

**Adventist Mission
Extra Mission Materials
First Quarter 2023
East-Central Africa Division**

Uganda

1. Uganda has 1,084 churches and 2,103 companies. With 380,532 members, in a population of 42,756,000, that's one member for every 112 people in the country.
2. It is recorded that the first Seventh-day Adventist to enter Uganda was E. C. Enns, a German missionary working at Suji in the Pare region of Tanzania (then Tanganyika) who entered the country from South Nyanza, Kenya in 1906. However, work did not begin in Uganda until more than 20 years later, in 1927. This long delay was most likely due to the local prevailing political and religious unrest in the region.
3. Adventist missionaries entering Uganda found that it was already zoned among Anglican Protestant missionaries, Catholic missionaries, and Muslims. Accordingly, they were sent to Nchwanga and were expected to fail because they were sent into a disturbed area and the people of this area were naturally suspicious of anything coming from Kampala and Buganda. By providence, Adventists were able to establish a mission station in Nchwanga in the year 1927.
4. The Seventh-day Adventist Church was banned by President Idi Amin Dada (1971–1979) between 1977 and 1979, some of its land was confiscated, and the government took over some of its schools, converting them into public schools, which had a negative impact on the Church and its operations in Uganda.
5. The Church in Uganda operates Bugema University and six other tertiary institutions of learning, 30 secondary schools, and 195 primary schools that promote learning and provide skills for service and transformation.
6. According to the latest 2014 Census, Christianity is the largest religious group in Uganda at around 85 percent; 40 percent are Roman Catholic and most of the rest Protestant, with a fraction of Eastern Orthodox and other Christians. Muslims make up about 14 percent of the population.
7. There are around 32 languages spoken in Uganda, but English and Swahili (the official languages) and Ganda are the most commonly used.
8. The grey crowned crane is the national animal of Uganda and is depicted on the Ugandan flag.
9. Athletics are very strong in Uganda. The Ugandan Halimah Nakaayi competed in the 800 meters at both the 2016 Rio Olympics and 2020 Tokyo Olympics, reaching the semi-finals. In 2019 she became the World Champion in Doha, Qatar, running the 800 meters in 1 minute 58.04 seconds.
10. The Ugandan national basketball team is nicknamed "The Silverbacks," after Uganda's large mountain gorillas, while the national football team is nicknamed "The Cranes," after the national bird, the grey crowned crane.
11. Almost half of the country's population is under the age of 14, making it one of the youngest countries in the world.
12. In Uganda, motorcycles are used as taxis, known locally as "boda-boda," although they are not recommended for tourists as they can be dangerous.

13. Uganda has one of the world's highest fertility rates at 5.8 children per woman. In rural areas, the fertility rate is even higher, largely due to a lack of contraception awareness. The country also has a high maternal mortality rate. Women are married young, and there are very short intervals between pregnancies.
14. Most of Uganda is located on a plateau that drops gently from 5,000 feet (1,500 meters) in the south to 3,000 feet (900 meters) in the north and is surrounded by mountains and valleys.
15. Bwindi Impenetrable Forest, a UNESCO World Heritage site since 1994, contains about half of the world's population of endangered mountain gorillas.
16. Important cash crops in Uganda are coffee, tea, fresh flowers, and cotton. Food crops include beans, cassava, corn, millet, peanuts, plantains, sorghum, soybeans, sweet potatoes, and vegetables like cabbages, carrots, greens, onions, tomatoes, and many types of peppers.
17. Uganda's public sector has been rated as one of the most corrupt in the world. In 2016, Uganda ranked 151st out of 176, and on a scale from 0 (most corrupt) to 100 (not corrupt) it had a score of 25.

