts of the sermons. The preacher's words touched his heart.

Every time the tent was raised for meetings, John went to listen to the music.

Several years passed, and John found that he also could listen to the beautiful music on Father's radio at home. He spent many hours listening to the music.

One Saturday morning, John was at home alone, listening to music on the radio while washing his clothes for church on Sunday. Then the music stopped, and a sermon began. John rushed over to the radio to turn it off. But then he realized that his hands were dripping wet from washing his clothes. He couldn't find a cloth to dry his hands. He didn't dare touch the radio with wet hands. The radio belonged to Father, and he didn't want to damage it. He left the radio alone — and was forced to listen to the sermon.

The sermon was about the Sabbath. John listened with great interest. The preacher read Bible verses that showed the Sabbath

was on Saturday, not on Sunday. John ran to his bedroom for a pen and piece of paper. Even though his hands were still damp, he carefully wrote down every verse that the preacher read. After the sermon ended, he ran to his parents' bedroom and grabbed Father's old Bible. He wanted to see if the verses from the sermon really were in the Bible. He opened the Bible to Exodus 20 and read, "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work" (verses 8-10, NKJV). He read other verses. All the verses matched what he had heard in the sermon. This was no fake. Father's Bible showed that Saturday is the true Sabbath!

After that day, John listened to Adventist sermons on the radio every Saturday morning. He wrote down the verses and checked them in Father's Bible.

As John read the Bible, he kept wondering, "How can I turn a blind eye to the truth?" Did he need to keep the Sabbath as the Bible taught?

One Saturday morning, the radio sermon was about Jesus' second coming. The preacher spoke about the signs that Jesus' coming was soon. John believed that Jesus was coming soon. He decided to give his heart to Jesus.

Today, John is all grown up and has become a pastor. He also manages an Adventist World Radio station that plays beautiful music and sermons for boys and girls and men and women in Uganda.

Story Tips

- Show the children the African country of Uganda on the map.
- Know that John is a licensed minister and station manager at AWR 104.2 Messenger FM in Mbarara, Uganda.
- Read more about John in next week's mission story.
- Download photos on Facebook: bit.ly/fb-mq.
- Download Mission Posts and Fast Facts from the East-Central Africa Division: bit.ly/ecd-2023.
- This mission story illustrates the following objectives of the Seventh-day Adventist Church's "I Will Go" strategic plan: Spiritual Growth Objective No. 5, "To disciple individuals and families into spirit-filled lives"; Spiritual Objective No. 6, "To increase accession, retention, reclamation, and participation of children, youth, and young adults"; and Spiritual Objective No. 7, "To help youth and young adults place God first and exemplify a biblical worldview." For more information, go to the website: IWillGo2020.org.

Thank you for your Sabbath School mission offering that helps spread the good news about Jesus' soon coming in Uganda and around the world.

By Andrew McChesney



The Seventh-day Adventist Church was banned by President Idi Amin Dada (1971–1979) between 1977 and 1979, some of its land was confiscated, and the government took over some of its schools, converting them into public schools, which had a negative impact on the church and its operations in Uganda.





UGANDA | February 25

John

Planting Seeds of Joy

hen John was a small boy, Father told him that God only has one church in Uganda. "All other churches are fake," Father said. When John went to church on Sunday, the priest warned him never to listen to sermons from any other churches.

"All other churches are fake," he said.
John believed Father. John believed the priest. But then he started to read the Bible after hearing a sermon by a Seventh-day Adventist preacher on the radio. The Bible showed that John and his family were keeping holy the wrong day of the week. John had been taught that Sunday, the first day of the week, was the Sabbath. But the Bible said that the seventh day of the week, Saturday, was the true Sabbath.

John decided that it was more important to obey God than even Father and the priest, so he started to keep the seventh-day Sabbath.

Father and Mother were angry when they saw that John, now a teen, was keeping the seventh-day Sabbath. They became even more angry when he decided to leave their church and become a Seventh-day Adventist.

"You are old enough to decide for yourself," Father said. "Leave my house!"

Tears flowed down Mother's wrinkled cheeks. But she wasn't sad that Father was kicking John out of the house. She was upset that John had decided to become a Seventhday Adventist.

"I would rather go to your funeral than see you join that church," she said.

