A is for AFRICAN
Celebrating the “A” in A.M.E. Zion

an A.M.E. Zion Christian Education Department Black History resource
developed by the Varick's Children Ministry
A is for Africa: Celebrating the “A” in A.M.E. Zion

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Chocolate Chip Clip Art designed by Alimayu Oding

African photos in Union Wesley A.M.E. Zion Church by Rev. Cedric Stroud
A is for African
We are of African descent.

M is for Methodist
We are a part of the Methodist tradition that was started by John Wesley.

E is for Episcopal
An episcopacy, or board of bishops, leads our denomination.

Z is for Zion
Zion is one of the hills on which Jerusalem was built. In the Old Testament it is a dwelling place for Yahweh. In the New Testament it is the Church of God.

Exercise
Trace the A.M.E.Z. in the logo.
AFRICA is on the eastern side of the Atlantic Ocean. It is the second largest continent in the world.

**Exercise**
Color the map of Africa and the Atlantic Ocean. Use a different color for each country.
Heritage
is a way for us to belong to our history.

Heritage is something that comes from our parents or ancestors.

Cornrows and braids are hairstyles that come from our African heritage.

The rhythm in our music also comes from our African heritage.

Exercise
Color the picture of the African-American girl.
Mother Africa
is the cradle of the human race.

In the beginning there was one race, the human race, which came from the land now called Africa.

Scientific research shows that civilization began in Ancient Africa.

The Bible also tells how the Garden of Eden began in what is now called the Nile Valley (Genesis 2:9-14).

**Exercise**
Africa is a continent. The United States of America is a country. How many pictures of the United States do you think can fit into the picture of Africa?
African heritage begins with kings and queens.

African heritage does not begin with slavery. Ancient Africa had great kingdoms and culture before countries in Europe or the United States.

**Exercise**

Draw an African king or queen.
African people are descendants of Noah's son, Ham.

Hamites are related to the Canaanites, the original inhabitants of ancient Palestine.

Exercise
Read Genesis 10 to see the nations that descended from Noah and his sons.
Egypt was one of the most powerful kingdoms.

The people who lived there first named it Kemet, which means Land of the Blacks. Greeks changed the name to Egypt when they went into Africa. There was a Jewish Diaspora in Egypt, but these Jews were not Black. (A diaspora is a community of people that lives outside of its original homeland.)

Some Egyptians in the Bible include Hagar, the Egyptian maid of Sarah (Genesis 16) and Solomon’s Egyptian wife (1 Kings 3).

Exercise
Use the map in the back of the workbook to mark Egypt on the picture of Africa.
Cush was south of Egypt.

The Cushite Empire conquered and ruled Egypt for 1000 years.

Some Cushites in the Bible include Moses’ Cushite wife, most likely Zipporah (Numbers 12) and the prophet Zephaniah, whose father was a Cushite (Zephaniah 1).

**Exercise**

Use the map in the back of the workbook to mark Cush on the picture of Africa.

(Hint: Cush was south of Egypt. Which direction is south?)
Ethiopia was another great kingdom.

It is also called Sheba. A community of Black Jews lived in Ethiopia. They were called Falashas.

Some Ethiopians in the Bible include the Queen of Sheba, who visited King Solomon (1 Kings 10) and Ebed-melech, the officer of King Zedekiah who saved Jeremiah's life (Jeremiah 38).

**Exercise**

Use the map in the back of the workbook to mark Ethiopia on the picture of Africa.
Prayer

Prayer is a way that Africans talk to God. Africans believe God is in all of creation.

Exercise

Pray the Lord’s Prayer in Swahili.

SALA YA BWANA
Prayer of Lord

Babu yetu uliye mbinguni
Father our who are in heaven

Jina lako litukuzwe
name your may it be praised

Uflame wako uje
kingdom your may it come

Mapeni yako yatimizwe
wishes your may they be completed

Hapa duniani kama huko mbinguni
here on earth as there in heaven

Utupe leo riziki yetu
may they give us today needs our

Utusamehe makosa yetu
May you us forgive sins our

Kama sisi tunavyowasamehe
as we do forgive them

Waliotukosa
who sin against us

Usitutie majaribuni
may you not put us to testings

Lakina utuoke na yule mwovo
but may you us save from that evil one

Kwa kuwa uflame
for to be kingdom

Ni wako na nguva
is yours and power

Na utukufu hata milele. Amin
and holiness until forever. Amen
Music
African music includes singing and playing instruments, especially the drum.

Exercise
Sing “Siyahamba.” This song is in the *African American Heritage Hymnal* edited by Dr. Delores Carpenter.

(Optional: Use musical instruments like hand drums or create a rhythm using hands and feet.)

Siyahamba-ba kukha nyen kwenkos
We are marching in the light of God

Siyahamba kukha nyen kwenkos
We are marching in the light of God

Siyahamba-ba kukha nyen kwenkos
We are marching in the light of God

Siyahamba kukha nyen kwenkos
We are marching in the light of God

Siyahamba, hamba
We are marching, marching

Siyahamba, hamba
We are marching, marching

Siyahamba kukha nyen kwenkos
We are marching in the light of God

Siyahamba, hamba
We are marching, marching

Siyahamba, hamba
We are marching, marching

Siyahamba kukha nyen kwenkos
We are marching in the light of God
Dance

Rhythm is very important in the African community. Dance is rhythmic movement. Dances are used for many occasions including healing and celebration.

Exercise

Do the Ring Shout.

The Ring Shout is an African worship dance in which everyone makes a circle and moves around the circle by shuffling their feet. The participants sing as they do the shout.
Rites and Ceremonies

In African religions, ceremonies are used to mark the stages of life. The most common ceremony that African Americans practice is the Rites of Passage.

Exercise

Draw an African Mask. Masks are often used during religious ceremonies.
The Ankh is the original cross.

Follow the instruction below to make an Ankh Necklace.

**Materials needed:**
- Ankh pattern
- Scissors
- Hole puncher
- Crayons or markers
- Craft foam glue
- Glitter glue
- Craft foam
- String or yarn

**What to do:**
- Cut out the Ankh pattern and use it to make an Ankh with the craft foam.
- Color the pattern.
- Glue the Ankh pattern to the craft foam Ankh.
- Punch a hole at the top of the Ankh and string or yarn to make a necklace.
- Use the glitter glue to make the final decorations. Allow the glue to dry completely before wearing the necklace.
This workbook belongs to: