

MOTHERS OF GOOD · FREE CURRICULUM

# The And Mary *Workbook*

A six-week interactive journey through **And Mary, the Mother of Good** by Azuka D. Orumgbe — with quizzes, games, Scripture and reflection for students, youth groups and schools.



Mother Teresa



Queen Idia



Harriet Tubman



Wangari Maathai



Funmilayo Ransome-Kuti



Madam Janet Orumgbe

This workbook belongs to:

\_\_\_\_\_

School/group: \_\_\_\_\_ Started: \_\_\_\_\_

Use it online at [mothersofgood.com/workbook.html](https://mothersofgood.com/workbook.html) · Free to print and share for teaching.

 START HERE · 20 MINUTES

# Before You Begin

Take a snapshot of where you are today. At the end of the journey, you will measure again — and see how far you have come.

**Read:** The Opening and the Preface

## WELCOME

### **This is not a textbook. It is a mirror.**

For six weeks you will walk with Mary of Nazareth — a village girl people laughed at — and with eighteen Mothers of Good who refused to let culture decide how far they could go. Every session has a short reading from the book, games and quizzes that check what you read, Scripture to remember, and honest questions only you can answer. Your answers save automatically on this device.

*“Where are the women like Mary?” By the end of this workbook, you may find that one of the answers is you.*

## SNAPSHOT

### **Where am I starting from?**

Move each slider honestly. 1 = “not at all true of me”, 10 = “completely true of me”. You will do this again at the finish line.

**I know God has a purpose for my life.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I feel confident being different from my friends.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**My sense of worth does not depend on likes and comments.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I act on my ideas instead of waiting to feel “ready”.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I can be brave even when I feel afraid.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

I am teaching myself things outside school.

1 2 3 4 5 6 7 8 9 10

I believe my background does not limit my future.

1 2 3 4 5 6 7 8 9 10

I regularly give my time or help to others.

1 2 3 4 5 6 7 8 9 10

#### YOUR WHY

### Why am I doing this?

1. What made you open this workbook? (Be honest — even “my teacher said so” is a real answer.)

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2. Who is one woman in your life you already admire? What is it about her?

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3. If this journey changed one thing in you, what would you want it to be?

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#### COMMITMENT

### My reading rhythm

Which days will you read and work through a session? Tick your days. Small and steady beats big and forgotten.

☐ Monday

☐ Tuesday

☐ Wednesday

☐ Thursday

☐ Friday

☐ Saturday

☐ Sunday

# The Girl from Nazareth

An ordinary morning. A mother shouting a name. A white shadow in the yard. And a teenager who said, “Let it be to me according to your word.”

**Read:** Part One, Chapters 1–2: “Everything Good Has a Process” and “What God Cannot Do Does Not Exist”

## BIG IDEA

### God does extraordinary things on ordinary days

Mary was not in a temple or on a stage when the angel came. She was outside her house, tending seeds in the sand, on a day that looked like every other day.

“Can anything good come out of Nazareth?” someone later asked (John 1:46). This whole book is an answer to that question — and maybe your village, your school or your street is asking it too.

*Faith is not the same as never asking questions. Mary was not asking whether — she was asking how.*

## SCRIPTURE MEMORY

### Complete the verse that changed the world

“Behold the \_\_\_\_\_ of the \_\_\_\_\_! Let it \_\_\_\_\_ to me according to your \_\_\_\_\_.” — Luke 1:38 (NKJV)

Lord

word

be

servant

done

maidservant

will

## GAME

### Bible, Tradition or Retelling?

The book is careful to separate what Scripture says from Christian tradition and from the author’s imaginative retelling. Can you?

Write the letter of the correct box next to each item: **A** = Scripture (the Bible says it) • **B** = Christian tradition • **C** = Author’s retelling

The angel greeted Mary: “Rejoice, highly favoured one.”

Mary’s parents were named Joachim and Anne.

Mary was digging dried nuts out of the sand that morning.

|                                                                       |  |
|-----------------------------------------------------------------------|--|
| Mary was already betrothed to Joseph when the angel came.             |  |
| Joseph knelt to greet Mary's mother, Anna.                            |  |
| Mary served in the Temple from the age of three.                      |  |
| Elizabeth, called barren, was six months pregnant.                    |  |
| Joseph joked that he had "no licence to hug" Mary until they married. |  |

## QUICK CHECK

### How well did you read?

#### 1. Where did Mary grow up?

- |                                 |                                           |
|---------------------------------|-------------------------------------------|
| <input type="radio"/> Jerusalem | <input type="radio"/> Nazareth in Galilee |
| <input type="radio"/> Ein Karem | <input type="radio"/> Bethlehem           |

