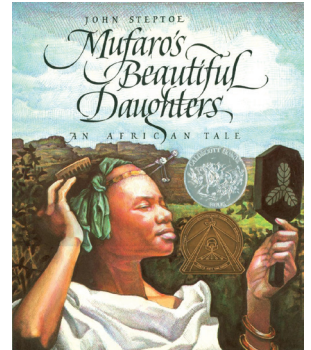


TRY THIS AT HOME!

A THEOLOGY OF THE BODY LESSON FOR THE HOME



1. Read *Mufaro's Beautiful Daughters* by John Steptoe.
2. Ask your child questions about the story to focus on the different worldviews of the sisters:
 - Is Nyasha's kindness a weakness or strength? Where does her kindness come from? Why does Nyasha want to be kind to others?
 - How do each Manyara and Nyasha first come upon the boy in the path? Why do you think Nyasha notices him while Manyara almost trips over him? Who is more open to the world?
 - Does Nyasha seem like the kind of queen who wants to tell everyone what to do? Do you think she sees her role as queen as something that was given to her or something that she earned?
 - What do you think Manyara would be like as queen? How would she rule over the Kingdom?
3. At the end of the story, choose one of the following activities:



Write a thank-you note to someone whose kindness has impacted you. Describe how their gift-of-self helped your family.

Look up the corporal works of mercy in the *Catechism of the Catholic Church* (2447) and make a plan to live out one of these charitable actions as a family.

Visit the sacrament of mercy as a family.

4. Pray the Salve Regina with your child.

HOW DOES THIS STORY TEACH THEOLOGY OF THE BODY?



In Theology of the Body, St. John Paul II speaks about original nakedness, which is to see the world as God sees it—that is, without fear that anything in this world will hurt oneself, and with openness and generosity. In a word, the original nakedness about which John Paul II speaks is about trusting the world and those in it. When we trust the Creator, we trust the world, and we do not feel the need to protect ourselves, as Manyara seems to feel necessary throughout this story. When we trust the world, we can meet it—and everyone within it—with generosity and kindness, as Nyasha demonstrates in the story.