

Compiled by: Sandra Ackroyd  
Written by: Nafisa Abbas, Francis Ackroyd, Beena Ahmed,  
Shahbaz Javed, Shahnawaz Javed, Syed Raza, and Memona Shahbaz  
Edited by: Simon Peters  
Design by: Gareth Jones  
With thanks to: Carole Sired, Soo Webster and Heather Wilkinson



# Pakistan

Pilots Overseas Voyage 2017



# PAKISTAN

## CONTENTS

- 3 AIMS AND OBJECTIVES
- 4 PAKISTAN – DID YOU KNOW...?
- 8 CREATION
- 11 CELEBRATION
- 15 CHANGE MAKERS
- 18 COMMUNITY



2



## AIMS AND OBJECTIVES

At the Vine United Reformed Church in Ilford, a Saturday Club for children was started in 2010, eventually becoming the Vine Pilots Company. Given the tremendous diversity of the area, the children and young people attending the Vine Pilots come from different faith backgrounds. Most of the children were born in the UK, but their families are from India, Bangladesh, Sri Lanka, Uganda, Ghana, Zimbabwe, Lithuania, Mauritius and, of course, Pakistan, as well as the UK.

In this, the 70th year of Pakistan's life, the main contributors to this book are Christians and Muslims from Pakistani backgrounds. 35% of the Vine Pilots are of Pakistani heritage. The volunteer leadership also shows a diversity of faiths, comprising, six Christians, two Hindus and one Muslim leader, as well as two Christian and four Muslim helpers (14-16 year olds). It is their stories which have inspired these materials, in the hope that Pilots around the UK will be encouraged to learn more about the world around us, its colourfulness and diversity, through the stories of fellow Pilots.

The overall aim in offering these materials for Pilots and others to use in 2017-2018 is to consider using them as a voyage of discovery. These materials do not seek to explore every detail of Pakistan, but rather to encourage readers to discover more about a country they may not be familiar with by establishing the basic facts early on before launching into real-life stories from Pilots about their experiences of Pakistani life and culture.



3

### This material aims to:

- enable Pilots to learn more about the country of Pakistan
- encourage Pilots to research information about Pakistan for themselves and to share their findings with each other
- help Pilots to appreciate personal stories shared by fellow Pilots from Pakistani families
- enthuse Pilots in exploring bible stories and passages which enable them to think about important aspects of the country they are studying, and to pray about these
- enable Pilots to enjoy games, cooking and other activities.

### Possible ways of using this material include:

- using the material, as set, over four or more Pilots sessions
- taking a 'pick and mix' approach, using those parts of the material which are useful for the Company's programme
- using the bible study material and prayers for services or times of worship
- using the materials as part of a longer project involving additional research by Pilots
- trying out the games, recipes and other activities as part of the Company's existing programme.



# PAKISTAN – DID YOU KNOW...?

**Facts and figures are important. They give us important information we need to know in order to better understand and explore issues and topics, including faith and culture. They are not, however, everything. As such, the sessions, games and activities detailed in these materials focus primarily on the personal stories and experiences of Pilots. The following basic facts about Pakistan are intended to be fed into the sessions in ways which each Company sees fit.**

## Make-Up

Pakistan is an Islamic Republic located in Asia. Founded in 1947, at the end of the British Raj, the literal meaning of Pakistan is 'Pak' meaning 'holy' and 'istan' meaning 'land', which together means 'Land of the Pure'. The constitution of the Republic provides a Federal Parliamentary government with a President as the head of state. The parliament is composed of two houses, the Senate (upper house) and National Assembly (lower house). Pakistan has a population of around 130 million. The capital is Islamabad and the official language is Urdu. Punjabi, Sindhi, Pashtu and English are also spoken. The official currency is the rupee.

## The Flag

The flag of Pakistan features the crescent moon, which has become the accepted symbol of Islam. It has ancient connections with royalty and, among Muslims, bears resonances of the lunar calendar which orders their religious life. Other countries which have a moon and star in their flag include predominantly Muslim countries. How many can Pilots find? Other details of the flag are explored in Nafisa's story in session 1.



4

## Geography

Pakistan is in South East Asia and is situated in the north-western part of the Indian sub-continent in South Asia. It shares borders with the Arabian Sea, Iran, Afghanistan, India and China. These borders cover about 6,975km. Pakistan has four provinces which are: Khyber Pakhtunkhwa Province (KPK), Punjab, Sindh and Balochistan. Eastern and southern Pakistan are dominated by the Great Basin, drained by the Indus River system. This is the main agricultural area and contains most of the population. To the north of Pakistan, the land rises to the mountains of the Karakoram and part of the Hindu Kush and Himalayas. The west of the country comprises semi-desert plateaux and mountain ranges.





## Riches of Pakistan

Pakistan is one of the richest countries in the world as far as natural resources, beauty and talent are concerned. It is a country of lush green plains and very fertile soil, with beautiful lakes and mountains. In fact, Pakistan has the second highest mountain in the world, called 'Mt. Godwin Austin', perhaps better known as K2, and has four of the 14 highest peaks in the world.

## Climate

The climate of Pakistan ranges from dry desert to ice caps such as those in polar regions. Temperatures are generally warm to hot, but rainfall is monsoonal. However, despite warm to hot averages, temperatures can range from -50°C to 50°C.

## Economy and Industries

Agriculture employs about 50% of the workforce in Pakistan and accounts for over two thirds of export earnings, Pakistan being one of the world's leading cotton producers, as well as rice. Pakistan has natural gas and a variety of mineral deposits including coal and gold, but the extraction and use of these resources have not been developed very much. Textiles and clothing manufacturing are the main industries, with fabrics and ready-made clothing being leading exports. Other industries include food processing, the production of leather goods, fertilizers, chemicals, precision instruments, surgical equipment and sports equipment.

## Religion

The main religion in Pakistan is Islam (both Sunni and Shi'a), with others including Christianity and Hinduism.

A man named Nanak, who was the first teacher of the Sikh religion, was born in what is now Pakistan on 15 April 1469 in a village called Talwandi, a Hindu and Muslim area. Nanak was recognised in both these religious traditions, claiming that all people are brothers (and we would add sisters) in the eyes of God. He spent his life travelling and teaching, becoming known as Guru Nanak (meaning teacher).

In terms of Christianity, half of the Christian population of Pakistan belongs to the Roman Catholic Church, with the remainder belonging to Protestant denominations including the Church of Pakistan and the Presbyterian Church of Pakistan. There are also a small number of charismatic churches such as Pentecostals and Assemblies of God.