Tanzania

1. Tanzania has 3,078 churches and 2,424 companies. With 683,469 members, in a population of 57,474,000, that's one member for every 84 people in the country.
2. In 1903, the church in Germany chose two missionaries, A. C. Enns, a vegetable gardener who had received a ministerial diploma from Friedensau University in Germany, and Johannes Ehlers, who had been employed painting buildings at the mission in Germany, to pioneer the Adventist faith in East Africa.
3. On November 25, 1903, Enns and Ehlers sent a message by phone that they had arrived safely and that they had been given South Pare territory by the German governor of Tanganyika. At Giti, they bought 25 acres (10 hectares) of land from Chief Sekimanga for 100 German rupees.
4. During World War I, the Tanzanian workers, although bereft of the Western missionaries and deprived of all financial support, were not idle. S. G. Maxwell, on arriving in 1921, found fully prepared candidates who had been waiting for baptism for six years. He also found that of the 277 members in 1914, 246 were still practicing Seventh-day Adventists.
5. The first baptism in Tanzania was conducted in 1908 and involved six people: Andrew Senamwaye, David Chambega Masumba, Abraham Salim Seivunde, Yohana Kajembe, Phillip Mmbaga, and Lazarus Omari. Later, some of those who were baptized became evangelists and were sent to the Lake Zone and launched the Bupandagila Mission.
6. The first Tanzanians to be ordained as pastors were Paul Kilonzo and Elisa Manongi. The ordination was held in 1932 and both of them were from South Pare.
7. Christianity is the largest religion in Tanzania, representing 60 percent of the total population. A recent study found that 27.7 percent of the population was Protestant and 25.6 percent was Catholic. The Pew Research Center reported that 36 percent are Muslim, 2 percent practice traditional religions, and 1 percent are unaffiliated.
8. Tanzania is the home of the coconut crab, the largest crab in the world.
9. The shortest war in recorded history was fought in 1896 in Tanzania between the United Kingdom and Zanzibar. It lasted only 45 minutes.
10. The use of the left hand to greet someone is considered rude in Tanzania.
11. The unofficial national dish of Tanzania is *ugali*, a porridge made with millet or sorghum flour.
12. The Tanzanian mpingo tree produces the costliest timber in the world. The mpingo is also known as the music tree of Africa, as its wood has been used to make traditional musical instruments since ancient times.
13. On the Tanzanian flag, the green represents nature, the yellow represents the mineral deposits of the country, the black represents the people, and the blue represents the country's large lakes.
14. Tanzania is home to Mount Kilimanjaro, the tallest mountain in Africa. It stands 19,341 feet (5,895 meters) above sea level and 16,100 feet (4,900 meters) above its base on the plateau. Three of the largest African lakes are also found in Tanzania: Lake Victoria in the north, Lake Tanganyika in the west, and Lake Nysa in the southwest.
15. Tanzania's Serengeti National Park is home to more than 1.7 million wildebeest.

