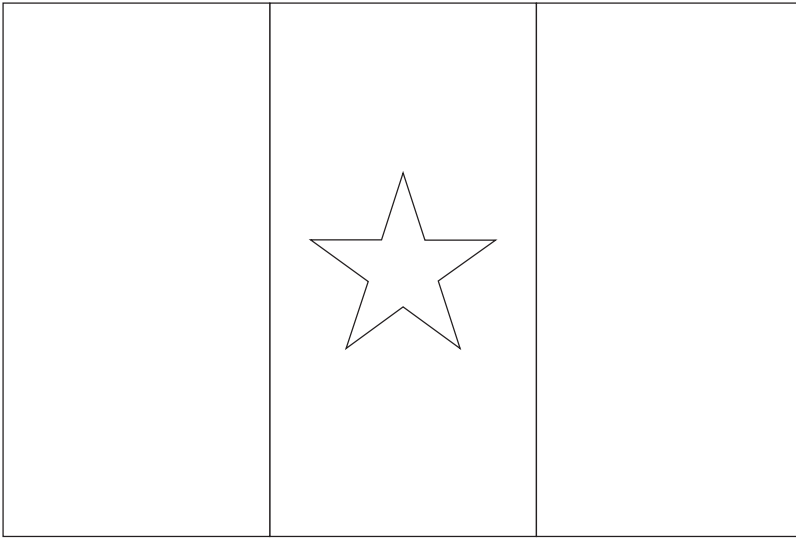


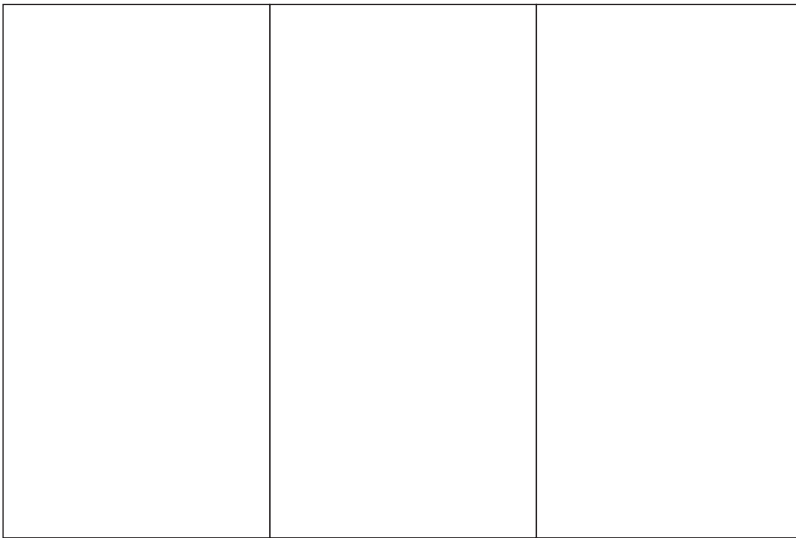
Color The Flag



CAMEROON

DIRECTIONS:

Color the left third green, the middle red, and the right third yellow. Color the star in the middle yellow.