Ask Pilots to see what they can find out about churches in Pakistan. Encourage them to visit the following websites to learn more about life as a Christian in the country:

- the Roman Catholic Church in Pakistan (<http://www.catholicsinpakistan.org/>)
- the Presbyterian Church of Pakistan (<http://presbyterianchurchpk.org/introduction.php>)
- the Church of Pakistan (<http://www.anglicancommunion.org/structures/member-churches/member-church.aspx?church=pakistan>)



## Celebrations through Festivals

As well as celebrations to do with important points in our lives and those of our communities, all faith traditions have their own unique religious festivals. This is also true of nations and regions around the world. Pilots may be able to name some of the Christian religious festivals, such as Christmas, Epiphany, Easter and Pentecost. In Britain, there are cultural festivals that all kinds of people participate in, such as the Chinese New Year and the Notting Hill Carnival in London.

As a predominantly Muslim country, Pakistan recognises lots of celebrations which are central to the Islamic faith. The Islamic calendar comprises 12 lunar months, so a year in the Muslim calendar has 354 days.

### Muharram

The Islamic year starts on the day of the Hijra, the Prophet Muhammad's journey from Mecca to Medina in 622 CE (Christian Era – a neutral alternative to AD). Ashura, the assassination of the Imam Husayn at Karbala in 680 CE, is commemorated on the 10th by Shi'a Muslims.

### Rabi' al-awwal

The birth of the Prophet Muhammad (PBUH - see 1 below) is celebrated on the 12th by Sunni and the 17th by Shi'a Muslims.

### Ramadan

Muslims do not eat or drink during daylight hours throughout this month. Laylatal-Qadr, the commemoration of the first revelation to the Prophet Muhammed (PBUH), is usually celebrated on the 27th.

### Shawwal

Eid al-Fitr, the festival of breaking the fast at the beginning of Shawwal, concludes the fasting period.

### Dhu'l-Hijjah

This is the month of pilgrimage (Hajj). All Muslims of good health are encouraged to make a special pilgrimage to Mecca at least once in their life. Yawm 'Arafat' takes place on the 9th, when fasting pilgrims perform the 'wuquf', standing before God on Mount Arafat. Eid al-Adha, the Festival of Sacrifice takes place on the 10th, recalling the sacrificial ram God gave to Abraham in place of his son. This coincides with the end of Hajj.

(Source: World Religions – The great faiths explored and explained; John Bowker: DK Dorling Kindersley)

The Five Pillars of Islam, which form the basis of Islamic faith and give structure to the lives of Muslims:



Shah Faisal Mosque, Islamabad

1. The Shahada – a statement which reminds Muslims that 'there is no god but GOD and Muhammad (Peace Be Upon Him/PBUH) is the messenger of God'. Muslims often say or write 'Peace Be Upon Him/PBUH' after his name as a mark of respect.
2. Salat – the set prayers that Muslims must perform five times a day, whilst facing the direction of the Ka'ba, the sacred shrine at the centre of the mosque at Mecca
3. Sawm – the daily fast that is performed throughout Ramadan when Muslims refrain from food and drink during daylight hours, allowing them to practise self-discipline in solidarity with the poor. Ramadan ends with the festival of Eid al-Fitr
4. Zakat – the principle of almsgiving. Muslims give money to the poor and charitable causes
5. Hajj – the pilgrimage to Mecca takes place in the 12th Islamic month, which all healthy Muslims should try to make at least once in their lifetime

Other festivals celebrated in Pakistan include Pakistan Day on 23 March and Independence Day on 14 August.



## Some Famous People

### **Malala Yousafzai** (1997-)

– Malala Yousafzai is the youngest Nobel Laureate and Pakistani activist for female education and human rights, especially for women in Swat Valley in North West Pakistan. You can learn more about her in session 3.



### **Nusrat Fateh Ali Khan**

(1948-1997) – Nusrat Fateh Ali Khan was a Pakistani singer and musician of Qawwali (devotional music for Sufis). He was famous for his extraordinary range of vocal abilities and could perform at high level of intensity for several hours. He is also known for introducing Qawwali to international audiences.



### **Nawaz Sharif** (1949-)

– Nawaz Sharif is the current prime minister of Pakistan, taking office in 2013. He is the twelfth elected prime minister and this is the third time that he has been elected to the office.

### **Muhammad Ali Jinnah**

(1876-1948) – Muhammad Ali Jinnah was the founder of Pakistan. By profession, he was a lawyer and well known politician prior to and during partition. He was also the first Governor General of Pakistan.

### **Imran Khan** (1952-)

– Imran Khan, a former cricketer, is a Pakistani politician. He formed a Pakistani movement known as Tehreek-e-Insaaf (Pakistan Movement for Justice). For two decades before entering politics he played international cricket for Pakistan. He led Pakistan to World Cup victory in 1992, Pakistan's only victory in that cup so far.



**Muhammad Iqbal** (1877-1938) – Sir Mohammad Iqbal, known as Allama Iqbal, was a poet, philosopher, politician, academic scholar and, by profession, a barrister. He is known as the most prominent figure of Urdu literature in Pakistan with his work in Urdu and Persian languages. He was knighted by King George V in 1922.

**Benazir Bhutto** (1953-2007) – Benazir Bhutto was the eleventh prime minister of Pakistan and the first female to be head of an Islamic country, in the world. She was a well-known politician and advocate of democracy and women rights in Muslim countries. She has been an inspiration for many women in the Islamic world.



## Words to Say and Remember

Here are a few words from the Urdu language. Urdu is the national language of Pakistan, while the official language is English. All four provinces (mentioned in the Introduction) have their own local languages which are Punjabi, Sindhi, Baluchi and Pashto.

How will Pilots get on, saying and remembering these Urdu words?

<b>How are you?</b>	<b>Kya haa hai?</b>
<b>I am fine</b>	<b>Mee theek hu</b>
<b>What is your name?</b>	<b>Apka kya naam hai?</b>
<b>My name is...</b>	<b>Mera nam ... hai</b>
<b>Thank you</b>	<b>Sukryia</b>
<b>Help</b>	<b>Maad karo</b>
<b>Yes</b>	<b>Ji</b>
<b>No</b>	<b>Nae</b>
<b>Good Bye</b>	<b>Khuda hafiz</b>
<b>Good Morning</b>	<b>Subah bakhar</b>
<b>Good Night</b>	<b>Shaab bakhar</b>



## A Personal Story

'Read this story of 'Beautiful Pakistan' by Nafisa, a young leader from the Muslim faith working in the Vine URC Pilots Company. Nafisa visited Pakistan with her parents and two sisters following her GCSE exams in 2016. This was the first time they had all gone to Pakistan as a family together. She visited the birth places of her mum and dad, in two very different parts of Pakistan. Her grandparents took them to see many places. She wrote this when she returned to Ilford.