#### 2. In Jewish custom of the time, what was a betrothal?

- |                                                                                               |                                                                 |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="radio"/> A promise made only by the parents                                      | <input type="radio"/> A party after the wedding                 |
| <input type="radio"/> A binding legal agreement — the couple were considered husband and wife | <input type="radio"/> A casual engagement that could be ignored |

#### 3. How was Mary's question different from Zechariah's?

- |                                                                                           |                                                         |
|-------------------------------------------------------------------------------------------|---------------------------------------------------------|
| <input type="radio"/> Zechariah believed; Mary doubted                                    | <input type="radio"/> They asked exactly the same thing |
| <input type="radio"/> Mary asked "how" in wonder; Zechariah's question came from unbelief | <input type="radio"/> Mary never asked a question       |

#### 4. What sign did the angel give Mary to hold on to?

- |                                          |                                                                                              |
|------------------------------------------|----------------------------------------------------------------------------------------------|
| <input type="radio"/> A star in the east | <input type="radio"/> Her relative Elizabeth, who was called barren, was six months pregnant |
| <input type="radio"/> A burning bush     | <input type="radio"/> A dream about Joseph                                                   |

#### 5. Where do the names Joachim and Anne come from?

- |                                          |                                                                                               |
|------------------------------------------|-----------------------------------------------------------------------------------------------|
| <input type="radio"/> The Qur'an         | <input type="radio"/> The book of Judges                                                      |
| <input type="radio"/> The Gospel of Luke | <input type="radio"/> The Protoevangelium of James, a second-century writing not in the Bible |

#### 6. What became Mary's personal mantra in the story?

- |                                                                      |                                                           |
|----------------------------------------------------------------------|-----------------------------------------------------------|
| <input type="radio"/> "Speed is everything"                          | <input type="radio"/> "Let me think about it"             |
| <input type="radio"/> "Proper preparation prevents poor performance" | <input type="radio"/> "What God cannot do does not exist" |

#### YOUR CARD

### My “impossible” thing

Write down one thing in your life that feels impossible. Then hand it over. Press the button to seal it with Mary’s words — and download it as your phone wallpaper.

The thing that feels impossible to me is...

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One small step I will take anyway

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#### PAUSE & REFLECT

### Questions from Chapters 1–2

1. Mary’s ordinary morning — chores, market day, a mother shouting her name — was the setting for the greatest news in history. What does that tell you about the “ordinary” days of your own life?

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2. Joseph honoured Mary and her family. What does respect in a relationship look like to you?

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3. Is there a question you are afraid to bring to God?

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# Why Mary and Not Amaka?

Insights One to Five: God’s will, divine purpose, availability, believing the unknown — and the courage to take the unconventional path in a selfie culture.

**Read:** Chapter 3, Insights One to Five (including “The Two Faces of Conformity” and “Today’s Young Ladies: A Digital Dilemma”)

## BIG IDEA

### Not readiness — availability

Mary wasn’t famous, rich, experienced or “ready”. She was available — to her parents, to herself and, most of all, to God.

The Nigerian speaker Olakunle Soriyan is often quoted as saying: “If you are ready, you are already late.”

*Could it be that God is dialling your number and hearing, “The number you are calling is currently switched off”?*

## GAME

### Match the insight to its Scripture

Choose from: Luke 22:42 • Jeremiah 1:5 • Job 14:14 • Romans 12:2 • Psalm 139:14

|                                                                                                               |  |
|---------------------------------------------------------------------------------------------------------------|--|
| 1. Insight One — <i>God’s will, not mine</i> : “Not my will, but Yours, be done.”                             |  |
| 2. Insight Two — <i>Predestination</i> : “Before I formed you in the womb I knew you.”                        |  |
| 3. Insight Three — <i>Availability</i> : “All the days of my hard service I will wait, till my change comes.” |  |
| 4. Insight Five — <i>The unconventional path</i> : “Do not be conformed to this world, but be transformed...” |  |
| 5. The better selfie: “I will praise You, for I am fearfully and wonderfully made.”                           |  |

### EYE-OPENER

## The screen-time calculator

How many hours a day do you spend on social media and scrolling? Be honest — check your phone's screen-time settings if you can.

|                                    |  |
|------------------------------------|--|
| Hours per day on social media      |  |
| × 7 = hours per week               |  |
| × 365 = hours per year             |  |
| ÷ 24 = full days per year          |  |
| ÷ 4 = times I could read this book |  |

### SELF-CHECK

## Is your phone “switched off” when destiny calls?

Tick every statement that is true for you this week. No one else will see this.

- ☐ I reach for my phone within 10 minutes of waking up.
- ☐ I have skipped reading or studying to scroll this week.
- ☐ I have posted something mainly to get likes.
- ☐ I compare my body or life to people online.
- ☐ I felt bad about myself after using social media.
- ☐ I scroll in bed until late at night.
- ☐ I have not prayed or read Scripture before checking my phone this week.