John felt very sad. He loved his parents very much. He liked living at home with them and his seven brothers. What could he do?

He went to the home of a church elder. With a heavy heart, he told the elder what his parents had said. The elder did not say a word when John finished. Instead, he silently picked up a Bible from the table and opened it to Matthew 6:33. He handed the Bible to John to read.

John read the words of Jesus, who said, "But seek first the kingdom of God and His righteousness, and all these things shall be added to you" (NKJV).

John's heavy heart was lightened. The Bible was promising that if John made Jesus first in his life, then Jesus would provide everything that he needed. God was making a covenant with him that day. God was telling him to seek His Kingdom and righteousness, and all other things would be added to him. John understood that he was making the right decision by choosing to obey God and keep the seventh-day Sabbath.

Even though John was still a boy, he needed to work in order to eat. He found someone who was willing to let him borrow some land, and he planted a vegetable garden. He sold the vegetables that he grew to earn money. As he worked, he told everyone who would listen about his love for God.

Five years passed, and John sensed that God was calling him to become a pastor. But how? He had only finished eighth grade and never gone to high school.

The pastor at John's church decided to help. He knew the principal of a nearby Adventist high school.

"Train this young man," John's pastor said to the principal. "He will make a good pastor one day."

After graduating from high school, John moved to another part of Uganda to work as a Global Mission pioneer. A Global Mission pioneer is a missionary who shares Jesus with people who have never heard about God in his or her own country. In nine months, John planted three new churches.

Then church leaders offered John a scholarship to study to become a pastor at Bugema University, the Adventist university in Uganda.

Today, John is a pastor and the manager of an Adventist World Radio station in Uganda.

He feels sad when he remembers how his father and mother treated him. But he is happy that he decided to follow God. He is happy that God has kept His promise in Matthew 6:33, which says, "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

Story Tips

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The persecution at home helped him grow closer to God. In addition, three of his seven brothers have become Adventists and are waiting with him for Jesus' soon coming.

This quarter's Thirteen Sabbath Offering will help other young people, like John, to become witnesses for Christ. Part of the offering will help open a youth agricultural training center in Nchwanga, Uganda. Thank you for planning a generous offering.

By Andrew McChesney





UGANDA | March 4

Rafael

Meeting Christ in Prison Part 1

In the African country of Egypt, Joseph went to prison for something that he didn't do. He was innocent. In the African country of Uganda, a teenage boy named Rafael went to prison for something that he did do. He was not innocent.

You probably remember the Bible story of Joseph, who was accused falsely by Potiphar's wife and ended up being thrown into prison. But Joseph, who was raised by God-fearing parents, was a good prisoner. He was kind and worked hard, and soon he was working for the warden of the prison. The Bible says, "The Lord was with him: he showed him kindness and granted him favor in the eyes of the prison warden. So, the warden put Joseph in charge of all those held in the prison, and he was made responsible for all that was done there. The warden paid no attention to anything under Joseph's care, because the Lord was with Joseph and gave him success in whatever he did" (Genesis 39:21-23, NIV). After some time, Joseph interpreted the king's dream and later was freed from prison.

Rafael's story was a little different. He also was raised by God-fearing parents, but he wasn't interested in God. He liked to listen to bad music and go to bad places. One night, he was at a bad place when a big fight broke out. The police arrested Rafael and sent him to prison.

Rafael knew that he deserved to be in prison. He was not innocent because he had taken part in a fight. But he didn't want to be locked up. He missed Father and Mother very much.

For five months he thought about the bad decisions that he had made. He had chosen bad friends. He had gone to bad places. He had taken part in a fight. How he wished that he could have a second chance. He would make better decisions.

One day, Rafael was chosen to help clean the house of the prison warden. At first, Rafael was a little scared of the warden. The warden was a big man in charge of the prison and all the prisoners. But then Rafael saw that the warden was a very kind man. He treated Rafael like a son. So even though Rafael badly missed his father, he found a loving father in the warden. Whenever he went to the warden's house, he felt like he was going home.

He liked that every time he arrived to work, the warden wanted to pray with him.

"Dear God," the warden prayed, "please bless my son Rafael today as he works to clean this house. Please be with him in all his duties and activities."

Rafael was touched by the prayers. They filled him with courage and hope. Before long, the warden invited Rafael to pray as well. Rafael learned that the warden was a Seventh-day Adventist.