Rwanda

1. Rwanda has 1,844 churches and 694 companies. With 863,972 members, in a population of 12,250,000, that's one member for every 14 people in the country.
2. David Elie Delhove (1882–1949), a young pioneer worker from Belgium, began the SDA work in Rwanda shortly after World War I. He was given a 125-acre (50-hectare) plot, 11 miles (24 km) north of the town of Nyanza on a low ridge known as the Hill of Skulls, a spot the natives allegedly believed had once been cursed by the Rwandan king. Here the foundations were laid for Gitwe Mission.
3. The first baptism in Rwanda took place in 1924 with two candidates: Yohana Ruvugihomvu and Petero Rukangarajunga. In 1925, the first woman, Maria Nyirabigwagwa, was baptized.
4. In 1961, Pastor E. Semugeshi became the first Rwandan national to lead the field, until he was forced to flee to Tanzania in 1963, with many other Tutsis, following political turmoil inside the country. In 1977, he returned from exile and led the field until 1980.
5. The Adventist Church in Rwanda faces challenges in the area of education, with the increased need for qualified teachers, and health ministry, to develop and maintain new health programs such as family planning and prevention of drug addiction and use of alcoholic beverages.
6. Christianity is the largest religion in Rwanda. The most recent 2012 Census showed that 43.7 percent of the population is Roman Catholic, 37.7 percent is Protestant, 11.8 percent is Seventh-day Adventist, 2 percent is Muslim (mainly Sunni), 2.5 percent has no religious affiliation, and 0.7 percent is Jehovah's Witness.
7. Rwanda differs from most African countries in that its population is drawn from just one cultural and linguistic group, the Banyarwanda, which is made up of three subgroups: the Hutu (84 percent), Tutsi (15 percent) and Twa (1 percent). Because of the history of conflict between the groups, the government has removed ethnic classification from identity cards and the national census.
8. The country's principal language, spoken by almost all Rwandans, is Kinyarwanda, although French, English, and Swahili are also common.
9. Rwanda has one of the youngest populations in the world; the average age is 19 years old.
10. At 10,169² miles (26,338² km), Rwanda is the fourth-smallest country on the African mainland after Gambia, Eswatini, and Djibouti.
11. Mountain gorillas live in east-central Africa in a region spanning three national parks in Uganda, Rwanda, and the Democratic Republic of Congo. Mountain gorillas are an endangered species — there are an estimated 1,063 in the wild. Gorillas can live to more than 40 years old, and an average male mountain gorilla can weigh 400 lbs (180 kg), and measure over 5'5" (170 cm) tall.
12. Music and dance are an important part of Rwandan culture. The most famous traditional dance is comprised of the *umushagiriro*, or cow dance, performed by women; the *intore*, or dance of heroes, performed by men; and *ingoma*, drumming that is also traditionally performed by men.
13. *Imigongo* is a traditional Rwandan art form made by women using cow dung. Cow dung is mixed with ash (to kill bacteria and odor), put onto wooden boards in spiral and geometric designs, and left to harden. When dry it is then decorated using colors made from organic materials: traditionally black, white, red, grey and beige-yellow. The designs were often used to decorate Rwandan homes.

14. Subsistence agriculture is the main source of income for Rwandans and their cuisine reflects the use of local staple foods like bananas, plantains (*ibitoke*), sweet potatoes, beans, and cassava (manioc). Many Rwandans do not eat meat more than a few times a month.
15. The most popular sports in Rwanda are athletics, basketball, football, and volleyball. Cycling, originally thought of as just a means of transport, is now growing in popularity as a sport.
16. The capital of Rwanda is Kigali, with just over a million inhabitants.
17. Some common Rwandan proverbs include “A rapid stream wears itself out,” “As a tree leans, so it falls,” and “The witless appreciate each other.”
18. In 2008, Rwanda became the first African nation to ban plastic bags.

Flags

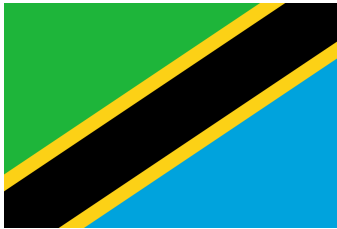
Rwanda

Color the top half light blue, the stripe underneath yellow, and the bottom stripe dark green. Color the sun yellow.



Tanzania

Color the top left triangle light green and the bottom right triangle light blue. Color the large diagonal stripe black and the thin stripes on either side yellow.



Uganda

Color the stripes, starting from the top, black, yellow, red, black, yellow, red. Leave the circle in the middle white. Color the feathers on the top of the crane's head red, yellow, red. Color the wattle under its chin red. Leave the top of the tail feathers white and color the bottom of the tail feathers red. Leave the eye white and color the rest of the white areas gray.



Recipes

Ugandan Rolex (Rolled Eggs)

Serves 1

Ingredients

2 eggs

1/4 cup thinly sliced cabbage

1/4 cup tomatoes (seeds removed and finely diced)

1 tbsp minced red onions

salt

vegetable oil

1 large chapati

Instructions

Crack the eggs into a bowl. Add the cabbage, tomato, onion, and salt. Stir together until well combined.

