



Ikara N'omanya

Hoima Catholic Diocesan Newsletter, **AUGUST 2022**

2,000/-

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**FEATURED
STORY**

MARRIAGE IS A CALLING – BISHOP KIRABO OBUSWEZI, RWEETO – OMULIISA KIRABO

Bya Peter B. Atalemwa Isingoma

The Bishop of Hoima Catholic Diocese Rt. Rev. Vincent Kirabo Amooti has elucidated Marriage as a vocation and exhorted believers to handle it with care and to love it, because the family is a strong pillar in all institutions both political and religious. He acknowledged that since charity begins at Home, nurturing of young ones should be given priority in order to get responsible citizens and future leaders.

He said this while presiding over Thanksgiving Mass on Saturday, June 18, 2022 for Mr. Augustine and Mrs. Gertrude Nabatanzi Eribankya who were celebrating a Silver Jubilee in Holy Matrimony at their home in Kitoole Village, Bubogo Parish, Kabwoya Sub-county in Kikuube District. The duo from Sts. Peter & Paul Catholic Parish, Kabwoya are parents to Rev. Fr. Patrick Museveni Eribankya Atwooki, the Executive Director Hoima Catholic Diocese Social Communications Department and Editorial Director Radio Maria Uganda, Hoima.

Bishop said, "Marriage is a Covenant with God, not with people who come to bear witness when couples are exchanging their marriage vows. So, be careful because everyone will be answerable before God for what they've done on the Day of

Judgment."

He also condemned laziness and drunkenness among believers saying that this has led to destruction of families while noting that, "family life requires patience, hard work and politeness". He requested believers especially men who are heads of families to uplift their family-living standards.

Bishop Vincent also advised Christians to be good Communicators by putting in practice all the basic communication skills like listening to the Word of God and not squander time on none profitable ventures.

In a spirit of encouragement, His Lordship Vincent Kirabo Amooti, told Partners to be prayerful so as to have a strong family life, citing that "the family that prays together stays together."

This Silver Jubilee in Holy Matrimony of the Eribankyas which was due on 6th July 2021 was held belated following Covid-19 restrictions and lockdown. The bride and groom were grateful to God for the gift of life, the bishop for gracing the occasion and all who aided them to make their day colourful.

The function was graced by the Hon. Minister of

State for Public Service Mrs. Grace Mary Mugasa and attracted many dignitaries across different leadership clusters as well as members of the general public.

OBUSWEZI, RWEETO – OMULIISA KIRABO

Omuroleerezi w'Isaza Iya Hoima Ow'ek. Muno Vincent Kirabo Amooti Asoboroire obuswezi nk'oku narwo ruli rweeto, abaikiriza oru basemerire kukwata n'obwegendereza kandi barugonze habw'okuba Eka eri nyomyo omu buheereza bwona – omu bya Poliipo n'omu diini. Akagamba, nk'oku engeso itandikira omuka, okworoora nikusemerra okuhaabwa omugisa mukooto nukwo tutunge abantu ab'obujanizibwa kandi abakuziibwe kurungi abar'afooka b'ebembezi ha ndeengo zoonu omu busumi bw'omu maiso.

Binu, Omuliisa akabigamba obu akaba n'ayegesa omu Misa eyi yayebebiire ha Kyamukaaga ebiro 18.06.2022 ha mukoro ogw'okujaguza emyaaka 25 ey'Obuswezi Oburukwera obw'Omuni. Augustine n'owe Getrida Nabatanzi Eribankya omu maka gaabo Kitoole, Omuruka gwa Bubogo, Ibohorra Iya Kabwoya omu Nyamasaza ya Kikuube..

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▲ The Couple poses with the Bishop for a Memorial Photo at their Thanksgiving Ceremony at their Home in Kitoole Village, Bubogo Parish, Kabwoya Sub-County, Kikuube District



▲ Bishop Kirabo hands over a Papal blessing to the Eribankyas after Holy Mass celebrating their Holy Matrimony Silver Jubilee (18.06.2022).

EBY'OMUHANDIIKI MUKURU

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August 1, 2022

Hali Omusomi wa "Ikara N'Omanya",
[Stay Profoundly Informed]

Kuruga Omu Kitongole Ky'Amahurre, ky'Isaza Iya Hoima.
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Abarungi Kandi Abagonzibwa,

Mutabaaruke okwezi kwa Isenyamaro. Tutungiiremu ebirungi bingi; Omusaaseredooti w'Okubanza kuruga Buliisa Fr. Prospero Tugume Araali ebiro 09.07.2022 na Bagenzi be 11 n'Abadyakoni 8 ab'atungire Bujumbura ebiro 16.07.2022.

Nitusiima MUKAMA Omunyambabazi atuhikize ha kwezi kunu okwa munaana. Nitusaba atuheeremu ebirungi bingi eby'Omutima n'Omutima. Amiina.

Okwezi kwa munaana ha Calendario ya Girigorio omu Rungereza kwetwa August. Ibara linu likarugirra ha ibara ly'Omulemi Omurooma, Kaisari Augusto omu mwaka gwa 8 Kristu atakazairwe. Ibara lyagwo kuruga kara na kara b'agwetaga Sextilus, Ery'Orulatini erirukumanyisa "Okwezi kwa Mukaaga," niriragirra ekiikaro ky'okwezi oku ha Calendario eya kara ey'Abarooma.

Omu Bunyoro na Tooro kuba kwezi kw'Isiga omu bicweeka nambere bagira amasumi abiri (Season) omu mwaka. Hati obu, n'ogira, turaalekerra kubateereera kukora n'amaani!

Kwekambira emirimo n'okukora n'amaani kikafooka kizina omu K'leziya habw'okuba nugwo omulingo gwonka omuntu afookera ensi enu w'omugaso kandi w'ekitiinisa. Nikyo orukuroora amaani nitugateeka muno ha kuteereera Omusomi wa Ikara N'Omanya nukwo afooke w'Omugaso hali eka ye, Ekleziya ye n'ensi ye omu byoona. Itwe tukora ogw'okubudaabuda abantu bagarre ebiteekerezo byaabo omu nteeko n'okufaayo kubaijyuka kukooleera enkuraakurana omu biteekerezo, omu bigambo n'omu bikorwa.

Omuliisa w'Isaza Iya Hoima, Ow'ek. Muno Vincent Kirabo Amooti, ayakiriize okutubaganiraho obusobozi bwe obw'okwegesa, atusaba muno kwijukya abantu ba Ruhanga boona kukooleera obwomeezi oburungi; tuleke kurora abantu abatali bajunaanizibwa tukabeenugira nk'Omubaizi

mubi arukutunda ekibaije kitasiigirwe akarangi, mburwa kunyirira kandi kisiiswa bwangu amaizi.

Nitubagondeza okwezi okurungi kandi musige ebi muligesa ha kyanda; ar'alya Amazaarwa kurungi atandike hati.

Musagike obuhangaazi bw'orupapura runu ha katale nimuranga na itwe.

Ebisale by'okurangira eby'obusuubuzi byaawe omu rupapura runu mbinu: **Orupapura rwoona, Shs. 200,000, Ekicweka Shs. 100,000 kandi Akapacu k'ekicweka Shs. 50,000.** Okuhika obundi, *mugoroobe!*

Dear Esteemed Reader, I congratulate you upon completing July and the innumerable favours we've received from the Lord. On July 9, 2022, Buliisa received her maiden native priest, Fr. Prospero Tugume. His 11 colleagues and 8 deacons were ordained on July 16, 2022 at Our Lady of Lourdes, Bujumbura Cathedral.

In Bunyoro and Tooro, August is another planting month for areas with two annual growing seasons. This is another pointer to hard work! Hard work is a pillar on which Church teaching hinges; it is the only disposition of human dignity and industriousness. The emphasis is so robust. As counselors we mind people's attitude on the value of human work in thought, word and deed.

The bishop who shares his teaching office with us exhorts all the people of God to lead a meaningful lifestyle which he relates to a good artifact that reflects good workmanship.

We implore you to keep our work afloat by reading and advertising with us in this paper at these rates: **Full Page 200,000/=, Half 100,000/= and a quarter page at 50,000/=.** Kindly support us in our teaching role. *God bless you all.*

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Banu bombi abarukutwarwa Ekigo kya Kabwoya eky'Abatonganirizi Petero na Paulo Abatumwa nubo bazaire ba Ow'ek. Fza. Patrick Museveni Eribankya Atwooki, Mukuru w'Ekitongole ky'Eby'Amahurre omu Isaza Iya Hoima hamu na Radio Maria (U) Hoima, 90.7FM.

