



The Methodist Church

Rainbow

EASTER 2020

Mhoroi (Hello)

Zimbabwe!

Make mapopo

Play Kudoda

Learn sign

language



Welcome to Rainbow

This edition of Rainbow is all about our different abilities and what we each need to be our best. We'll hear about some inspiring projects around in the UK and overseas and will meet people who never give up, no matter what!

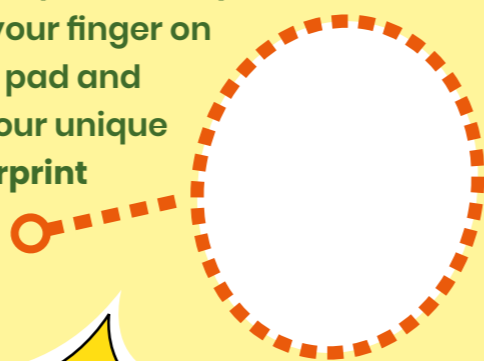


Did you know that you are **unique**? Being unique means that there's no one else the same as you or me on the **entire planet**! Even if you really look like someone else in your family or are a twin, no two people are exactly the same. We all have different **talents, strengths** and **weaknesses**; we have different likes and dislikes. One thing that is the same about everyone though is that we are all made in the **image of God**, and that makes every single one of us **amazing**!



Look at the pattern on your fingertips. Nobody else in the whole world has the same pattern as you.

Place your finger on an ink pad and put your unique fingerprint here.



Jargon busters

Deaf: someone who can't hear
Determined: not giving up on achieving a goal

Differently abled/ additional needs: someone who needs a bit more help to be included

Paralysed: unable to move part of your body

Sign language: alphabet created for people who can't hear or speak



We've hidden some Easter words in this **Rainbow** puzzle below. Can you find them?

JESUS CROSS HOPE
CHOCOLATE EGGS GOOD FRIDAY
RISEN LENT

L	A	P	G	D	T	H	K	R	Y
D	J	E	S	U	S	Q	U	A	E
V	E	G	N	I	R	T	D	Q	L
S	M	G	E	S	U	I	P	L	S
S	O	S	W	J	R	I	S	E	N
O	H	E	L	F	L	O	D	N	I
R	H	A	D	R	K	N	E	T	K
C	H	O	C	O	L	A	T	E	S
M	O	Y	P	O	L	D	F	R	I
G	E	N	D	E	I	V	C	E	O

Through the Roof

When Jesus travelled around, many people wanted to meet him and find out more about him.

In a story found in the Bible (Luke 5:17-26), a man who couldn't walk, along with his friends, was very determined to get to Jesus. Use the word bricks below to fill in the gaps in the story wall to find out what happened...

One day, Jesus visited a house. Everyone wanted to meet Jesus, so pretty much the whole town was packed inside the house... and more crowds were at the doors and _____. A group of men brought their friend who was _____ (he couldn't move or walk) to see Jesus, but there was no way they could get in, especially carrying the man on a _____.

Do you think the friends gave up? No, they didn't! They climbed on top of the house, made a hole in the _____, and lowered the man down at Jesus's feet. Jesus knew that the man had great faith and he told him to _____ and walk home. The man did and everyone was amazed at what God had done!

The paralysed man's friends didn't think about giving up on him. And God never gives up on us! God is with us in everything we do and everywhere we go.

Jesus went on to meet many other people who didn't give up when they met a _____. And at Easter, we remember that Jesus didn't give up either when faced with dying on a cross for us.



Never Give Up!

King George VI (KGV) is a very special school in **Bulawayo**, Zimbabwe. Children from all over the country study here. Pupils are as young as **four**, all the way up to **20**! Most of the children at this school have **additional needs** – some are **deaf**, while others use a wheelchair. That doesn't stop them taking part in **fun activities**, such as **art, singing, dancing, drama, poetry** and playing the **marimba**, a traditional Zimbabwean instrument.



The school teaches the children how important it is to **work together** and support each other. **Wheelchair** users are pushed to classes by their friends who can walk. You can also see wheelchair users talking in **sign language** to their friends who are **deaf**. The schoolchildren at KGV like to **dream big dreams** and work hard to make them come true. It's no surprise, then, that the school's motto is **'Never Give Up!'**

Meet some of the pupils at King George VI School



Ntombi's day starts at 6am, when she wakes up, gets washed and dressed and has breakfast. "I work hard at my lessons," says Ntombi. "I like to play with my friends during break time. I love **music** and **singing**. I also play the **marimba**." At 5pm, she helps prepare **dinner**. She also helps with the **washing up**. At 6pm, Ntombi does her **homework**, and **goes to bed** at around 8.30pm, so she's bright and ready for another school day!

