

## Seeds of Resilience

### Group Discussion Questions

*Seeds of Resilience* is a documentary about the Humanitarian, Early Recovery and Development (HERD) project implemented by PWS&D's partner in Pakistan, with support from Canadian Foodgrains Bank and the Government of Canada. You can learn more about the project and support PWS&D's ongoing work in Pakistan by visiting [WeRespond.ca](http://WeRespond.ca).

We recommend setting aside 45-60 minutes for this discussion.

#### Before watching:

- What do you know about the country and the people of Pakistan?

Watch the 15-minute documentary on [YouTube](#).  
Click [here](#) to download the documentary.

#### After watching:

- Was there anything you saw in the documentary that stood out to you?
- How did the documentary make you feel?
- What are some of the socio-economic challenges faced by communities in Umerkot?
- The type of programming described in the documentary is sometimes called “nexus programming,” which intersects humanitarian assistance with long-term development. What might be a benefit of a program like this?
- The video discusses that a key focus of the HERD program has been on the importance of gender equality in a community that was rooted in traditional gender norms. Why is this important?
- Given the climate-related challenges faced by people living and working in Umerkot which were shared in the video, why are sustainable, climate-smart agriculture practices so important?

- The documentary is called *Seeds of Resilience*, and many people featured in it mention that the training they received will impact generations to come. Discuss how these two concepts—resilience and long-term change—are related.
- How can we as individuals and members of Presbyterian congregations contribute to the work in places where there is great need, such as in Umerkot?

We invite you to close your group time using this prayer, which was shared by PWS&D's partner in Pakistan:

*God, we ask your blessing on all those who have lost their homes, their livelihoods, their security and their hope in the times of recurrent disasters in Pakistan. Help us all to respond with generosity in prayer, in assistance, in aid to the best of our abilities. Amen.*