Meal Ten - Malawi

Spotlight on Malawi
• Region: Africa
• Life expectancy: total population: 51.7 years
• HIV/AIDS: 11% (2009 estimate)
• Literacy: total population: 62.7%
• Urban Population: 20% of total population (2010)

Printable Table Tent
Print the table tent, designed for the Malawi meal. This table tent includes conversation starters and information about your gifts to ELCA World Hunger in action.

Placemats
Print and use different placemats during your Lenten meals to raise awareness about hunger, poverty and related issues. Available in a separate PDF.

Program
This 30-minute program, specifically designed for the Malawi meal, contains a reading, litany, monologue, prayers and discussion questions.

Table Prayer
Our heavenly Father, bless our meal, and give to those who are in need your spirit and your body.

(Prayer from the Evangelical Lutheran Church in Malawi.)

Story: Agogo Maria
Agogo Maria — that's "grandma Maria" in the Chichewa language of Malawi — used to lie awake at night listening for the tell-tale whine of a mosquito and worrying about her little granddaughter, Chikondi. Just one bite from an infected mosquito could transmit malaria — which is especially dangerous for young children.

Read the full story.

Local Recipes
Popular foods in Malawi include sweet potato soup, mango chicken, and nthochi (banana) bread. Find more recipes at http://recipes.wikia.com/wiki/Category:Malawian_Recipes.
Meet Agogo Maria

Agogo Maria — that’s "grandma Maria" in the Chichewa language of Malawi — used to lie awake at night listening for the tell-tale whine of a mosquito and worrying about her little granddaughter, Chikondi. Just one bite from an infected mosquito could transmit malaria — which is especially dangerous for young children. Though the disease is preventable and treatable, it is still a leading cause of death in Africa, claiming the life of a child every 45 seconds.

Chikondi has already had malaria twice. The last time, she had to spend a week in the hospital — but she’s one of the lucky ones. She survived. No wonder Agogo Maria would lie awake and worry.

But those days are over. Thanks to the generosity of people like you, Agogo Maria now has an insecticide-treated net to keep the mosquitoes away from her sleeping family and has been trained in its use. The village water committee works hard to clean up standing water where mosquitoes breed. And a clinic has been built and equipped to treat people with malaria as soon as symptoms appear.

"See," Agogo Maria shouts loudly. "She has no fever! Tathakoza — Thank you! Thank you for helping us fight malaria."

Your gifts to the ELCA Malaria Campaign will help our companion churches in Africa provide mosquito nets, insecticides, medication, mosquito control and comprehensive health education — methods proven to be highly effective in fighting malaria.
Your Gifts to ELCA World Hunger in Action

Your gifts to ELCA World Hunger support many projects and programs throughout Malawi, including:

- Crop and livestock diversification, fish farming, irrigation and cultivation of food and storage
- Water and sanitation projects
- Health care and support of people living with HIV and AIDS
- Work to contain malaria, specifically though the ELCA Malaria Campaign

Except for peanuts and a couple of other food items, Malawian cuisine continues to be built upon what can be grown in the country. What food items do Americans enjoy that we do not produce ourselves?

What surprised you about the meal choice and what you taste tonight?

Malawi is one of the first countries where the ELCA will implement the ELCA Malaria Campaign. What are the connections between hunger and malaria?

Support ELCA World Hunger by visiting www.elca.org/hunger/donate, calling 800-638-3522, or mailing a check to ELCA World Hunger, P.O. Box 71764, Chicago, IL 60694-1764.
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Your gifts to the ELCA Malaria Campaign will help our companion churches in Africa provide mosquito nets, insecticides, medication, mosquito control and comprehensive health education—methods proven to be highly effective in fighting malaria. Please help with your gift today.

YES! I would like to help fight malaria.

☐ I have included my gift of $250.
☐ I have included my gift of $100.
☐ Other $___________

ELCA Malaria Campaign
Evangelical Lutheran Church in America
God’s work. Our hands.

Make your check payable to “ELCA Malaria Campaign.” Place your gift in your congregation’s offering plate or mail it to: ELCA World Hunger, P.O. Box 71764, Chicago, IL 60694-1764. Give online with a credit card at www.elca.org/malaria.

**www.elca.org/malaria**
ORDER OF SERVICE

PRAYER:
Bless the children among us. Bless the children not among us. Bless the children east and west, north and south, over oceans and mountains, in desserts and dry places. Children wet from rainy seasons and covered in mud. Children of all races and religions. Bless the children who whine and cry and wait for comfort that comes through the many hands that feed the ELCA World Hunger programs and Malaria Campaign. Bless the children, Lord.

READING: Luke:15-16 (NRSV)
People were bringing even infants to him that he might touch them; and when the disciples saw it, they sternly ordered them not to do it. But Jesus called for them and said, ‘Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs.

MONOLOGUE: Agogo Maria
Today, a child died from malaria in our village. I am old — a grandmother. I have seen many children die of malaria. It is not uncommon. We worry about our children. We worry that they will be bitten by an infected mosquito. To live in Malawi is to live with fear for your children and yourself.
(Swats at mosquito) Mosquitoes. They are everywhere. Mosquitoes carry malaria. Malaria is especially dangerous for young children like my 2-year-old granddaughter, Chikondi. Chikondi has had malaria twice. She was lucky. She just got sick. She did not die.

In Africa, malaria kills a child every 45 seconds. I worry all the time about my Chikondi and other children in our village. I worry but not as much as before. Through your gifts to the ELCA Malaria Campaign I now have insecticide treated nets to put around our beds. Workers not only give the nets to families in our village but show us how to use them.

They show us where the mosquitoes breed, and we clean up standing water when we find it. And now, there is a clinic nearby where we can go as soon as symptoms appear. Do you see where your dollars go? You are giving more than nets and medicine. You are giving life.

The workers tell us that malaria is preventable and treatable, and they show us how to help our village and our children be more healthy. If we get sick, we now have medication and help nearby. We still have malaria in our village. But now, (pause) we also have hope.

Malawi may seem like a long way from your town. But we love our children like you love yours. Please give to the ELCA Malaria Campaign. Your gifts to the ELCA Malaria Campaign will help churches in Africa provide mosquito nets, insecticides, medication, mosquito control and comprehensive health education — methods proven to be highly effective in fighting malaria.

continued on back...
I will tell you first-hand — these efforts are making a difference here. A real difference.

LITANY:
Taken from Psalm 104.
Leader: Jesus loves the little children
Congregation: All the children of the world.
Leader: Red and yellow, black and white
Congregation: They are precious in his sight.
Leader: Precious! Did you hear that?
Congregation: We did.
Leader: But we know they suffer.
Congregation: We know.
Leader: Can we not at least offer a few nets? Some medicine? Hope?
Congregation: We can.
Leader: We can.
Congregation: We will — In Jesus’ name.

PRAYER:
Now may our Lord Jesus Christ himself and God our Father, who loved us and through grace gave us eternal comfort and good hope, comfort your hearts and strengthen them in every good work and word. Amen (Thessalonians 2:13-14). (NRSV)

DISCUSSION QUESTIONS

1. Who are the children in your family? Have you ever had a child in your family be gravely ill? Describe the feelings surrounding a child’s illness? How might a parent feel in this situation?

2. Reread the scripture text for today’s service? What do you think Jesus meant by “such as these.” What characteristics was he referring to?

3. Were you aware that the ELCA sponsors the ELCA Malaria Campaign? What do you know about it? Check out the ELCA website for resources and information. Brainstorm ways to help educate your congregation on this topic and set a financial goal to help support the work of the ELCA Malaria Campaign. What’s do-able for your congregation?