*0–1 ticked: beautifully available · 2–4: signal is patchy · 5–7: currently switched off.*

### GAME

## The two faces of conformity

Informational influence: you follow others because you think they know better. Normative influence: you follow others to fit in or avoid rejection. Sort each situation.

*Write the letter of the correct box next to each item: A = Informational influence · B = Normative influence*

|                                                                        |  |
|------------------------------------------------------------------------|--|
| You agree with the class topper's answer because she is usually right. |  |
|------------------------------------------------------------------------|--|

|                                                                                            |  |
|--------------------------------------------------------------------------------------------|--|
| You laugh at a joke you find offensive so you won't be the odd one out.                    |  |
| In a new city, you follow the crowd leaving the station because they seem to know the way. |  |
| You post a photo you are not comfortable with because "everyone is doing it".              |  |
| You stop going to fellowship because your friends say it isn't cool.                       |  |
| You change your guess of beans in a jar after hearing the group's guesses.                 |  |

## QUICK CHECK

### Insights One to Five

#### 1. According to the book, Mary is honoured in Islam as...

- ☐ A minor figure
- ☐ A prophetess who wrote a book
- ☐ A queen of Arabia
- ☐ The only woman named in the Qur'an, with a whole chapter (Surah 19) carrying her name

#### 2. What did Arthur Jenness's bean-jar experiment show?

- ☐ After group discussion, people's own guesses moved closer to the group's
- ☐ Groups always disagree
- ☐ People always guess correctly
- ☐ Beans are hard to count

#### 3. Hedy Lamarr is famous in the book because she ...

- ☐ Won an Olympic medal
- ☐ Founded NAFDAC
- ☐ Co-designed "frequency hopping", a principle later part of the technology behind Wi-Fi and Bluetooth
- ☐ Wrote the Magnificat

#### 4. The book says "availability" is...

- ☐ Being online 24/7
- ☐ A state of being: the presence of body, mind and spirit
- ☐ Being ready for everything
- ☐ Having a free calendar

#### 5. What does the book call the problem of waiting until you know everything?

- ☐ Too much analysis leads to paralysis
- ☐ Early to bed, early to rise
- ☐ Location determines allocation
- ☐ Speed is everything

## 6. According to the book, if you have already made choices you regret...

- ☐ Mary's God is also the God of second chances — purity is a direction you can start walking in today
- ☐ Nothing can change
- ☐ It is too late for you
- ☐ You should hide from church

### YOUR CARD

## Take a “soul-fie”

A selfie captures your face. A soul-fie captures who you are inside. Fill it in, then download your soul-fie card.

**A gift God gave me that no filter can show**

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**Something I will never trade for likes**

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**Something I did this year that I am quietly proud of**

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### PAUSE & REFLECT

## Questions from Insights One to Five

**1. What plans have you made that you have never actually submitted to God?**

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**2. What is currently “switching off your phone” when God might be calling?**

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**3. What idea or calling have you been over-analysing instead of acting on? What is the smallest first step?**

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**4. How much of your sense of worth is tied to likes, comments or other people's opinions?**

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# Courage, Patience & Learning

Insights Six to Ten: saying yes while trembling, trusting your inner voice, planting seeds, owning your education — and refusing to let your background write your future.

**Read:** Insights Six to Ten (including “Dora: The Counterfeit Crusader”)

## BIG IDEA

### Bravery is saying yes while trembling

Courage is not something you can buy in the market like tomatoes. The book describes it as what you earn when you have walked through hard times and discovered that God was with you in them. Think about what Mary’s yes cost her: gossip, shame and even danger. Even Joseph was “minded to put her away secretly” (Matthew 1:19) until an angel spoke to him in a dream.

*In uncertainty lies the canvas upon which courage paints its masterpiece.*

## GAME

### Schooling or education?

“Schooling is what you are taught. Education is what you teach yourself.” Sort each activity.

Write the letter of the correct box next to each item: **A** = Schooling (what you are taught) · **B** = Education (what you teach yourself)

|                                                                |  |
|----------------------------------------------------------------|--|
| Sitting an exam set by the curriculum                          |  |
| Watching a free coding course at night because you are curious |  |
| Asking your grandmother how she saved money in hard times      |  |
| Receiving a certificate at graduation                          |  |
| Reading a biography of a woman you admire, just because        |  |
| Copying notes from the board                                   |  |
| Learning a trade by watching a skilled worker                  |  |

## TIMELINE GAME

### Mary's long road — good things take time

Tap the events of Mary's journey in the order they happened.

