

WOMEN'S WORLD DAY OF PRAYER

MARCH 2015



# THE BAHAMAS

*Do you know what  
I have done to you?*



## Background Information

*The Bahamas is an expanse of water with many scattered islands, covering approximately one hundred thousand square miles of water in the Atlantic Ocean. There are 700 islands of which 23 are inhabited. The collective term for the islands is the 'Family of Islands'. Grand Bahama is home to one of the oldest underwater cave systems in the world. Christopher Columbus landed on San Salvador on October 12 1492.*



**T**he Bahamas lies in the tropics so the temperature is usually warm for most of the year, with the hottest months, June to October, being highly subject to hurricanes.

The beautiful pink flamingo bird is the national bird of the Bahamas. There are also land crabs, lizards and rock iguanas on some of the islands, which are an endangered species and therefore protected.

Christmas and New Year's Day are very special times of the year for the Bahamians as these are the days they celebrate their Junkanoo festivals. The children look forward to them because they can wear their new outfits and go with their families to watch the colourful parades.

## Things to Make and Do

### BAHAMIAN JONNY CAKE

#### You will need...

- 2 cups plain flour
- a pinch of salt
- 2 teaspoons baking powder
- ½ cup cornmeal
- ¼ cup sugar
- 3 teaspoons oil
- about 1 cup of milk or water
- 8 inch greased baking tin

#### Method

Sieve all the dry ingredients together, add oil and enough water or milk to make a dough that is thick enough to knead. Place in the greased baking tin and cover loosely with cling film, set aside for 30 minutes. Bake in an oven at 375° F / 190°C for 30 minutes or until golden brown. Serve in wedges with butter and honey. Best eaten when warm.



### JUNKANOO MASK

#### You will need:

- 9 inch paper plate
- length of thin elastic
- scissors
- paints
- glue
- feathers
- glitter

#### Directions

Cut out holes for the eyes and mark and make holes where you need to place the elastic. Cut out lower part of plate as shown in the picture. Paint the mask and let it dry before applying the glue, then decorate with the feathers and the glitter. Thread elastic through holes.







### SHELL FIGURES

**You will need...**

- shells of various shapes and sizes
- Blu-tack
- feathers, googly eyes

**Directions**

Join shells together using Blu-tack, then add feathers and features to create weird and wonderful creatures. Some features can be painted on.

### UNDERWATER SEASCAPE DIORAMA

**You will need...**

- cut-outs of different fish and marine life
- shoe box
- sand
- sea shells
- blue paint or crayons
- green tissue paper
- glue
- thread



**Directions**

Paint inside of the box blue and let it dry. Place the box into the lid, cover the bottom with glue and add the sand. Cut out and colour the fish, when dry you can glue the fish to the background or hang by the thread to the top. The fish appear to be swimming. You can also cut some green tissue to make sea weed to decorate your diorama.

### LIZARD PUPPET

**You will need:**

- tracing paper
- card (empty cereal boxes are good)
- paints
- hole punch
- split pins

**Directions**

Trace and cut out the lizard (see back of The Bahamas Board Game). Paint all the parts then punch holes where marked. Place the legs on the body. Put the split pins through legs and the body but not too tight. Now when you move the lizard it seems as if it's dancing.

### BAHAMIAN SAND BEADS

**You will need...**

- 1 teaspoon cooking oil
- 1 cup fine sand
- 1 tablespoon PVA glue
- 1 tablespoon poster or acrylic paint
- 1 cup of flour (either plain or self raising)
- thread



**Directions**

Important: before you start, put the teaspoon of cooking oil onto palm of hand and massage well so both hands are well oiled.

Mix all ingredients together in large bowl, knead to form a smooth dough. Break off small lumps and form into balls. Place on greaseproof paper, use a skewer or cocktail stick to make a hole in each bead (wiggle the skewer a bit to make largish hole). Leave to dry overnight.

Paint the dry beads with mixture of 50/50 PVA glue and water, leave to dry. Use skewer to re-open the holes if they have closed. Now thread the beads.

