



HOLY CHILDHOOD ASSOCIATION

2219 Kennedy Rd., Toronto ON, M1T 3G5, Canada
1-800-897-8865 www.missionsocieties.ca

JUNIOR NEWSLETTER – LENT 2024

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Welcome to 2024 and our first Newsletter of the year.

As usual in this edition, we anticipate the approach of the Easter season. This year, Easter is on Sunday March 31. This means that Ash Wednesday is on February 14, not far away at all! This is earlier than last year, and maybe only just far enough away from Christmas for us to be out of that Christmas spirit. Maybe!!

It is important to remember that the needs of children in less fortunate countries are still great, and we remain in a position to significantly help them. In this Newsletter, we will direct our attention to the very popular country of **KENYA** in East Africa: a land of contrasts!



(Alexmbogo) CCA Share-Alike 4.0 Int

SPOTLIGHT ON THE FEDERAL REPUBLIC OF KENYA

Ask your teacher, catechist or parents what they know about Kenya. Chances are that they might mention exotic wild animals. Perhaps they will tell you about amazing athletics runners and gold medals at Olympics. Do you know about these things in the country of Kenya? Well, these are only two of many interesting things about this African nation.



There are many interesting things about Kenya that make it such a fascinating country.

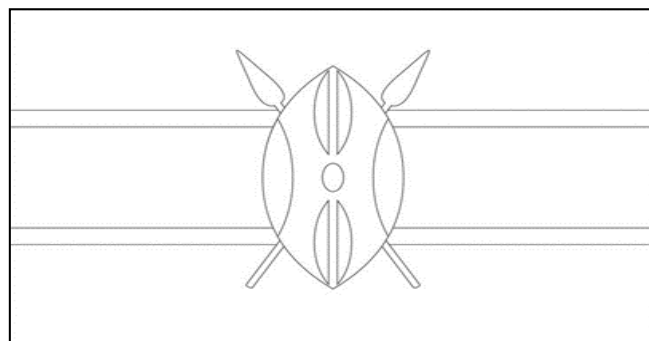
SOME FACTS

- ◆ **OFFICIAL NAME:** Republic of Kenya.
- ◆ **CAPITAL:** Nairobi.
- ◆ **POPULATION:** 48,397,527.
- ◆ **OFFICIAL LANGUAGES:** Swahili, English.
- ◆ **SURROUNDING COUNTRIES:** Ethiopia, South Sudan, Tanzania, Uganda, Somalia



NATIONAL FLAG

The Kenyan National Flag is one of the most distinctive flags in the world. Like our Canadian flag, it stands out when displayed at international events when surrounded by flags from around the world. The red colour represents common blood for all mankind; the black represents the indigenous people; the green for the fertile landscape and the white for peace. The Maasai shield and spears represent the struggle for self-government. Have fun colouring yours!



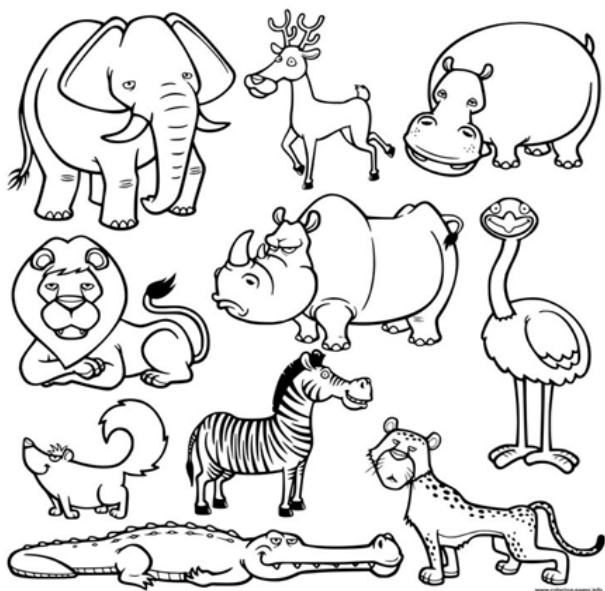
TAKE A SAFARI

There are several National Parks in Kenya. Visitors can arrange to go on safaris to safely see the wide variety of animal life for which Kenya is famous.



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WILD ANIMALS



 BubaKidz
bubakidz.com

THE MAASAI

The Maasai are probably known for their high jumping skills, their red dress and their reputation as warriors. Today, their dancing, dress and village design are popular with tourists.



Maasai jumping (Carosaun)
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ATHLETICS

Kenya has had a long history of distance running champions. This has continued even today. In June of 2023, Faith Kipyegon won 1500m in a world record time of 3.58.57 in Florence Italy. In Budapest in August at the World Championships, she broke the world record in the 5000 m in 14 min 5.20 sec. Long-distance runner Eliud Kipchoge claimed his second straight Olympic gold medal in the men's marathon at the Tokyo Olympics in 2020.



Faith Kipyegon (Aljazeera)



Eliud Kipchoge (CBC)

The 36-year-old world record holder finished with a time of two hours, eight minutes and 38 seconds.