Omuliisa akahabura ati: "obw'oragaana n'otunga obuswezi, endagaano egi t'ogikora n'abantu abanyakuba baizire, rundi ki ogu ow'orukuragaana kuswerwa/kuswera, baitu oba n'oragaanira kimu na MUKAMA Ruhanga. Na habw'eki abantu nibasemerra kwegendereza muno habw'okuba buli omu alijunaanwa omu maiso ga MUKAMA ha kiro eky'okucweraho Omusango."

Akajumirra obugara n'etamirro n'agamba ngu binu byombi bireeteriize Amaka kucweka, bukiire, bwizire. Eka n'eyeetaagisa obugumisiriza, kukora n'amaani n'obwebundaazi. Omuliisa akasaba Abakristo, kukira muno banyin'amaka habw'okuba nubo mutwe, okwimukya enyikara omu maka. Akaha amagezi abakiriza okuba

bahulizi kandi bakwataniza barungi omu kurangya Amakuru Amarungi hatali kuduubuuda obwiire omu bitarukugasa. Akateereera abagonzibwa omu maka okwekamba kwesengereza habw'okuba "eka enyakusabira hamu, ikara hamu kandi ikara egumire."

Omukoro gunu gukakuzibwa hahingwireho omwaka gumu habw'omwigarro n'obukangantale bw'ekihinzi kinu biino nkondo, Korona, kyonka Emyaaka 25 omu buswezi oburukwera eya Ab'Eribankya banu ekahika mwaka gwahoire ebiri 06.07.2021.

Abagole bakasiima Ruhanga habw'ekisembo ky'obwomeezi; Omuliisa habw'okwija kuhaisa omukoro ekitiinisa kandi n'abantu boona ab'abasagikire, b'asemeza omukoro.

Omukoro gunu gukabaho Ow'ek. Omunyorok. Grace Mary Mugasa Akiiki Omugaatwa w'Abakozi omu Gavumenti ya Uganda, abantu ab'ekitiinisa baingi kandi ab'ebeembezi ha ndeengo nyingi n'abantu ba MUKAMA boona abaingi.



HOIMA DIOCESE WELCOMES 11 PRIESTS AND 8 DEACONS

Bya Peter B. Atalemwa Isingoma

The Diocese of Hoima ordained more 11 priests and 8 deacons on Saturday, July 16, 2022 who were ordained at Our Lady of Lourdes Bujumbura Cathedral.

In his teaching, Rt. Rev. Vincent Kirabo thanked the Lord for sending more savants into His Vineyard. "The Lord has added more workers to his harvest out of his love. He is the one who calls and sends," said the Bishop, adding that "since it's a gift and an honour to be called to serve, the ordained must be committed to work with vigour, teach God's Word, do development, and discipleship."

The bishop further likened the newly ordained to Moses who served the Lord faithfully and as other Christ's disciples to be disciplined, merciful to all people, stay firm and be givers of God's Gifts to all people.

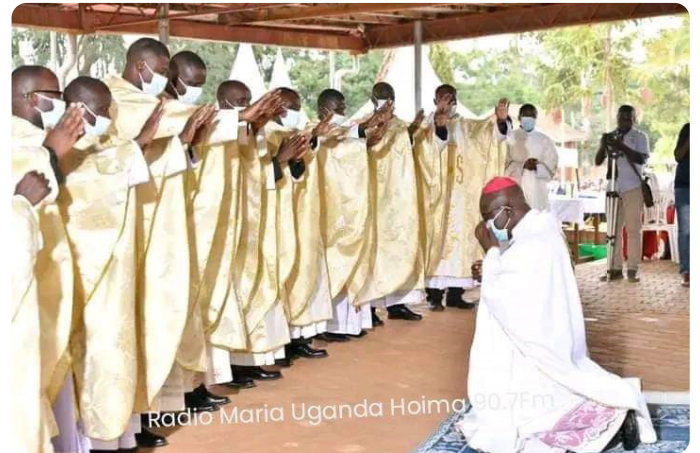
In his parental encouragement, Bishop Kirabo, told the Lord's new servants that "a big wage awaits those who serve the Lord faithfully in their lives wholeheartedly; one will hear the Lord's voice calling one day, well-done good and faithful servant come and jubilate with your master."

On the same occasion, the State Minister for Public Service Hon. Grace Mary Mugasa Congratulated the ordained and thanked parents for offering to the Lord a worthy and befitting sacrifice of their Children to serve him at His holy Altar. She also requested the Congregation to support the newly ordained Priests in all ways other than fighting and discouraging them.

Mugasa said, "some people have turned it into a habit to malice the clergy, starting from junior in the seminary, writing false reports, shamelessly spying on them to superiors and spreading rumours

to unjustly condemn them in order to fail them."

The bishop posted the newly ordained Priests as follows; Rev. Fr. Prosepero Tugume to Bujuni Parish, Rev. Fr. Paul Amanyire to Murro Parish, Rev. Fr. Solomon Kwikiriza to Magoma parish, Rev. Fr. Andrew Kaahwa Amula to Kibeedi Parish, Rev. Fr. Charles Matovu to Biiso Parish, Rev. Fr. Johnbosco Kasangaki to Bulindi Parish, Rev. Fr. Richard Tumusiime to Nalweyo, Rev. Fr. Richard Tumusiime to Bugambe Parish, Rev. Fr. Patrick Mugisa to Kagadi, Rev. Fr. Francis Asiimwe Kyeyune to Bujumbura and Rev. Fr. Anthony Kisembo to Kahunde Parish. Rev. Fr. Bazillio Kyaligonza CMF was handed over to the competent authority, the Claretian Missionaries Superior for duty allocation.



ISAZA LYA HOIMA LITUNGIRE ABASAASERDOOTI 11 HAMU N'ABADYAKONI 8

Bya Peter B. Atalemwa Isingoma

Ebiro 16.07.2022, Isaza Iya Hoima likatunga Abasaaderdooti abandi 11 n'Abadyakoni 8, ab'ajwekere amadaara ago ha Klezia Rugaatwa, Bujumbura.

Omu nyegesa ye, Ow'ek. Muno Vincent Kirabo Amooti, Omuliisa w'Isaza Iya Hoima, akasiima MUKAMA habw'okwongeraho abaheereza be omu musiri gwe habw'engonzi ze enyingi kandi ngu MUKAMA nuwe ayeekomera wenka hatali omw'Episikooopi. Omuliisa akagira, "nk'oku kiri kisémba kandi ky'ekitiinisa kwetwa, okajwekwa kumuheereza, osemerra kwehayo, kuruhirra kukora, kwegesa Ekigambo Kye, Kukolerra enkuraakurana n'obutumwa.

Omuliisa yagamba ati " Mutungire obukuru bunu leero, okuheereza MUKAMA nka Musa oku yakozire n'obwesigwa, okuba nka MUKAMA waitu Yezu, okuba n'engeso nk'Abakwenda ba Kristu, Ab'embabazi hali abantu boona, kuhama hamu n'okuheereza ebisembo bya Ruhanga hali abantu."

Omuliisa yagamba ati " Mutungire obukuru bunu leero, okuheereza MUKAMA nka Musa oku yakozire n'obwesigwa, okuba nka MUKAMA waitu Yezu, okuba n'engeso nk'Abakwenda ba Kristu, Ab'embabazi hali abantu boona, kuhama hamu n'okuheereza ebisembo bya Ruhanga hali abantu."

Omuliisa Kirabo akeekambisa abagole n'agamba ati, "haliyo empeera nyingi ali abo abaheereza MUKAMA waitu n'obwesigwa n'obwomeezi bwabu n'omitima gwabo gwoona." Ha mpero tulihuurra MUKAMA waitu n'agaruka kandi n'agamba ati "webale muno omuheereza omurungi, ija osemererwe na MUKAMA Ruhanga waawe."

