

## WEEK 4: RWANDA

### LIFE AND DIGNITY OF THE HUMAN PERSON

We are made in God's image and likeness, which means each life is sacred. Every person has the right to life, and we must help ensure all our sisters and brothers can live in dignity.

#### STORY OF HOPE

Living in Kigali, Rwanda, Gloriose Uwamahoro and her husband Karekezi Jean Pierre are no strangers to hardship and hard work.

Gloriose sells vegetables and water in a kiosk and Karekezi sells vegetables at a market. It's a full day's work, but they are thankful for the blessings they have.

Their daughter was malnourished—like many other children in their village. Then Gloriose joined Gikuriro, a project funded by the U.S. government and led by Catholic Relief Services to support the Rwandan government's efforts to combat malnutrition.

In Gikuriro, Gloriose learned to prepare balanced meals for her children. She shared this and other skills with her husband so they could support their children together.

She later joined a CRS-led microsavings group and learned how loans could help her grow her business. Now she earns enough to support her family. She and Karekezi can also afford to send their kids to school.



Photo by Mussa Uwimwene for CRS

#### FACTS TO CONSIDER:

- Located in sub-Saharan Africa, Rwanda is covered by mountains and hills and is nicknamed "The Land of a Thousand Hills."
- Most families farm for a living, but droughts, floods, pests and diseases make this difficult and can cause food insecurity. More than one-third of children under 5 years old experience chronic malnutrition.
- Catholic Relief Services is helping reduce childhood malnutrition by improving community health services, teaching families about good dietary and hygiene practices, educating farmers on growing nutritious food, and encouraging saving money.



For downloadable photos, visit [crsricebowl.org/photos](https://crsricebowl.org/photos) and watch the video from Week 4 at [crsricebowl.org/stories](https://crsricebowl.org/stories).

# LIFE AND DIGNITY OF THE HUMAN PERSON

45 MINUTES

## OBJECTIVE

Through the story of Gloriose in Rwanda, students will explore the Catholic social teaching principle of Life and Dignity of the Human Person and how they can help all people live according to their human dignity.

## MATERIALS

- Week 4 story and video—available at [crsricebowl.org/stories](https://crsricebowl.org/stories).
- Week 4 Activity Sheet: Grades 1-3.
- Magazines, newspapers and other sources of pictures.
- Glue and scissors.

## DISCUSSION (15 MINUTES)

1. Locate Rwanda on the map.
2. Read the story from Week 4. Use the video to supplement the story.
3. Reflect:
  - Who did we meet in the story?
  - What does 'malnourished' mean?
  - What are Gloriose and Karekezi doing to help their children?

## ACTIVITY (25 MINUTES)

1. Explain the Catholic social teaching principle of Life and Dignity of the Human Person. We are each made in God's image and likeness. That means that every human being has special value and purpose. We need to care for each other so we can be the people God calls us to be.
2. Have students complete the Week 4 Activity Sheet: Grades 1-3.
3. If time permits, ask students to share one of the photos in their collage and why it is important for their lives.

## CLOSING PRAYER (5 MINUTES)

*God of love,*

*You love each of us infinitely and want us to love each other. Help us to love and respect all people. May our thoughts, words and actions always show value for others, and may we especially remember and help our sisters and brothers who are hungry and in need.*

*Amen*

## AT HOME

1. Share your activity sheet with your family.
2. As a family, read and discuss the daily reflection in your **CRS Rice Bowl Lenten Calendar**.

## IF YOU ONLY HAVE



1. Read the story from Week 4. Use the video to supplement the story.
2. Lead Discussion step 3.

Name: \_\_\_\_\_



**Everyone needs many of the same things to be healthy and happy: nutritious food, clean water, family, and friends and more. Color the person in the middle of the page to look like you. Then make a collage in the space around it of what you need to be happy and healthy.**

