

**Mission Posts and Fast Fasts
Fourth Quarter 2023
West-Central Africa Division**

Adult/Youth Mission Facts

Ghana

1. Ghana has 2,063 churches and 2,366 companies. With 380,703 members, in a population of 32,373,000, that's one Seventh-day Adventist for every 85 people in the country.
2. The origin of the Seventh-day Adventist Church in Ghana is linked to a woman named Hannah More (1808–1868), a missionary serving for another denomination in West Africa who accepted Seventh-day Adventism while on furlough in the United States.
3. Francis Dolphijn (died c. 1914) was the first indigenous missionary of the Seventh-day Adventist Church in Ghana. Having read a tract on the Sabbath, he decided to share his newfound faith throughout the Gold Coast of Ghana.
4. Francis Dolphijn sent many letters to the General Conference asking for literature and missionaries for the work in West Africa and eventually it responded by sending Lawrence Chadwick in September 1892, and a budget of \$1,300 was allocated for the work in Africa.
5. Christian Abraham Ackah (1883–1912) was a founding member of the Seventh-day Adventist Church in Ghana. In addition to his work in literature evangelism, he founded the first two churches and first two schools in the county, and was the first Ghanaian to be ordained a church elder and to serve on a union mission executive committee, all before his untimely death at the age of 29.
6. In 1959, Charles Bennett Mensah (1918–2008), who was ordained in 1945, was appointed the first indigenous president of the Seventh-day Adventist Mission in Ghana from 1959 to 1965.
7. The Seventh-day Adventist College of Education in Ghana, located at Agona in the Sekyere South district in the Ashanti region, was officially opened October 16, 2013, and the first assembly for students was held October 17, 2013. The mission of the college is to provide comprehensive training for the holistic development of students who would be morally upright, competent, committed, and dedicated to professional work ethics.
8. According to the 2021 census in Ghana, 71 percent of the population is Christian, 20 percent is Muslim, and 9 percent is comprised of traditional religion, “other,” or no religion.

9. The Republic of Ghana is located in West Africa between Cote d'Ivoire (Ivory Coast) to the west, Togo to the east, and Burkina Faso to the north. To the south is the Gulf of Guinea.
10. The capital of Ghana is the city of Accra, located on the coast in the south. The city itself has a population of about 284,000, but the larger metropolitan area has nearly 5.5 million people.
11. The name of Ghana's capital city, Accra, comes from the Akan (the most common language after English) word “nkran,” meaning “ants.”

12. Kofi Annan (1938–2018) is one of the most well-known Ghanaians. He served as Secretary-General of the United Nations from 1997–2006, and in 2001 he and the UN were awarded the Nobel Peace Prize.
13. The traditional cloth of the Ghanaian people is the bright and colorful *kente* (from the word “kenton,” meaning basket), made by handweaving strips of silk and cotton cloth. In the past, the fabric was worn by the royalty of the Ashanti and Ewe, and by queens and princesses of the Dagbon people. Today, it is popular to wear it for special occasions.
14. Lake Bosumtwé, a meteorite impact crater, is the only natural lake in Ghana, but the country is home to the world’s biggest man-made lake — Lake Volta — which is over 320 miles across.
15. Ghana is where “fantasy” coffins originated. Hand crafted and based around the interests and professions of the deceased, the coffins can be shaped like lions, boats, airplanes, running shoes, anything you like!
16. The currency in Ghana is the cedi. The word “cedi” is the Akan word for cowry shell, which used to be used as currency all across West Africa.
17. The official language of Ghana is English, but it is surrounded by French-speaking countries: Cote d’Ivoire, Burkina Faso, and Togo.
18. In 1983, Ghanaian Ferdie Adoboe set a Guinness World Record for the fastest 100-yard backward sprint, which he completed in 12.7 seconds.
19. The Kejetia Market in Kumasi, Ashanti, Ghana, is West Africa’s biggest open-air market. It has more than 10,000 stores and stalls that sell a wide variety of products, from spices to Ashanti sandals, plastic beads to gold and silver.
20. Ghana, then called the Gold Coast, declared its independence from the British on March 6, 1957.

