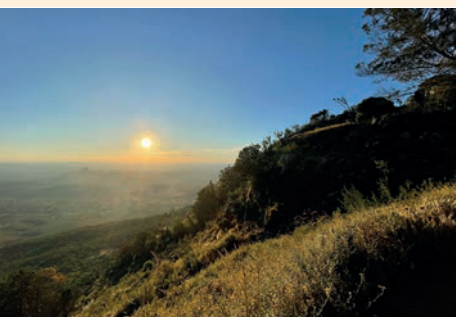


Session 3

Celebrating my country



‘Be full of joy in the Lord always, I will say again, be full of joy.’ (GW) Philippians 4:4-7



Zimbabwe is a beautiful country which counts tourism as one of its assets, with visitors flocking to see the wildlife (the nature reserves are home to at least 400 bird species and a hundred species of mammal), to visit the beautiful scenery at places like Mosi-oa-Tunya (known to us as Victoria Falls), which is a world heritage site, and to explore the rich historical culture at Great Zimbabwe or the ancient rock art at Motobo Hills. The people of Zimbabwe are generally recognised as being a particularly welcoming and friendly people.

Activity What do our cultures have in common?

Learning about other cultures helps us understand others better. We can recognise and celebrate our diversity, different backgrounds and shared values.

- What foods have you tried from other cultures? What are your favourites?
- What films or TV programmes do you watch from other cultures?
- What music do you listen to from other cultures? What are the names of some the artists?

Activity Researching Zimbabwean culture

Do some research into Zimbabwean culture. What is the country like for people who live there?

Split into small groups and give each group a different category to research.

E.g. Food & Drinks, Clothing, Music, Dance, Games, Places of interest, Religion.

Invite each group to feed back on what they learnt from their research.

Discuss the questions below:

- What are the similarities between Zimbabwe and other cultures that you are aware of?
- What do we in the UK have in common with Zimbabwean culture?
- What hobbies and interests might you share with young people from Zimbabwe?
- How could you learn more about other cultures such as Zimbabwe?
- How can you be sure that what you are finding out is authentic? Who are the best people to talk to?



Traditional Dance and music

The Mbede Jerusarema is a popular dance style that is practiced by communities from eastern Zimbabwe. Watch this short video from UNESCO to learn more about this dance and its cultural significance.

www.bit.ly/48vzKVx

Music and dance is important in Zimbabwe and linked both to culture and religion. There are many different cultures and ethnic groups within Zimbabwe and each has its own dances and music styles. Instruments such as the mriba and ngoma or ingungu drums are probably the best known. Mriba means “voice of the ancestors” and is often referred to (inaccurately) as a thumb piano. You can find YouTube videos which will talk you through how to make a Mriba using hair clips and a block of wood – why not have a go?



Modern Zimbabwean music is often influenced by traditional music styles and instruments and can be used to challenge society and raise awareness of issues. Listen to some of the music by Jah Prayzah, currently very popular on the Zimbabwe pop music scene, and by Oliver Mtukudzi, who performs internationally.

Traditional music also influences church music in Zimbabwe, both Catholic and Protestant. A style of gospel music is popular and one of the best known singers/bands is Machanic Manyeruke and the Puritans. One of their songs, 'Jesus is risen', can be heard here: www.bit.ly/3PUeJg6

In the UK, one of the songs we might hear in church settings is 'Jesu Tawa Pano' (Jesus, we are here), which was written by Zimbabwean Patrick Matsikenyiri. Try singing it together, maybe with a drum accompaniment. www.bit.ly/tawapano. The words are 'Jesu, tawa pano' (x3) 'Tawa pano, mu zita renyu.'

Research and Prayer activity Great Zimbabweans

'Great Zimbabweans' is a project by photographer Hannah Mentz featuring portraits and interviews with 40 inspirational Zimbabweans, highlighting their diversity, talents and achievements. The website below features photos and a short summary for each of the participants.

<https://www.greatzimbabweans.org/>

- look at the gallery of the 40 pictures
- Choose a face that interests you and spend a few moments looking at the portrait
- then read the short description of the person – how might they inspire you and other young people?
- 'Imitate me, just as I also imitate Christ.' (1 Cor 11:1 NKJ) – do you think that your chosen person (knowingly or unknowingly) is acting like Christ?
- Thank God for this person, the inspiration they offer, and ask God to bless them

You can read more about some of the inspiring woman from this project here:

www.bit.ly/ZimWomen

Crafts

Traditional crafts in Zimbabwe include beadwork, weaving of baskets and sleeping mats out of dried grasses, stone sculpture, wood carving, pottery and wall painting (painting designs onto the outside walls of the house using fingers to create traditional patterns, with earth pigments for colouring). Several of the craftsmen that create the Shona stone sculptures are known internationally. The carvings are made in a variety of materials, from soapstone to the highly esteemed Zimbabwean Verdite, a semi precious stone over 3,500 million years old.

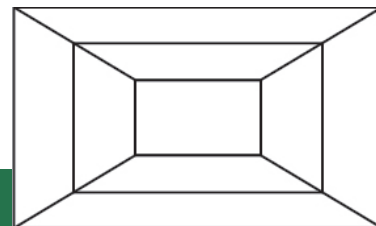
Look online at some of the designs of Zimbabwean pottery. Use air-dry clay to create a pot and decorate it in a typical Zimbabwean style.



Games

One Touch is a game similar to football but played one-on-one, each player only making contact with the ball once in each turn. Each player has a goal area and the ball starts with the person who wins the toss of a coin kicking the ball from their goal area. Wherever the ball lands, that is where their opponent can kick from. Head or chest can be used to defend the goal, though this is instead of a kick. The ball must not be touched with a hand. The first to reach three goals wins.

Play **Fuva**. This is a game for two players, each having twelve counters. Take it in turns to place a counter on the board (pictured right) at the intersection of at least two lines. The aim is to get three of your counters in a row.



Pray together

Thank God for a world of diversity, for the wonders of creation, for all we can learn from the past and hope for in the future. Pray for justice and hope for all God's family, wherever they may be. Amen.