

# Session 6

## Let's celebrate



The intergenerational celebration is for all ages together. You may wish to invite families to join you. Or perhaps you could use these celebration ideas to host an event for your church, and invite members of the congregation and the leadership to think about whether they could become a Commitment for Life congregation, if they are not already. Perhaps there are people in your congregation from Zimbabwe or others you could invite who could share a little about their culture too.

As there is a big culture of gift giving in Zimbabwe, perhaps you could suggest that everyone brings a small wrapped gift of a set value, maybe just £1 or less. Put the gifts into a bag as people arrive and then invite each person to draw a gift (not their own) from the bag to take with them when they leave.

### Decorate the hall

Decorate your hall with images of the Republic of Zimbabwe such as flags, banners, coat of arms, pictures of birds and animals, flowers and famous places. Some of these can be downloaded from our website. Can you make a big banner to say 'welcome' in Shona (Mauya) and/or Ndebele (Siyalemukela)?

**Watch** <https://youtu.be/bDTyfm7Rp1g> (5:02)

You could have this video from WorldtoAfrica running on a loop on a screen or watch it together.

### To eat

#### Chikenduza (Zimbabwe Candy Cake)

Put 2tsp instant yeast, 150g sugar and 120ml warm milk in a bowl and leave for about 15 minutes until frothy. Mix 320g plain flour, 60g softened butter, 2tsp vanilla extract, one large egg, ¼ tsp salt together in another bowl then add the yeast mixture and combine to make a thick moist dough. Set aside somewhere warm for 1 hour. Place balls of the dough into greased muffin tins and leave for a further 20 minutes while you heat the oven to 180°C. Bake for about 30 minutes until golden in colour. Make pink icing to decorate.

Other recipes are available on our website: [www.bit.ly/Greta\\_Connect\\_Resource](http://www.bit.ly/Greta_Connect_Resource)

### To drink

#### Blackberry punch

Mix to taste: Blackberry squash, soda water, pineapple fruit juice, passion fruit juice, lemonade. Cube an apple and add to the mix.

People say "Pamusoroi" in Shona before eating. Water is always provided to wash one's hands before and after a meal. Do not talk while you are eating/have food in your mouth.

### Games

Have a knockout competition playing Kudoda. Between three and five players sit around a bowl containing 20 to 30 small items such as pieces of lego, pingpong balls, sweets, coffee beans or similar. In turn, players take one of the objects and throw it in the air. Then, while the item is in the air, they aim to pick up as many of the objects as they can, one at a time, before the item falls to the floor. (If this proves too easy, have them try to catch the object too!). The person who has picked up the most goes through to compete against the winners from the other groups.

Or play "There's a fire in the mountain" – the leader calls "There's a fire in the mountain" and everyone calls "Run, run, run, run" as they run around the room. Repeat several times until, when the leader chooses, they call out "get into" and a number, for example "Get into threes". The players then have to quickly get into groups of that number and hold hands. It is usually a cooperative game, but if you choose you could also play so that anyone not in a group is out.

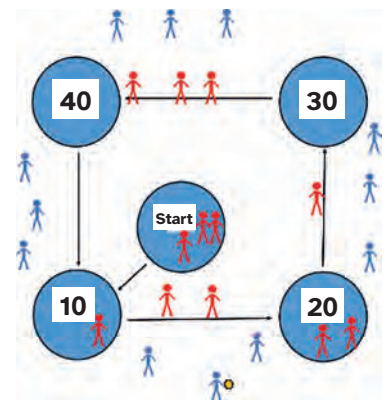


## Rakaraka

If you have space, set up 'rakaraka', a game for two teams of any size. The field is a square with a safe zone at each corner and one in the centre to start from.

Team A starts inside the square and team B outside. The safe zones are marked 10, 20, 30 and 40 going anti-clockwise around the circle. Members of team A each run from the central safe zone to each of the other safe zones in turn.

Team B meanwhile throw a (soft) ball, trying to hit the runners. If a runner is hit with the ball, they are out. If they manage to catch the ball, they can throw it as far as they can to make it difficult for team B players to retrieve it. Team A keeps a total of the scores for each safe zone reached by members of the team, keeping on adding them to the team score until everyone in their team is out. Then the teams swap over.