### Games

#### FLIP THE FISH

**You will need...**

- tissue or any very thin paper
- scissors
- newspaper

**Directions**

Cut fish shape out of the tissue or thin paper, one each for every player. Roll newspaper into bats. Now place the fish on the floor and flip the newspaper behind the fish so that it moves forward. You can have a race to see who can flip the fish over the finishing line.

#### CRAB, CRAB, SHARK

Children sit in a circle on the floor. One runs around the circle, saying "crab, crab" as he/she touches the ones sitting down on the shoulder but when he/she says "SHARK", that child runs in the opposite direction, the first to sit in the place has won, the one left standing must now play.

## New Providence

The capital city of Nassau is on this island.

## Inagua

The most southern Island from where you can see the lights of Cuba and Haiti.

# Islands of The Bahamas

Altogether there are

**700 islands**

but only about **23** are inhabited.

## Andros

The largest Island has one of the world's largest barrier reefs.

## Cat Island

Has the highest peak, known as Mount Alvenia.

## Other islands are...

Eleuthera, Abaco, Long Island, Exuma, Mayaguana, Grand Bahama, Harbour Island, San Salvador, Crooked Island and Ragged Island.

## Bimini

The most Northern Island off the coast of Florida.

As you travel through the islands of The Bahamas you will see many lighthouses. These guide the sailors and fishermen into safe straits, away from the many dangerous rocks. In a country where the area of water is larger than the land, the lighthouse is a necessary reminder of the Light of God, which always guides us into safe harbours.



## The Bahamas: Children's Dramatised Service

*Scene: a classroom – seats in a row along the back, with shoes underneath. Teacher - Mrs Drew, and four pupils: Peter, Sophie, Hannah and Joshua. Mrs Drew comes in and looks round, then stands in an attitude of prayer.*

**Mrs D:** Lord God, be with us this afternoon as we study the Bible and learn about the people of The Bahamas. Help us to receive your love, hear your voice and sing your praises. Amen.

I hope the class are not back late from their lunch, we have all this geography to do and an RE lesson this afternoon. We are studying the beautiful islands of The Bahamas in the Atlantic - so warm and sunny compared to our weather here today [*she shivers*]. They sing such lovely songs though.

*[Mrs Drew leaves. Three children rush in, take off boots, coats, bags and leave them on the floor, then sit down and put on their shoes, then go to one side and huddle in a group and whisper together.]*

**Sophie:** I'm not tidying up, someone else can do it!

**Hannah:** Mum is always getting me to tidy up after my younger brothers, it's not fair!

*[Joshua follows moments later. He puts his coat, bag and boots tidily on the left and changes his shoes. Then he sighs, and picking up the other bags and coats, he puts them tidily on the chairs at the left, lines up the shoes underneath, then goes over to the 3 friends. Mrs Drew comes back in, the children run and stand in a line in front of the chairs.]*

**Mrs D:** Good afternoon Class 4!

**All children:** Good afternoon Mrs Drew!

**Mrs D:** Thank you for putting your things away so tidily.

*[The children look embarrassed.]*

**Peter:** Please Miss, we didn't do it. Joshua did it all.

**Hannah:** I feel bad now, we made such a mess.

**Mrs D:** Sit down children, we are going to study a Bible story, and it might remind you of something.

*[She gives Sophie and Hannah two sheets of paper, and they read the Bible story – whilst Peter and Joshua act it out.]*

**Sophie:** It was Passover and Jesus knew it was almost time for his death – he had shared a meal with his friends. After the meal he got up from the table, took off his robe and tied a towel round his waist. He got a bowl of water and began to wash his friends' feet. Peter said "Jesus, what are you doing? You mustn't wash my feet!"

**Hannah:** Jesus replied "You don't understand now what I am doing – but you will understand later."

**Sophie:** "No, Jesus!" Peter argued, "I can't let you, my Master, do this for me."

**Hannah:** But Jesus persisted "Unless I wash your feet, you cannot share in the work I have to do."

**Sophie:** Peter cried "Then, Jesus, wash more than my feet – wash my hands and head too!" But Jesus told him, "If you have had a bath, you are clean, it is just your feet that need washing." And he washed all their feet and then put away the bowl and towel.

