

Sing a Song

A MIGHTY FORTRESS IS OUR GOD

CANADA (FRENCH)

FRENCH

C'est un rempart que notre Dieu,
Une invincible armure,
Un défenseur victorieux,
Une aide prompte et sûre.
L'Ennemi, contre nous,
Redouble de courroux:
Vaine colère!
Que pourrait l'Adversaire?
L'Éternel détourne ses coups.

Seuls, nous bronchons à chaque pas
Quand l'Ennemi nous presse.
Mais un héros pour nous combat
Et nous soutient sans cesse.
Quel est ce défenseur?
C'est toi, divin Sauveur,
Dieu des armées!
Tes tribus opprimées
Connaissent leur libérateur.

Que les démons, forgeant des fers,
Menacent ton Eglise,
Ta Sion brave les enfers,
Sur le rocher assise.
Constant dans son effort,
En vain, avec la mort,
Satan conspire.
Pour briser son empire,
Il suffit d'un mot du Dieu fort.

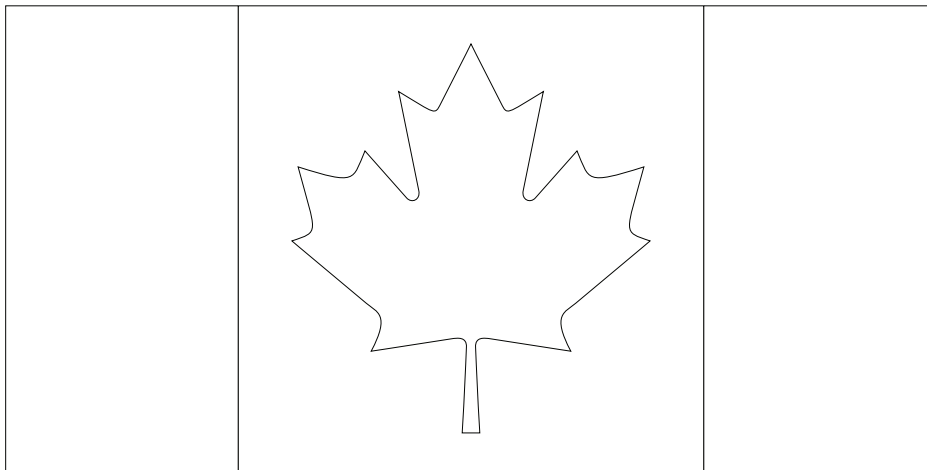
ENGLISH

A mighty Fortress is our God,
A Bulwark never failing;
Our Helper He amid the flood
Of mortal ills prevailing:
For still our ancient foe
Doth seek to work us woe;
His craft and power are great,
And, armed with cruel hate,
On earth is not his equal.

Did we in our own strength confide,
Our striving would be losing;
Were not the right Man on our side,
The Man of God's own choosing:
Dost ask who that may be?
Christ Jesus, it is He;
Lord Sabaoth His Name,
From age to age the same,
And He must win the battle.

And though this world, with
devils filled,
Should threaten to undo us,
We will not fear, for God hath willed
His truth to triumph through us:
The Prince of Darkness grim,
We tremble not for him;
His rage we can endure,
For lo! his doom is sure,
One little word shall fell him.

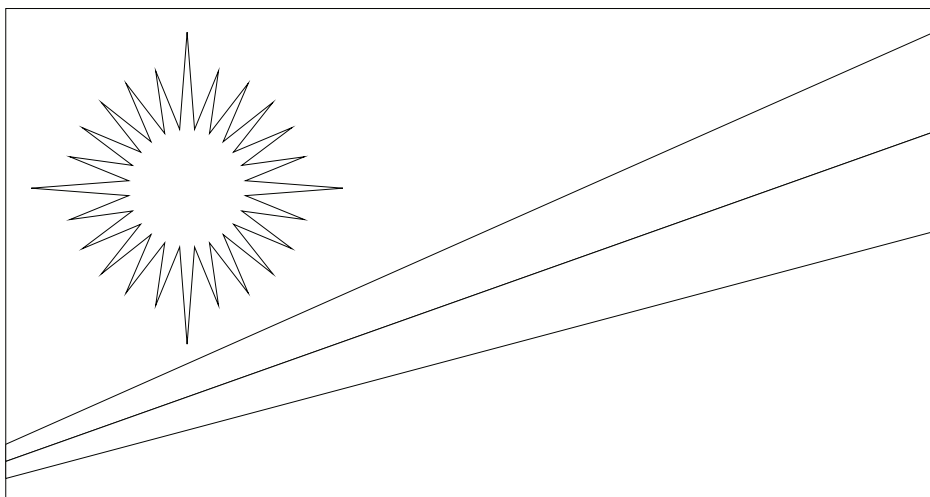
Color The Flag



CANADA

DIRECTIONS:

Color the left and right sections red. Color the maple leaf red. Leave the background white.