Ha mukoro gumu, Ow'ek. Omugaatwa w'lhanga habw'Abakozi omu Gavumenti ya Uganda, Omunyorok. Grace Mary Mugasa akatabaarukya ab'antungire amadaara ganu agarukwera. Akasiima abazaire baabo habw'okuhongera MUKAMA ekihongwa ekisemere eky'Abaana baabo kumuhereza ha Arutali ye. Akasaba ekitebe eky'abaikiriza okusagika Abakuru banu omu buli kimu ekirukwetagisa hatali kubarwanisa n'okubamaramu amaani.

Mugasa akagamba, "abantu abamu bagufoire muze kurwanisa Abanyakatagara, kutandikira omu Seminario ento hamu obu

nibabahandiikaho ebibbaroha ebya kiro kitwara omunaku, kunyegereza okutahoire hali abakuru n'okubasara orugambo orurukuleetwa ihali omu kiikaro ky'okubakoonyera, kubasabira, kubekambisa n'okubasagika."

Omw'Episikooopi akatuma abagole banu kugenda kutandika obutumwa bwabo omu bigo binu: Rev. Fr. Prosepero Tugume akatumwa kukorra Bujuni, Rev. Fr. Paul Amanyire – Murro, Rev. Fr. Solomon Kwikiriza – Magoma, Rev. Fr. Andrew Kaahwa – Kibeedi, Rev. Fr. Charles Matovu – Biiso, Rev. Fr. Johnbosco Kasangaki – Bulindi, Rev. Fr. Richard Tumusiime – Nalweyo, Rev. Fr. Richard Tumusiime – Bugambe, Rev. Fr. Patrick Mugisa – Kagadi, Rev. Fr. Francis Asiimwe Kyeyune – Bujumbura na Rev. Fr. Anthony Kitembo – Kahunde.

Rev. Fr. Bazillio Kyaligonza CMF akakwasibwa Mukuru w'Ekitebe kye eky'Aba Claretian nubo bamwinaho obusobozi okumutuma nambere asemerire kugenda kukorra ●



EDUCATION NEWS

Rev. Fr. Patrick Mugisa, | Education Secretary - Diocese of Hoima.

HOIMA DIOCESE DEPARTMENT OF EDUCATION ROLLS OUT TRAINING ON THE MAKING OF RE-USABLE SANITARY PADS IN PRIMARY SCHOOLS

The Hoima Diocese Department of Education with support from Manos Unidas under "The Protection of the Girl Child in the face of Covid-19 Project" has commenced the training on the making of re-usable sanitary pads in Primary Schools. This is done to respond to challenges that school girls go through during their menstruation periods. Many girls lack clear knowledge about

menstruation hygiene management and sanitary pads to use during their menstruation periods. This results into many of them missing classes on a number of school days, while some girls end up dropping out of school due to stigma caused by some people who lack proper understanding of what the girl child goes through. This program is meant to address these challenges faced by the girl child.



Left & Top Right:

The ongoing training on the making of re-usable sanitary pads at St. John Bosco Primary School, Munteme, for Primary Four to Primary Seven pupils, both boys and girls on 27th/6/2022.

Bottom Right:

The visit of Manos Unidas team and Hoima Diocese Education Secretary to monitor the work done in schools, especially training of making re-usable sanitary pads in the protection of the girl child in the face of Covid-19 project at St. John Bosco Primary School, Munteme on 30th/6/2022

SUBMISSION OF THE PROCEEDINGS FOR THE CELEBRATION OF THE MISSIONARY HOLY CHILDHOOD DAY

We wish to appreciate all those schools that prepared the children for the celebration of the Missionary Holy Childhood day that took place on **Sunday, July 10, 2022**. We would like to see contributions to the Universal Solidarity Fund of the Missionary Holy Childhood from the different schools in the different Parishes well reflected and documented. In addition, as we communicated to you earlier, it is our plan in the Education Office of the Diocese to the Develop the society of the Missionary Holy Childhood in all the Catholic Primary Schools in the Diocese. We, therefore, request all Heads of Primary Schools to appoint at least one animator

for this Society in your respective schools.

THE CELEBRATION OF THE EDUCATION WEEK 2022 IS DRAWING NEAR

The celebration of the Education Week in Hoima Catholic Diocese is fast approaching. As we have been informed in the previous editions of this paper, Hoima Catholic Diocese will mark the Education Week from **Saturday, September 24 to Saturday, October 01, 2022**. To help us celebrate this week meaningfully and reflect on the contribution of the Catholic Church to the Education of humanity, Hoima Diocese Department of Education has prepared a series of activities that all people of Good Will, are expected to participate in during the week.

Activity Description	Expected Output	Date	Committee chairperson and contact
Education Run 2022: The run, which is intended to create awareness about the importance of education and to raise funds to support education will be hosted in Hoima City but publicized widely in the whole Diocese and the Country.	<ul style="list-style-type: none"> i. At least 50,000 participants actively involved in the run. ii. Education awareness created. iii. Funds to support education services raised. 	Saturday 24th, Sept	Fr. Waswa Peter 0782444725
Education Sunday (All Parishes and Sub-Parishes) <ul style="list-style-type: none"> i. Learners and teachers will animate liturgy both at the Parish and Sub Parish levels depending on their location. ii. Financial collection to support education activities at National and Diocesan levels will be conducted. 	<ul style="list-style-type: none"> i. All Catholic School communities actively participate in the liturgy. ii. School communities support Diocesan education activities. 	25th, Sept	Mr. Busobozi David 0783918645
Liturgical Music Festival for Catholic Primary Schools: Selected Primary Schools from the Diocese will participate in Liturgical Music Competitions	<ul style="list-style-type: none"> i. Improved participation of pupils in the celebration of the liturgy. ii. Catholic Schools' Anthem 	28th, Sept	Fr. Henry Hector Atugonza - 0783570753
Liturgical Music Festival for Secondary Schools: Secondary Schools that will have competed at Vicariate level will sing at the Diocesan level. Eight competitors will be hosted	<ul style="list-style-type: none"> i. Improved participation of students in liturgical celebrations. ii. Catholic Schools' Anthem 	29th, Sept	Fr. Henry Hector Atugonza - 0783570753
Education Expo (Bujumbura – St. John Bosco Grounds) Different Catholic Education Institutions and other stakeholders in the education sector, will show case what they are doing in the provision of education services. It will be mandatory for all tertiary institutions.	<ul style="list-style-type: none"> i. Education innovation in Catholic Education institutions exhibited. ii. Catholic Education Institutions popularised. 	29th Sept – 1st Oct	Ms. Aguti Deborah - 0774480806
Education Dinner: Where the Diocese of Hoima through the Department of Education will present a report on education in the Diocese.	Key education stakeholders participate at the education dinner and raise support for the mission of education of the Diocese.	30th Sept.	Mugisa Patrick 0775082184
Catholic Teachers' Convention (Bujumbura Cathedral): <ul style="list-style-type: none"> i. Catholic teachers from the whole Diocese will make a pilgrimage to the Diocese. ii. Holy Mass will be led by the bishop. 	<ul style="list-style-type: none"> i. One best performing Parish in Education programs awarded. ii. Four best performing schools awarded iii. 10 Best performing teachers in the Diocese of Hoima recognized and awarded. 	1st, Oct.	Fr. Musinguzi Clement 0785315191



20 WAYS: Parents Play a Role in the Education of their Children

By Bridget Atugonza

I'd like you to recall and tell it everywhere that, "The Catholic Church is teacher and mother" (Pope John XIII) As teacher and mother, the Catholic Church chastises, her children, both young and old so as to straighten their feet on the way of peace and salvation.

Against this background, I am mandated to proclaim the Good News to my esteemed reader of *Ikara N'Omanya*. And "woe to me if I don't preach the Gospel" (1 Cor. 9:16) waiting for the Priests, religious and catechists!

I am an Apostle of Good News which we proclaim to you daily and I have nothing to boast of if I don't do all that is necessary to make this teaching known to you.

Therefore, in addition to where we stopped, here are other ways in which parents can adopt to help in their child's education:

15. SHARE YOUR PERSONAL EXPERIENCE

It is good to share some of your school life experiences with your kid in your free time.

This can include positive and negative experiences to help them understand the importance of learning.

Also inspire them with your success stories to teach them about the importance of hard work and how it pays you back.

16. DEVISE FUN WAYS TO LEARN

Make learning a fun activity with devising some interesting ways. Gamification is also a good idea to adopt for home learning too.