Number these in the correct order (1 = first).

|  |                                                        |
|--|--------------------------------------------------------|
|  | The offering of the poor at the Temple                 |
|  | Visiting Elizabeth and singing the Magnificat          |
|  | The journey to Bethlehem and a birth in a manger       |
|  | The angel's visit (the Annunciation)                   |
|  | Fleeing to Egypt as a refugee                          |
|  | "Whatever He says to you, do it" — the wedding at Cana |
|  | Thirty quiet years in Nazareth                         |

## QUICK CHECK

### Insights Six to Ten

#### 1. What happened to Dora Akunyili's younger sister Vivian in 1988?

- ☐ She became a pharmacist
- ☐ She moved abroad
- ☐ She died after being treated with fake insulin
- ☐ She joined NAFDAC

#### 2. Which verse does the book use for Insight Seven, trusting your inner voice?

- ☐ John 3:16
- ☐ "Speed is everything"
- ☐ "Mary kept all these things and pondered them in her heart" (Luke 2:19)
- ☐ Genesis 1:1

#### 3. How long was Nelson Mandela in prison?

- ☐ Twenty-seven years
- ☐ Two years
- ☐ Seven years
- ☐ Forty years

#### 4. When Mary and Joseph presented Jesus at the Temple, they offered...

- ☐ A pair of turtledoves or two young pigeons — the offering allowed for families who could not afford a lamb
- ☐ A lamb
- ☐ Gold and silver
- ☐ Nothing

#### 5. Maryrose Reeves Allen gave her department at Howard University which bold motto?

- ☐ "The Negro Woman as our Standard"
- ☐ "Faster, higher, stronger"
- ☐ "Knowledge is power"
- ☐ "Just do it"

## 6. According to the book, courage is best described as...

- ☐ Something you are born with or without
- ☐ What you earn when you walk through hard times and discover God was with you
- ☐ Something you buy
- ☐ The absence of fear

### YOUR CARD

## My courage ladder

Name what you are afraid of, then choose the smallest brave step. Courage grows one rung at a time.

**The “What if?” that fear keeps whispering to me**

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**The smallest brave step I will take**

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**By when?**

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**Someone who needs me to be brave on their behalf**

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### YOUR CARD

## Plant a ten-year seed

What seed of goodness can you plant today that may only bear fruit in ten years? And what label from your background will you stop using as an excuse?

**The seed I am planting today**

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**A label my background gave me**

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### What God says about me instead

- ☐ I am His workmanship, created for good works (Ephesians 2:10)
- ☐ Before I was formed, He knew me (Jeremiah 1:5)
- ☐ I am fearfully and wonderfully made (Psalm 139:14)
- ☐ With God nothing will be impossible (Luke 1:37)

### PAUSE & REFLECT

## Questions from Insights Six to Ten

1. Who in your life needs you to be brave on their behalf?

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2. When was the last time you switched off every screen and simply listened?

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3. Where are you most tempted to take a shortcut right now?

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4. What are you teaching yourself right now, outside of school or work?

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5. Who do you know who rose from very little? What can you learn from them?

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# Mothers of Faith & Freedom

Deborah, Sojourner Truth, Harriet Tubman, Mary Slessor and Mother Teresa — five women who went where fear said no.

**Read:** Part Two: Mother Teresa, Sojourner Truth, Deborah, Mary Slessor, Harriet Tubman

## BIG IDEA

### Courage that goes back for others

A Mother of Good is not only a woman who has given birth. She is a woman who gives birth to good — courage, justice, learning, healing, faith and freedom — and nurtures it until it can stand on its own. This week’s women faced chariots, chains, bloodhounds, gangs and slums. Each of them decided that her own safety was not the end of the story.

*“I never ran my train off the track and I never lost a passenger.” — Harriet Tubman, 1896*

## GAME

### Who am I? Match the clue to the woman

Choose from: Deborah · Sojourner Truth · Harriet Tubman · Mary Slessor · Mother Teresa

|                                                                                          |  |
|------------------------------------------------------------------------------------------|--|
| 1. I sat under a palm tree between Ramah and Bethel, and Israel came to me for judgment. |  |
| 2. I walked off with my baby daughter — then went to court for my son, and won.          |  |
| 3. I went back about thirteen times and led roughly seventy people to freedom.           |  |
| 4. I rescued abandoned twins in Calabar and held court in a rocking chair.               |  |
| 5. With no money, I started an open-air school for children under a tree.                |  |
| 6. My name means “bee” in Hebrew.                                                        |  |
| 7. At Akron, Ohio, in 1851 I gave the speech remembered as “Ain’t I a Woman?”            |  |
| 8. I worked in a jute mill in Dundee from the age of eleven.                             |  |

9. I guided the Combahee River Raid that freed more than seven hundred people in one night.

10. I asked for my Nobel banquet money to be given to the poor.

#### TIMELINE GAME

### Three thousand years of courage

Tap these women in order of when they were born — oldest first.