Then the warden invited a Seventh-day Adventist pastor to read the Bible with Rafael in prison. Although Rafael had been taught as a boy to believe in God, he didn't know much about the Bible. The pastor came regularly to read the Bible with him.

Rafael was amazed as they read. He had never heard the story of Joseph being arrested and thrown into prison. He knew nothing about Daniel being arrested and thrown into the lion's den. He was astonished to hear that Daniel, like Joseph, also interpreted a king's dream. He read that Jesus was coming soon — and he believed it with all his heart.

"If only I had made good choices and had not ended up in prison," he thought. §

Part of this quarter's Thirteenth Sabbath

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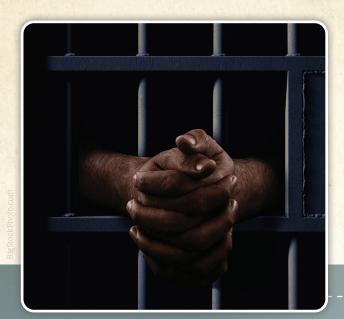
Offering will help teenagers like Rafael make good choices in Uganda. The offering will help open a training center where young people can learn about Jesus while learning how to grow crops to make a living. Thank you for planning a generous Thirteenth Sabbath Offering. Find out the rest of Rafael's story next week.

By Milton Bakubye



Important cash crops in Uganda are coffee, tea, fresh flowers, and cotton. Food crops include beans, cassava, corn, millet, peanuts, plantains, sorghum, soybeans, sweet potatoes, and vegetables like cabbages, carrots, greens, onions, tomatoes, and many types of peppers.

AdventistMission.org





UGANDA | March 11

Rafael

Meeting Christ in Prison Part 2

Last week: Rafael, a teenager in Uganda, found himself in prison after making bad choices. He missed his parents so much! His thoughts turned to God when he was asked to help clean the house of the prison warden. Every time he arrived for work, the warden prayed for him. The warden was a Seventh-day Adventist and became like a father to him. The warden sent an Adventist pastor to study the Bible with Rafael.

Rafael didn't like being in prison. But he enjoyed reading the Bible with the Adventist pastor. He also began listening to Bible stories on a small radio that he kept in his prison cell.

One day, when he went to clean the prison warden's house, the warden said he had noticed that Rafael was listening to Bible stories on the radio. The Bible stories were being broadcast on an Adventist radio station.

"Why don't you turn up the volume of your radio so the other prisoners also can listen and learn?" the warden said.

Rafael thought it was a good idea. That

evening, when he turned on the radio, he cranked up the volume as loud as he could. Other prisoners stopped talking when they heard the radio. Some came over to Rafael. They were interested in the Bible stories.

Rafael noticed that some prisoners even took notes. They wanted to write down the Bible stories so they could remember them later.

One day, a Bible worker from the radio station came to the prison to answer questions from the prisoners. Rafael wanted to know more about the Ten Commandments. He was amazed to read the fourth commandment, "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work" (Exodus 20:8-10). He had always thought the Sabbath was on the first day of the week, Sunday. But the Bible said the Sabbath was on the seventh day, Saturday.

After two years, Rafael was released from prison. He was so happy to go home!

Story Tips

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When he arrived home, Father and Mother met him at the door.

"Before you come in," Mother said, "you need to sprinkle this special water on your head and to step on an egg."

Even though Father and Mother believed in God, they also were superstitious. They thought that Rafael needed to sprinkle water on his head and to step on the egg to make sure that he never went back to prison.

Rafael, however, was not superstitious. He believed that God had a plan for his life that did not include prison.

"I'm sorry, Mother. I'm sorry, Father," he said. "I do not want to perform this ritual. Don't worry. I'm not going to go back to prison."

Mother and Father were amazed.

"You've changed so much!" Father exclaimed. "It's like you've come home from prison with new brains!"

When Sabbath came, Rafael rested and worshiped God. This surprised Father and Mother even more. "Why are you worshiping God today?" Father asked.

Rafael explained that the Bible teaches that the seventh day of the week, Saturday, is the Sabbath, not Sunday, the first day of the week. He read the fourth commandment in the Bible.

Two months after arriving home, Rafael gave his heart to Jesus in baptism.