The flag of Pakistan was officially adopted on 14 August 1947 (Independence Day). The symbolic flag of Pakistan uses white to represent non-Muslims within the country. White is a symbol of purity, used here to show the equality of all people in the country, regardless of religion. The green and white combined represent peace and economic success and the white crescent represents future progress. The star is symbolic of knowledge.

Everything about my country is worth appreciating, as everything has imagery or meaning. Whether it's the topography, weather, architecture or tradition, there is a story hidden behind every factor. Diversity is what makes Pakistan stand out in comparison to others.

In northern areas, there is the captivating scenery of the world famous, snow-covered mountains in places such as Kaghan and Naran. There are also waterfalls, fruit and flower gardens. The unique tribal traditions are still practised from centuries ago, as are local cottage industries where products are made for export. The alluring environment attracts one like a magnet. These areas seem to be a part of paradise on Earth. People

The Badshahi mosque

visit these areas from every corner of the world and become awe-inspired by the breath-taking views.

The rich and gripping culture that is different in all the four provinces is famous around the world. Among these, perhaps the Mughals have been most influential. Their buildings, with eccentric architectural style and exquisite décor, is pleasing to every eye witnessing it. Whether it is the Badshahi mosque or Rohats Fort, no one could ignore the enchanting buildings, murals and stonework, crafted with such intricate designs and patterns. These fashionable yet quaint sights hold immense beauty.

Pakistan offers a wide-ranging variety of living and working environments from the settlements and urban houses in cities such as Lahore and nomads in Tharparkar, to fishermen in Gwadar and herdsmen in the Himalayas.

Languages of all descriptions can be heard across the nation, including Saraiki, Pashto, Balochi and Punjabi, along with the many accents which each language brings. Similarly, we relish four different seasons in a year, not something which every country enjoys. With the fruits, flowers and aroma of every season, it's very difficult to get bored living in Pakistan, especially given the spectrum between intense heat and bitter cold and from heavy rain to leafiness.

Many uncountable blessings make my country unique, but to write about all of them would require thousands of pages. Every single aspect reveals many chapters and in those many chapters there are numerous sub-chapters. If you ever get the chance, visit Pakistan yourself. From Gilgit to Gwadar, every Galli (alleyway) will speak for itself.'

8





## Games/Crafts

**Nation Hopping** – Spread out large pieces of paper on the floor with the name of a different Asian nation on each piece (e.g. India, Sri Lanka, Bangladesh, Iran, Afghanistan, China, Thailand, Indonesia, Iraq, Vietnam, Nepal). Make sure Pakistan is on one of them! Ask the Pilots to spread out before playing some music. Pilots must move around the room whilst the music is playing, but must not touch the nations. When the music stops, the leader calls out the name of two or three countries. Everyone rushes to one of those countries and finds a way of standing on it. Any Pilot left touching the floor is out. Gradually, countries are removed, until only Pakistan is left. Now everyone is back in the game and challenged to stand on Pakistan. The Company will need to work together to find a way of getting all Pilots standing on Pakistan. Remind Pilots that Pakistan, like many of its Asian neighbours, is a large and diverse nation with lots of different historical, religious and cultural aspects. In order for everything to exist in the one place, people need to work together to live in peace and harmony.

**Letter Hunt** – Split the Company into Watches. Print the single letters of the name 'Pakistan' on individual sheets of paper, the same colour for each Watch. Hide the pieces of paper around the meeting space and challenge the Watches to find all the pieces of paper belonging to their Watch. The first Watch to find all their pieces and put the word 'Pakistan' together, wins.

**Painted Rocks** – Collect different sized rocks for Pilots to paint on. Ask the Pilots to paint a miniature scene of something which they think is beautiful. Once dry, these can be taken home as a reminder of the Pilots' responsibility to cherish and care for the people, places and things we value.

## Bible Link

**Read Psalm 8 together.**

What strikes Pilots about the Psalm? What do Pilots think about the words?

This Psalm is often used in Christian settings to remind everyone that God has given us the important duty of looking after the beautiful world around us. We are all made in the image of God (Genesis 1:27) to make the world a better place. Encourage Pilots to think of how beautiful, interesting, complex and amazing our world is. Think about the natural wonders around us. Think about the way creation has developed and emerged throughout the centuries. Think of the great advances in human technology and achievement. As things have moved, and continue to move, God is still creating and renewing. What do Pilots think it means for us to have responsibility for this continually emerging world?

Nafisa speaks of the beauty of Pakistan. Which communities, areas and places are important to the Pilots? What aspects of these do Pilots say are beautiful? What aspects of these do Pilots say need rethinking or changing? How can Pilots be a responsible force for good in their own communities?

Verse 2 speaks of the importance of praising and encouraging children. The value which children bring to the world is a theme throughout the bible, especially in the gospels. Why do Pilots think children are so important to God? How do Pilots respond to the idea that they are unique and special in the eyes of God, with special work to do in looking after creation?





## Prayer

Encourage Pilots to think of items from creation. Perhaps take them outside to collect items or take photographs to help with their prayers.

Find something that is beautiful to look at from nature

Find something that is delightful to listen to from nature

Find something that is smooth/soft to touch from nature

Find something that is delicious to taste

Find something that is pleasing to smell

Once all the items have been collected, encourage the Pilots to share them with one another, explaining the beauty of the items they have found.

### Offer this prayer:

OUR CREATOR GOD

Thank you for all the beautiful things we can see

OUR CREATOR GOD

Thank you for all the amazing things we can hear

OUR CREATOR GOD

Thank you for all the lovely things we can touch

OUR CREATOR GOD

Thank you for all the delicious food we can taste

OUR CREATOR GOD

Thank you for all the interesting things we can smell

Loving God, thank you for our senses which help us appreciate your wonderful creation

AMEN

## Challenge

Encourage Pilots to write their own Psalm about a place, area or community which they think is beautiful. Perhaps they could write about why this particular place or community is so special, thank God for its existence, or make a commitment to doing something to make it even better. There are no particular rules on style, length or rhythm, but a Psalm is a special piece of poetry, written from the depths of someone's feelings, so it should come from the heart, be creative and make good, artistic use of language.

## Recipe – Naan Bread

Follow this recipe for some tasty Naan bread for Pilots to share.



