

## 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 Glorioso 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 4-6.

## 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:
  - What did you find interesting about the story?
  - What challenges did Glorioso and Karekezi need to overcome to help their children?
  - What is malnutrition and how does it affect 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 4-6.
3. If time permits, ask students to cut up their puzzles, trade with a partner and complete their partner's puzzle. They can then share with each other about their puzzle pieces.

## CLOSING PRAYER (5 MINUTES)

*God of love,*

*We thank you for giving us life and making us in your image. We pray that all people have what they need to live according to their human dignity, including ... **[invite students to name examples of what is needed for people to live full and healthy lives]**. Help us to honor and uphold the dignity of every person in our own community and around the world.*

*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: \_\_\_\_\_

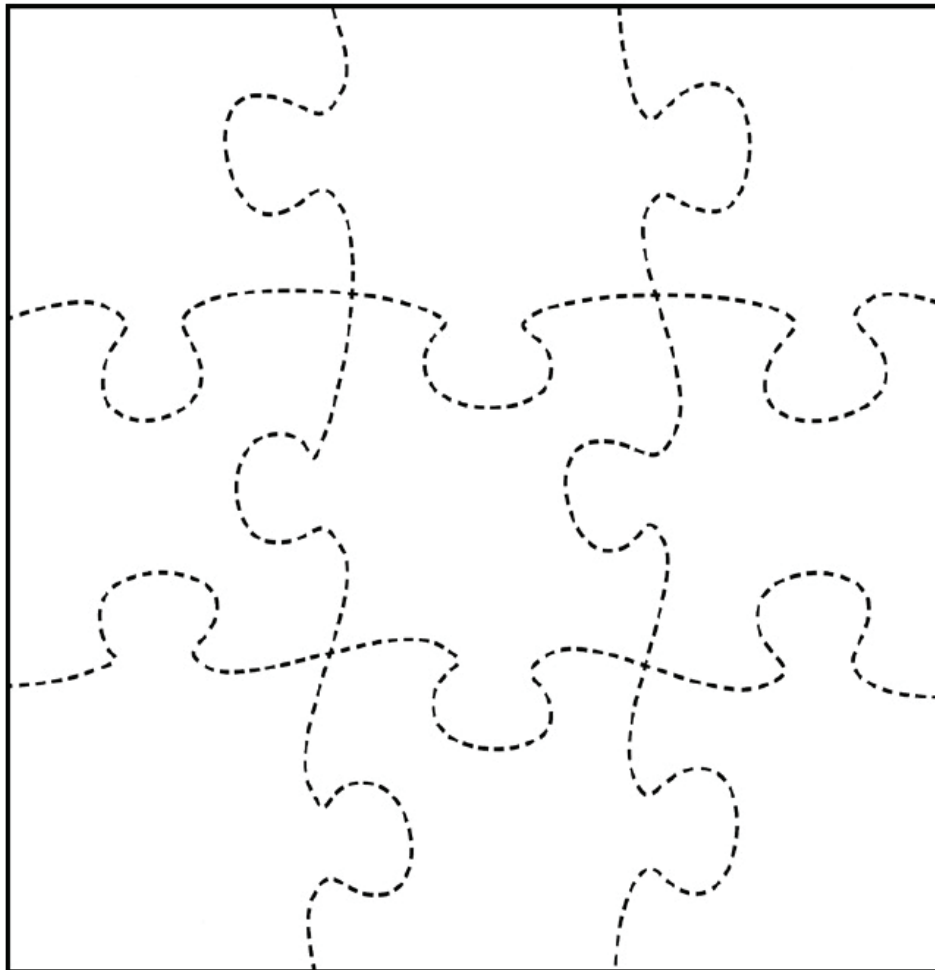


**WEEK 4**

Life and Dignity of the Human Person

**Everyone needs many of the same things to live with dignity and reach his or her full potential: nutritious food, clean water and good hygiene, a supportive community and more.**

**Think of this puzzle as the pieces that help you be the best version of yourself. Decorate each piece with what you need to be healthy and happy and to reach your full potential. Think about your physical, emotional, mental and spiritual needs.**



**Reflect**

Who helps you live a healthy and happy life so you can achieve your goals? How can you help others do this, too?

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