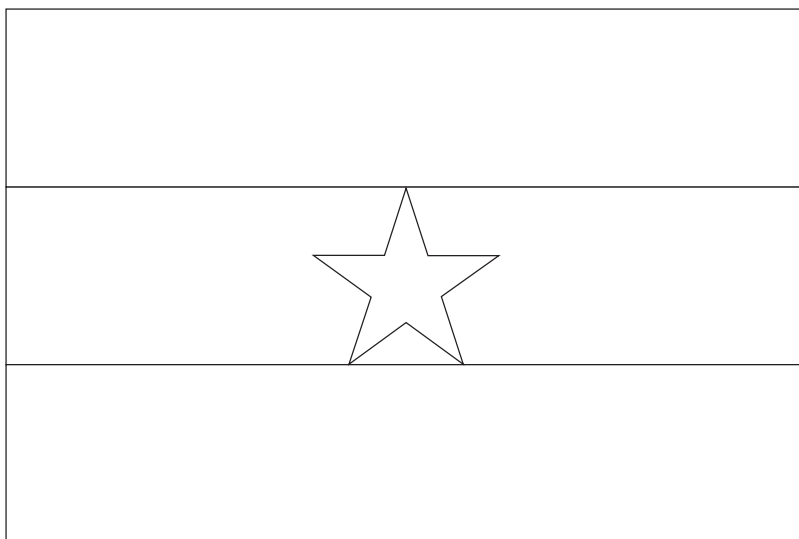


GUINEA

DIRECTIONS:

Color the left third red, the middle yellow, and the right third green.

Color The Flag



GHANA

DIRECTIONS:

Color the top third red, the middle third yellow, and the bottom third green. Color the star in the middle black.

Let's Play

AMPE (GHANA)

Ampe is a traditional African children's game in Ghana that involves a lot of jumping and clapping. It is great for groups but can be played with just two players.

DIRECTIONS:

One player, the leader, stands in front of all the other players in a line or in a circle. The leader and another player jump up at the same time, clap, and thrust one foot forward when they jump up. If the leader and the other player have the same foot forward the leader wins a point. If they are different, then the other player becomes the "leader" and plays against the remaining players. If the players are in a circle, the leader moves along the inside of the circle, playing against each in turn. If they are in a line, the leader moves down the line. If only two players are playing, they keep score until a certain number of points determines a winner.

Watch YouTube video of the game being played: bit.ly/Ampe_Video.

Let's Create

KENTE CLOTH (WEST AFRICA)

People in western Africa wear clothes from a cloth made of thin strips of fabric woven together called *kente*.

TO MAKE A KENTE-STYLE PLACEMAT YOU WILL NEED:

A sheet of red card/construction paper
Green and black paper
Glue

INSTRUCTIONS:

Fold the card in half lengthways. Cut long lines in the card about 1 inch (2.5 cm) apart from the fold to about 1 inch from the edge of the card. Unfold the card.

Cut the paper into strips about 1 inch wide, lengthwise. Take a strip of paper and pass it under the red card and then up through the first slit, down through the second and back up through the third and so on until you reach the other side of the card. Push it up so it sits as close to the top of the red card as it can reach.

Repeat with a different colored strip of paper, starting the other way, down through the first slit and up through the second and so on. Repeat until the card is full. Glue the ends of the strips of paper down onto the red card.

All tribes in Ghana have, and wear, a unique Kente design. While the details of its origins are contested, the legend of Kente's creation also plays an important role in the folklore of many Ghanaians. To the person wearing or displaying the cloth, Kente carries an even deeper significance. Every pattern, color, and shape has a specific meaning, and arrayed together onto the cloth, combines to represent a singular narrative. This gives each Kente design its own unique, symbolic value. Kente cloth may symbolize the wearer's status or mark a festive occasion. It can also represent a story, anecdote, or set of values.

Let's Cook!

CANDIED NUTS (CAMEROON)

INGREDIENTS:

2 cups (250 g) roasted peanuts, shelled
2/3 cup (10 ml) water
2/3 cup (133 g) granulated sugar
1/3 cup (67 g) brown sugar

2 tsp (10 ml) ground cinnamon (optional)
1/2 tsp (2.5 ml) nutmeg (optional)
1/2 tsp (2.5 ml) vanilla extract (optional)
1/2 tsp (2.5 ml) cayenne pepper (optional)

DIRECTIONS:

Heat water in a 12-inch (30-cm) heavy pan over medium heat. Add sugar, spices, and vanilla extract, and bring to a boil. Add the roasted peanuts.

Turn the heat to medium-high to high, stirring occasionally, until the

sugar coats the peanuts and is grainy and crystallized, 15 to 18 minutes. Do not caramelize the sugar.