(Serves 5)

For the dough

250g/9oz plain flour

2 tsp sugar

½ tsp salt

½ tsp baking powder

110-130ml/3½-4½fl oz milk

2 tbsp vegetable oil

For the topping

nigella seeds, poppy seeds or sesame seeds, or chopped garlic and fresh coriander

1 tbsp butter, melted, to serve

Method

1. For the dough, sift the flour, sugar, salt and baking powder into a bowl. In another bowl, mix together the milk and oil.
2. Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the centre and incorporating the flour from the edges of the 'well', to make a smooth, soft dough. Knead well for 8-10 minutes, adding a little flour if the dough is too sticky.
3. Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10-15 minutes. Form the dough into five balls.
4. Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.
5. Roll the dough balls out quite thinly, ideally in a teardrop shape, but really this is just aesthetic. Sprinkle over your chosen topping and press into the surface of the dough. Place the naans onto the hot baking sheet and grill for just 1-2 minutes, or until lightly browned. Brush with butter and serve hot.

([http://www.bbc.co.uk/food/recipes/naan\\_86626](http://www.bbc.co.uk/food/recipes/naan_86626))



## A Personal Story

### Read the story of Syed's visit to Pakistan for a family wedding:

'In February 2014, I went to Pakistan to attend a family wedding. We stayed in Moven Pick Hotel. We were welcomed by our relatives at the airport.

To give you some background, Karachi is the capital of Sindh and is the largest, most populous city in Pakistan. Karachi is located on the shores of the Arabian Sea. It is a major transportation hub, home to two of Pakistan's largest seaports, the Port of Karachi and Port Bin Qasim, as well as the busiest airport in Pakistan.

Lahore is the capital city of the Pakistani province of Punjab. It is the second most populous city in Pakistan and the 32nd most populous city in the world.

The city is located in the north-eastern end of Punjab province, near the border with India.

As our flight was so long, I was really hungry and tired so my mum ordered a kebab roll and sweet lassi (milk and yoghurt) for me.

At the wedding, we ate some Pakistani cuisine, such as Biryani, Chicken Korma, and Seekh Kebab. For dessert, I had the well-known Gulab Jamun (Sweet Dumplings) and Halwa.

The wedding was very traditional, which is quite common, with live music and percussion (Dhol). There was also a dance competition between the bride's and groom's families and as this was all happening, I was the DJ!



A longstanding tradition associated with weddings in Pakistan is the art of Henna decoration, which Nafisa tells us more about:

'In the photo, you will see that there are detailed decorations on the hands and wrists of the bride. These are henna decorations.

Henna has been used to adorn the body for thousands of years and has even been found on the nails of Pharaohs. Brides use henna designs to make themselves look beautiful before the wedding. Hundreds of different intricate and stunning henna tattoo designs have been used through the ages. Today, henna tattoos are fun and safe to use. People use suggested designs or create their own.

What is henna you may ask? Henna comes from a natural plant called *lawsonia inermis*. This plant is crushed and is made into a paste adding lemon juice. The paste is then used to draw designs on the body. Henna paste was originally homemade, but nowadays it is normally pre-packaged and ready for instant use.

What is the meaning of henna? Getting a henna tattoo on the palm of the hand symbolises generosity. On the back of the hand means inner strength. The right hand is seen as masculine and the left hand feminine. Created designs take inspiration from flowers, vines and leaves, which represent life, joy and energy. Bird designs represent being uplifted and butterflies, renewal. Fish represent women's eyes. This has its origin in a Hindu belief which refers to the almond eyed and very generous avatar, Meenakshi. Lotus blossom, sometimes used as a design, represents purity and strength in adversity. For traditional henna wedding tattoos, Indian and Pakistani women include their feet and ankles as well as hands, with pretty detailed designs.

It's not only brides who tend to be adorned with henna tattoos. Female guests also wear the decorations on their hands when attending a wedding. When older girls in the Vine Church Pilots Company attend family weddings, they decorate their hands with henna decorations.

Wearing henna decorations is not exclusive to Pakistan, but common particularly in Asian and Middle Eastern countries, as well as in expatriate communities living in Britain.

Henna decorations are also worn at other celebratory occasions. It is also often used by people from all different backgrounds because people are attracted to its use, especially as they are not permanent, like ordinary tattoos. Men as well as women are choosing to get henna designs. Popular designs for men include infinity symbols, tribal inspired arm bands and crosses.'



## Games/Crafts

**Running Story** – Write a story about people of different faiths living and working together, using the following words several times: Faith; Community; Synagogue; Church; Temple; Mosque. Add more words, or take them away, as necessary. Divide these words equally amongst Pilots. Read the story to Pilots whilst they are seated in a circle. As they listen to the story, challenge Pilots to listen out for their assigned word. Whenever they hear it, they need to stand up, run round the edge of the circle and return to their place. Have some fun at the end of the story by saying all of the words at the same time so that everyone has to run! This game can also be played with a parachute with Pilots running under the parachute and swapping places with each other when their word is called.

**Spot the Words** – Challenge Pilots to write down as many words as possible, only using letters from the word 'Pakistan', within a set time (e.g. nap, tan, span, kit, skin). The Pilot or Watch to come up with the most words wins. Extra points should be given if Pilots can connect their words specifically with Pakistan (e.g. I found the word 'pan' and a 'kahari' is a type of pan used in Pakistan).

**Henna Decoration** – Using pre-packaged henna or face paint, experiment with different henna designs. It might be a good idea to practice drawing designs on paper first before drawing on skin. Remember to check for allergies before carrying out this task.



## Bible Link

**Read Luke 14:15-24 and James 2:1-4 together.**

Jesus told this parable to say that he wanted all his followers to join and be part of his kingdom of love, justice and hope. Jesus wants us to be happy. He said, in these words from John 10:10, 'I have come that you may have life, life in all its fullness'. Joining in different kinds of celebrations can usually bring us joy and happiness and helps us to share experiences together across families and friends.

What's surprising in this story, however, is that the people who were expected to come to the big feast, the so called 'respectable' and 'wealthy' people, did not turn up. When the servant was asked to go and invite the ordinary poor people to come, though, they did. This group of people would probably have included people who were not well, had a disability, were looked down on, or otherwise seen as undesirable.

The Kingdom of God is, truly, for all people, but some people, like the rich people invited to the feast, believe that they don't need to go, either because they're too good for it, they have better things to do or they don't want to mix with the poor who will also be in attendance.

The passage from James helps us to see the relevance of this. This book of the bible speaks a lot about prejudice and the importance of respect. The author emphasises that treating people differently because of their outward appearance or position in society is wrong. In fact, they go as far as to say that if we create such distinctions, we are guilty of making judgements based on evil motives.

What do Pilots believe about the Kingdom of God? Do they think it is like a feast or celebration, or do they have another image or metaphor? Ask Pilots to think of a time when they felt left out, ignored or judged. How did that feel? What can Pilots do to make sure that everyone around them feels loved? How can Pilots help to grow the Kingdom of God as a feast to which all are invited?