Utilize the travelling time and playing time to help them memorize and revise the difficult subject areas with some fun tricks.

Perform fun quizzes and friendly debates at home that cover their lessons or include flash card activities to revise their subjects with fun.

Wishing you a happy month of August, to be continued in the next issue...

EMIRINGO 20: Abazaire bakoonyera omu by'enyegesa by'abaana baabu.

Bya Bridget Atugonza.

Ningonza mukijukege kandi mukitebeze enganda muti: "Ek'lezia Katolika aba Mwegesa kandi Muzaire" (Paapa Yohana XXIII).

Nk'Omwegesa kandi Omuzaire, Ek'lezia Katolika ahana, atereekereza kandi ahapura abaana be, abato n'abakuru nukwo batereekereze ebigere byaabo omu muhanda gw'okujunwa.

Omu nkeenga enu, enteekereza n'engeso enu, nindagirwa okurangirra Amakuru Amarungi hali Omusomi wange omurungi ow'Ebigambo byange omu Ikara N'Omanya. Kandi, "ninkanyagwe kakuba ntarangirra Amakuru Amarungi" (1 Kor. 9:16) obu ndinzire Abasaserdooti, Abasisita n'Abasomesa!

Na nyowe ndi Mutumwa w'Amakuru Amarungi ago agatubarangirra buli kiro kandi tinsobora kwenyumiriza omu kintu kyoona kakuba ntakora ekindukusobora kubahikyaaho enyegesa yange.

Okwongerereza hali twakangire enu niyo emiringo endi abazaire barukusobora kwekoonyeza kusagika abaana omu kusoma kwabu:

15. BAGANA NABO OBUKUGU BWAWE.

Kirungi muno okubagana n'abaana baawe ebyafaayo by'obwomeezi bwaawe – nk'oku bwabairemu nimusoma omu busumi bwanyu, obu muli omuka omu bwire bwanyu obw'okuhumura.

Nikisoboka, ebyafaayo binu kubamu ebirungi n'ebibi baitu n'ekigenderwa ky'okubakoonyera kwetegereza omugaso gw'okusoma.

Basikirize n'enganikyo ez'obusinguzi wahikireho nukwo obeegeze omugaso gw'okukora n'amaani, n'omulingo osasurwaamu.

16. CUMBA OMTWE OTUNGE OMULINGO GW'OKUBASOMESA OMU KUZAANAZAANA.

Foora okusoma kintu ky'okunyumirwa n'otungayo emihanda erukwegondesa kusoma. Emizaano n'esobobora kuba kimu hali eby'orukwekoonyeza omu kusoma kw'omuka.

Kozesa obwire bw'okurubata omu ngeendo hamu n'emizaano kubakoonyera kwijukiriza n'okurabyaamu amasomo amagumu n'okozesa obukodyo oburukuseka.

Bahe ebikaguzo ebirukuseka kandi omu mulingo gw'obunywaani oteho ebikoikyo n'enganikyo ebirukukwatana n'emisomo yaabo, bali omuka.

Mutyo muno, tulibyongeraho omu rupapura oruligarukaho...

ORUFUMO RW'OKWEEZI

"Amara kutunga, ayeta owaabu mwinazi."

AMAKURU G'ORUFUMO

Ngu: Omuntu obw'atunga ayebwa hali yarugire! Atandika n'okwejumya nambere aruga; gamba obundi n'abantu b'owaabu nuboo barukumuroga, rundi b'amurogaga. N'ayebwa na hayarugire kuhika aho nambere ahikire hati. Nukwo kugamba, amara kwambuka, agenzire!

EKY'OKWEEGA OMURUFUMO RUNU

Ngu: Obw'or'atunganga, lwe Omuntu Osemieriire kwijuka owaanyu, h'oruga rundi hali warugire kandi Osiimege.



ENERGY SAVING STOVES; A BULLET MAGIC TO THE RAGING FIREWOOD CRISIS



► **Beneficiary:** Construction work at Annet Kabahuma's home, a member of St. Joseph Bujumbura Kolping Family.

The Energy saving stoves constructed by Uganda Kolping Society for communities in Buswekera, Bujumbura and Kasasa in Hoima Oil City have proved to be very useful in saving firewood.



According to the 2019/2020 National Housing household survey (73%) of the households in Uganda use firewood for cooking while two in every ten households (21%) use charcoal. Combined, biomass fuels (firewood and charcoal) constitute the main fuel for cooking at 94 percent of the households. All the other sources of energy for cooking (electricity, kerosene, gas,

and etcetera) accounted for only six percent (6%). High use of biomass for energy poses a threat to our forests as more trees are being cut to get firewood and charcoal. The recent intervention by Uganda Kolping Society of energy saving stoves comes in very handy to save the situation.

The 'magic stove' comes with numerous benefits that among others include; smoke free environment, use of less firewood, 50 – 60% is saved and cooking is made faster.

We appeal to you to embrace this innovation. It's our responsibility to conserve Mother Nature for perpetuity...

ESIGIRI ERUKEIKEREZA; ISASI ERIRUKUHUNIRIZA OMU BWETAAGO BW'ENKU

Esigiri zinu ez'omulembe zombekwa ekitongole kya Uganda Kolping Society habwa Abataka abanyakuli omu biikaro binu: Buswekera, Bujumbura hamu na Kasasa omu Rubuga Rukooto orw'Amagita, Hoima; igumiibwe kuba z'omugaso omu kukeikereza enku.

Kusigikirra ha kutoolereza okwakoziwe 2019/2020 ekitongole kya Omubaro omu lhangga (National Housing Household) kukooleka ngu obucweeka 73 ha buli kikumi (73%) nibakozesa enku kucumba, kandi amaka agandi 2 omu maka 10, obucweeka 21 ha buli kikumi (20%) omu Uganda nibakozesa amakara. Kandi obucweka oburukukirayo, amaka 94 nibakozesa kimu ha byombi – amakara rundi Enku. Kyonka obucweeka 6 ha buli kikumi (6%) bo nibakozesa Amafuta, Amasanyaraze hamu n'orwoya (Gas) kucumba.

Kukozesa Enku hamu n'amakara okuhinguraine, kiresireho kutiina habw'okutema emiti, okumaraho ebibira n'okusiiisa obuhangwa okuhinguraine! Na habw'eki ekitongole ekirukukwatana n'enteekaniza y'okwombeka Esigiri Zinu ez'Omulembe kuruga omu Uganda Kolping Society n'ekigenderrwa ky'okukeehya obwingi bw'enku n'amakara, kirugireyo n'enteekaniza y'okukwatiraho abantu nukwo balinde obuhangwa, batamigirizibwa kandi batabonabona. Esigiri zinu ez'omulembe zeete 'Magic Stoves' omu Rungereza, z'inaho ebirungi bingi nka binu: tizigira mwiika, ikozesa Enku nke, nizikeikereza obucweka nka 50-60% enku n'amakara olengesaniize n'ebyooto ebindi kandi n'okuhiisa nizanguhya. Nitukusaba okutangirra amagezi manyoro ganu. Buli bujunaanizibwa bwaitu okulinda obuhangwa, nyana'itwe butasiisirwe.

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KNOW ABOUT CANCER

Bya By Germans Natuhwera

A GLANCE AT STATISTICS ABOUT CANCER

Globally

- 10 million people die from cancer every year.
- More than 33% of common cancers can be prevented
- Majority, at least 70% of cancer deaths occur in low-to-middle income countries.

In Uganda

- Total population at 45 million people
- In 2020 only, 34,000 people were diagnosed with cancer; about 23,000 died from cancer, and a total (both new and old cases) of 62,500 had cancer
- Over 80% of cancer cases are diagnosed in late/advanced stage when they are no longer curable.
- 70% of cancer deaths occur in low-to-middle income countries.
- Poverty and ignorance/lack of information about cancer, its causes and its treatment are among the main causes of late presentation for health care

What is Cancer?

Cancer is not just a single disease, but a group of diseases in which abnormal cells in the body divide and grow without control, and are capable of invading other cells and tissues or parts of the body. Today, there are more than 100 types of cancer known. As they develop, majority of the cancers form a lump or swelling called a tumour except few such as leukemia (cancer of the blood). However, not all tumours are cancerous. Some tumors are not related to cancer (non-cancerous). These non-cancerous tumours are also called benign tumours.