You can watch a video of Ntombi showing us around KGV at www.methodist.org.uk/jma

Laura has **cerebral palsy**, a condition that affects her **balance, movement** and **muscles**. "My school got me a computer so I can write, and I use my mouth to type," Laura says. "I like school because it has taught me a lot. I can do things on my own now, like **cooking, writing, cleaning** and **washing my clothes**."



Luckmore used to be a student at KGV and now he is the **gardener**. He loves looking after the school's **gardens** and growing **vegetables** on the grounds so the students can enjoy **delicious, healthy** lunches and dinners!

KGV is the focus project of JMA Ireland this year. Groups are supporting the project by praying for the children and staff and raising money for the school. Some of the children from Ireland wrote to KGV, here is what they said:

"You guys are so cool! I am determined to come and visit you!" **Leana (13)**

"I think your school is amazing. It gives kids with all kinds of differences a chance to learn and have fun." **Nardos (13)**

"I am just writing to bless you and your school. You all have a bright future ahead." **Sophia (9)**

Mhorozi (Hello) Zimbabwe!

ZIMBABWE Fact File



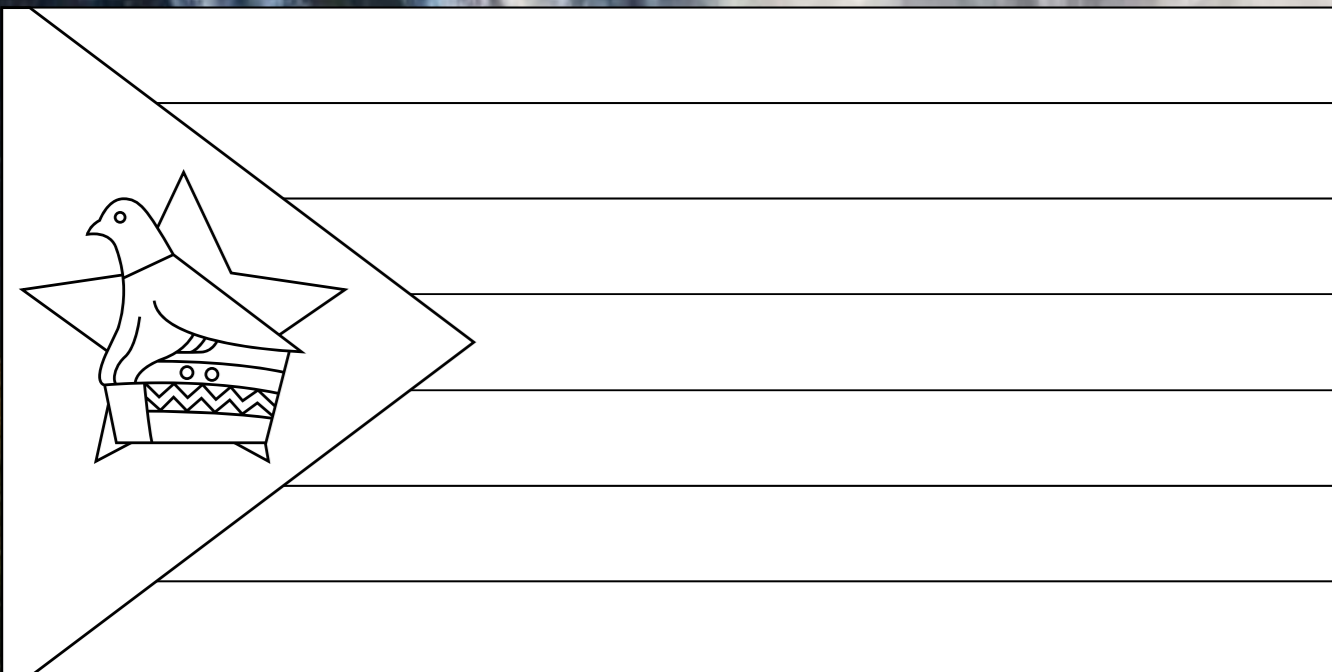
- The capital of Zimbabwe is **Harare**.
- There are **16 official languages** in Zimbabwe. **English, Shona** and **Ndebele** are the most widely spoken.
- Zimbabwe has the largest **waterfall** in the world, Victoria Falls. It is one of the Seven Natural Wonders of the World. The local people call it "**the smoke that thunders**" because of the incredible mist and noise of the waterfall as it drops **108 metres down!**



- The country is famous for its stunning nature and wildlife, such as **lions, hippos, impalas** and **giraffes**.
- Popular sports in Zimbabwe include **white-water rafting** and **bungee-jumping**.