## Prayer

Fill some balloons with helium (make sure to tie them down!). Prepare some pieces of card (roughly 5 x 8 cm). Encourage Pilots to write or draw short prayers about community, asking God to help us in our efforts to make sure that everyone in the community knows that they are loved and valued. Attach the prayers to strings and tie the strings to the balloons along with a leaflet or card about the church associated with your Pilots Company, inviting people to come along. Ask each Pilot, if they wish, to read their prayer out before tossing the balloon into the air. Watch as the balloons take the Pilots' messages of love and invitation out into the world. Like these balloons, encourage Pilots to radiate love, wherever they go.

## Challenge

Challenge the Company to make a large collage of a celebration, such as a wedding or festival. There are likely to be different ideas about what the scene should contain, so Pilots will need to work together to plan how it will look and decide who will take responsibility for each section of the collage. It might be good to use a variety of materials such as tissue paper, feathers, paints, pastels or seeds. How creative can your Company be?

### Recipe - Spicy Pakistani Lamb (Karahi)

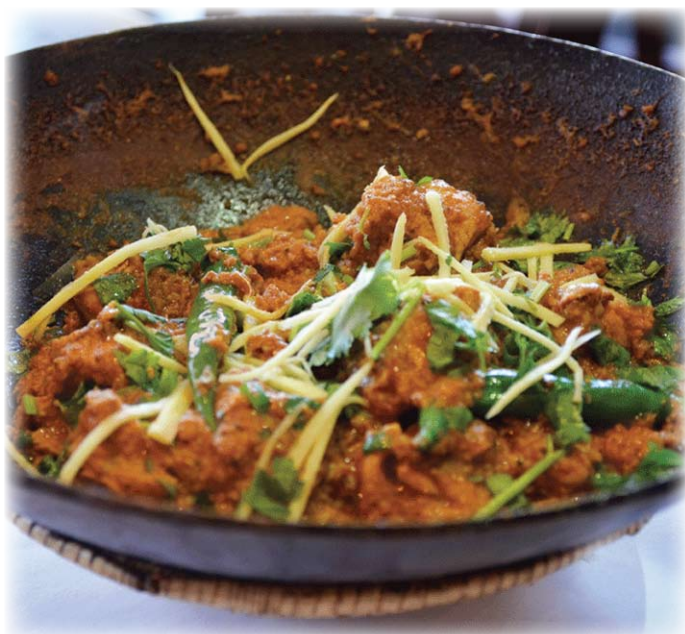
The richness of Pakistani cuisine is influenced by the integration of culinary traditions from India, Afghanistan, the Middle East, and Central Asia. Pakistani dishes vary greatly from region to region and reflect the country's ethnic and cultural diversity. This spicy lamb dish is reminiscent of an Indian curry.

To serve eight, you will need:

- 1kg/2lb of lamb cut in cubes
- 3 medium onions, finely chopped
- 1 large tomato, diced
- 5 cloves of garlic, finely chopped
- 1 handful of fresh coriander leaves, finely chopped
- 2 pieces of fresh turmeric (or 1 tbsp ground turmeric)
- 4cm piece of fresh ginger, finely chopped
- 2 fresh chillies, finely chopped
- Juice from 1 lemon
- 1 tbsp. of ground cinnamon
- 1 tsp ground cloves
- 1 tsp cumin
- 1 tsp garam masala powder
- 1 tsp allspice
- 1 tsp ground coriander
- 1 tsp mustard seeds
- 2 tbsp. cooking oil
- 500ml/1 pint of water

1. Put the lamb pieces in a bowl and sprinkle with salt and lemon juice, stir and set aside for 20 minutes.
2. Set a pot (a Karahi) on medium heat, add the cooking oil and sauté the chopped onions, garlic, ginger, and turmeric until golden brown and fragrant.
3. Add cumin, cinnamon, ground coriander, mustard seeds, garam masala, cloves, allspice, and chillies. Stir until fragrant and well mixed.
4. Add the lamb pieces and stir until the spices cover the meat.
5. Add the water, cover the pot, and lower the heat to simmer for about 45 minutes until the lamb is cooked.
6. When the meat is tender, add the chopped coriander leaves and tomato, and mix well. This spicy lamb dish is usually served accompanied with basmati rice.

(Based on recipe from <http://www.scientificpsychic.com/alpha/food/Pakistani-Lamb.html>)

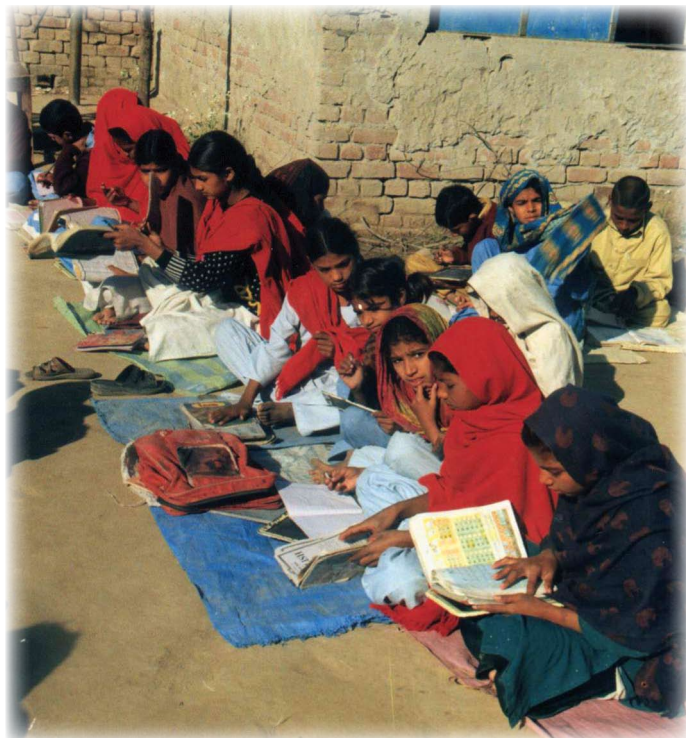


## The Story of Malala

Malala Yousofzai is a Pakistani girl, born in the Swat Valley in Pakistan. Her father was a teacher and he worked to get as many children as possible into education. He gave school places to poor children, which meant that he lost a lot of money, which he could have made from charging fees. Some of these students came to Malala's home for breakfast before commencing their studies in the classroom.

From the age of 11 to 12 Malala spoke out about the need for girls to be offered the same opportunities as boys in terms of schooling. She refused to be silent and fought for her right to education. In October 2012, she almost paid the ultimate price. Whilst travelling home from school by bus, she was targeted by members of the fundamentalist Taliban movement, and was shot in the head at point blank range. She was not expected to survive, but she miraculously survived. Because of the complications of the severe injury, she was flown from her local hospital to Queens' hospital in Birmingham, UK where she and her family now live. She has continued her education in Birmingham.