*Number these in the correct order (1 = first).*

|  |                 |
|--|-----------------|
|  | Deborah         |
|  | Harriet Tubman  |
|  | Sojourner Truth |
|  | Mary Slessor    |
|  | Mother Teresa   |

#### QUICK CHECK

### Faith & freedom

1. Barak said, “If you will go with me, then I will go.” What did Deborah say?

- ☐ “I will surely go with you”
- ☐ “Wait until next year”
- ☐ “Ask someone else”
- ☐ “Go alone”

2. What was Sojourner Truth’s original name?

- ☐ Anjezë Gonxhe Bojaxhiu
- ☐ Marguerite Johnson
- ☐ Isabella Baumfree
- ☐ Araminta Ross

3. What caused Harriet Tubman’s lifelong seizures?

- ☐ A snakebite
- ☐ A fever
- ☐ An overseer threw a heavy iron weight that struck her head
- ☐ A fall from a horse

4. The people of Calabar called Mary Slessor “Eka Kpukpro Owo”. It means...

- ☐ Little teacher
- ☐ Mother of all the peoples
- ☐ Brave stranger
- ☐ White queen

**5. Mother Teresa experienced “the call within the call” in 1946...**

☐ At school in Skopje

☐ In Rome

☐ In a church in Ireland

☐ On a train journey to Darjeeling

**PAUSE & REFLECT**

**Questions from this week’s women**

**1. Who might need to “borrow” your courage right now?**

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**2. What name or label has the world given you that God wants to change?**

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**3. Once you find freedom — from a habit, a fear, a situation — who could you go back for?**

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**4. Is there a “tradition” in your community that harms people? How could you challenge it with love?**

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# Mothers of Africa

A queen mother who went to war. Market women who toppled a king. A tree-planter, a singer in exile, presidents, engineers and a coder. Africa's daughters, shaping the world.

**Read:** Part Two: Queen Idia, Funmilayo Ransome-Kuti, Dora Akunyili, Ngozi Okonjo-Iweala, Wangari Maathai, Miriam Makeba, Ellen Johnson Sirleaf, Winnie Byanyima, Amanda Obidike

## BIG IDEA

### You don't have to look abroad for heroines

Millions of Nigerians have worn Queen Idia's face on T-shirts, tote bags and Ankara prints without knowing her story. Some of the greatest role models are carved into your own history — sometimes literally.

Culture shapers don't just win a battle; they change the rules for everyone who comes after them.

*One angry woman is a complaint. Thousands of organised women are a movement.*

## GAME

### Who am I? Guess, then tap to flip

|                                                                                              |  |
|----------------------------------------------------------------------------------------------|--|
| 1. Oba Esigie created a brand-new title for me: lyoba, Queen Mother.                         |  |
| 2. I dropped my English name, Frances, and led market women until the Alake left the throne. |  |
| 3. In December 2003 a bullet went through my headscarf. I did not resign.                    |  |
| 4. I became the first woman and the first African to lead the World Trade Organization.      |  |
| 5. My "little thing" was planting trees — more than fifty-one million of them.               |  |
| 6. They called me Mama Africa. I spent thirty years in exile.                                |  |
| 7. I lost an election in 1997, then became Africa's first elected female head of state.      |  |
| 8. I was Uganda's first female aeronautical engineer, then joined a guerrilla war.           |  |

9. I founded STEMi Makers Africa so girls could learn coding and robotics.

### GAME

#### Match the achievement

Choose from: Queen Idia · Funmilayo Ransome-Kuti · Dora Akunyili · Ngozi Okonjo-Iweala · Wangari Maathai · Miriam Makeba · Ellen Johnson Sirleaf · Winnie Byanyima · Amanda Obidike

|                                                                                                  |  |
|--------------------------------------------------------------------------------------------------|--|
| 1. Her face became the emblem of FESTAC '77.                                                     |  |
| 2. She was the only woman in the 1947 Nigerian delegation to London arguing for self-government. |  |
| 3. As Minister of Finance she helped wipe out about \$18 billion of Nigeria's debt in 2005.      |  |
| 4. In 2004 she became the first African woman to win the Nobel Peace Prize.                      |  |
| 5. She won a Grammy in 1966 with Harry Belafonte.                                                |  |
| 6. She shared the 2011 Nobel Peace Prize with Leymah Gbowee and Tawakkol Karman.                 |  |
| 7. She led Oxfam International and then UNAIDS.                                                  |  |
| 8. She was named among the TechWomen100.                                                         |  |
| 9. She served as Minister of Information and Communications from 2008 to 2010.                   |  |

### QUICK CHECK

#### Mothers of Africa

##### 1. What happened to the original Idia masks in 1897?

- ☐ They were sold at market
- ☐ They were buried
- ☐ Nothing
- ☐ British soldiers looted them from Benin City