Today, he regrets making the bad choices that sent him to prison, but he is glad that he met God in prison. (*)

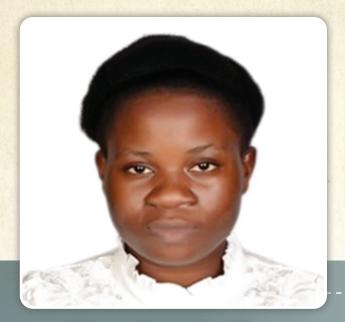
Part of this quarter's Thirteenth Sabbath Offering will help teenagers like Rafael make better choices in Uganda. The offering will help open a training center where young people can learn about Jesus while learning how to grow crops for a living. Thank you for planning a generous offering.

By Milton Bakubye



The Ugandan national basketball team is nicknamed "The Silverbacks," after Uganda's large mountain gorillas, while the national soccer team is nicknamed "The Cranes," after the national bird, the grey crowned crane.







UGANDA | March 18

Mabel

God of Second Chances

hen Mabel was 8, her family suffered a lot. Her parents didn't have enough money for food in Uganda.

Father was a fisherman, and he went fishing on Lake Victoria. But his nets were small. He couldn't catch enough fish in his small nets to make enough money to buy big nets or to feed his family.

After a while, Father decided to find a new job. He moved the family to another city and got a job as a security guard at a Seventh-day Adventist school. Mother got a job as a cook at the same school. Father and Mother were happy because now they could earn enough money for the family.

Mabel's family were not Seventh-day Adventist, and they didn't plan to become Seventh-day Adventist. Father and Mother told the school principal that even though they worked at the Adventist school, they did not want to become Adventists. They worked at the school for three years. During that time, they learned a lot about the Bible.

Then Father and Mother had a

misunderstanding with the school principal. They decided to quit their jobs in protest.

Almost immediately, the family began to suffer again. Mabel's parents couldn't find new jobs, and they didn't have enough money for food.

Father and Mother decided to move to yet another city to look for work.

Life was very difficult in the new city, Kampala, which is the capital of Uganda. The family didn't know anyone who could help them. As the family's savings ran out, Mother desperately came up with a plan. She called Mabel and the other children to her.

"Look for a Seventh-day Adventist church where we can ask for help," she said.

Mabel and her brothers and sisters began walking up and down the streets of the city, looking for an Adventist church. It was hard work. Their legs got tired. But they kept looking. Finally, Mabel saw a sign that read, "Seventh-day Adventist Church." She told Mother, and they went together to the church. They found church members cleaning the

church for Sabbath. It was Friday.

The church members smiled widely when they saw Mother with Mabel and the other small children. "Come back tomorrow and worship with us," one said.

On Sabbath, Mabel and her family returned to the church. Church members were waiting for them with wide smiles.

At lunchtime, Mabel and her family were invited for a meal at the church. When the time came for them to leave, some women packed food for them to take home. Mother was so happy.

"We know God helped us find this church because of the kindness and care that we have received here," she said.

The next Sabbath, Mabel and her family returned to the church. After a year, Mabel was taking part in Sabbath School programs and even preaching. Later, she joined the Pathfinder club. Her love for Jesus grew.

Then she decided to give her heart to Jesus and be baptized. Two of her siblings also were baptized.

Today, Mabel is 17 years old and serves as a deaconess in her church. She loves talking about Jesus, and her favorite Bible passage is Jesus' command to His disciples, "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age" (Matthew 28:19-20, NKJV). She loves to preach and teach the Bible. (\$\sqrt{\

Story Tips

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Part of this quarter's Thirteenth Sabbath Offering will help train young people like Mabel to preach and teach the Bible and at the same teach them how to grow crops so they can have enough money for food and other important things. Thank you for planning a generous offering for the youth training center in Nchwanga, Uganda.

By Esther Waiswa



Ugandan women give birth to more children than women in many other countries in the world. Every woman in Uganda has an average of six children. In rural areas, women have even more children than in the cities. Women get married young, and there are very short intervals between pregnancies.

AdventistMission.org





13th SABBATH | March 25

Muhasa

Give Me the Bible

This is the story of a family in the African country of Uganda.

