

CELEBRATE “UDUGU” SUNDAY

Udugu is the Swahili word for “companionship”



The North Western Diocese (NWD) of the Evangelical Lutheran Church in Tanzania and the Metro New York Synod have been in a thriving companion synod relationship since 1998, and our companionship continues to grow.

We invite your congregation to celebrate *udugu* on any other Sunday you choose. Here are some worship suggestions:

- **Include a prayer for our companion diocese in the prayers of the people. Here are examples of special prayers you might use:**

Heavenly Father, your Son, Jesus Christ, stretched out his arms on the hard wood of the cross so that all may come within the reach of his saving embrace. As he enfolds the world, so help us to embrace our sisters and brothers in the Northwestern Diocese of Tanzania, as they also pray to embrace us. Lord in your mercy, hear our prayer. We pray in the same name of Jesus, who lives and reigns with you and the Holy Spirit, one God now and forever. Amen.

Lord Jesus Christ, our peace is in you; by your flesh you have broken down the dividing wall between the peoples. We praise you for the fellowship we have found with our companion synod, the Northwestern Diocese of the Evangelical Lutheran Church in Tanzania. Nourish us all with your life-giving body and blood as we sit together at your table; one family with one faith, one hope, one Baptism. Lord, have mercy. Amen.

Everlasting God, you are praised all times and in all places. Lift up our voices together with the songs and thanksgiving of your faithful people in the North Western Diocese of the Evangelical Lutheran Church of Tanzania, and unite us with Creation’s never-ending song of praise for the salvation you prepared for us in Jesus Christ. Lord in your mercy, hear our prayer. Amen.

- **Say the Lord’s prayer in Swahili (it’s a challenge but give it a try!):**

Baba yetu uliye mbinguni, Jina lako litukuzwe, Ufalme wako uje, Mapenzi yako yatimizwe hapa duniani huko mbinguni; Utupe leo riziki yetu, Utusamehe makosa yetu, kama sisi tunavyowasamehe waliotukosea. Usitutie majaribuni, lakini utuokoe na yule mwovu. Kwa kuwa ufalme ni wako, na nguvu, na utukufu hata milele. Amen

- **Sing some Tanzanian hymns:**

ELW 401 - Gracious Spirit, heed our pleading (WOV 687)

ELW 869 - We have seen the Lord

ELW 513 - Listen, God is calling (WOV 712)

ELW 364 - Christ has arisen (WOV 678)

ELW 797 – Blessed be the name

ELW 866 – We are marching in the light (WOV 650)

- **Use a Tanzanian style offering procession:** Ushers hold the offering “baskets” at the head of the aisles while the congregation proceeds forward to place their offerings in the baskets. The hymn “Listen, God is calling” could be an appropriate hymn to sing during this time.

- **Contact The Rev. Percy Butiku (pbutiku@mnys.org) if you wish to invite a speaker.** Please do this as far in advance as possible.

- **Collect a special Udugu Sunday offering.** Please make a check payable to the Metropolitan New York Synod (with "Udugu Sunday offering" in the memo line) and mail it to the attention of Pastor Percy Butiku, Metro New York Synod, 475 Riverside Drive, Suite 1620, New York, NY 10115. This year, offerings will be used to provide scholarships for students.
- **Try singing "The Church's One Foundation" (LBW 369, ELW 654) in Swahili:**
 Msingi wa Kanisa ndiye Yesu Bwana;
 Kiumbe kipya chake, alipenda sana;
 Kutaka litafuta alishuka chini,
 Naye kwa kuja kwake akafa Mtini.

Other ways to celebrate:

- **Download and make copies of the current edition of *Tanzania Update* to hand out.**
- **Ask Sunday School children to make Thanksgiving and/or Christmas cards** for Teacher Michelle, or KEMPS students. Air-mail cards to: Teacher Michelle Mercado, NWD-ELCT, P.O. Box 98, Bukoba, Tanzania. The cards should be mailed about a month before each holiday.
- **Sell Tanzanian Jubilee, a fairly traded coffee, at your church.** Go to <http://www.lwr.org/coffee/> to learn more about fairly traded coffee and other products and how they help people in developing countries earn a fair wage while providing high-quality products for others to enjoy.
- **Serve some Tanzanian foods at a coffee hour/brunch:**
 - KACHUMBALI** (cold salad)
 Finely sliced cabbage, tomatoes, onions (which have been soaked for awhile in very salty water and then rinsed, which flavors and softens the onions), cucumbers and carrots. Squeeze lemon juice over the salad and season with salt and pepper.
 - SUKUMA WIKI** (greens)
 Collard greens are finely cut and thrown in on fried onions and tomatoes; add a little water and cover the pot. Add salt, pepper, a little cream and just a little curry powder.
 - RICE PILAU**
 Beef or goat meat is cut up into small pieces, fried in oil with onions and garlic. Then add cooked rice, peas, small bits of carrots and whatever else you have that is pretty. According to taste, you can add cinnamon, ginger, coriander, cloves, black pepper, salt or cardamom.
 - COOKED BANANAS**
 Fry onion and garlic, add cut up tomatoes, then water and cut-up (in bite-size chunks) cooking bananas (also called plantains). Season with salt, pepper and (if you like) curry powder.
 - DESSERTS**
 Fresh fruit is eaten for dessert. Bananas and coconuts are favorites, as well as pineapples, passion fruit, citrus fruit, mangoes, peaches and pears. Fresh pineapple is especially good with honey drizzled over it.

Enjoy celebrating our udugu!