Cameroon

1. Cameroon has 997 churches, 628 companies, and 117,948 members. In a population of 27,338,000, that's one Seventh-day Adventist for every 232 people.
2. The first Seventh-day Adventists to come to Cameroon, William Harrison Anderson and T. M. French, both Americans, arrived from South Africa in November 1926. They chose Nanga Eboko as the site of the first mission station, and Chief Bessala Etong gave them 136 acres (55 hectares) of land on which to establish the mission.
3. Because of language problems, W. H. Anderson and T. M. French departed Cameroon in December 1927, but in 1928, R. L. Jones arrived and continued the work begun by Anderson and French. On March 11, 1929, the Southern European Division sent Marius Raspal.
4. The first six indigenous people to convert to the Adventist faith in Cameroon were baptized in April 1929. They were Ndi Daniel, Medjo Endangte Josué, and Antoine Mfoumi, along with their wives.
5. In 1937, the first church in Cameroon was established in Grand Batanga in the Department of the Ocean through the work of Adalbert Ekitike, R. W. Beach, and Marius Fridlin.
6. As of January 1, 2022, the Cameroon Union Mission had 122 ordained ministers, fifty-three licensed ministers, 243 credentialed missionaries, 129 licensed missionaries, and 553 other workers. Its educational institutions employed fifty-three workers and the health institutions twelve workers.
7. The most common faith in Cameroon is Christianity, practiced by about two-thirds of the population. Islam is a significant minority faith, at about one-fifth of the population.

8. Cameroon, in West Africa, is a mixture of desert to the north, mountains in the center, and tropical rain forest in the south. There are mountains in the west where it shares a border with Nigeria, including the highest point in West Africa — Cameroon Mountain — at 14,435 feet (4,040 m).
9. Mount Cameroon is among the largest volcanoes in Africa, and is still active, with the last eruption occurring in 2012.
10. Cameroon is roughly triangular in shape and is bordered by Nigeria, Chad, the Central African Republic, the Republic of the Congo, Gabon, and Equatorial Guinea.
11. In the rain forests in the south of Cameroon you can find green monkeys (*Chlorocebus sabaues*), chimpanzees, and gorillas, as well as bats, and a wide diversity of birds—from the tiny sunbird to giant eagles.
12. Cameroon's colonial name comes from the *cameros*, or shrimps, in the Wouri River. The area was named "Rio dos Camarões" (River of the Shrimps) by fifteenth-century Portuguese explorers.
13. Cameroon is one of the wettest countries on Earth. The village of Debundscha is included among the five rainiest places in the world, receiving over 400 inches (10,000 mm) of rain a year.

14. Football (soccer) is the most popular sport in Cameroon. The Cameroonian national team is called the Indomitable Lions, and they made it to the quarter-finals of the 1999 FIFA world cup.
15. Cameroon is in Central Africa and has a total area of 295,425 square miles (475,440 sq km).
16. Yaoundé is the capital of Cameroon and, with a population of more than 2.8 million, is the second-largest city in the country after the port city, Douala.
17. English and French are the official languages of Cameroon, but 230 other languages are spoken in the region and there are more than 1,700 different linguistic groups in the country.
18. The Central African franc is the official currency of Cameroon.
19. Cameroon became an independent country on January 1, 1960, and became a member of the United Nations on September 20, 1960.
20. Oil exports make up 40 percent of the total export earnings of Cameroon and there is an abundance of natural gas reserves.
21. Cameroon is home to at least 409 species of mammals and 165 species of birds. Every variety of flora and fauna living in tropical Africa can be found in Cameroon.
22. Cameroon has some of the most fertile land in the world and is known for its bananas, cocoa, coffee, cotton, and oilseeds.
23. Cameroon has a total land border of 3,228 miles (5,018 km) and a coastline of 250 miles (402 km).
24. Boys can get married in Cameroon at 18 years old, and girls can marry at 15.
25. The flag of Cameroon has vertical stripes of green, red, and yellow with a yellow star in the middle. The green stripe symbolizes the vegetation of the south, the yellow the grasslands of the north, and the red represents national sovereignty. The star symbolizes national unity.
26. In 2016, Cameroon's government burned 2,000 elephant tusks and 1,753 objects made of ivory to discourage poaching.
27. The goliath frog (*Conraua goliath*) is the largest frog in the world and can be found in Cameroon. The frog can grow up to 13 inches (34 cm) long and weigh over 7 lb. (3.2 kg), and is known to move quite heavy rocks to dam off water in order to create spawning pools.

Guinea

1. Guinea has six churches and 2,753 members. In a population of 13,497,000, that's one Seventh-day Adventist for every 490 people in the country.
2. Religion in Guinea is 89 percent Muslim, and 7 percent Christian. Although only 2 percent officially practice indigenous religious beliefs, much of the rest of the population, Christian and Muslim, also incorporate indigenous African beliefs into their religious life.
3. Muslims make up the majority in all four major regions of Guinea. Christians are most numerous in the capital, Conakry, the other large cities, the south of the country, and the eastern Forest Region. Indigenous religious beliefs are most prevalent in the Forest Region.
4. The Constitution of Guinea states that Guinea is a secular state in which all are equal before the law, regardless of religion. It grants the right of individuals to choose, change, and practice the religion of their choice.

