

# **Discover News-sheet for active trainers in Africa**



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## **Table banking**

You might say that many of the ideas for income generation in my last newsletter are impossible! You may ask, “Where can we find the money to buy an oil press, a briquette maker or a solar drier?” You might be right. However, do not give up hope! Many women in Kenya have overcome this problem by setting up and taking part in “table banking”.

Interested to know more? Read the information sheet with the title “Table Banking”. I thank friends in Kenya and Uganda for their help with this paper.

**The best way to have a friend is to be a friend. Let’s be idealists!**

Satish Kumar, an Indian who has lived in the UK most of his life, is an author I greatly admire. I found the following inspiring – I hope you do too!

The best way to have a friend is to be a friend. Friendship is the easy and simple answer to all our agonies, anxieties and anguishes.

Whether we are a Russian or an American, a Jew or an Arab, a Shia or a Sunni, a Moslem or a Christian, a communist or a capitalist, whatever the label, we are human beings first and foremost. Our human identity is more significant than all these other identities.

Friendship is the only glue to hold humanity together. Through the philosophy of friendship, we deeply realise that we are all connected, we are all related, we are all interdependent. The entire planet Earth is our home, and we are members of this one Earth community and one human family. Nature and the Earth are our friends too.

You might call me an idealist. Yes, I am an idealist. What have the realists achieved? Wars? Poverty? Climate change? The realists have ruled the world for far too long and have failed to achieve peace and prosperity for all. So let us give the idealists a chance and let friendship be the organising principle of our world. We may not be 100% successful. We may not achieve utopia, but let us maximise the power of friendship and minimise the force of conflicts. This is worth trying.

Do you know this African proverb? “If you want to go quickly, go alone. If you want to go far, go together.”

## A prayer for when we meet together

Thanks to Kenja Thomas in Uganda and Tamina Ajul Athmani in Kenya for this suggestion for a “Discover prayer”. This prayer may be said by both Christians and Moslems.

Leader: Lord God almighty, creator and sustainer of life, we are gathered here in your name and in the strength that you give us.

We thank you for the wonders of your creation and the knowledge of our mothers and fathers.

All: May we follow your light.

Leader: We thank you that there are many new things to learn and new things to be discovered.

All: Open our eyes and give us wisdom we pray.

Leader: We thank you that our families and our communities may benefit from this knowledge.

All: Help us to share our knowledge to serve the whole human family.

May we live in peace and give glory to you.

All: Amen

Many blessings,

Keith