Malala's recovery has taken her from a remote village in Northern Pakistan to the halls of the United Nations in New York. At 16 years old she became a global symbol of peaceful protest and the youngest ever nominee for the Nobel Peace Prize. In 2011, whilst still living in Pakistan she was awarded the National Peace prize for her advocacy and bravery. She was awarded the International Children's Peace Prize in 2013.

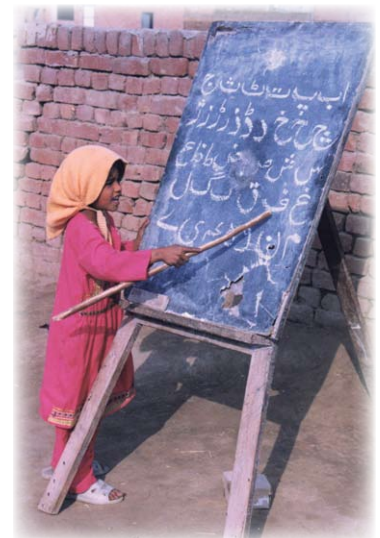


In a testament to Malala's strength, rather than look negatively on her experience, Malala realised that the Taliban, in attacking her, had transformed her local campaign into a global one. While she lay in a hospital bed thinking and waiting to take her first steps in a new world, Gordon Brown, the United Nations special envoy for education and former prime minister of Britain, had launched a petition under the slogan, 'I am Malala', to demand that no child be denied schooling by 2015. This was followed by messages from heads of state, ministers, movie stars, all giving support to this petition.

Here is a quotation from Malala's book: 'To all girls who have faced injustice and been silenced, together we will be heard.' Malala continues to campaign for universal access to education through the Malala Fund, a non-profit organisation, investing in community led education advocates around the world.

Pilots can visit <http://www.malalafund.org> for more information.

(Source: 'I Am Malala', The Girl Who stood up for Education and was shot by the Taliban; Malala Yousafzai with Christina Lamb, published by Weidenfeld and Nicolson, London)





## Games/Crafts

**Shoe Factories** – To play this team building game you will need sheets of A4 paper, scissors, pencils, artificial money, tables and chairs. Split the Pilots into Watches. A member of the Pilots Crew draws round both their shoes on a piece of A4 paper, one per Watch. Each Watch is given a set number of pencils, scissors and pieces of A4 paper. Each Watch is challenged to make as many 'shoes' as possible within a time limit (perhaps five minutes) by tracing and cutting the shoe outlines out of the blank A4 sheets. Once pairs of shoes are complete, these can be 'sold' to the Pilots captain for a certain amount of 'money' which Pilots may then use to purchase more paper, scissors and pencils. The Watch which has made the highest profit at the end of the game wins. To make the game more realistic in terms of world trade and introduce Pilots to another important social justice issue requiring their attention, the game could start with different Watches being given different amounts of equipment, just as people in different parts of the world face different challenges.

**Team Charades** – Write the names of different famous books, films, sports, places, etc. on cards. Split the Pilots into Watches. Give each Watch an equal number of cards. Each Watch must, in turn, work as a team to act out the names, titles or items on their cards, without speaking or making any noise. The rest of the Company are challenged to guess what's on the card based only on what is being acted out. The Watch to successfully act out all their cards in the shortest time, wins.

**Demonstration** – Encourage Pilots to work together to create banners, placards and posters with pictures and slogans about causes which they care about in their community. Perhaps Pilots feel that their local council ought to be doing more to fund after school activities for children and young people. Perhaps Pilots want to see more done about poverty on the streets. Whatever they care about, encourage them to make their feelings known, creatively and clearly, through their artwork. Perhaps, if the Pilots wish, they could contact their local political representatives to discuss their concerns, or organise their own peaceful demonstration in the community.

## Bible Link

**Read Luke 10:25-37 together.**

This famous parable is used often in Christian settings to remind us of the importance of doing the right thing to support those who are most vulnerable, even when those around us fail to act. The big question, though, is would we do the same if we were in the Samaritan's shoes?

One of the best ways to explore this question, is for Pilots to role play the story in a modern setting, thinking about real life situations which they might face today.

Ask Pilots to think about who might play the part of the Priest and Levite in today's society (e.g. police officer, government minister, teacher). Ask Pilots to think about who might be the traveller, attacked and abused (e.g. unemployed, homeless, addicted, migrant).

How might it feel to be a police officer dealing with a homeless person, for example? You might feel sympathetic to the person's situation, but your job might also have rules which prevent you from helping. What if you, in the place of the Samaritan, came across someone who was addicted to drugs. You might want to help them, but you'd also want to keep yourself safe.

It's not always easy to find a solution in such scenarios, but challenge Pilots to try and find the best possible solution for everyone concerned.

Pilots might not be able to remove all homeless people from the streets of their communities, but they could collect goods for their local food bank to distribute. Pilots might not be able to solve the migrant crisis, but they could make cards and write letters to welcome refugees into their villages, towns and cities.

Malala has been a 'good Samaritan' to millions of children and young people around the world through her determination and commitment to education. Pilots can make a huge difference in the world by following her example.





## Prayer

**Encourage Pilots to read a short passage from James 2:14-17, 26.**

Ask the Pilots to write a two-line prayer asking God to help them be change-makers through their lives. Put all the two-line prayers together into one so that this can be said as one prayer, with each Pilot reading their own commitments. Other Pilots could read for those who don't want to read theirs out.

At the end, ask the Pilots to crouch down, low to the ground and, as they slowly stand up together, say 'Aaaaamen!' in a giant crescendo, symbolising that they are taking a stand, together, to make a difference in the world.

## Challenge

Challenge Pilots to organise their role play of the Good Samaritan into a scripted play which could be performed to an audience. Encourage them to design their own costumes and masks as part of the production. Perhaps this could be shared with parents and guardians, or the wider congregation during an act of worship.

### Recipe – Gulab Jamun

To make a difference in the world, you have to know the people around you and look to them for help. One traditional way of getting to know your neighbours, is over cake, or desert. Try this recipe for some delicious Gulab Jamun.