##### 2. Why did Funmilayo Ransome-Kuti open her Ladies' Club to every woman?

- ☐ To raise money for a party
- ☐ To learn etiquette
- ☐ Because the Alake asked her
- ☐ Because the market women of Egbaland were being crushed by unfair taxes and harassment

### 3. Why couldn't Miriam Makeba return home for her mother's funeral in 1960?

- ☐ Flights were cancelled
- ☐ She was ill
- ☐ She had a concert
- ☐ The apartheid government cancelled her passport

### 4. What did Ellen Johnson Sirleaf do after she was sentenced to prison in 1985?

- ☐ Became a singer
- ☐ Gave up politics forever
- ☐ Was released under international pressure, went into exile and kept speaking out
- ☐ Joined the army

### 5. When Ngozi Okonjo-Iweala was Finance Minister in 2012, what happened to her mother?

- ☐ She moved to Geneva
- ☐ She won an award
- ☐ She was kidnapped, and the kidnappers demanded Ngozi resign
- ☐ She became a minister

### 6. What did Wangari Maathai's Green Belt Movement pay women to do?

- ☐ Build roads
- ☐ Grow seedlings — a small amount for every seedling that survived
- ☐ Sweep streets
- ☐ Sell cloth

#### RESEARCH CHALLENGE

### Add a Mother of Good to the book

The book's Week 5 challenge: research one more African woman who is not in this book. Fill in her card and share it with your class.

**Her name**

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**Country / community**

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**What did she do that challenged the culture of her time?**

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**Her one-line lesson for young people today**

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**PAUSE & REFLECT**

**Questions from this week's women**

1. What women in your own family or community history deserve to be remembered?

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2. Which subject or skill have you avoided because someone said it wasn't "for girls"?

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3. How could you use your education or privileges to serve people who have less?

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4. What would it look like to be proud of your own language, culture and name?

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# Mothers Close to Home

A young woman whose name means “God answered me”. A timber woman from Esan who built houses, businesses and people. And the question they leave with us.

**Read:** Part Two: Deborah Chizaram Nnamani and Madam Janet Imuetinyan Orumgbe

## BIG IDEA

### What will you be remembered for?

Deborah Chizaram Nnamani was twenty-three. Madam Janet had no inheritance, very little schooling and no one cheering her on. Both show that a life does not need a long CV to matter.

The last chapter of the book is the author’s own mother — mocked for “dressing like a man”, she built her first house at twenty-seven and gave until her hands were empty.

*“A closed fist receives nothing, but an open hand is always filled, because it gives.” — Mama J’s Benin proverb*

## QUICK CHECK

### Close to home

#### 1. What does the Igbo name “Chizaram” mean?

- |                                          |                                         |
|------------------------------------------|-----------------------------------------|
| <input type="radio"/> God answered me    | <input type="radio"/> Peace             |
| <input type="radio"/> Light of the world | <input type="radio"/> Daughter of kings |

#### 2. How old was Madam Janet when she built her first house?

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="radio"/> Twenty-seven | <input type="radio"/> Forty       |
| <input type="radio"/> Seventeen    | <input type="radio"/> Fifty-eight |

#### 3. How far did Madam Janet go in school?

- |                                                |                                                                             |
|------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="radio"/> She never went to school | <input type="radio"/> About Form Four — she never finished secondary school |
| <input type="radio"/> She finished university  | <input type="radio"/> She finished secondary school with distinction        |

#### 4. What did Madam Janet do at the burial she attended in her work clothes?

- |                                                 |                                                                                                  |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <input type="radio"/> Complained about the food | <input type="radio"/> Gave the children of the deceased an envelope, greeted the family and left |
| <input type="radio"/> Stayed to dance all night | <input type="radio"/> Changed into lace                                                          |

## 5. Why does the book include a twenty-three-year-old alongside presidents and queens?

- ☐ Because she was famous
- ☐ Because the heart of the book is what a person does with the time, gifts and convictions she has — not the length of a CV
- ☐ By mistake
- ☐ Because she was a president

### INTERVIEW A MOTHER OF GOOD

## Find the Mary in your family

Interview a mother, grandmother, aunty, teacher or neighbour. Ask these questions, write her answers, and turn her story into a card you can print or send to her.

**Her name**

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**Who is she to you?**

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**Where did she grow up, and what was life like?**

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**What was the hardest moment of her life?**

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**What decision changed everything for her?**

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**What did she give up — or give away — for others?**

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Her advice to young people today

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Which Mother of Good in the book is she most like?

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#### LEGACY

### Write the words you want said about you

Madam Janet's life asks: if you died today, what would people say about you? Write it now — then live to make it true.

