

AMDA TEENS VOL 18, ISSUE 1 | JAN. 29 2023 | UGX, 1000

AMDA

Bulletin



AMDA Caravan Pre-visit

Archdiocese of Mbarara Development Association (AMDA)

AMDA EXCO Makes 2023 Annual Plan



- Chaplain's Reflections
- Chairman's Message
- Teens' Messages

EDITOR'S NOTE

Dear Brethren,

Greetings and welcome to the first AMDA Mass of 2023 animated by our dear Teens.

I congratulate you on having completed 2022 and starting the new year with such great energy.

We thank you for the support you rendered to the Media Council by advertising with us and always buying the bulletin. This enabled us to print issues for each month.

We hope that this support shall continue in this new year.

In the January 2023 Issue, we bring you messages from the Chaplain, the AMDA Chairman, messages from our Teens on different topics, and an article from the Environment council.



We also bring you articles about the AMDA Exco annual planning meeting and the Caravan Pre-visit to Ibanda.

You will find a pictorial from our end-of-year mass that took place on 19/12/2022.

I reiterate the chairman's message that we all read the planned activities of the year attached to this bulletin and mark the important dates for these activities.

Enjoy the read.

Sarah Biryomumaisho
Ag. Head AMDA Press, Media and Communications Council

THE TEAM

AMDA BULLETIN

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ANIMATION SCHEDULE 2023

Month	Animating Team
January	AMDA Teens
February	AMDA Leadership Council
March	St. Jose Maria, Luzira Road AMDA Family
Palm Sunday	Kakoma Parish
April	St. Joseph's - Nansana AMDA Family
May	Kitura Parish
June	Kakindo Parish
July	Buhinda Parish
August	St. Joseph's Old Boys Association (SAJOBA)
September	St. Andrea Kagwa Ggaba Road AMDA Family
October	Kashekuro Parish
November	Buhimba Parish
December	AMDA EXCO

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CHAPLAIN'S REFLECTIONS

FR. DARIUS MAGUNDA

Obutumwa Sande ya 4, 29.01.2023 A

Zefaniya 2:3,3:12-13; 1 Abakorinto 1:26-31; Matayo 5:1-12a



N'abahiirwa abagyendera omu muhanda gwa Mukama!

Banyaruganda abakundwa, nimbaakiira aha Sande egi eya 4 omu mwaka gw'Ekerezia. Aha Sande egi, twaija aha rushozi rwa Mukama okuhurikiza ekyegyeso kikuru nk'oku tushemereire kutwaza. Hariho ekyeshongoro ekirikugira ngu *"baine omugisha ab'emitwarize yabo ehikire, abagyendera omukutegyekwa ebiragiyo bya Mukama."* Haza ekyo nikyo Mukama arikutugambira omu Vangiri y'erizooba; ngu n'abahiirwa abehenengyera kukora ebya Mukama, ahabwokuba n'obu baraabonaabone hoona obukama bw'eiguru n'obwabo!

Paulo entumwa nawe nakigambaho omu baruha ya kabiri ei yahandikiire Timoteeho (3:2-5) arikugira ati: "...baryaba abarikwekunda, abarikururuuhira empiaha, abanyamaryo, abeetunguuzi, abajumi b'abantu, abagomera abaabazaire, entasiima, abatahikiriire, abataine saasi, abatarikwikaikanisibwa, ababeiherezi, abashiishagura ebyabo, enshaarizi, enyanga-birungi, endeebya, ebihanda, ab'ebihagi, abakunda okujarama kutari okukunda

Ruhanga, abareebeka nk'abanyadiini kwonka bakahakanisa obushoboorozi

bwayo." Paulo entumwa nayongyera agira ati: "Abantu nk'abo obetantare!" Abari nk'abo tibahiirwa!

Mukama eki arikutushaba ni: okuba abakyene omumutima (okwetenga ebya Ruhanga), okugira obucureezi, okwitanira okuhikirira, okugira embabazi, okugarukanisa abantu n'okureetaho obusingye, n'okwemera okugumirwa kwona omukukora ebya Mukama. Omuri ebyo, turi abahiirwa nk'oku Mukama arikutugambira omu Vangiri ya mbwenu.

Mukama naatushaba ekyo eky'omurangi Zefaniya yagambire naagira ati: "imwe mwena ab'omunsi abarikwebundika, abakora ebi Nyakubaho aragiira, nimumusherure, mwitanire okuhikirira, mwitanire okwebundika..." Paulo we naatugambira omwishomo rya kabiri ati: "orikwehimbisa, k'ayehimbisize omuri Mukama."

Ebi Yesu yagambire ah'abahiirwa nitubireebera aha magara ge. Akahurira Ishe, yayebundika yaba omuntu nkaitwe ngu atwegyese tumutooreze, yayoroba

okuhika ahakufa, kandi yaikiriza n'okuhayo amagara ge aha musharaba. Itwe turi abahiirwa ahabwokuba Kristo akashashura amabanza g'ebibi byaitu. Ekyaitu hati n'okumwikiriza, tukamutooreza, tukwamwekwatsa, kandi tukamuhurira. Tukore nk'oku Nyinaitwe Biikira Maria arikutuhabura ati "kyona eki araabaragiire, mukikore." Katweheyo kuhurira eiraka rya Mukama omu Kigambo kye n'omubaheereza be!

