



March 4-8, 2024

What you did to the least of my children, you did it to Me.



Dear Parents,

During Lent, Catholics do three things to grow closer to God: pray, fast, give alms. These are the three pillars of Lenten spirituality. In Christ, we are all family. We are called the “Mystical Body of Christ”. How can we not take care of each other?

Catholic Relief Services has an excellent program to teach students at every grade level, about people who experience poverty in the Third World countries and how they work together with CRS to overcome their difficulties. Uganda, El Salvador and Indonesia are highlighted in lessons, video and recipes.

This week we learn about Adoft and his wife, Florence who are farmer in Akwangagwei, Uganda. In the area where they live, the climate is very dry. Letely, the rainy season has come later and causes flooding. “It rains so heavily and destroys things,” Adolf say, “So, the goodness of rain is taken away.” People also stea their food or tools. It makes it difficult to farm and food is harder to come by.

Adoft and Florence joined a Catholic Relief Services program where they learned new farming methods that help them grow crops even when it is hot and dry. This provides enough food to eat and sell at the market.

Through the story of Adolf and Florence, , students understand the **Catholic social teaching of Life and Dignity of the Human Person & how all people deserve respect.**



View video of Uganda by clicking
www.youtube.com/watch?v=2U4itRhGaJM/

Matoke With Beans – Uganda
 This dish is hearty and nutritious

Start to Finish: 45 minutes

Serves: 4

- 2 Tablespoons Oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon grated ginger
- ½ teaspoon cumin
- 4 green bananas, peeled & cut
- 15 oz. can diced tomatoes
- 15 oz. can kidney beans, drained
- ½ cup vegetable stock
- ½ teaspoon chili flakes
- Salt to taste
- ½ cup cilantro, chopped for garnish

Matoke Directions:

Sauté onion in oil until translucent. Add garlic, ginger & cumin. Stir for 2 minutes. Add bananas, tomatoes, kidney beans, vegetable stock and chili flakes. Salt to taste. Bring to boil then simmer for 25-30 minutes. Garnish with cilantro.