Colour your Maasai friends.



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LENT 2024

As mentioned previously, Lent begins on Ash Wednesday February 14, with Easter Sunday following on March 31. Here are some thoughts that you probably already know:

- ◆ Lent is a time of *preparation* for the celebration of Easter.
- ◆ Lent begins on Ash Wednesday and lasts until Holy Thursday.
- ◆ Lent is a time of *prayer, fasting, and almsgiving* (which means sharing what we have with the poor).
- ◆ When you hear the word Lent, many Catholics think of *penance, purple, fish, ashes, fasting, sacrifice, giving up things*.
- ◆ Lent brings forth an image of *new life*—of *Baptism*.
- ◆ The last week of Lent is *Holy Week*.

Do you know what each of those thoughts means? With the help of your teacher, catechist, fellow students and parents, talk about each of them and get some understanding of them. Then you will really be ready for Lent!!

Lenten Prayer

Teach me a new freedom.
Freedom to reject comparison
and to embrace uniqueness.
Freedom to cut ties with greed
and feast on love.
Freedom to abstain from over indulgence
and feast on self-control.
Freedom to leave behind selfish thoughts
and to focus on the needs of others.
Freedom to fend off insecurity
and to embrace grace.
Lord, at this time of Lent,
Thank you for the freedom you bring.
Amen.

(lords-prayer-words.com)

POPE FRANCIS' 2023 LENTEN MESSAGE: The Pope's 2024 message is not available at this time of writing. In 2023, his message was quite simple:



Pope Francis at World Youth Day, Lisbon
August 2023 (UCA News)

“We need to listen to Jesus. Lent is a time of grace to the extent that we listen to him as he speaks to us through Scripture.”

HCA PROJECT IN KITUI DIOCESE, KENYA



The HCA is presently contributing to the St John Eudes Rehabilitation Centre, founded in 2001. The school is located in the city of Kitui, which is approximately 150 km east of the capital city of Kenya, Nairobi. It is operated by the Catholic Diocese of Kitui. The student population consists of children who due to challenging economic and social conditions have been forced to live on the streets. The Centre aims to provide for their education and to promote lifestyle growth and provide emotional, psychological and material support. The aim is to integrate these students back into their families and communities.

Presently, the Centre is able to accommodate 46 boys and girls. By 2001, 700 children had been rehabilitated back into their homes and communities.

STUDENTS PAGE

REMEMBER OUR DRAWING COMPETITION??

The Holy Childhood Association celebrated our 100th Anniversary of becoming a charity for the Pope in 2022 and to mark the occasion, the International Secretariat of the HCA announced a drawing competition for missionary children and adolescents. You were to respond to the question *“What does Missionary Childhood and Adolescence mean for me in terms of being a Society of the Pope?”*

Congratulations to our Canadian winner, **Sarah Carroll** and some of the winners from around the world



Sarah Carroll
St. Charles Catholic School 331 St. Charles
Street Winnipeg, MB R3K 1T6 Canada



Peter Romic
Melbourne - Australia



Francess Natalie V. Serio
Philippines



Sol Britez
Ecuador

THE PONTIFICAL MISSIONARY CHILDHOOD ANTHEM – KENYA

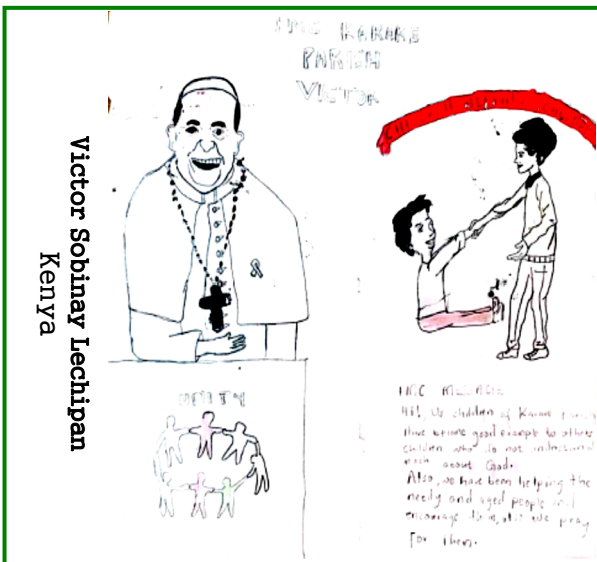
*We are the little friends of Jesus
Let us make more friends for Jesus
We are missionary children,
Come let us follow Him friends.*



*We are called by Jesus like Apostles
We are sent by Jesus to all people
We live and work for Jesus
Come let us follow Him friends.*

*We love Jesus so we are Baptized
We love Jesus so we pray
We love Jesus so we forgive
Come let us follow Him friends.*

*We have no fear Angels are with us
We are strong we have the saints
Our Mother Mary guides us
Come let us follow Him friends.*



Victor Sobinay Lechipan
Kenya