## Songs

### Tambira Jehova <https://youtu.be/cTTwQ9jyLy4>

'Come and Dance to the Lord' is one of the most popular Christian songs in Shona – sing and dance along with **Bethany Bola Thani**

*"Tambira Jehovah (x4), Tambira Jehovah O sa! (x7), Tambira Tambira Jehova (x4).*

*Iyelele Hallelujah Tambira Jehovah Iyelele wo wo wo oh oh Tambira Iyelele, Iyelele oh oh."*

### National Anthem <https://youtu.be/ZfprTYQnkKI>

Oh lift high the banner, the flag of Zimbabwe

The symbol of freedom proclaiming victory;

We praise our heroes' sacrifice,

And vow to keep our land from foes;

And may the Almighty protect and bless our land.

Oh lovely Zimbabwe, so wondrously adorned

With mountains, and rivers cascading, flowing free;

May rain abound, and fertile fields;

May we be fed, our labour blessed;

And may the Almighty protect and bless our land.

Oh God, we beseech Thee to bless our native land;

The land of our fathers bestowed upon us all;

From Zambezi to Limpopo

May leaders be exemplary;

And may the Almighty protect and bless our land.

## Dance [https://youtu.be/p-84m\\_Fv1gQ](https://youtu.be/p-84m_Fv1gQ)

Ndomupeishe Chipendo talks through a basic tutorial for a traditional Zimbabwean celebratory dance called Mbakumba. She splits the tutorial over four videos – just the first video would be enough to give you a taste of the sort of rhythm and moves involved.

## Prayer

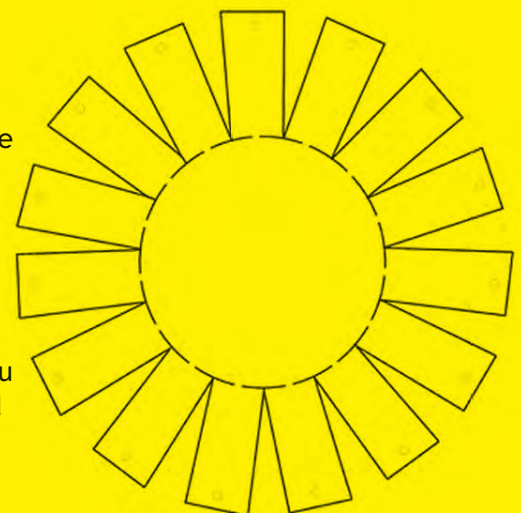
### Weaving a basket prayer

A popular Zimbabwean craft is basket weaving.

Create a template out of card like the one pictured here. You might create a large one for the whole group or smaller ones for individuals to do.

The number of notches does not matter as long as it is an odd number.

Bend the tabs of card up towards the centre to make the framework of a basket. You could use wool or strips of paper to weave between the notches to create a basket. If you use paper, you could write your prayer for Zimbabwe on the strip of paper. If you use wool, just use it as a meditative process while you pray silently or out loud. From the things you have learned about Zimbabwe, what would you thank God for, what would you say sorry to God for, and what would you ask God to do?



## Share

How might you share with one another the things you have learned about the Republic of Zimbabwe? In intergenerational teams, perhaps you could create a display or a news report or a quiz to share as part of your celebration. You could maybe make a documentary or put together a magazine. Or perhaps you could make a short video for your church website or Facebook page. The Children's and Youth Work team at Church House would love to see what you've done, so send your videos and photographs to [children.youth@urc.org.uk](mailto:children.youth@urc.org.uk)

## To make

The name Zimbabwe is believed to come from the Shona words for 'houses of stone'. In ancient caves in Zimbabwe you can find cave paintings on the stone walls of the cave, while modern day artists create sculptures out of stone. Use a large pebble and some acrylic paints or Sharpie pens to create an image to represent something that makes life difficult for children and young people in Zimbabwe. Perhaps it is growing up without parents, maybe lack of education or opportunities or work especially for girls; it could be poverty and lack of healthy food. You could decorate the other side of the stones with Zimbabwean-style patterns. Take the stone home with you to use as an ornament or paperweight to remind you to hold Zimbabwe in your prayers.