5. Although the official language of Guinea is French, the most commonly spoken languages are Fulani, Susu, and Mandinka.
6. Countries that border Guinea include Cote d'Ivoire, Liberia, Mali, Senegal, and Sierra Leone.
7. There are four countries in the world with the word Guinea in their name: The Republic of Guinea, Equatorial Guinea, and Guinea-Bissau in Africa, and Papua New Guinea in Oceania in the southwestern Pacific Ocean.
8. The Republic of Guinea is also known as Guinea-Conakry (after its capital city) to distinguish it from nearby Equatorial Guinea and Guinea-Bissau.
9. In 2017, the adult literacy rate in Guinea was only 41 percent, making it the ninth-lowest in the world. The primary reason is the country's poverty.
10. With a GDP of \$1,180, Guinea is among the poorest countries in the world.
11. Singer-songwriter Mory Kanté (1950–2020) was from Guinea. Kanté is best known for "Yéké," recorded in 1987, which was a No. 1 hit in Europe and became the first African single to sell over a million copies.
12. The Guinean flag has vertical stripes of red, yellow, and green. Red represents sacrifice; yellow symbolizes wealth and the tropical sun; green reflects the agricultural wealth of the land.
13. Three major West African rivers originate in Guinea: the Gambia, Niger and Senegal.
14. In the Nimba Mountains of Guinea, chimpanzees were first seen using tools to chop up food into bite-sized portions. In 2009, they were seen using both stone and wooden cleavers to chop up the Treculia fruits they were eating.

Children's Mission Facts

Cameroon

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3. The first six Cameroonians to become Adventists were baptized in April 1929. They were Ndi Daniel, Medjo Endangte Josué, and Antoine Mfoumi, along with their wives.
4. The first church in Cameroon was built in 1937.
5. Most people in Cameroon are Christians, but there are a lot of Muslims as well.

6. Cameroon has deserts in the north, mountains in the middle, and tropical rain forests in the south. In the west are mountains, which include the tallest mountain in West Africa — Cameroon Mountain — at 14,435 feet (4,040 m).
7. Mount Cameroon is among the largest volcanoes in Africa, and is still active; the last it erupted was in 2012.
8. Cameroon is shaped like a triangle and its neighbors are Nigeria, Chad, the Central African Republic, the Republic of the Congo, Gabon, and Equatorial Guinea.
9. In the rain forests in the south of Cameroon you can find green monkeys (*Chlorocebus sabaesus*), chimpanzees, and gorillas, as well as bats, and lots of different kinds of birds— from the tiny sunbird to giant eagles.
10. Cameroon's name comes from the *cameros*, or shrimps, in the Wouri River. The area was named "Rio dos Camarões" (River of the Shrimps) by explorers from Portugal in the fifteenth-century.
11. Cameroon is one of the wettest countries on Earth. The village of Debundscha is included among the five rainiest places in the world, receiving over 400 inches (10,000 mm) of rain a year.
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15. Money in Cameroon is the Central African franc.
16. Cameroon became an independent country on January 1, 1960.
17. Cameroon is home to at least 409 kinds of mammals and 165 kinds of birds. Every kind of plant and animal that lives in tropical Africa can be found in Cameroon.

18. Cameroon is known for its bananas, cocoa, coffee, and cotton.
19. Boys can get married in Cameroon at 18 years old, and girls can marry at 15.
20. In 2016, Cameroon's government burned 2,000 elephant tusks and 1,753 objects made of ivory to discourage poaching — people killing elephants just for their tusks.
21. The goliath frog (*Conraua goliath*) is the largest frog in the world and can be found in Cameroon. The frog can grow up to 13 inches (34 cm) long and weigh over 7 lb. (3.2 kg), and is known to move quite heavy rocks to dam off water in order to create spawning pools.
22. Read children's books about Cameroon: *I Am Farmer* by Baptiste and Miranda Paul and *Snow Flower And The Panther* by Fleurie Leclercq.

Guinea

1. Guinea has six churches and 2,753 members. In a population of 13,497,000, that's one Seventh-day Adventist for every 490 people in the country.
2. Most people in Guinea are Muslim; only seven people out of 100 are Christian.
3. The law in Guinea makes everyone free to choose whatever religion they want.