Three words I want people to use about me

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People I helped, fed, taught or encouraged

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What I did with the gifts God gave me

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#### OPEN HAND

### My open-hand week

Choose at least two ways you will give this week. An open hand is always filled.

- ☐ Help someone with their schoolwork
- ☐ Visit or call an elderly person
- ☐ Give something I own to someone who needs it
- ☐ Help at home without being asked
- ☐ Encourage someone who is struggling

☐ Thank someone who has carried burdens for me

☐ Pray for someone by name every day

#### PAUSE & REFLECT

### Questions from the last two chapters

1. If your life ended at twenty-three, what would people say about how you used it?

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2. Who in your family has carried burdens so that you could have a better life? Have you thanked them?

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3. Where is God asking you to open your hand?

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 **FINISH LINE · 30 MINUTES**

# Be a Mary

Measure how far you have come, choose the insights you will live by, and claim your certificate.

**Read:** “Wisdom to Carry” and the closing pages

## SNAPSHOT

### Where am I now?

The same eight statements from the start. Move each slider honestly — without looking back first.

**I know God has a purpose for my life.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I feel confident being different from my friends.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**My sense of worth does not depend on likes and comments.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I act on my ideas instead of waiting to feel “ready”.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I can be brave even when I feel afraid.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I am teaching myself things outside school.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I believe my background does not limit my future.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**I regularly give my time or help to others.**

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

## YOUR GROWTH

### Start vs finish

Compare your Start and Finish scores for each statement. Where did you grow the most?

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## PLEDGE

### **My Mary pledge**

Choose the three insights you most want to live by. They will go on your pledge card.

- ☐ God's will, not mine
- ☐ I am not an accident — I was designed on purpose
- ☐ I will be available, not just “ready”
- ☐ I will step into the unknown
- ☐ I will take the unconventional path
- ☐ I will say yes while trembling
- ☐ I will trust the inner voice God gives me
- ☐ I will be patient — good things take time
- ☐ My education is my choice
- ☐ My background does not determine my future



MOTHERS OF GOOD · CERTIFICATE OF COMPLETION

This certifies that

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has completed the six-week journey of

***The And Mary Workbook***

Date: \_\_\_\_\_ Facilitator: \_\_\_\_\_

LAST WORD

**Where are the women like Mary?**

1. What is the biggest thing you learned about yourself on this journey?

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**2. Who will you share this book with — and why them?**

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FOR FACILITATORS

# Answer key

Answers to every game and quiz in this workbook.

## Week 1 · Complete the verse that changed the world:

Behold the maidservant of the Lord! Let it be to me according to your word.

**Week 1 · Bible, Tradition or Retelling?:** The angel greeted Mary: "Rejoice, highly favoured one." →

*Scripture (the Bible says it)*; Mary's parents were named Joachim and Anne. → *Christian tradition*; Mary was digging dried nuts out of the sand that morning. → *Author's retelling*; Mary was already betrothed to Joseph when the angel came. → *Scripture (the Bible says it)*; Joseph knelt to greet Mary's mother, Anna. → *Author's retelling*; Mary served in the Temple from the age of three. → *Christian tradition*; Elizabeth, called barren, was six months pregnant. → *Scripture (the Bible says it)*; Joseph joked that he had "no licence to hug" Mary until they married. → *Author's retelling*

**Week 1 · How well did you read? Q1:** Nazareth in Galilee

**Week 1 · How well did you read? Q2:** A binding legal agreement — the couple were considered husband and wife

**Week 1 · How well did you read? Q3:** Mary asked "how" in wonder; Zechariah's question came from unbelief

**Week 1 · How well did you read? Q4:** Her relative Elizabeth, who was called barren, was six months pregnant

**Week 1 · How well did you read? Q5:** The Protoevangelium of James, a second-century writing not in the Bible

**Week 1 · How well did you read? Q6:** "What God cannot do does not exist"

**Week 2 · Match the insight to its Scripture:** 1. Luke 22:42; 2. Jeremiah 1:5; 3. Job 14:14; 4. Romans 12:2; 5. Psalm 139:14

**Week 2 · The two faces of conformity:** You agree with the class topper's answer because she is usually right. → *Informational influence*; You laugh at a joke you find offensive so you won't be the odd one out. → *Normative influence*; In a new city, you follow the crowd leaving the station because they seem to know the way. → *Informational influence*; You post a photo you are not comfortable with because "everyone is doing it". → *Normative influence*; You stop going to fellowship because your friends say it isn't cool. → *Normative influence*; You change your guess of beans in a jar after hearing the group's guesses. → *Informational influence*

**Week 2 · Insights One to Five Q1:** The only woman named in the Qur'an, with a whole chapter (Surah 19) carrying her name