For tumours that are cancerous, that is to say, have cancer cells in them, they can grow and spread to other parts of the body through the bloodstream and lymphatic system where they attack and damage normal body tissues, causing a number of signs and symptoms depending on the type and stage of the cancer, body system affected, amount of damage caused, and one's immune system.

What are the causes or risk factors for cancer?

The causes or risk factors for cancer are as numerous as the types of cancer. However, some causes are more common and well-studied and known than others. In general, cancers are caused by numerous factors from either within an individual's body and from the surroundings (environment). In general, the causes or risk factors are categorized into modifiable risk factors and non-modifiable risk factors. In fact, as many as 33% (one third) of cancer cases are linked to modifiable risk factors that can be controlled or prevented through behavioral or life style modification such as diet, physical exercise, etcetera.

a) Modifiable risk factors

1. Alcohol. Today, Alcohol is one of the well-known (demonstrated by research) risk factors for cancer. Even in clinical practice, we see this; where certain cancers are commoner in those with history of alcohol use than non-

alcohol users. For example, cancers of the: bowel (colorectal: colon and rectum), breast, mouth, oropharyngeal (mouth, larynx and pharynx), oesophageal (throat), liver and stomach, oral cancer. The science behind how alcohol increases risk for cancer is that:

- (i) The ethanol in alcohol is broken down in the liver to acetaldehyde, a known carcinogen (a substance that is capable of causing cancer). Acetyldehyde damages and impairs the DNA of normal body cells, impairing or stopping the ability of the body's cells to repair from injury or damage. These damaged cells can later become cancerous.
- (ii) Alcohol makes the body less able to break down and absorb several important nutrients such as vitamins and folic acid. These nutrients help protect the body against cancer.
- (iii) Alcohol can destabilize the balance of hormones in the body. These hormones (biological chemicals) act as messengers that tell and regulate our cells to grow and divide. Hormonal imbalances can then result in wrong signaling or messages to certain parts of the body, including uncontrolled division and growth of cells. The more cells divide, the more chances there are for something to go wrong and for cancer to develop.
- (iv) Alcohol provides empty calories. Consuming extra calories can lead to excessive weight gain (overweight/obesity), which can increase a person's cancer for risk.
- (v) As almost all alcohol and other toxic substances (including carcinogens) are broken down in the liver, chronic or excessive alcohol consumption overworks the liver. Over time, the liver becomes weak or diseased and unable to do its work effectively. The toxic substances and their harmful effects accumulate in the body, some of which may be carcinogenic (have ability to cause or become cancer).

To be continued in the next issue...

About the Author: The author is a Palliative Care/Medicine Clinician, Researcher and Site Programmes Manager at Little Hospice Hoima/Hospice Africa Uganda.



LITURGICAL REFLECTION CORNER

Liturgical Highlights in the month of August, 2022

Fr. Leonard Kirikarama Akunobere Bush Akiiki.

The month of August is dedicated to The Immaculate Heart of Mary. The entire month falls within the liturgical season of **Ordinary Time**, which is represented by the liturgical colour green. This symbol of hope is the colour of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection. It is used in the offices and Masses of Ordinary Time.

FOCUS OF THE LITURGY

The Gospel readings for July are taken from St. Luke. All Sunday readings are from Year C, and Weekday readings are from Cycle II.

Sun, August 7: The 19th Sunday in Ordinary Time
Wisdom 18:6-9; Psalm 32; Hebrews 11:1-2, 8-19;
Luke 12:32-48

Treasure Hunt: The book of Wisdom speaks of the ancestors in faith trusting God's promises. The letter to the Hebrews defines faith and discusses the patriarchs as its exemplars. Jesus invites us to treasure what matters and orient our lives towards it. Pray for the grace to give primacy to God in every moment. Reflect on this question today: What do I treasure most in my life?

Sun, Aug 14: The 20th Sunday in Ordinary Time
Jeremiah 38:4-6, 8-10; Psalm 39; Hebrews 12:1-4;
Luke 12:49-53

Fiery Peace: Prophet Jeremiah is persecuted for being faithful to his mission as a prophet. Witnessing the Gospel is never easy; persecutions follow. But the model of Jesus must comfort and encourage us. Jesus forewarns the disciples that his Gospel will not be pacific, but will cause violent divisions among people. Pray for the fire of Christ to illumine our hearts to find peace only in him. Read a book/watch a movie about a martyr saint.

Sun, Aug 21: The 21st Sunday in Ordinary Time
Isaiah 66:18-21; Psalm 116; Hebrews 12:5-7, 11-13;
Luke 13:22-30

Who will be saved: Isaiah prophesies the restoration of all peoples under one God. The letter to the Hebrews urges us to view trials and sufferings as God's corrective measure. Jesus speaks of entering through the narrow gate. Prayer: "Lord, in Your Will is my peace." Make an act of faith.

Sun, Aug 28: The 17th Sunday in Ordinary Time
Ecclesiasticus 3:17-20, 28-29; Psalm 67; Hebrews
12:18-19, 22-24; Luke 14:1, 7-14

Feeding the Hungry: We are exhorted to practice discretion and humility. Those who humble themselves will find themselves raised – to the city of God where they live with God. Jesus affirms the virtue of humility and encourages us to give without expectations of return. Prayer: Lord, give us humble and generous hearts that care for the needs of others. Share your food with a hungry person today.

HIGHLIGHTS OF THE MONTH

August is often considered the transitional month in our seasonal calendar. It is the time of the year we wind up our first season harvest and prepare for the second season planting; pupils prepare to return to school for their third term, etc. The Church in her holy wisdom has provided a cycle of events in its liturgical year which allow the faithful to celebrate the major feasts in the life of Christ and Mary. Most notably, during August, we celebrate the feast of the *Transfiguration* (August 6) and the feast of the *Assumption* (August 15).

The other main feasts of this month are **St. Alphonsus Liguori Marie** (August 1), **St. Eusebius of Vercelli** and **St. Peter Julian Eymard** (August 2), **St. John Mary Vianney** (August 4), Dedication of **St. Mary Major** (August 5), **Transfiguration of the Lord** (August 6), **St. Dominic** (August 8), **St. Teresa Benedicta** (August 9), **St. Lawrence** (August 10), **St. Clare** (August 11), **St. Jane Frances de Chantal** (August 12), **St. Stephen of Hungary** (August 16), **St. John Eudes** (August 9), **St. Bernard** (August 20), the **Queenship of Mary** (August 22), **St. Rose of Lima** (August 23), **St. Bartholomew** (August 24), **St. Louis of France** (August 25), **St. Monica** (August 27) and the **Martyrdom of St. John the Baptist** (August 29).

The feasts of **St. Sixtus II and Companions** and **St. Cajetan** (August 7), **St. Maximilian Kolbe** (August 14), **St. Pius X** (August 21) and **St. Augustine** (August 28) fall on a Sunday so they are superseded by the Sunday Liturgy and the Liturgy of the Assumption.

A TIME TO PERSEVERE

The Church offers us in the plethora of August feasts vivid examples of the virtue of perseverance: six martyrs—two who are named in Canon I of the Mass and two who were martyred during World War II; seven founders of religious congregations, as well as three popes and two kings; the apostle, St. Bartholomew; the great Doctor of the Church, St. Augustine and St. Monica, his mother; the humble patron saint of parish priests, St. John Vianney, and the patron of deacons, St. Lawrence, who joked with his executioners while being roasted alive.

It is never too late to begin—as the life of the reformed sinner, St. Augustine teaches us—nor too difficult to begin again, as demonstrated by the conversion of the martyr, St. Teresa Benedicta (Edith Stein). We present-day members of the Mystical Body are certain of the reward to which we are called; for Christ's Transfigured body (August 6) is a preview of that glory. Moreover, in the Assumption of his Mother (August

15), Our Lord has demonstrated his fidelity to his promise. Her privilege is "the highest fruit of the Redemption" and "our consoling assurance of the coming of our final hope—the glorification which is Christ's" (Enchiridion on Indulgences).