The golden bird (also known as the Great Zimbabwe Bird) on Zimbabwe's flag represents the strong bonds between nature, animals and humans.

Colour in the Zimbabwean flag in the colours you see on the opposite page.



Lions



Hippopotamus

Rhinoceros

Impalas



Make your own Mapopo!

Mapopo is a yummy Zimbabwean dessert to enjoy as a special treat. It's made from papaya fruit that has been coated in sugar. Here's how you can enjoy it too!

Make sure you have an adult with you to help with any cutting and cooking.

Cooking time:
15 minutes

Ingredients:
1 papaya (found in larger supermarkets)
2 cups sugar
Lemon peel (grated)
½ teaspoon mint

How to make it:

1. Peel the papaya and wash it well.
2. Slice into little strips.
3. Put the papaya, mint, grated lemon and sugar in a pan over low heat. Stir until the sugar dissolves.
4. Keep the mixture over a low heat for ten minutes, then set aside to cool for 30 minutes.
5. Reheat over medium heat until the papaya is a paler colour and you can see small crystals on it.
6. Remove from heat and let the mixture cool.
7. Once cooled, place on an oiled baking sheet and let the mixture harden.
8. Using a fork or spoon, mould the mixture into ball or stick shapes.

Recipe courtesy of JMA Ireland.

Can you Kudoda?



Kudoda is a popular game in Zimbabwe. It's traditionally played with stones but we recommend you use small, light objects such as pieces of Lego, table tennis balls or even sweets such as Skittles.

Here's how to play:

1. You'll need at least **three players** to make it fun.
2. Sit in a circle around a wooden or metal **bowl** filled with 20 to 30 **small objects**.
3. The first player picks up one of the objects and throws it up **in the air**, being careful to throw away from other players.
4. Before it drops down, he/she tries to **pick up as many other objects in the bowl** as possible, one at a time. It's all about quick fingers!
5. Once each player has had a turn, **count** your objects. The person who has **collected the most** is the **winner**.



That's the Spirit!



Bank Street Methodist Church (West Midlands) runs three groups that help families with children who have different needs:

We asked some of the children who take part in **Full of Spirits** why they like to be part of the group:



Lola Grace (7)

"It's good that my brother Louis is able to join in with the family at church."



Chloe (7)

"I love playing with other children!"



Henry (10)

"It's nice that my sister Floss and I have somewhere to go together and play. I like that my friends here 'get' me."

Full of Spirits helps the brothers and sisters of children with additional needs. Sometimes it's hard for them as their brother or sister needs a lot of time and attention from their parents. In these groups, the children can relax and enjoy painting, singing, doing crafts, praying and sharing stories of their family life.

Lifted Spirits gives advice and support to parents, for example helping them to find the best schools and make their homes more comfortable for children with additional needs.

Special Spirits is a holiday where the whole family can enjoy time away doing fun things together.

Brilliant Becky

You can watch a video about Becky at www.methodist.org.uk/jma



Hi, my name is Becky. I'm 17 years old and I have a condition called quadriplegic cerebral palsy, which means I can't walk or talk, but this doesn't stop me doing the things that I'm passionate about. I just have to find different ways of doing them!

I love going to my drama group every week. We go on stage at our local theatre twice a year. I also enjoy using special technology with my eyes to create paintings and play video games. I helped make an eye-gaze interface to Minecraft so other players with disabilities could access the game.

In 2017, when I was only 14, I had the unexpected opportunity to speak to 6,000 people at the Greenbelt festival. Many people were touched by my words. So even though I can't talk, God made a way for me to preach to lots of people – God is amazing!