**Hannah:** When he returned to the table, Jesus said to them "Do you know what I have done to you?"

**Sophie:** Jesus went on to say "You have called me Teacher and Lord – and so I am. But if I, as your Lord, have washed your feet, you should wash each other's feet too. I have set you an example – do as I have done to you."

**Hannah:** Jesus said "Remember, servants are not greater than their masters, nor messengers greater than those who sent them."

*[Sophie and Hannah give the papers back to Mrs Drew and sit down again.]*

**Peter:** Oh, I get it, Miss! We all thought we were too important to tidy up, but Joshua just got on with the job. He served us – but he is not our servant.

**Joshua:** Can we sing that song about Jesus' hands being kind hands, Miss?

**Song:** Jesus' hands were kind hands.

*Jesus' hands were kind hands, doing good to all  
Healing pain and sickness, blessing children small;  
Washing tired feet, and saving those who fall;  
Jesus' hands were kind hands, doing good to all.*

*Take my hands Lord Jesus, let them work for you,  
Make them strong and gentle, kind in all I do;  
Let me watch you Jesus, till I'm gentle too,  
Till my hands are kind hands, quick to work for you.*

Margaret Cropper (1886-1980)  
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*continued overleaf...*

*...The Bahamas: Children's Dramatised Service continued*

**Mrs D:** Children, I hope you will remember that story and how we can serve one another. Now we are going to study The Bahamas: There are around 700 islands in the Atlantic Ocean which make up The Bahamas, but only 23 have people living on them. The children play outside in the hot sunny weather all year round. Look at these sheets..

*[She hands out sheets to all the children.]*

**Peter:** It says that the capital city is Nassau on New Providence island and many tourists come there on large cruise ships. Andros is the largest island with a huge barrier reef, and the highest hill is on Cat Island.

**ALL:** We must keep the islands and ocean free from pollution.

**Sophie:** Eleuthera produces pineapples, Abaco grows cucumber and peas, and Long Island has lots of fruit and vegetable farms.

**ALL:** We thank you God, for all those who work to produce the fruit.

**Joshua:** In Exuma you find The Bahama Iguana, and in Mayaguana and Inagua there are thousands of pink flamingos – the National Bird of The Bahamas.

**ALL:** We pray that these wonderful natural resources will be protected and cared for.

**Hannah:** Grand Bahama has a huge underwater cave system, Harbour Island has beaches of pink sand which glow in the sunlight, and San Salvador is where Christopher Columbus landed on October 12th, 1492. October 12th is a holiday in the Bahamas every year.

**ALL:** We thank you God, for the rich history and geography of The Bahamas.

**Mrs D:** As well as the October holiday, children look forward to the Junkanoo Festival at Christmas time. Everyone dresses up and wears colourful masks. There are lively bands, dancers, and parading in the streets – it is loud and spectacular!

**ALL:** We thank you for the joy of celebrating, and for the beauty of The Bahamas. Help us, and help the children there, to learn to follow Jesus, and show his love by serving one another.

**Peter:** Can we have a parade, Mrs Drew?

**Mrs D:** I have made you some signs with the names of the islands- do you want to march round with them?

*[Joshua and Sophie lift out the signs from behind the seats.]*

**Sophie:** There are too many for us to carry – can somebody come and help us?

*[Hannah invites other children to come and carry a sign. Everybody parades round the church behind Peter. They get back to the front.]*

**Hannah:** Thank you for helping us, children – you too have been servants, sharing the work with us. We can sing a song to remind us about helping, and while we are doing it, we can make an offering of money to help less fortunate children and their families.

**Song:** When I needed a neighbour.

*[The offering will be taken during song.]*

1. *When I needed a neighbour were you there,  
were you there?  
When I needed a neighbour were you there?  
And the creed and the colour and the name  
won't matter  
Were you there?*
2. *I was hungry and thirsty...*
3. *When I needed a shelter...*
4. *Wherever you travel I'll be there, I'll be there  
Wherever you travel I'll be there,  
And the creed and the colour and the name won't matter  
I'll be there.*

Sydney Carter (1915-2004)  
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**Mrs D:** Lord we bring this money for the World Day of Prayer. Please use it, and use us, to serve you. And as we leave this place now, help us to remember the people of The Bahamas and our brothers and sisters round the world. AMEN