The Blessed Virgin Mary is the most perfect example of Christian perseverance, but she is also our advocate in heaven where she is crowned Queen of Heaven and Earth (August 22). Mary is the "Mother of Perpetual Help", the patroness of the Congregation founded by St. Alphonsus Liguori (August 1). "No one who has fled to her protection is left unaided" is the claim of the Memorare of St. Bernard (August 20). Heretics have returned to the faith by the prayers of her Rosary, first preached by St. Dominic (August 8) in the twelfth Century, and hearts have been converted by the graces received while wearing her Miraculous Medal, promoted by St. Maximilian Kolbe (August 14) and adopted as the "badge" for the Pious Union he founded. *Hail, holy Queen, Mother of Mercy, our life, our sweetness and our hope!*

ENDOZA Y'OKWEGAMBIRRA HA BY'ENSOMA OMU KWEZI KWA MUKONANTAIKE 2022

Bya Ow'ek. Fr. Leonard Kirikarama Akunobere Bush Akiiki.

Okwezi kwa Mukonantaike kukahongerwa Omutima gwa Maria Ogurukwerra Kimu. Eklezia omu magezi gayo agahikiire Ekateekaho endubata y'ebintu omu mwaka gwayo ogw'eby'Ensoma nukwo esobozise abakiriza kujaguza ebiro ebikuru muno omu bwomeezi bwa Yesu na Maria. Ekirukukira kweyoleka, omu kwezi kwa Mukonantaike, tujaguza Ekiro Kikuru Eky'Okuhindurwa (Mukonantaike 6) n'Ekiro kikuru eky'Okutwarwa omu Iguru kwa Biikira Maria (Mukonantaike 15).

Omu biro bikuru eby'okujaguza ebingi omu Mukonantaike, Eklezia n'etuha eby'okuroraho eby'engeso nungi ey'okugumiisiriza: Abakaiso mukaaga – ababiri hali bbo amabara gaabu gali n'Omusaara y'Okusiima ey'Okubanza eya Missa n'ababiri abaisirwe omu bulemu bw'ensi yoonna obwa kabiri; musanju hali bbo bakatandikaho ebitebe by'Obunyadiini, oteekeho aba Paapa basatu n'Abakama babiri; Omutumwa Omuhikiire Baturumaayo; Omwegesa omukuru ow'Eklezia, Augustino na Monika omuhikiire, nyina; Omuhikiire omwebundaazi omutonganirizi w'Abasaserdooti, Yohaana Maria Vianney, n'omutonganirizi w'Abadyakoni, omuhikiire Laurensio, ayasandaize abaisi abakaba nibamwokya ali mwomeezi. Nikisoboka kwegarukamu obwire bwona – nk'obwomeezi

bw'omusiisi ayayegarukiremu, omuhikiire Augustino oku butwegesa – kandi tikigumire okugaruka kutandika buhyaka, nkooku kirukwolekwa omu kuhindurwa kw'Omukaiso, Omuhikiire Teresa Benedicta (Edith Stein). Itwe abaana b'Eklezia ab'obusinge bunu nitugumya empeera eyi twayetiirwe, habwokuba Omubiri gwa Kristu ogwahindwirwe (Mukonantaike 6) niyo ndonza y'ekitiinisa eki. Ekindi, omu kutwarwa omu iguru okwa Nyina (Mukonantaike 15), MUKAMA waitu nayoleka nkooku ahikiriza ebiragaano bye. Omugisa gwe nikyo "Ekijuma ekirukukira obukuru eky'Okujunwa" kandi "nikitugumiza kimu nkooku okunihira kwaitu okurukuhumuza okwa hampero nikwija – Okunyumizibwa okuli okwa Kristu" (Enchiridion on Indulgences).

Biikira Maria nuwe ky'okuroraho ekirukukirayo kimu eky'okugumiisiriza kw'Omukristu, kandi ali mutonganirizi waitu omu iguru nambere yajwekiirwe ekondo eyamufoire Mugo w'iguru n'ensi (Mukonantaike 22). Maria nuwe "Nyina w'obukoonyezi obutahwaho", Omutonganirizi w'Ekitebe ky'obunyadiini eky'atandikirweho omuhikiire Alphonsus Liguori (Mukonantaike 1). "Busaho muntu ayakeebingaga obukoonyezi bwe akasigara atakonyiirwe", kandi kinu kigumbwa enyegesa y'omuhikiire Bernard (Mukonantaike 20). Abasiisi beegarukamu habw'okusoma esapuli ye, eyabandize kwegesibwaho omuhikiire Dominiko (Mukonantaike 8) omu kyasa kya ikumi na bibiri, kandi emitima ehindurwa habw'eneema eyi batunga kuruga omu kujwara Omudaali gwe ogw'eby'amahano, ogwarangaaniziibwe omuhikiire Maximilian Kolbe (Mukonantaike 14) kandi ogwafookere "mmanyikirizo" y'Ekitebe ky'Obunyadiini eki yatembwire. *Mirembe, Omugo ahikiire, Nyina ow'embabazi, bwomeezi bwaitu, Kusemererwa kwaitu, kandi Bunihizi bwaitu!*

AMASOMO GA BULI KIRO /DAILY READINGS

Mon 1/08/2022 Jer28:1-17; Ps119:29.43.79.80.95.102. Mt 14; 13-21.

Tue 2/08/2022 Jer30; 1-2.12-15.18-22; Ps102; 16-18.19-21.29 and 22-23. Mt 14; 22-36

Wed 3/08/2022 Jer31:1-7; Ps Jer31:10.11-12a.13.Mt 15:21-28.

Thur 4/08/2022 Jer31:31-34; Ps51:12-13.14-15.18-19.Mt16:13-23.

Fri 5/08/2022 Na 1:15; 2:2; 3:1-3.6-7; Ps Dt 32:35cd-36ab.39abcd.41.Mt 16:24-28

Sat 6/08/2022 Dn 7:9-10.13-14(or 2Pt 1:16-19); Ps 97:1-2.5-6.9.Lk 9.28b-36.

Sun 7/08/2022 Wis 18:6-9; Ps 33:1 and 12.18-19.20 and 22.Heb 11:1-2.8-19(or Lk12:35-40).

Mon 8/08/2022 Ez 1; 2-5.24-28c; Ps 148:1-2.11-12.13-14.Mt17:22-27.

Tue 9/08/2022 Ez 2:8-3:4; Ps 119:14.24.72.103.111.131.Mt 18;1-5.10.12-14.

Wed 10/08/2022 2 Cor 9; 6-10; Ps 112:1-2.5-9. Jn 12:24-26.

Thur 11/08/2022 Ez12:1-12; Ps 78; 56-57.58-59.61-62.Mt 18:21-19:1.

Fri 12/08/2022 Ez 16:1-15.60.63(or Ez 16:59-63); Ps Is 12:2-3.4bcde5-6.Mt 19:3-12.

Sat 13/08/2022 Ez 18:1-10.13b.30-32; Ps51:12-13.14-15.18-19.Mt19:13-15.

Sun 14/08/2022 1 Chr15:15:3-4.15-16; 16:1-2; Ps131:6-7.9-10.13-14. 1 Cor 15:54b-57. Lk 11:27-28.

Mon 15/08/2022 Rv11:19a; 12:1-6a.10ab; Ps45:10-12.16.1cor15:20-27.Lk 1:39-56.

Tue 16/08/2022 Ez 28:1-10; Ps Dt 32:26-27ab.27cd-28.30.35cd-36ab.mt 19; 23-30.

Wed 17/08/2022 Ez 34:1-11; Ps 23; 1-2a.3b-4.5.6.Mt 20:1-16a.

Thur 18/08/2022 Ez36:23-28; Ps51:12-13.14-15.18-19.Mt22:1-14.

Fri 19/08/2022 Ez37:1-14; Ps 107:2-3.4-5.6-7.8-9.Mt 22:34-40.

Sat 20/08/2022 Ez 43:1-7a; Ps 85; 9ab and 10.11-12.13-14.Mt 23:1-12.

Sun 21/08/2022 Is 66:18-21; Ps 117:1.2.Heb 12:5-5.11-13. Lk 13:22-30.

Mon 22/08/2022 2 Thes 1:1-5.11b-12; Ps 96; 1-2a.2b-3.4-5.Mt 23:13-22.

Tue 23/08/2022 2 Thes 2:1-3a.14-17; Ps 96:10-11.12a.12b-13.Mt23:23-26.

Wed 24/08/2022 Rv 21:9b-14; Ps 145:10 -13.17-18.Jn 1:45-51.