Becky on stage at Greenbelt



Becky uses her eyes to paint and play video games

Do you know any people with additional needs in your school or at your church? Don't be afraid to talk to them and include them in the things that you do. I have some good friends in my church who always look out for me and make sure I am included in activities.

It can be difficult when you can't talk, you use a wheelchair or when you're different to everyone else. But, actually, we are all created in God's image and God has a plan for each one of us!

Maybe you could make friends with a differently abled person that you know? That would make them very happy and it could change your life too!

Some of Becky's paintings, which she creates using special eye technology!



Becky with her drama group



Jargon buster

Quadriplegic cerebral palsy: a problem that affects muscles and movement in someone's arms and legs.

Eye-gaze technology/interface: a device or programme used to communicate with a computer using eye movement.

Everyone Welcome at

3GEN

More than **1,500** young people from the Methodist Church got together in Southport last November for **3Generate**. The event had plenty of “**safe spaces**” – places for young people with additional needs who might need some time out from too much noise. The safe spaces had softer lighting, ear defenders and fiddle toys to help people feel relaxed.



3Gen had worship in smaller spaces, with no loud noises or flashing lights – for those who like to praise God more quietly. **Sign language** interpreters were also there for young people who are **deaf**.

The young people at 3Gen also got a chance to play some sports such as football while **blindfolded**, so they could begin to understand how difficult it is to do things without being able to rely on your sight!

The next edition of *Rainbow* will be all about **caring for our planet**. How are you and your JMA group **protecting** our planet and looking after the environment? We'd love to hear from you! Email us at fundraising@methodistchurch.org.uk with details of what you are doing to be more “**green**”!

To find out more about 3Gen 2020, please visit www.methodist.org.uk/3generate Remember to book your place early as the event is very popular!

Pray:

Talk to God about the children you have read about in this edition. Pray that all children with additional needs everywhere will feel **included, loved** and **supported**.

Act:

Chat with friends and teachers about games that are good for **including everyone**. Could you organise an inclusive games session at your school or church?

Change the world:

How could you make your home, church and school **more inclusive** for differently abled people? Could you add a **ramp**, improve the **lighting** or use **sign language**? Talk with your parents and JMA secretary and ask your church leaders what they are doing to make your church more **welcoming** for everyone.

Shine like a Sunbeam

Sunbeam is a centre for children with additional needs in Estonia, a country in northern Europe. Not all disabilities are physical, some affect people's minds or emotions.

Meet some of the children:

Dominic (5) started going to Sunbeam a year ago. At first, he didn't speak to anyone and didn't like physical contact. He is now a happy child, who hugs his teachers hello in the morning. He loves drawing and his pictures are very colourful!



Snežana (7) lives in a children's home. She used to be very quiet and serious but now chats with her teachers and friends at the centre and is full of fun. Snežana likes to play with dolls and loves animals.



Lika (11) can't walk or talk. Before coming to Sunbeam, she spent most of her time at home and used to get very bored. She loves to go on outings, especially to the beach!

At Sunbeam, children of all kinds of abilities can learn, make friends and enjoy trips to the beach, park, playground or farm. Sunbeam also gives support and advice to parents. It's called Sunbeam because staff here believe that every child has a unique talent that lights up when they are given the chance to shine!



Learn Sign Language



People who can't **hear** or **speak** often **communicate** using **sign language**. For most people born deaf, this is their main language. The pictures below show you how to say a few **greetings** in sign language. Why not teach your **friends** too?



Hello/Goodbye



Good



Morning



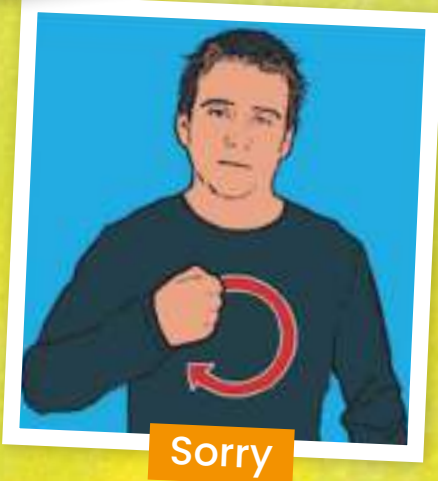
Afternoon



Night



Thanks/Please



Sorry



Happy Easter

Courtesy of the British Sign Language Dictionary. Visit www.british-sign.co.uk for a chart of the sign language alphabet.

