

Sunflowers for Opac Waiting for the harvest

During the three months between planting and harvest the little sunflowers grow. People have faith that the sun will shine just enough and the rains will come and last long enough. They watch the field of sunflowers grow and the seeds ripen. They chase away the birds.

While everyone patiently waits for the sunflower harvest, the children go to school and play. They have to make their own toys. The children make toy cars by using a long wire for a steering column with a steering wheel at the end. With the car, they can "drive" around their courtyard. They jump rope and play ball. They love music, especially drums, singing, and dancing



Jumping rope at recess



Boys drumming



Girls dancing

The children also do their chores, and help out at home every day, just like you. They watch their little brothers and sisters and they help their mothers cook meals. But unlike you, the children in Opac eat one meal every day – only supper, no breakfast or lunch. They eat boiled beans or peas or ground sunflower seeds made into a paste or fried and green leafy vegetables. On special occasions they might get white ants mixed with shea butter and at

Christmas and Easter they might eat meat and rice. They usually drink water, not juice or milk. Sometimes everyone, even the littlest children, goes hungry.



These children are at school. They all wear uniforms.

When it is not raining, their school is outside, in the shade of a tree.





These children are walking in the sunflower field. The flowers are almost ready for harvest.

The sunflowers grow straight and tall. Their yellow petals and center seeds greet the morning sun.



A young sunflower – the seeds are not yet ripe.

Days pass. The sunflower begins to bend with the heaviness of its seeds that turn dark from oil starting to fill them. Soon it will be harvest time.



This sunflower is almost ready to harvest.

What do you do during the spring and summer while plants are growing? What do you like to do to help out in your home? Do you eat more than once a day?

Dear God,

Thank you for families and school, for fun, and for chores. Thank you for times to learn and times to play. Amen.

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness. *Galatians 5:22*