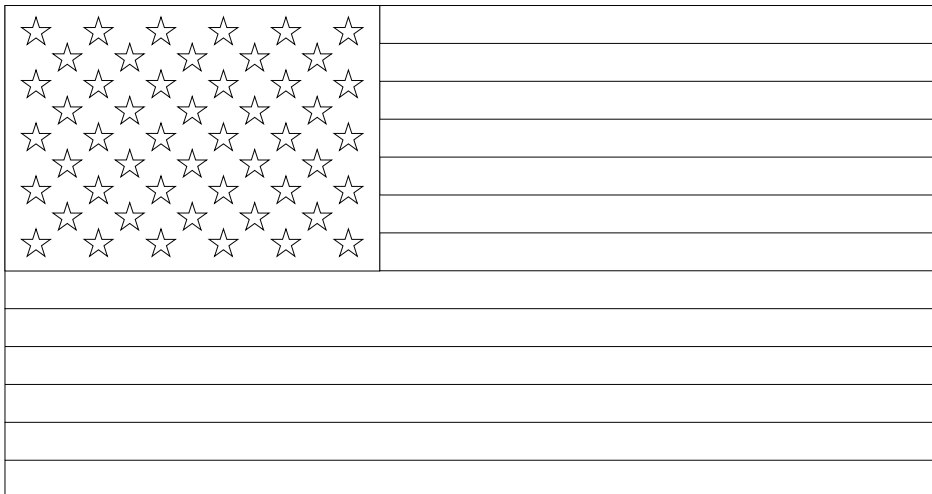


MARSHALL ISLANDS

DIRECTIONS:

Color the top left and bottom right triangles dark blue. Color the top diagonal stripe gold. Leave the bottom stripe and the star white.

Color The Flag



MARSHALL ISLANDS

DIRECTIONS:

Color the background of the stars dark blue. Leave the stars white. Starting at the top, color every other stripe red, leaving the rest white.

Let's Cook!

SWEET POTATOES AND FRIED BANANAS

(MARSHALL ISLANDS)

INGREDIENTS

1 1/2 lb (0.7 kg) sweet potatoes
2 bananas

2 Tbsp (30 ml) butter or coconut oil
A pinch of salt

INSTRUCTIONS

Boil the sweet potatoes until tender. When cool enough to handle, peel and cut into cubes about 1-inch (2 cm) square.

While the sweet potatoes are boiling, cut the bananas into thick slices and gently fry in the butter or coconut oil until lightly browned.

Toss the bananas with the cubed sweet potatoes and a pinch of salt.

Let's Play a Game!

THE HAND GAME (Stick Game)

NORTH AMERICA (NATIVE AMERICAN)

This game was played by nearly all the tribes that made up the people of the Plateau (the inland areas of the Pacific Northwest in North America) and is still played today. The game

pieces can be any objects you find lying around: originally sticks and bones or stones were used. The prizes would be something of value — a knife, a mat, a basket, a fishing spear.

WHAT YOU NEED

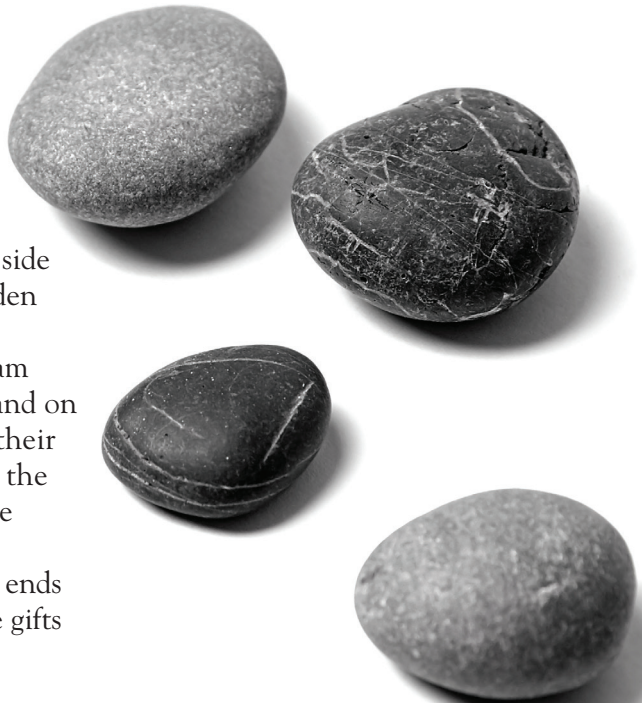
- 11 sticks or similar objects to keep score
- 4 pebbles, two each of two different colors, small enough to hide in a fist
- A small gift from each player to add to the prize pile

HOW TO PLAY

Each player puts in a gift: a small toy, a piece of candy, chewing gum, etc. The players are divided into two teams with the same number of players. Each side is given two of the pebbles, one of each color. Each side makes their hands into fists and hidden inside a fist is one of the pebbles.

To play, one person from each team guesses which pebble is in which hand on the other team. If they guess right, their team gets a stick. If they are wrong, the other team gets a stick. Then it's the opposing team's turn to guess.

The winning team is the one who ends up with all the sticks and gets all the gifts brought by both sides.



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