Father loved God. Mother loved God. The children loved God. But they didn't really know what God said in the Bible. Even though they went to church every Sunday, they never read the Bible. In fact, the priest at church told them that they didn't need to read the Bible. The priest said that it was his job to read the Bible and explain what God wanted them to do.

Then the COVID-19 pandemic turned everybody's life upside-down. Father could not work. Mother could not work. The children could not go to school.

The family had a lot of free time. When a neighbor named Stuart offered to study the Bible with the family, Father decided it would be a good time to read what the Bible says and to see it with his own eyes.

Stuart came over to the family's home with his Bible. Father, Mother, and the children gathered around to read the Bible with their guest.

The family read the Ten Commandments in Exodus 20: "You shall have no other gods before Me ... You shall not make for yourself a carved image. ... You shall not take the name of the Lord your God in vain" (NKJV). Father was shocked when they reached the fourth commandment, which says, "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work" (Exodus 20:8-10).

"What is this about the seventh day of the week being the Sabbath?" Father asked.

Mother also was surprised, and the children looked perplexed. They had always gone to church on the first day of the week, Sunday. Now the Bible said the correct day was the seventh day of the week, Saturday.

Stuart explained that God had set aside the seventh day as holy in the beginning, when He created the world. He read stories from the Bible about how Jesus worshiped on the seventh-day Sabbath.

"God never changed the Sabbath to Sunday," he said. "There is no verse in the Bible where God changes the day."

Father grew even more amazed. He read the Bible verses for himself. Sure enough, everything that Stuart said was true. Then Father become sad.

"I'm so disappointed that I have spent all these years worshiping God on the first day of the week instead of the seventh day as the Bible commands," he said.

He promised that he and his family would only worship God on the seventh-day Sabbath from that day forward.

Immediately after learning the Bible truth about the Sabbath, Father said that he wanted to be baptized the way that Jesus was baptized. Jesus was baptized by immersion; His entire body was dipped under the water. Father had been baptized by sprinkling many years earlier, when he was a little baby; a priest had sprinkled water on his tiny head.

Father was happy that he was reading the Bible for himself. He was seeing for the first time what God really wanted him to do.

But the priest was upset when he learned that Father wanted to get baptized and to join the Adventist Church. He came to the house and tried to convince Father to change his mind.

"You should not pay attention to the Adventists," he said.

The priest refused to leave the house. He stayed for several days and nights, trying to convince Father not to join the Adventist Church.

The children wondered what would happen. Mother wondered what would happen. Father did not change his mind. He had seen with his own eyes what God said in the Bible, and he was determined to obey God.

Father told the priest, "You never allowed me to read the Bible for myself, and you never let me ask questions about the things that I didn't understand. You said that the Bible is only for the priests and that I had to obey whatever you taught. But now I know what

Story Tips

- Show the children the African country of Uganda on the map.
- Know that Father's name is Muhasa.
- Encourage the children to read the Bible every day, even if only one verse. Tell them that it is good to hear the Bible from parents and teachers, but it is most important to read the Bible and know what God is saying for themselves.
- Download photos on Facebook: bit.ly/fb-mq.
- Download Mission Posts and Fast Facts from the East-Central Africa Division: bit.ly/ecd-2023.
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the Bible says, and I will obey only God."

The priest was not about to give up. When the day of Father's baptism arrived, he and several other priests stopped Father from leaving the house.

Father had to postpone his baptism for another day. But then the priests again prevented him from being baptized.

Four times the priests stopped Father from being baptized. The priests also offered Father an expensive gift if he would change his mind: a brand-new house.

The children wondered what would happen. Mother wondered what would happen. Father turned down the gift of the house. He wanted to obey God more than anything else. He asked the pastor to schedule his baptism a fifth time.

On the day of the baptism, the priests arrived at the house with a group of

Father's old Sunday church friends. They tried to block Father from going to the baptism. Father refused to be stopped again. Somehow, he made it to his baptism.

Today, the children are happy that Father got baptized, and they also would like to get baptized. Mother is happy that Father got baptized, and she also would like to get baptized. Most of all, Father is happy that he got baptized. He didn't get a new house from the priests. He lost some of his friends from his old church. But he is happy because he is now able to read the Bible and see with his own eyes exactly what God wants him to do. He is encouraging all his relatives, friends, and neighbors to read the Bible, too.