To serve two, for the dough balls, you will need:

- 225g/8oz powdered milk
- 110g/4oz plain flour
- 1¼ tsp baking powder
- ½ tsp bicarbonate of soda
- 350ml/12fl oz milk
- 25g/1oz butter, melted
- vegetable oil, for deep frying

For the sugar syrup:

- 200g/7oz caster sugar
- 100ml/3½fl oz water
- few strands saffron

To serve:

- 1 tbsp chopped pistachio nuts
  - 1 tbsp flaked almonds, toasted in a pan
1. For the dough balls, mix all the ingredients together in a bowl, adding enough extra water to form a soft, sticky dough. Cover with cling film and set aside for 10 minutes. Shape the dough into small round balls.
  2. Heat the oil in a deep heavy-bottomed frying pan. It is ready when a breadcrumb dropped in will sizzle gently in it. (CAUTION: hot oil can be dangerous. Do not leave unattended.) Deep fry the balls until golden brown, then remove from the oil with a slotted spoon and set aside on kitchen paper to drain.
  3. Make a sugar syrup by heating the sugar and water together with the saffron until the sugar has dissolved and the mixture is syrupy.
  4. When the dough balls are cool, add to the syrup and leave to soak for about 1 hour.
  5. Garnish with chopped pistachio nuts and flaked almonds and serve.

(Recipe taken from:

[http://www.bbc.co.uk/food/recipes\\_gulabjambu\\_81245](http://www.bbc.co.uk/food/recipes_gulabjambu_81245))





## How do we understand 'Community'?

All over the United Kingdom, we have multicultural and multi-faith communities. People living, working and learning together side by side. Ilford in East London, the home of the Vine Church Pilots Company, is one such community. It is very interesting to recognise the different gifts and practices which people and families have brought with them from countries such as Pakistan and to appreciate how these have and are enriching our communities here.

**18** In world news, we hear about shocking incidents which highlight peoples' extreme suffering. When things happen in this country, when people are killed, injured and traumatised, we are shocked and often feel helpless.

Within a short span of four months, during 2017, terrorist attacks took place in Manchester and London (Westminster Bridge, London Bridge and Finsbury Park) and there was a large fire at Grenfell Tower in Kensington. In all these situations, emotions were flowing. Emotions of anger, trauma, pain and brokenness.

However, in each of these incidents, many people from the surrounding communities turned to give help to the bereaved, the injured, the traumatised and the emergency services. Community spirit is when people stop what they are doing to come together and help people who need it. In times of crisis, this can include

supporting victims of violence, terrible accidents or natural disasters. Through these efforts, we see the very best in human spirit and character flowing between people, irrespective of age, social background, ethnicity or religion.

What have Pilots heard about these incidents? Have they heard any stories of people helping and supporting each other? What examples can Pilots offer, from their own lives and experiences, of community spirit and supporting the most vulnerable in society?

We normally think of communities coming together to celebrate, such as at the wedding Syed attended in Karachi (covered in session 2). It is in these joyful times that we can get to know our neighbours and learn the value of living alongside each other, but it is in times of trial and sorrow when our relationships are really put to the test.

Are Pilots confident that, in times of difficulty, they could rely on people of other cultures and faiths to find hope, comfort and reassurance? What might Pilots do to help increase their knowledge of the cultures and faiths represented in the community around them? How might Pilots break down barriers and build relationships with children and young people of other cultural and faith backgrounds?



## Bible Link

**Read Matthew 25:31-40 together.**

These words are often used to remind Christians that our faith requires us not only to believe and trust in God, but to help build the Kingdom of God, which is rooted in justice and joy for all people, whoever they are, whatever their background or status. These words remind us of the passage from James (explored in session 3), which tells us that ‘faith without works is dead’.

People of all faith backgrounds believe in the importance of using their faith to make the world a better place and bring about a better, more just society for all. Christian Aid and Muslim Aid operate under the untied principle of using their faith roots to support people and communities of all faiths and none. It’s the same with the Red Cross and Red Crescent movements, who provide neutral medical and welfare support to all people, especially in times of crisis and disaster.

In the passage, the righteousness people, who thought it was enough to simply look after themselves and stay out of trouble in order to serve God, were shocked when God prioritised the good people who took positive actions towards others. God even goes as far as to say that when they failed to help others, they also failed to help God.

Helping others is not simply about following rules or being nice for the sake of it. Every good deed we carry out in support of those in need helps to move us closer to seeing the Kingdom of God on earth. It is very important for all people, to recognise the need to live for others and not just ourselves.

What actions have Pilots recently taken that might help others see that they are serious about their faith? How have Pilots helped to make their communities safer, better and more prosperous places to live? What have Pilots done, or can they do, to help build the Kingdom of God?

**Read James 3:8-10 together.**

These words about our tongues may seem amusing, but does the writer exaggerate when they say that, ‘the tongue is like a fire. It is a world of wrong, occupying its place in our bodies and spreading evil through our whole being’. Is the tongue that bad and has your tongue ever got you into trouble? What advice can Pilots give each other about controlling what they say and how they might use their tongue to say things that will build understanding and love. How can we help to build a better community where we live?





## Games/Crafts

**Carrom** – This game, which goes back to a time when India and Pakistan were one nation, could be described as ‘finger pool’. As with pool, the aim is to score points by potting, not balls, but discs, discs or counters. The game needs Pilots to split into Watches of four and sit round small tables so two Pilots at one side of the table can play against the two Pilots at the other side. The game requires small round counters, discs or disks. Make a rim out of newspaper to go round the outside of the tables and attach a cup to each corner of the table so that the counters, discs or discs can fall into them. A special counter called the ‘queen’ is placed in the middle of the table. Six counters of different colours are placed in a circle around the ‘queen’. The remaining pieces are positioned around the inner circle so that each outer counter touches the inner circle counters. You also need one larger counter to act as the ‘striker’. In traditional Carrom sets, white is often used for the queen, with different coloured ones for the inner and outer circles. You can use whatever colours you like, but the point is that the queen, inner circle, outer circle and striker counters must be distinguishable from each other. The pairs of players take it in turns to flick the striker with two fingers, the aim being to pot as many counters of one colour as possible, just like pool. If one pair pockets the queen, though, they must successfully pot another counter afterwards. This is called ‘covering the queen’. If the queen is pocketed but not covered, the queen must be returned to the board. A player who covers the queen as well as pocketing all their counters gets bonus points. The pair to pot all their counters and the queen, wins. You can view a complete game on YouTube at <https://www.youtube.com/watch?v=DFQvw79wQHU>

**Cup Stack** – Split the Pilots into Watches of six and have the Watches stand in lines at one end of the meeting space. Provide each Watch with a pyramid of plastic cups and an elastic band to which six pieces of string have been tied securely and evenly spaced. The finished bands should look like a drawn image of the sun with six rays going out in different directions. Challenge the Pilots, in their Watches, to move their pyramid of cups from one side of the room to the other without touching the cups with any part of their bodies. They’re only allowed to touch the strings attached to the elastic band. The Watch to successfully move their pyramid in the fastest time, wins. If mess isn’t an issue, you could even put water in the cups for an increased challenge!

