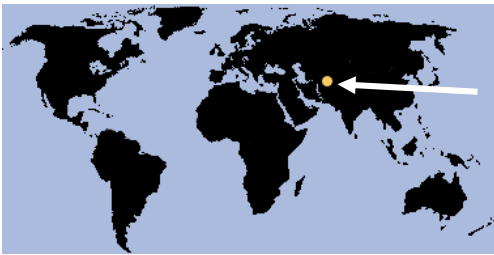


World Champions

OM New Zealand's newsletter for children who want to make a difference in God's World!



Country focus: Tajikistan

Topic:
Treat everybody equally

Welcome to Tajikistan, 'The Roof of the World', one of the highest countries in the world!

About 7 million people live high in the mountains in this Muslim country. For many years, Tajikistan was ruled by another country, but after a lot of terrible fighting, it is independent now. But there are still problems. Thousands died in the fighting and many people are now poor.

Drinking water is bad, and often women and children are not treated with much respect. Most of all, not many people in Tajikistan know about God's great love for them. Tajikistan really need World Champions to Pray, Give and Go For It!

Bible reading:

Jesus was known for respecting everyone and treating all people equally, even people that others didn't like. Read this story of one person

Jesus met:

Luke 7:36-50.



This month's memory verse:

Use the symbols in the code to figure out what this month's memory verse is:

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

2:1 (CEV Translation)

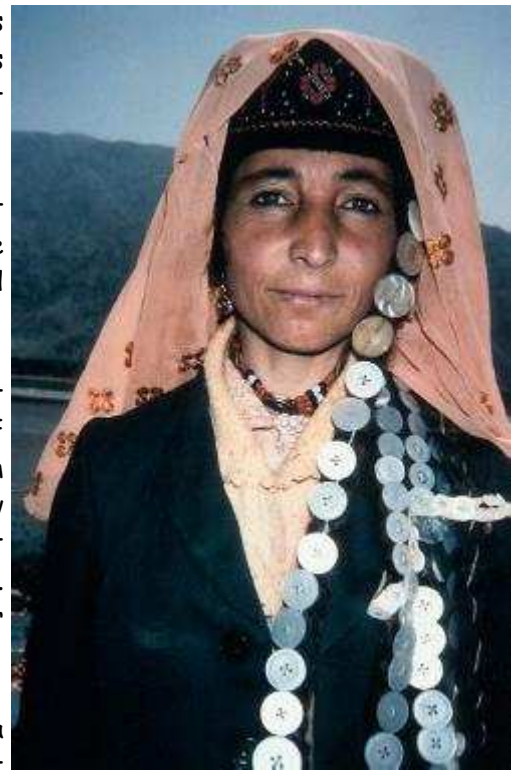
Meet Nargis and Gulsara - World Champions in Tajikistan:

Nargis and her mum, Gulsara, live in Tajikistan. When Nargis was small, her dad left her and her mum to live with another lady. It was very difficult for them, because men are treated as more important in Tajikistan. They felt ashamed and alone.

When Nargis was 15, she fought a lot against her mother and left school. She started working for people who took an interest in her life and showed care and concern for her. After a while, they persuaded her to go back to school, which she finished last May.

Nargis began going to a women's Bible study with her friends and last year, she decided to give her life to Jesus Christ. She was afraid of what her mum would think, but she found the courage to tell her mum about her faith. Gulsara came to a Christian meeting, and she now comes regularly to a Bible study. She is interested in learning about Jesus and is amazed to read about how He gives respect to women. Nargis and Gulsara are trying to fix their relationship with each other and are reading several books together.

Nargis says that for her mum to understand her and support her is a huge relief. She feels safe for the first time in her life knowing that her mum is her friend. Nargis and Gulsara have seen that God will keep them strong and will care for them in a way that people in their country haven't.



A woman from Tajikistan

Bread in Tajikistan

People treat bread as if it is a living thing. They treat it with a lot of respect. What do you think of these rules for bread?

**Leftover bread
should be put on a
shelf or windowsill
or used to feed animals**

**Never let bread
or breadcrumbs
fall to the ground**

**Don't throw
bread out
with other
rubbish**



Never put flat bread face down

Learn a Tajik proverb!

Impress your family and friends with this piece of wisdom from Tajikistan...

***Non ham non,
nonreza ham non.***

Bread is bread,
crumbs are also bread.

What do you think this proverb means?

Look what Jesus compares Himself to in John 6:48. What do you think He means?



World Champions... Pray!

Can you remember this month to pray for the people in Tajikistan?

Here's some things to pray for:

- Pray for Nargis and Gulsara as they learn more about Jesus. Pray that God gives them the strength to do what is right and love other people, even if some other people are not kind to them.
- Pray for the Christians in Tajikistan to show people God's love in everything they do.
- Pray that more people in Tajikistan will understand how much God loves them, and will follow Jesus.
- Pray that the bad treatment of some people in Tajikistan will stop.
- Pray that you will learn to treat all people equally, even if there are some people you don't like so much.