Do you read the Bible? (\$\)

Thank you for your Thirteenth Sabbath Offering today that will help many people in Uganda learn about the Bible through a youth training center in the town of Nchwanga. In all, the offering will help six mission projects in five countries. Thank you for your generous offering.

By Samuel Mumbere

Before 13th Sabbath

- Send home a note to remind parents of the program and to encourage the children to bring their Thirteenth Sabbath Offering on March 25. Remind everyone that their mission offerings are gifts to spread God's Word around the world and that one-fourth of our Thirteenth Sabbath Offering will go directly to help six projects in five countries of the East-Central Africa Division. The projects are listed on page 3 and on the back cover.
- The narrator doesn't need to memorize the story, but he or she should be familiar enough with the material so as not to have to read it. Alternatively, the children can act out the story.
- Before or after the story, use a map to show the five countries in the East-Central Africa Division Rwanda, Uganda, Ethiopia, Kenya, and Tanzania that will receive the Thirteenth Sabbath Offering for educational purposes.

Future Thirteenth Sabbath Projects

The Thirteenth Sabbath Offering next quarter will support five projects in the Inter-European Division:

- Hope Life Center, Lyon, France
- Elementary school, Setubal, Portugal
- Elementary school, Moisei, Romania
- > After-school center, Galați, Romania
- > Youth camp and training center, Gland, Switzerland

dventistMission.or

Play the Game

MAMBA

(AFRICA)

Mamba is a traditional children's game played throughout Africa and is named for the infamous African snake.

DIRECTIONS:

- 1. Mark out an area for the game; everyone has to stay inside the area during the game, or they have to sit out for the rest of the round.
- **2.** One player is chosen to be the "mamba" and they run around inside the area trying to catch the other players.
- 3. When the first player is caught, they become part of the snake's body by holding onto the mamba's shoulders or waist. Each player caught after that takes hold of the last person in the "snake" of players.
- **4.** Only the "mamba" can catch other people, but the players in the "body" can help by not allowing players to get past (players cannot pass through the mamba's body).
- 5. The game is won by the last player left uncaught by the mamba.

Let's Speak Kinyarwanda

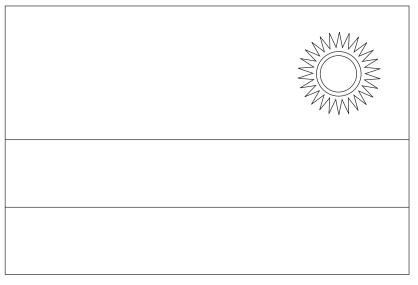
(RWANDA)

Common phrases in Kinyarwanda

ENGLISH:	KINYARWANDA:	PRONUNCIATION:
Welcome	Murakaza neza	Moor-ah-KA-zah NEH-zah
Hello (General greeting)	Muraho	Moor-AAH-HOE
How are you?	Amakuru? (News?)	Ah-mah-KOO-roo
Reply to 'How are you?'	Ni meza	Nee MAY-zah
What's your name?	Witwa nde?	Wit-WAN-day
Good morning	Mwaramutse	MWAHR-ah-MOOT-say
Good afternoon	Mwiriwe	MWEER-ah-way
Good evening	Mwiriwe neza	MWEER-ah-way NEH-zah
Good night	Muramuke	Moor-ah-MOO-kay
Goodbye	Murabeho	Moor-ah-BAY-hoe
Excuse me	Mbabarira	Mbah-bah-REE-rah
Thank you	Murakoze	Moo-rah-KOH-zee
Reply to thank you	Ntacyo	NAH-cho
I love you	Ndagukunda	Ndag-oh-KOON-da

VENTIST MISSION East-Central Africa Division

Color The Flag



RWANDA

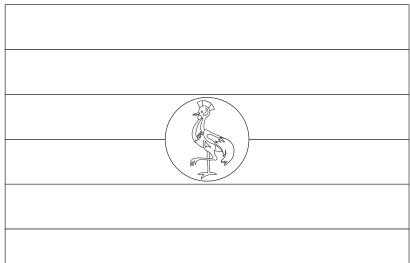
DIRECTIONS:

Color the top half light blue, the stripe underneath yellow, and the bottom stripe dark green. Color the sun yellow.