**Week 2 · Insights One to Five Q2:** After group discussion, people's own guesses moved closer to the group's

**Week 2 · Insights One to Five Q3:** Co-designed "frequency hopping", a principle later part of the technology behind Wi-Fi and Bluetooth

**Week 2 · Insights One to Five Q4:** A state of being: the presence of body, mind and spirit

**Week 2 · Insights One to Five Q5:** Too much analysis leads to paralysis

**Week 2 · Insights One to Five Q6:** Mary's God is also the God of second chances — purity is a direction you can start walking in today

**Week 3 · Schooling or education?:** Sitting an exam set by the curriculum → *Schooling (what you are taught)*; Watching a free coding course at night because you are curious → *Education (what you teach yourself)*; Asking your grandmother how she saved money in hard times → *Education (what you teach yourself)*; Receiving a certificate at graduation → *Schooling (what you are taught)*; Reading a biography of a woman you admire, just because → *Education (what you teach yourself)*; Copying notes from the board → *Schooling (what you are taught)*; Learning a trade by watching a skilled worker → *Education (what you teach yourself)*

**Week 3 · Mary's long road — good things take time:** 1. The angel's visit (the Annunciation); 2. Visiting Elizabeth and singing the Magnificat; 3. The journey to Bethlehem and a birth in a manger; 4. The offering of the poor at the Temple; 5. Fleeing to Egypt as a refugee; 6. Thirty quiet years in Nazareth; 7. "Whatever He says to you, do it" — the wedding at Cana

**Week 3 · Insights Six to Ten Q1:** She died after being treated with fake insulin

**Week 3 · Insights Six to Ten Q2:** "Mary kept all these things and pondered them in her heart" (Luke 2:19)

**Week 3 · Insights Six to Ten Q3:** Twenty-seven years

**Week 3 · Insights Six to Ten Q4:** A pair of turtledoves or two young pigeons — the offering allowed for families who could not afford a lamb

**Week 3 · Insights Six to Ten Q5:** "The Negro Woman as our Standard"

**Week 3 · Insights Six to Ten Q6:** What you earn when you walk through hard times and discover God was with you

**Week 4 · Who am I? Match the clue to the woman:** 1. Deborah; 2. Sojourner Truth; 3. Harriet Tubman; 4. Mary Slessor; 5. Mother Teresa; 6. Deborah; 7. Sojourner Truth; 8. Mary Slessor; 9. Harriet Tubman; 10. Mother Teresa

**Week 4 · Three thousand years of courage:** 1. Deborah; 2. Sojourner Truth; 3. Harriet Tubman; 4. Mary Slessor; 5. Mother Teresa

**Week 4 · Faith & freedom Q1:** "I will surely go with you"

**Week 4 · Faith & freedom Q2:** Isabella Baumfree

**Week 4 · Faith & freedom Q3:** An overseer threw a heavy iron weight that struck her head

**Week 4 · Faith & freedom Q4:** Mother of all the peoples

**Week 4 · Faith & freedom Q5:** On a train journey to Darjeeling

**Week 5 · Who am I? Guess, then tap to flip:** 1. Queen Idia; 2. Funmilayo Ransome-Kuti; 3. Dora Akunyili; 4. Ngozi Okonjo-Iweala; 5. Wangari Maathai; 6. Miriam Makeba; 7. Ellen Johnson Sirleaf; 8. Winnie Byanyima; 9. Amanda Obidike

**Week 5 · Match the achievement:** 1. Queen Idia; 2. Funmilayo Ransome-Kuti; 3. Ngozi Okonjo-Iweala; 4. Wangari Maathai; 5. Miriam Makeba; 6. Ellen Johnson Sirleaf; 7. Winnie Byanyima; 8. Amanda Obidike; 9. Dora Akunyili

**Week 5 · Mothers of Africa Q1:** British soldiers looted them from Benin City

**Week 5 · Mothers of Africa Q2:** Because the market women of Egbaland were being crushed by unfair taxes and harassment

**Week 5 · Mothers of Africa Q3:** The apartheid government cancelled her passport

**Week 5 · Mothers of Africa Q4:** Was released under international pressure, went into exile and kept speaking out

**Week 5 · Mothers of Africa Q5:** She was kidnapped, and the kidnappers demanded Ngozi resign

**Week 5 · Mothers of Africa Q6:** Grow seedlings — a small amount for every seedling that survived

**Week 6 · Close to home Q1:** God answered me

**Week 6 · Close to home Q2:** Twenty-seven

**Week 6 · Close to home Q3:** About Form Four — she never finished secondary school

**Week 6 · Close to home Q4:** Gave the children of the deceased an envelope, greeted the family and left

**Week 6 · Close to home Q5:** Because the heart of the book is what a person does with the time, gifts and convictions she has — not the length of a CV