Thur 25/08/2022 1 Cor 1:1-9; Ps 145:2-3.4-5.6-7.Mt 24:42-51

Fri 26/08/2022 1Cor 1:1-9; Ps 145:2-3.4-5.6-7 Mt 25:1-13.

Sat 27/08/2022 1 Cor 1:26-31; Ps 33:12-13. 18-19.20-21.Mt 25:14-30.

Sun 28/08/2022 Sir 3:17-20.28-29; Ps 68:4-5ac.6-7ab.10.11.Heb 12:18-19.22-24. Lk 14:1.7-14.

Mon 29/08/2022 Jer1:17-19; Ps 71:1-2.3-4a.5-6ab and 17. Mk 6:17-29.

Tue 30/08/2022 1 Cor 2:10b-16; Ps 145:8-9.10-11.12-13ab.13cd-14. Lk4:31-37.

Wed 31/08/2022 1 Cor 3:1-9; Ps 33:12-13.14-15.20-21. Lk4:38-44.

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CHURCH HISTORY CORNER: THE PRE-EMINENCE OF JOHN AND SIMON, APOSTLES AND VAST IMPORTANCE OF PAUL OF TARSUS

with Rev. Fr. Peter Bakaaye Amooti

Of the twelve men whom Jesus chose to be His companions and heralds during the brief years of His earthly ministry, two alone can be said to have stamped upon the infant Church the impress of their own individuality. These two were John and Simon.

Our Lord Himself, by the titles which He gave them, indicated the distinctions of their character, and the pre-eminence of their gifts. John was called a Son of Thunder; Simon was to be known to all ages as Kephias, or Peter, the Apostle of the Foundation stone (1 Pet. 2:4–8).

To Peter was granted the honour of authoritatively admitting the first uncircumcised Gentile, on equal terms, into the brotherhood of Christ, and he has ever been regarded as the main pillar of the early Church (Gal. 2:9). John, on the other hand, is the Apostle of Love, the favourite Apostle of the Mystic, and the chosen Evangelist of those whose inward adoration rises above the level of outward forms.

Peter as the first to recognize the Eternal Christ, and John as the chosen friend of the living Jesus, are the two of that first order of Apostles whose names appear to human eyes to shine with the brightest lustre upon those twelve precious stones, which are the foundations of the New Jerusalem (1 Pet. 2:4–8).

Yet there was another, to whom was entrusted a wider, a more fruitful, and a more laborious mission; who was to found more numerous churches, to endure more intense sufferings, to attract to the fold of Christ a vaster multitude of followers.

On the broad shoulders of St. Peter rested, at first, the support and defense of the new Society; yet his endurance was not tested so terribly as that of him on whom fell daily the "care of all the churches."

St. John was the last survivor of the Apostles, and he barely escaped sharing with his brother the glory of being one of the earliest martyrs; yet even his life of long exile and heavy tribulations was a far less awful trial than that of him who counted it but a light and momentary affliction to "die daily," to be "in deaths oft." (1 Cor. 15:31; 2 Cor. 11:23).

A third type of the Apostolate was necessary. Besides the Apostle of Catholicity and the Apostle of Love, the Church of Christ needed also "the Apostle of Progress."

In truth it is hardly possible to exaggerate the extent, the permanence, the vast importance, of those services which were rendered to Christianity by Paul of Tarsus. It would have been no mean boast for the most heroic worker that he had toiled more abundantly than such toilers as the Apostles. It would have been a sufficient claim to eternal gratitude to have preached from Jerusalem to Illyricum, from Illyricum to Rome, and, it may be, even to Spain, the Gospel which gave new life to a weary and outworn world.

Yet these are, perhaps, the least permanent of the benefits which mankind has reaped from his life and genius.

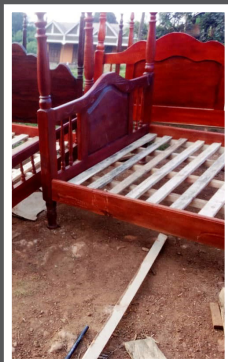
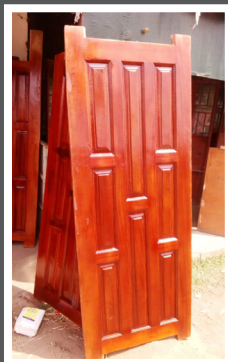
For it is in his Epistles—casual as was the origin of some of them that we find the earliest utterances of that Christian literature to which the world is indebted for its richest treasures of poetry and eloquence, of moral wisdom and spiritual consolation.

It is to his intellect, fired by the love and illuminated by the Spirit of his Lord, that we owe the first systematic statement, in their mutual connection and inter-dependence, of the great truths of that Mystery of Godliness which had been hidden from the ages, but was revealed in the Gospel of the Christ.

It is to his undaunted determination, his clear vision, his moral loftiness that we are indebted for the emancipation of religion from the intolerable yoke of legal observances—the cutting asunder of the living body of Christianity from the heavy corpse of an abrogated Levitism.

It was he alone who was God's appointed instrument to render possible the universal spread of Christianity, and to lay deep in the hearts of European churches the solid bases of Christendom.

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AKAYUGI K'EBYAFAYO BY'EKELEZIA EBYAFAYO BY'ABATUMWA (BIGUMIIZEEMU)

N'Owek. Fr. Peter Bakaaye Amooti

Omu basajja ikumi na babiri Yesu abayakomere kwikara nawe kandi kuba batumwa omu myaaka enke ey'obutumwa bwe omu nsi, nikigambibwa babiri, bonka nubo barukusobora kuba b'atire ha Eklezia nto ey'okubanza eky'enkumu ky'ekirale kyabu. Abasajja banu nubo Yohaana na Simoni.

MUKAMA waitu nuwe wenka omu bikubyo yabahaire (akoleka) embaganizo y'ebiyemo byabu hamu n'obwetaago bw'ebisembo byabu. Yohaana yayetwaaga Mwana w'enkuba; Simoni akaba w'okumanywa omu myaka yoono nka Kefa, rundi Petero, Omutumwa Mwandara gw'omusingi (1 Pet. 2: 4-8).

Petero akaheebwa ekitiinisa ky'obusobozi bw'okutaahya abanyamahanga ab'okubanza n'abainganainganiza n'ab'oruganda rwa Kristo kandi kuruga kara koona amanyirwe nk'enyomyo nkuru y'Eklezia ey'okubanza (Bag. 2:9). Ha rubaju orundi, Yohaana Mutumwa w'engonzi, Omutumwa arukwesimisa ow'okwegambiira kw'ekika kya ha iguru, kandi Omutumwa ay'akomerwe ow'amahaiso ag'okuramya okutali kwa butoosa.

Omu maiso g'abantu, Petero akaba w'okubanza kwetegereza Kristo nk'Omwana wa Ruhanga atafa, na Yohaana ayakomerwe kuba nk'omunywani fa nfe wa Kristo ayali omwomeezi, nubo babiri ab'okubanza omu rukarra rw'Abatumwa ab'okubanza abaina amabara gaabu nigangasanira kimu omu mabale ikumi n'abiri aganyakuli musingi gwa Yerusaaemu empyaka (1 Pet. 2: 4-8).

Baitu kandi hakabayo ondi, ayakwasibwe obutumwa obugaziho, obwayanire muno, obulemiire kwo; ow'akaba w'okutandikaho amaramizo maingi, ay'agumiisirize okubonabona okuhinguraine, ay'asikiriize abahondezi baingi kutaaha omu iriisizo lya Kristo.

Omu kubanza, Petero akeetweka ha mabega ge okusagika n'okurwanirra ekitebe ekihyaka; kandi kunu okugumiisiriza kwe kutalengesibwe muno nk'okw'ogu ayali aine buli kiro "kuroterra amaramizo maingi."

Yohaana Omuhikiriire nuwe yasebereyo kwomeera omu Batumwa kandi akasaaguka kubagana n'abagenzi be ha kittinisa ky'okuba omu h'abakaiso b'okubanza; kunu obwomeezi bwe

omu buhanganguki n'okubonabona kw'amaani kukaba kulengesibwa kutaito kutakuhikaana n'okw'ogu ayakuroraga nk'okubonesibwa okurahukire okw'akacu "okw'okufa bulikiro" kuba omu "maino g'orufu buli kaire." (1 Kor. 15: 31; 2 Kor. 11: 23).