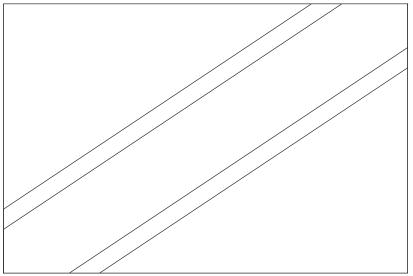
UGANDA

DIRECTIONS:

Color the stripes, starting from the top, black, yellow, red, black, yellow, red. Leave the circle in the middle white. Color the feathers on the top of the crane's head red, yellow, red. Color the wattle under its chin red. Leave the top of the tail feathers white and color the bottom of the tail feathers red. Leave the eye white and color the rest of the white areas gray.



Color The Flag



TANZANIA

DIRECTIONS:

Color the top left triangle light green and the bottom right triangle light blue. Color the large diagonal stripe black and the thin stripes on either side yellow.

Make a Craft

AFRICAN FINGER HARP

SUPPLIES:

a piece of wood approximately
3.5 x 5 x 0.5 inches (9 x 12 x 1 cm)
5 bobby pins
heavy staples

staple gun/hammer sandpaper marker pens

DIRECTIONS:

- 1. Find or cut a piece of wood to the correct size. If needed, sand it to smooth out the surface and edges.
- 2. Straighten out the bobby pins. Lay them across the wood, lengthwise.
- **3.** Staple each of the straightened bobby pins to the wood, near the edge of the wood.
- **4.** Use a hammer to tap the staples tightly over the bobby pins.
- 5. Then staple each bobby pin down a second time. With the first pin, staple close to the first staple. Each successive pin should be stapled further down the pin, with the last one being about 2/3–3/4 of the way down the pin. Again, hammer the staples down. You may want to add an extra staple in the middle of the last pin to keep it stable.
- 6. Next, bend up the ends of each bobby pin at the staple.
- 7. Now, pluck down on the ends of pins with your thumb to create a tune.
- 8. Use marker pens to decorate the harp.

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Let's Cook!

ROLEX (ROLLED EGGS)

(UGANDA)

Serves 1

INGREDIENTS:

2 eggs

¼ cup thinly sliced cabbage

¹/₄ cup tomatoes (seeds removed and finely diced)

1 tbsp minced red onions

salt

vegetable oil

1 large chapati

DIRECTIONS:

Crack the eggs into a bowl. Add the cabbage, tomato, onion, and salt. Stir together until well combined.

Preheat a large skillet over medium-high heat. Oil well.

Add the eggs and spread out into a flat circle with the back of a spoon. Cook until mostly set and the bottom is lightly browned.

Flip and cook another couple of minutes. Top with chapati to heat it up.

Remove from pan and, when cool enough to handle, roll it up and eat.

CHAPATI

(TANZANIA)

Chapati is unleavened flatbread with no baking powder or yeast and is one of the most popular dishes in a Tanzanian home.

INGREDIENTS:

1 cup whole wheat flour

1 cup all-purpose flour

1 teaspoon salt

2 tablespoons olive oil

34 cup hot water or as needed

DIRECTIONS:

In a large bowl, stir together the two flours and the salt. Use a wooden spoon to mix in the olive oil and enough water to make a soft dough that is elastic but not sticky. Knead it on a lightly floured surface until it is smooth. Divide into 10-12 parts. Roll each piece into a ball and let them rest for a few minutes.

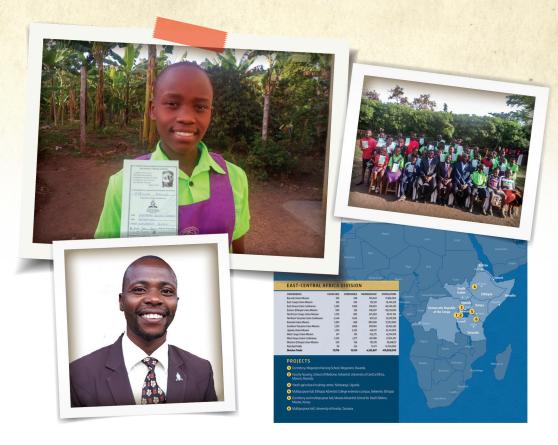
Heat a lightly greased skillet over medium heat. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough and make them very thin.