Remove from heat, and spread the peanuts on a cookie sheet or tray. Let them cool and serve.



BigStockPhoto.com

Leader's Resources

Be sure to download your free Mission Spotlight video, featuring video reports from around the West-Central Africa Division and beyond. Download or stream from the Adventist Mission website at bit.ly/missionspotlight.

Online Information

Following are sources of information that may be helpful in preparing for the mission segment of Sabbath School. For more information on the cultures and history of the countries featured in this quarterly, visit:

Websites

Ghana: government website	bit.ly/Gov_Ghana
World Travel Guide	bit.ly/WTG_Ghana
WikiTravel	bit.ly/WT_Ghana
Cameroon: government website	bit.ly/Gov_CamPM
Lonely Planet	bit.ly/LP_Cameroon
WikiVoyage	bit.ly/WV_Cameroon
Guinea: government website	bit.ly/Gov_RoG
World Travel Guide	bit.ly/WTG_RoG
Lonely Planet	bit.ly/LonePlan_RoG

Seventh-day Adventist

West-Central Africa Division	bit.ly/WAD-FB
Cameroon Union Mission	bit.ly/SDA_CAUM
Northern Ghana Union Conference	bit.ly/SDA-NGUC
Eastern View Ghana Conference	bit.ly/SDA_EVGC
Universite Adventiste Cosendai (Cameroon)	bit.ly/SAD_UAC

An offering goal device will help focus attention on world missions and increase weekly mission giving. Determine a goal for your class's weekly mission offering. Multiply it by 14, allowing a double goal for the Thirteenth Sabbath Offering, which will be collected on December 30. Remind the children and their parents that their regular weekly mission offerings help the missionary work of the world church, and that one-quarter of the Thirteenth Sabbath Offering will go directly to the projects in the West-Central Africa Division. On December 23, report on mission giving during the quarter. Encourage the children and their parents to double or triple their normal mission giving on the upcoming Thirteenth Sabbath. Count the offering and record the amount given at the end of Sabbath School.

NKJV. Bible texts credited to NKJV are from the New King James Version © Copyright © 1982 by Thomas Nelson, Inc. Used by Permission. All rights reserved.

CHILDREN'S MISSION

EDITORIAL

Andrew McChesney Editor
Wendy Trim Editorial Assistant
Emily Harding Layout Editor

OFFICE OF ADVENTIST MISSION

Gary Krause Director
Rick Kajjura Communication Director
Gregory Whitsett Global Mission Centers
Director
Jeff Scoggins Program Director

COMMUNICATION

Andrew McChesney Editor, *Mission*
Laurie Falvo Editor, *Mission 360*
Ricky Oliveras Video Producer
Caleb Haakenson Video Producer
Earley Simon Project Manager

Web site: AdventistMission.org

Children's Mission (ISSN 0190-4108) is produced and copyrighted © 2023 by the Office of Adventist Mission, General Conference of Seventh-day Adventists, 12501 Old Columbia Pike, Silver Spring, MD 20904, U.S.A.

Printed in U.S.A.

Fourth Quarter 2023
Volume 112, Number 4

ADVENTIST® and SEVENTH-DAY ADVENTIST® are the registered trademarks of the General Conference of Seventh-day Adventists®.

Permission is granted to reproduce material from this quarterly for use in local Sabbath Schools and children's ministries programs. Permission to reproduce any portion of this material for sale, publication in another periodical, or other commercial use must be authorized in writing by filling out the online form located at: bit.ly/AMpermission.

For subscription inquiries, e-mail Rebecca Hilde at rebecca.hilde@pacificpress.com or call 1-800-545-2449 or 1-208-465-2527. Annual subscription rates per edition: domestic, U.S.\$7.50; international, U.S.\$14.50. North American Division churches can receive a complimentary subscription by contacting the above telephone numbers or e-mail address.