

# The Light

Vol 6 No 1

## RECATI

*Helping people to locate their place in life so that they can achieve their maximum potential*



Welcome to the tenth month of the year. By now you have settled into your new classes. We're going to look briefly at the Nigerian national anthem. Towards the end of the first stanza, there are qualities that are expected of children as well as adults. These qualities are love, strength, faith, honesty, being just, and being true. Think about yourself. Are these qualities in you? Are you doing your part to make this country or at least the community where you are (home, school, etc.) a better place? What can you do to become a better person, a better citizen? As you make up your mind to become better, God will help you. We love you.

### **RELiC- O 2018 – The Colourful Creator**

Rehoboth Ephraim Leadership Challenge – Outdoors

RELiC-O is a one day program for leadership training taking place in the outdoors. There will be interactive sessions. There will be physical activities. There will be activities in which you will need to think. As usual fun and learning go hand in hand.

**DATE:** Saturday 12<sup>th</sup> October 2019

**TIME:** 10:30 a.m. – 2:30 p.m.

**AGE:** 10 – 16 year olds

**COST:** ₦1,000 (You pay your entrance fee)

**VENUE:** Agodi Gardens, Ibadan

For inquiries call 08065579441 or WhatsApp 09086635578



### **HEALTH CORNER – THE POWER OF WORDS**

Welcome to the health corner. For some people, it might seem strange to see this edition's topic under the health corner, but the topic is in the right place. A number of people are not healthy because of the words they keep hearing or that keep going through their minds. Other people are healthy and overcome challenges because of the words they keep hearing or that keep going through their minds.

As children, if your parents keep saying negative things to you, you have to counter it and say positive things to yourself. For example, if one of your parents or adult close to you says that you will never amount to much, you can tell yourself that you will achieve great things. Or if one of your parents say that you don't know anything, you can tell yourself that you have a brain and you use it, that you are intelligent. A third example is if one of your parents keeps comparing you with one of your siblings or someone else you know, tell yourself that you will shine in your area of gifting.

In summary, see yourself and regularly tell yourself that you are someone great achieving great things. You are fearfully and wonderfully made and there are people who believe in you. Believe in yourself too.

You are a blessing to me.

I'm so glad that you are my friend.

You are smart.

I believe you in.

You are beautiful

## BIOGRAPHY – MODUPEOLA FADUGBA

**Born** – 1985 @ Lomé, Togo

**Nationality** – Nigerian

**Childhood** – Her early childhood was in Togo, the USA and Rwanda. She then went to boarding school in the UK. Her experience in Rwanda seeing buildings that had a lot of bullet holes or buildings that were destroyed as a result of bombing, left a mark on her mind. This is part of what inspired her to burn part of the paper she uses in her art work.

As a child Modupe Fadugba was afraid of the sea. When she relocated to the US with her family she was not as afraid of the water, but she still was afraid of entering the pool. It was not until she started formal lessons in the UK that her fear of water subsided.

**Education** - BEng Chemical Engineering - University of Delaware, USA

MA in Economics - University of Delaware, USA

MA in Education - Harvard University, USA

**Profession** - Artist

**Art Works** - Tagged 2013

The People's Algorithm 2014

Synchronized Swimmers 2016-2017

Black Sea 2017

Gold Water 2017

Ice-cream Girls 2018

Dreams from the Deep End 2018 (etc.)



As a teenager Modupeola Fadugba felt that since she was good at math and chemistry, why would she be an artist instead of an engineer. However, years later, the desire to do serious painting rose to the surface of her heart and she realized that she had to leave the job of development consultant for a girls' education programme to focus on art. Two groups of people that have influenced her work are the Synchronized Swimming team from Ibadan International School, Ibadan; and the Harlem Honey and Bears Synchronized Swimming Team (USA). Modupe Fadugba, through her work, deals with subjects related to social justice and identity.



## LAST LETTER – FIRST LETTER

Arrange the following words so that the last letter of the preceding (previous) word is the first letter of the subsequent (following) word. For example if the words were: butterfly, book, yellow, kettle, rub, ear, the answer would be: *book*®*oi* "à ® *ear*® *rub* ® *butterfly* ® *yellow*

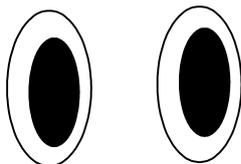
1. Flag, lawyer, love, river, wedding, goal, treasure, general, east, rainbow
2. diamond, dark blue, mint, yellow, gray, white, long, emerald, teal, cream

## BRAIN TEASER

When I am cold I'm hard. When I am hot I am wet. What am I?

Send your answers by texts or WhatsApp messages to 09086635578. Remember to include your name and age.

Some of the answers to the last brain teaser in the August edition are: dad, mum, mom, eve, pop, pap, tenet, peep, redder, and noon. There were no winners.



Watch out for:

| DATE & TIME              | PROGRAMME                                    | VENUE         | AGE               | DESCRIPTION   |
|--------------------------|--|---------------|-------------------|---|
| 12 <sup>th</sup> October | RELIC – O®RE Leadership Challenge - Outdoors | Agodi Gardens | 10-16 year olds   | The participants increase their general knowledge and they develop skills that will help them to stand out in the future. |
| November                 | REAL T ® RE Annual Leadership Training       | -             | 13-18 year olds   | Strictly by invitation  |
| Saturdays 1pm-4pm        | RESS ® RE Swimming School                    | Kokodome      | 2 years and above | Children and adults can learn how to swim or improve on their strokes.  |

## CONTACT US

This newsletter is produced by Rehoboth Ephraim Children and Teens Initiative. Let's hear from you. GSM: 08065579441 or WhatsApp 09086635578