When the pan starts smoking, put a chapati on it. Cook for around 30 seconds — or until underside has brown spots — and then flip it and do the same with the other side.





MORE MISSION!



You could read the mission story about 13-year-old Precious, whose heart was transformed by the sound of children singing at a Seventh-day Adventist boarding school in Uganda.

Or you could meet her and her friends through a collection of photos!

Visit the Facebook page of Mission Quarterlies to download extra materials that make the mission stories for children and adults come alive every week.



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Leader's Resources

Be sure to download your free Mission Spotlight video, featuring video reports from around the East-Central Africa Division and beyond. Download or stream from the Adventist Mission website at bit.ly/missionspotlight.

Online Information

Following are sources of information that may be helpful in preparing for the mission segment of Sabbath School. For more information on the cultures and history of the countries featured in this quarterly, visit:

Websites

Rwanda: government website
US State Department
Visit Rwanda
Tanzania: government website
US Embassy in Tanzania
Tanzania Travel Guide
Uganda: government website
US State Department
Wikitravel

bit.ly/RwandaGovt bit.ly/USStateDept-Rwanda bit.ly/Visit_Rwanda bit.ly/TanzGovt bit.ly/USEmbTanz bit.ly/TanzTravGuide bit.ly/UgandaGovt bit.ly/USStateDept-Uganda bit.ly/WikiTrav-Uganda

Seventh-day Adventist

East-Central Africa Division bit.ly/SDA-ECD
Northern Tanzania Union Conference bit.ly/SDA-NorTanUC
Uganda Union Mission bit.ly/SDA-UUM
Bugema University, Uganda bit.ly/SDA-Bugema
Adventist University of
Central Africa, Rwanda bit.ly/SDA-AUCA

An offering goal device will help focus attention on world missions and increase weekly mission giving. Determine a goal for your class' weekly mission offering. Multiply it by 15, allowing a double goal for the Thirteenth Sabbath Offering, which will be collected on March 25. Remind the children and their parents that their regular weekly mission offerings help the missionary work of the world church and that one-quarter of the Thirteenth Sabbath Offering will go directly to the projects in the East-Central Africa Division. On March 18, report on mission giving during the quarter. Encourage the children and their parents to double or triple their normal mission giving on the upcoming Thirteenth Sabbath. Count the offering and record the amount given at the end of Sabbath School.

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MISSION

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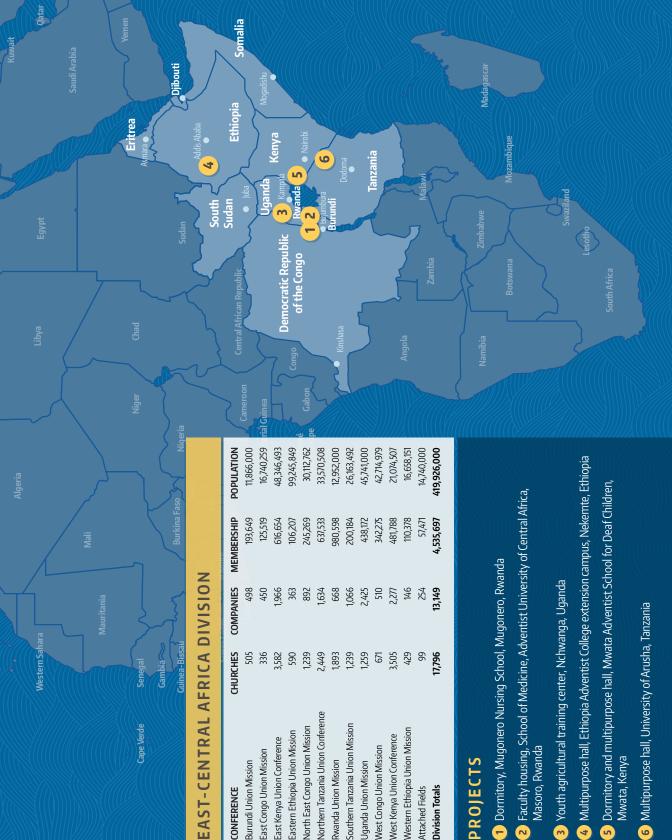
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CONFERENCE

Division Totals

Attached Fields