How can you remember to pray? How about every time you eat a piece of bread, pray for Tajikistan!

Solve the riddle!

What has roots that nobody sees,
Is taller than trees,
Up, up it goes
And yet never grows?

Clue: there are many of them in
Tajikistan!

Answer at bottom of the page...

Try a traditional breakfast from Tajikistan!

'Milk Tea' is a popular traditional breakfast in Tajikistan.

Why not make it one day and try it?

You will need:

- $\frac{3}{4}$ cup water
- $1\frac{1}{2}$ cups milk
- $\frac{1}{2}$ teaspoon of tea leaves or 1 tea bag
- $\frac{1}{2}$ teaspoon of salt
- Pinch of black pepper

What to do:

Put water, tea and salt in a saucepan and boil it.

When it is boiling, add the milk and a pinch of pepper.

Once this is boiling, it is ready!

Serve it in a bowl and eat bread with it.

Enjoy your Tajik breakfast!



World Champions... Give!

We have many people working in Tajikistan, helping people who are poor or sick, and showing them God's love.

Here are some of the things our teams do:

- Helping people whose homes are hit by avalanches. Because they are high in the mountains, this is a problem, and many people lose everything they have. We give away food, blankets and clothing to those who need it. We are also working with the government to help prevent such big avalanche problems in the future.
- Many women in Tajikistan have had their husbands leave them or die in the war, and it is difficult for them to find money to feed their families. We help teach ladies in one area to make and sell crafts so they can provide for their families.
- Teaching health care in villages. Some traditional treatments actually hurt people more than helping them, and we help show people what really helps instead.
- We also help people with internet, English lessons and more!

All these things cost money. If you think you'd like to help us with our work helping people in Tajikistan, talk to an adult about it. We are happy to pass on any gifts to our workers there. Thank you!

Did you solve the riddle?

A mountain!



World Champions... Go for it!

It can be difficult to treat some people nicely. Some people may be mean to you, or don't like you, or are just very different to you.

Nargis and Gulsara in Tajikistan were excited to find out that Jesus treated women well, because they were used to men treating women badly. Jesus also tells us in the Bible to love other people, even our enemies! He tells us to do to others what we would like them to do to us.

Are you treating everybody you know equally? Or are you giving some people special treatment and avoiding others?

Why not pray to God about this and ask for Him to show you how you can show love and respect to everyone, no matter who they are.



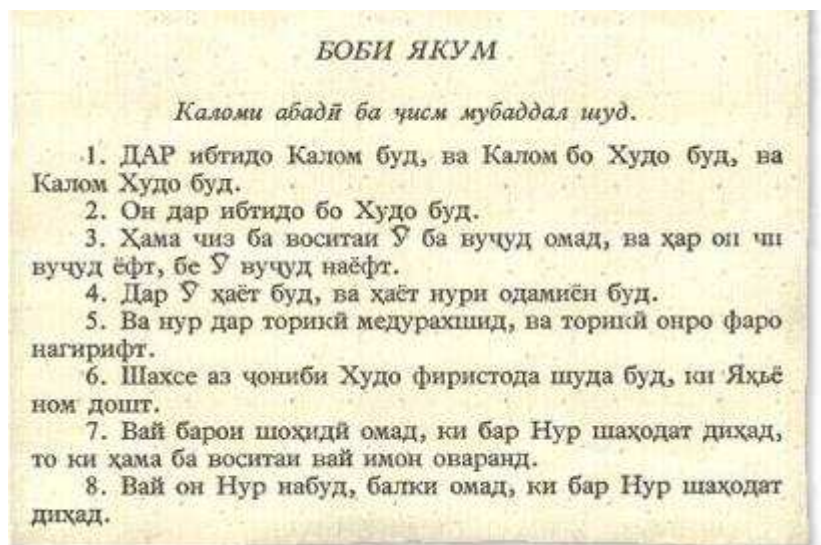
Did you know:

- 3 out of 5 people in Tajikistan don't have safe, clean water to drink.
- There are more than 1300 lakes in Tajikistan. Most of them are high up in the mountains, over 3500m above sea level.
- Tajik tradition dictates that a visitor is a guest for three days. After three days they become a member of the family. This means they also have to share in the household chores!



- Blowing your nose in public is very rude in Tajikistan.

Here is a part of the Bible in Tajik, the main language in Tajikistan. Different to English, isn't it?



Money from Tajikistan



'World Champions' is made by OM New Zealand, where we want people of all ages to be a part of the wonderful things God is doing around the world. Why not contact us and see how else you can get involved?

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