4. Although the official language of Guinea is French, most people speak Fulani, Susu, and Mandinka.
5. Guinea's neighbors are Cote d'Ivoire, Liberia, Mali, Senegal, and Sierra Leone.
6. There are four countries in the world with the word Guinea in their name: The Republic of Guinea, Equatorial Guinea, and Guinea-Bissau in Africa and Papua New Guinea in Oceania in the southwestern Pacific Ocean.
7. The Republic of Guinea is also known as Guinea-Conakry (after its capital city), so people don't mix it up with nearby Equatorial Guinea and Guinea-Bissau.
8. In 2017, only 41 out of 100 adults could read.
9. Guinea is one of the poorest countries in the world.
10. The Guinean flag has red, yellow, and green stripes. Red represents sacrifice; yellow symbolizes wealth and the tropical sun; green reflects the agricultural wealth of the land.
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3. Francis Dolphijn (died c. 1914) was the first Adventist missionary born in Ghana. He read an Adventist magazine about the Sabbath, and he decided to share what he had learned in his homeland.
4. Francis Dolphijn sent many letters to the Adventist Church in the United States asking for them to send Adventist magazines and missionaries to West Africa. Eventually, the church sent a man named Lawrence Chadwick, in September 1892.
5. Christian Abraham Ackah (1883–1912) was one of the first members of the Seventh-day Adventist Church in Ghana. He gave out many Adventist magazines and books and he helped start the first two churches and first two schools in the county.
6. Christian Ackah was the first Ghanaian to be ordained as a church elder. All the work he did for the church in Ghana happened before he died at the young age of 29.
7. In 1959, Charles Bennett Mensah (1918–2008), became the first Ghanaian president of the Seventh-day Adventist Mission in Ghana.
8. There is an Adventist College in Ghana — the Seventh-day Adventist College of Education — which trains teachers to work in Adventist schools.

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19. Ghana, then called the Gold Coast, declared its independence from the British on March 6, 1957.

Flags

Cameroon

Color the left third green, the middle red, and the right third yellow. Color the star in the middle yellow.



Guinea

Color the left third red, the middle yellow, and the right third green.



Ghana

Color the top third red, the middle third yellow, and the bottom third green. Color the star in the middle black.



Games

Ghana

Ampe

Ampe is a traditional African children's game in Ghana that involves a lot of jumping and clapping. It is great for groups but can be played with just two players.

One player, the leader, stands in front of all the other players in a line or in a circle. The leader and another player jump up at the same time, clap, and thrust one foot forward when they jump up. If the leader and the other player have the same foot forward the leader wins a point. If they are different, then the other player becomes the "leader" and plays against the remaining players. If the players are in a circle, the leader moves along the inside of the circle, playing against each in turn. If they are in a line, the leader moves down the line. If only two players are playing, they keep score until a certain number of points determines a winner.

Watch YouTube video of the game being played: bit.ly/Ampe_Video.

Crafts

West Africa

People in western Africa wear clothes from a cloth made of thin strips of fabric woven together called *kente*.

To make a *kente*-style placemat you will need:

A sheet of red card/construction paper

Green and black paper

Glue

Instructions:

Fold the card in half lengthways. Cut long lines in the card about 1 inch (2.5 cm) apart from the fold to about 1 inch from the edge of the card. Unfold the card.

Cut the paper into strips about 1 inch (2.5 cm) wide, lengthwise. Take a strip of paper and pass it under the red card and then up through the first slit, down through the second and back up through the third and so on until you reach the other side of the card. Push it up so it sits as close to the top of the red card as it can.

Repeat with a different colored strip of paper, starting the other way, down through the first slit and up through the second and so on. Repeat until the card is full. Glue the ends of the strips of paper down onto the red card.

Recipes

Cameroon

Candied Nuts

Ingredients

2 cups (250 g) roasted peanuts, shelled
2/3 cup (10 ml) water
2/3 cup (133 g) granulated sugar
1/3 cup (67 g) brown sugar
2 tsp (10 ml) ground cinnamon (optional)
1/2 tsp (2.5 ml) nutmeg (optional)
1/2 tsp (2.5 ml) vanilla extract (optional)
1/2 tsp (2.5 ml) cayenne pepper (optional)

Instructions

Heat water in a 12-inch (30-cm) heavy pan over medium heat. Add sugar, spices, and vanilla extract, and bring to a boil. Add the roasted peanuts.

Turn the heat to medium-high to high, stirring occasionally, until the sugar coats the peanuts and is grainy and crystallized, 15 to 18 minutes. Do not caramelize the sugar.

Remove from heat, and spread the peanuts on a cookie sheet or tray. Let them cool and serve.