

Hello from BARBADOS!

Barbados is an island in the Caribbean. About 280,000 people live there!

CHURCH BEGINNINGS



The first family to join the Church in Barbados was baptized in 1978. Now there are more than 1,000 members in the country!



COUNTRY FLAG

The gold color on the Barbados flag represents the island's beaches. The blue represents the sea and sky of Barbados.

HARRISON'S CAVE

This is a big limestone cave with water running through it. Visitors can explore the cave on a tram and see all the rock shapes that have grown over time.

LANGUAGE

The official language in Barbados is English. Most people on the island also speak Bajan.

ACTIVITY



Create a Kite!

In Barbados, people fly kites on Easter. Make your own kite to remember Jesus Christ.

1. Cut a large diamond shape out of a piece of paper.
2. Tape a string to the bottom of the diamond.
3. Now write or draw things you love about Jesus Christ on your kite!

RECIPE



Souse

Many people in Barbados eat this on Saturdays. Here's a version you can try!

1. Cut **2 pounds of pork** into 1/2-inch (1-cm) pieces. Boil meat with **1 tablespoon (15 ml) of salt** until fully cooked, about 15 minutes. Drain water and let the meat cool.
2. Chop **1/2 large onion**, **2 cucumbers**, **a handful of parsley**, and **a pepper** of your choice into small pieces. Mix together in a big bowl. Add **1/2 teaspoon (2.5 ml) of thyme** and the **juice from 3 limes** into the bowl.
3. Add cooked meat to bowl and mix well. Add **salt** and **pepper** to taste. Refrigerate for at least two hours before serving.

Be sure to get an adult's help!

Sweet fuh days.

That's how you say something is really good in Bajan!