Obutumwa obw'omulingo gwa kasatu bukaba nibwetaagisibwa. Oihireho Obutumwa bw'Ekikatoika n'Obutumwa bw'Engonzi, Eklezia ya Kristo y'ayetaagaga "Obutumwa bw'Okugenda omu maiso."

Omu mazima nikisobokera kimu kwolekya omu bwijwire ekipimo ky'obwetaago bw'obuheereza obw'obuhangaazi Paulo owa Taruso obu yahaireyo habw'enyikiriza omu Kristo. Kinu kisobora kurorwa nk'okuhaisaniza omukozi ayayeheriireyo kinu kukora bucweka ihembe kukira Abatumwa abandi boona.

Habw'okwehayo, Omutumwa onu oku yayolekire n'arangirra kuruga Yerusaaemu kuhika Illirikumu, kuruga Illirikumu kuhika Roma otiireho n'okuhika Spain, Amakuru Amarungi ag'alesire obwomeezi obuhyaka omu nsi ekaba ehoirwemu ensa kandi esiisikaire, nikyetaagisa kusiimwa kuruga omu igiru. Baitu kandi binu nibisobora kuba ekimu ha birungi abantu ebi b'agobere kuruga omu bwomeezi n'ebisembo bye.

Kurugirra omu baroha ze ezi yahandiikire gonze endugirro yazo yali nk'okubaza okwa buli kiro, nitusanga okwatura kw'okubanza omu bihandiiko by'enyikiriza omu Kristo, ebi ensi yoono erukwenyumirizamu nk'elyahurro ly'obuguuda bw'enfumo n'okusikirizibwa, amagezi g'okuhabura n'okuhuumuzibwa kw'omwoyo.

Omu magezi ge, ag'ahemberwemu engonzi kandi gajuziibwe Mwoyo wa MUKAMA nuho tusanga ebighambo by'okubanza omu kusumikaniza kwabyo n'okwesigikanganaho, nugo mazima gakuru ag'ifubo lya Ruhanga agaali gaserekerwe kuruga kara koona baitu ag'asuukulirwe omu Makuru Amarungi ga Kristo.

Nitwenyumiriza omu bumanzi bw'okwehayo kwe, okurora hara kwe, engeso ze ezitaine kamogo, habwokuba binu bikaletera enyikira kutaisulizibwa kuruga omu mutumba gw'okuhondera ebiragiro ebiremiire - eby'alesire okwahukanizamu ekitebe ky'Abakiriza omu Kristo kuruga omu biragiro by'okuramya n'emirwa y'ediini omu Isirairi.

Paulo nuwe wenka ayakomirwe kuba kikwato kya Ruhanga kutwara okurangirra kw'enyikiriza omu Kristo omu nsi yoono, otiireho n'okubya omu bulaya amaramizo omu mitima, enyikiriza egi egumiire kimu.

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POPE FRANCIS TO APPOINT FIRST WOMEN TO BISHOP SELECTION COMMITTEE

By Reuters



Pope Francis said he plans to appoint the first women in history to a Vatican committee that helps to select bishops, in a Wednesday interview with Reuters, a month after he amended the constitution for the Vatican Curia to allow any baptized Catholics, men or women, to lead some departments in the high church.

Pope Francis said two women will "be appointed for the first time in the committee to elect bishops in the Congregation

for Bishops," which helps him select all-male bishops around the world, though he did not name specific candidates. The pope said last year he named Sister Raffaella Petrini to the no. 2 position in Vatican City's governorship. Francis suggested lay women or men could lead the department for Catholic Education and Culture and the Apostolic Library, which are currently led by clergymen.

"I am open to giving [women] an opportunity," the Holy Father said. "This way, things are opening up a bit."

In March, Pope Francis introduced a new constitution for the Vatican which reformed the administrative side of the Vatican, known as the Curia. The new document replaced a constitution that was put in place by Pope John Paul II in 1988. Francis' new doctrine, "Praedicate Evangelium," or "Preach the Gospel," was released nine years after he became pope, and came into effect in May. In addition to allowing lay Catholics, not just Cardinals or other clergymen, to hold key positions, the reforms lessened the number of departments in the Curia. Pope Francis denied rumors he plans to resign soon, despite his willingness to include more women in Vatican leadership, and compared the procedure to "hiring a hit man."

PAAPA FRANCIS NAIJA KUKOMA ABAKAZI 2, OMURUNDI OGW'OKUBANZA KUBA HA KITEBE EKIKOMA ABAROLEREZI

Bya Reuters

Paapa Francis agambire, n'atekaniza kukoma abakazi b'okubanza omu byafaayo bya Vaticano ha katebe akakoonyera kukoma abaraaba b'Episkoopi. N'abazamu n'abasaki b'amakuru aba Reuters, hahingwireho Okweezi kumu hanyuma y'okuhinduramu ekiragiho kikuru ekirukulema Akatebe kakuru akalemi aka Vaticano, kwikiriza buli omu ay'abatizibwe, Omukatoliki, omukazi rundi omusajja hataroho kusoroora okwebembera ebitongole byoona ebinyakuli omw'Ekelezia ha rulengo orwa haiguru.

Paapa Francis akagamba, "'abakazi banu ababiri,' gunu nugwo guraaba omurundi ogurukubandiza kimu kubateeka omu nyamirimo rundi kuba ha katebe ka haiguru nka kanu" Ak'ab'Episkoopi." N'obu araaba at'ayatwire amabara g'abakazi abarukunihirwa kukomerwa omulimo gunu, Akatebe kanu, kakoonyera Paapa kutunga Ab'Episkoopi, abasajja abatunga Idaara linu omu nsi yoonu.

Paapa akagamba, mwaka guhoire akakoma Omunyadiini Raffaella Petrini okuba omu kiikaro kya kabiri omu biikaro bya haiguru omu bwebembezi bw'Orubuga Vaticano. Paapa Francis akaleeta ekiteekerezo kinu; omuntu weena atali nyakatagara, omukazi rundi omusajja n'asobora kwebembera ekitongole ky'Eby'Enyegesa, Eky'Obuhangiranwa, n'Eryahurro ly'Ebitabu bya Paapa. Bwire bunu, ebitebe binu byoona nibyebemberwa Banyakatagara.

"Ninyija kuha omugisa abakazi" Paapa nukwo yagambire. Gunu nugwo omulingo ebintu birukugenda nibisumurwamu.

Omu Kweezi kwa Ijubyamiyonga, Paapa Francis akaleeta ekiragiho kihyaka omu Vaticano ekyahindwiremu eby'obwebembezi omu Kakurato akalemi omu Vaticano, akamanyirwe nka 'Curia.' Ekihandiiko kinu ekihyaka, kikaihaho ekiragiho kikuru ekyabagirwe kandi kyagumibwa Paapa Yohana Paulo owa 2 omu mwaaka 1988. Enyegesa empyaka eya Paapa Francis, emanyirwe nka "Praedicate Evangelium," rundi "Ey'Okwegesa Amakuru Amarungi," ekarangirwa hanyuma y'Eyaaka 9 bukya Francis afooka Paapa, kandi ekateekwa omunkora omu kwezi kwa Kataano (Rwenseizere). Oihireraho kwikiriza Abakristu abaleere hatali Aba Kalidinaali n'Abanyakatagara abandi kukurra ebiikaro ebikooto bonka, empinduka enu ekakeehya ha muhendo gw'ebitongole omu Curia.

Paapa Francis akahakaniza engambo ezirukubungesibwa ngu, aliyo n'ayeteekaniza okulekulira nyamirimo egi omu busumi butali bwa hara, baitu yayoleka nk'oku arukwetaaga kwongeramu abakazi abandi omu bwebembezi bwa Vaticano, ekiyalengesaniize n'okuheereza omulimo omuntu anyakwina ibara erirukutunda.



PICTURE OF THE MONTH



Weewe, Omwana obw'akura ...!

The newly ordained Buliisa Pioneer Priest, Rev. Fr. Prospero Tugume Araali blesses the Bishop, His Lordship Vincent Kirabo Amooti who was chief celebrant and ordaining minister at the Mass in which Fr. Prospero was ordained to priesthood on Saturday, July 9, 2022 at St. John the Baptist Buliisa Catholic Parish. This was to the joy of many! Buliisa was ablaze that day; it went down the annals of history.



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