Preheat a large skillet over medium-high heat. Oil well.

Add the eggs and spread out into a flat circle with the back of a spoon. Cook until mostly set and the bottom is lightly browned.

Flip and cook another couple of minutes. Top with chapati to heat it up.

Remove from pan and, when cool enough to handle, roll it up and eat.

Games

Mamba

Mamba is a traditional children's game played throughout Africa and is named for the infamous African snake.

Mark out an area for the game; everyone has to stay inside the area during the game, or they have to sit out for the rest of the round.

One player is chosen to be the “mamba” and they run around inside the area trying to catch the other players.

When the first player is caught, they become part of the snake's body by holding onto the mamba's shoulders or waist. Each player caught after that takes hold of the last person in the “snake” of players.

Only the “mamba” can catch other people, but the players in the “body” can help by not allowing players to get past (players cannot pass through the mamba's body).

The game is won by the last player left uncaught by the mamba.

Crafts

African Finger Harp

Supplies

a piece of wood approximately 3.5 x 5 x 0.5 inches (9 x 12 x 1 cm)

5 bobby pins

heavy staples

staple gun/hammer

sandpaper

marker pens

Instructions

1. Find or cut a piece of wood to the correct size. If needed, sand it to smooth out the surface and edges.
2. Straighten out the bobby pins. Lay them across the wood, lengthwise.
3. Staple each of the straightened bobby pins to the wood, near the edge of the wood.
4. Use a hammer to tap the staples tightly over the bobby pins.
5. Then staple each bobby pin down a second time. With the first pin, staple close to the first staple. Each successive pin should be stapled further down the pin, with the last one being about $\frac{2}{3}$ – $\frac{3}{4}$ of the way down the pin. Again, hammer the staples down. You may want to add an extra staple in the middle of the last pin to keep it stable.
6. Next, bend up the ends of each bobby pin at the staple.
7. Now, pluck down on the ends of pins with your thumb to create a tune.
8. Use marker pens to decorate the harp.

Tanzania

Recipe

Chapati

Chapati is unleavened flatbread with no baking powder or yeast and is one of the most popular dishes in a Tanzanian home.

Ingredients

1 cup whole wheat flour

1 cup all-purpose flour

1 teaspoon salt

2 tablespoons olive oil

$\frac{3}{4}$ cup hot water or as needed

Directions

In a large bowl, stir together the two flours and the salt. Use a wooden spoon to mix in the olive oil and enough water to make a soft dough that is elastic but not sticky. Knead it on a lightly floured surface until it is smooth. Divide into 10-12 parts. Roll each piece into a ball and let them rest for a few minutes.

Heat a lightly greased skillet over medium heat. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough and make them very thin.

When the pan starts smoking, put a chapati on it. Cook for around 30 seconds — or until underside has brown spots — and then flip it and do the same with the other side.

Rwanda

Phrases in Kinyarwanda

English	Kinyarwanda	Pronunciation
Welcome	Murakaza neza	Moor-ah-KA-zah NEH-zah
Hello (General greeting)	Muraho Bite (inf)	Moor-AAH-HOE
How are you?	Amakuru? (News?)	Ah-mah-KOO-roo
Reply to 'How are you?'	Ni meza	Nee MAY-zah
What's your name?	Witwa nde?	Wit-WAN-day
Good morning	Mwaramutse	MWAHR-ah-MOOT-say
Good afternoon	Mwiriwe	MWEER-ah-way
Good evening	Mwiriwe neza	MWEER-ah-way NEH-zah
Good night	Muramuke	Moor-ah-MOO-kay
Goodbye	Murabeho	Moor-ah-BAY-hoe
Excuse me	Mbabarira	Mbah-bah-REE-rah
Thank you	Murakoze	Moo-rah-KOH-zee
Reply to thank you	Ntacyo	NAH-cho
I love you	Ndagukunda	Ndag-oh-KOON-da