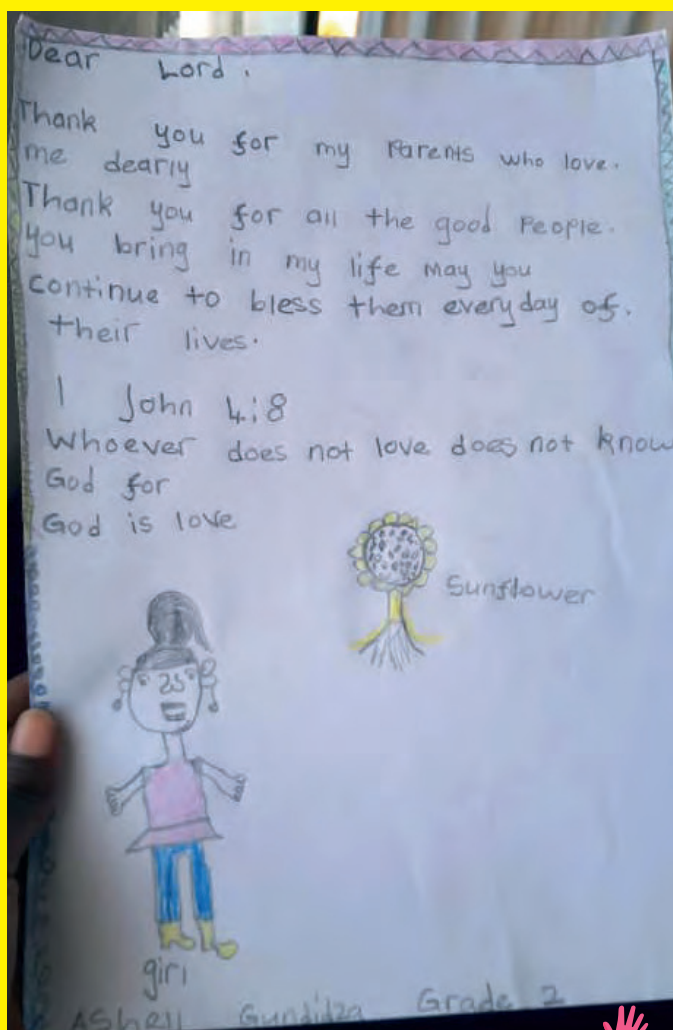
Use an empty Pringles can or similar to make a money box in which you can collect coins to donate to Commitment for Life. Either use African themed paper (African animal print or other designs can be purchased relatively cheaply from an online store) or use plain paper which you can colour or paint with an African design. Alternatively, you could cut out one of the photos from Commitment for Life which has particularly captured your interest.

Glue the paper round the tube. Cut a hole in the lid of the tube with a craft knife, big enough to put a coin (or even folded note!) through. You might even choose to use a pack of toy African animals and select one to glue-gun on top of the lid.

The Ndebele people of Zimbabwe are known for their beautiful beadwork. Using thread or pliable metal/florists wire or elastic, make a colourful bracelet or anklet by threading on beads, cut up coloured paper straws, or small dyed pasta tubes. To dye pasta, put it in a lidded container and add a generous helping of food colouring and a teaspoon of white vinegar. Put the lid on tightly and shake until all the pasta is coated evenly. Allow to dry for a few hours or overnight on a baking rack in a warm place. Once made, store in an airtight container until you come to use it. Maybe you could use the colours from the Zimbabwean flag for your bracelet.



## Pray for and with Zimbabwe



## Pray together

Generous God, we thank you for the richness of our lives.

We thank you for the chance to hear about the lives of people in Zimbabwe.

Our lives are so different but also so similar: we all love to play, to eat, to wonder at creation, to celebrate and to worship you.

When we play, help us to remember the games of others;

when we eat, help us to remember the needs of others;

when we enjoy the plants and animals around us, help us to remember the amazing variety in the world;

when we celebrate together and worship, help us to remember your people in Zimbabwe, who are also worshipping, trusting and hoping in you.

Amen.

*(Lindsey Brown, URC Mission Support Officer)*

God of love, you show us love and call us to share your love with others. We thank you that we are all part of your family and you delight to call us your children, no matter who we are or where we live. We thank you that our lives in your creation are intertwined, the actions of each rippling out to affect the lives of others. Use our hands and feet to do your will, conscious of the impact of our choices on our climate. Use our voices to amplify the call of those seeking justice, encouragement or aid. Help us to use our gifts of time and money wisely, not just selfishly but to support those who seek to make a difference for good. We thank you for the work of Commitment for Life and Christian Aid and the organisations they partner with. Amen.

*(Lorraine Webb, Programme Officer for Children's and Youth Work)*