**Tree of Hands** – Provide Pilots with sugar paper in different colours and one large outline of a tree trunk. Ask the Pilots to draw round their hand on the sugar paper and cut the outlines out. Challenge the Pilots to write or draw something on the outline of their hands which represents the gifts and talents they can use to help people in the community around them. Once these are complete, stick the hands to the tree trunk to form the leaves of the tree. On our own, we can feel powerless to make a difference to those around us, but together, we grow into something much bigger than ourselves and can reach out, together, as the branches of a tree reach towards the sun. Display the completed tree as a reminder to Pilots, both individually and collectively, of the value they hold in making the world around them a better place.





## Prayer

Ask Pilots to think about what they want to pray for in their community. What differences do they want to see? Where is help most needed? How could God help in these situations?

Provide Pilots with thin paper, pens and scissors. Ask Pilots to draw outlines of flower buds with big petals on the paper and cut the outlines out. Once they've cut the outlines out, ask them to write their prayers for the community on the petals of the flowers and fold the petals inwards.

Slowly place the folded flowers into water. As the flowers sit in the water, their leaves will unfurl to reveal what the Pilots have written.

When we offer prayers to God from our hearts, they are only visible to ourselves, but when we leave them with God, like the water, life is breathed into them and they open up so that everyone can benefit from them.

Play some music in the background, reminiscent of flowing water. Offer this prayer:

We delight in God, creator of beauty

We delight in God's love,

Flowing to all God's children.

We rejoice in God, who celebrates with us

We delight in God's joy,

Flowing to all God's children.

We pray to become God's change makers

We delight in God given faith,

Flowing to all God's Children.

We cry to God for our communities

We pray that God's peace, love and strength will flow to all God's children.

AMEN



## Challenge

Now that the Pilots have completed these four sessions looking at life and faith in Pakistan, why not test their knowledge with a fun quiz? Here are a couple of sample rounds to start:

### Round 1

- A. What does the word Pakistan mean? Land of the Pure
- B. In which continent of the world is Pakistan? Asia
- C. What are the two extremes of weather temperatures in Pakistan? -50 °C to 50 °C
- D. What is the main religion in Pakistan? Islam
- E. What is the name of the young person who wrote reflections on the 'Beauty of Pakistan' in the first session? Nafisa
- F. In Psalm 8, what did God make humankind a 'little lower than'? The angels
- G. In which year was Pakistan partitioned from India and designated as the world's first homeland for Muslims? 1947
- H. Who was the founder of Pakistan? Muhammad Ali Jinnah
- I. In what year did the founder of Pakistan die? 1948
- J. Which is the biggest Protestant Church in Pakistan? Presbyterian Church of Pakistan

### Round 2

- A. What is the name of the highest mountain in Pakistan? Mt. Godwin Austin/K2
- B. Name two natural resources or industries that can be found in Pakistan. (e.g. cotton, gold, coal, gas)
- C. Name two religions practiced in Pakistan other than Islam. (e.g. Hinduism, Christianity)
- D. What did Syed eat for dessert in Karachi (he shared reflections about attending a family wedding in the second session)? Gulab Jamun (Sweet Dumplings) and Halwa
- E. Name the two houses in Pakistan's political system. The Senate (upper house) and National Assembly (lower house)
- F. Which colours are in the Pakistani flag? Green and white
- G. In the bible story about the Great Feast, who failed to come to the feast? The righteous/rich
- H. What is the name of the kind of bread often eaten with curries in Pakistan? Naan bread
- I. Which Church does half the Christian population of Pakistan belong to? The Roman Catholic Church
- J. What is the name of the decorative patterns often worn on hands on special celebrations in Pakistan, such as weddings? Henna



## Recipe – Chicken Biryani

To serve six, you will need:

- 4 tablespoons oil or ghee, divided
- 4 small potatoes, peeled and halved
- 2 large onions, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon minced fresh root ginger
- 1/2 teaspoon chilli powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 2 medium tomatoes, peeled and chopped
- 2 tablespoons plain yoghurt
- 2 tablespoons chopped fresh mint leaves
- 1/2 teaspoon ground cardamom
- 1 (5cm) cinnamon stick
- 1.3kg/3lb of chicken breast chunks
- 450g basmati rice
- 2 1/2 tablespoons vegetable oil
- 1 large onion, diced
- 1 pinch saffron
- 5 pods cardamom
- 3 whole cloves
- 1 (2.5cm) cinnamon stick
- 1/2 teaspoon ground ginger
- 2 pints of chicken stock
- 1 1/2 teaspoons salt

1. In a large frying pan, in 2 tablespoons oil (or ghee) fry potatoes until brown, drain and reserve the potatoes. Add remaining 2 tablespoons oil to the pan and fry onion, garlic and ginger until onion is soft and golden.

2. Add chilli, pepper, turmeric, cumin, salt and the tomatoes. Fry, stirring constantly for five minutes. Add yoghurt, mint, cardamom and cinnamon stick. Cover and cook over low heat, stirring occasionally until the tomatoes are cooked to a pulp. It may be necessary to add a little hot water if the mixture becomes too dry and starts to stick to the pan.



3. When the mixture is thick and smooth, add the chicken pieces and stir well to coat them with the spice mixture. Cover and cook over very low heat until the chicken is tender, 35 to 45 minutes. There should only be a little very thick sauce left when chicken is finished cooking. If necessary, cook uncovered for a few minutes to reduce the sauce.

4. Wash rice well and drain in colander for at least 30 minutes.

5. In a large frying pan, heat vegetable oil (or ghee) and fry the onions until they are golden.

6. Add saffron, cardamom, cloves, cinnamon stick, ginger and rice. Stir continuously until the rice is coated with the spices.

7. In a large saucepan, heat the chicken stock and salt. When the mixture is hot pour it over the rice and stir well. Add the chicken mixture and the potatoes; gently mix them into the rice. Bring to boil. Cover the saucepan tightly, turn heat to very low and steam for 20 minutes. Do not lift lid or stir while cooking.

8. Spoon biryani into a warm serving dish and serve.



Pakistan - Pilots Overseas Voyage 2017

Produced by the Pilots Desk :: United Reformed Church House

86 Tavistock Place :: London :: WC1H 9RT

t: 020 7916 8637 f: 020 7916 2021

email: [pilots@urc.org.uk](mailto:pilots@urc.org.uk) website: [www.pilots.org.uk](http://www.pilots.org.uk)

Photocopying of all materials in this pack  
is permitted for use within Pilots Companies.

Written permission must be sought by all other users.