Nintabaarutsya eminyeeto yaitu emito etebekaniise enshoma y'erizooba obwo bebenbeirwe abeegyesa baabo (aba AMDA Children and Teens Ministry). Mwekwatse Mukama nk'ekyokureeberaho kyanyu (Take Christ as your model!). Naitwe katubahe emikono tuboorekyerere omuhanda gwa Mukama! Mukama agume Naimwe!

Mukama eki arikutushaba ni: okuba abakyene omumutima (okwetenga ebya Ruhanga)

MESSAGE FROM

AMDA CHAIRMAN CHRIS GUMISIRIZA

We have just concluded a caravan pre-visit to Ibanda parish, the next destination for our caravan 2023 which is confirmed for September 8th - 10th 2023



Dear people of God,

Happy New Year to you all.

On behalf of AMDA Exco and my behalf, I welcome you all to our first monthly mass this new year. We join our Children and Teen's Ministry, mainly Teens, to thank the Lord for his protection and providence in 2022 and pray for a better 2023.

On 15th January 2023, the AMDA leadership composed of Exco and leaders of various small Christian communities held a meeting to review the progress of 2022 and set targets for this year. We have enclosed an approved 2023 AMDA year plan and I request you to read it, mark key dates and plan to attend the planned activities.

We have just concluded a caravan pre-visit to Ibanda parish, the next destination for our caravan 2023 which is confirmed for September 8th - 10th 2023. During the visit, we held engagements with surrounding parishes (Kihani, Nyabuhikye, Mabonwa and Rwenkobwa) that had requested a possible stopover on our route to Ibanda parish.

We received a warm welcome and also observed a lot of enthusiasm to host the caravan and some of the preparations

are ongoing at Ibanda parish. The findings of this exercise will inform the Exco of the final route plan for the caravan.

Notably, the leadership of these parishes reechoed the challenges facing our catholic communities and top of the list are domestic violence, drunkenness, school dropouts, the poor performance of catholic founded schools, limited political participation, absence of the male figurehead in family activities and poverty that has been reportedly entrenched in the community.

I also know that these are not only limited to Ibanda district but also present in our areas of origin. I, therefore, make an appeal, that we join our leaders back home and cause a difference. This year, we shall engage the leadership of the archdiocese on how we can partner with them and other like-minded agencies to address these and other similar challenges that are threatening our Christians. This year, we shall focus on the following areas for the enhancement of AMDA growth and development;

- i) Involvement of the Youth and Children Ministries in all AMDA activities
- ii) Strengthening the

Marriage institution

- iii) Enhanced mobilization of members
- iv) Review of AMDA operational policies to address emerging issues
- v) Finding alternative financing for the completion of the AMDA Rubaga project
- vi) Working closely with ABF and SACCO leadership for the benefit of AMDA members
- vii) Support activities that enhance our foundation pillars of unity and spirituality.

Lastly, I thank today's animators for the mobilization and for leading us so well. Thank you, Mr President and the leaders of the teens, teachers and parents for your efforts in preparation for today's mass.

I wish you a blessed Sunday and month ahead.

Rukundo egumeho.

AMDA EXCO holds Planning Meeting for 2023

Shillings 2.9 Billion needed for completion of AMDA Rubaga Project

Members of the Archdiocese of Mbarara Development Association, AMDA have been urged to continue working towards the development of their group and applauded for the support rendered to the AMDA Rubaga Project, ARP.

The communication was made by Mr Chris Gumisiriza the AMDA chairman during the Annual planner meeting that took place on Sunday 15/01/2023 in Namugongo.

In his communication, the chairman noted that the first year of his term has been a learning opportunity for the Executive Committee. He thanked the different committees for doing their best to make their first year in office a success.

With the ARP at 43%, Mr Gumisiriza noted that his committee's plan and hope is to ensure that by end of their tenure, the clergy building is roofed and ready for use.

According to the progress report, 1.5 billion shillings is needed for the completion of the clergy house, 1 billion shillings is needed for the main hall, and 450 million shillings is needed for the exterior, bringing the total an estimated 2.9 billion shillings that is needed to fully complete the Amda Rubaga Project.

"My prayer is that by the time we conclude our tenure, the Rubaga building will be habitable and that the clergy house will be fully roofed, we shall have parking and we shall be holding meetings in our house. We need to put our minds together and see how to complete the project," said Mr Gumisiriza.

In his speech, the chairman also urged parents and leaders to pay more attention to children and youth as they will take over the leadership of not only families and government institutions, but also associations like AMDA.

"We need to ensure the sustainability of AMDA by pushing children to grow

into great youth and serve. We need to identify young people to learn and continue the legacy. I have recognized that we have very many youths but they do not participate in our activities except those to do with leisure," Mr Gumisiriza added.

During the meeting, the Spiritual Council which was represented by chaplain Fr Magunda Darius laid out their plans for 2023 with several plans including the annual pilgrimage to Kibeho which has been on hold for the last three years due to the COVID-19 pandemic.

Fr Darius also noted that they will also prepare psychosocial support for the members, especially youth. They are also organizing the two recollections (Lenten and Advent), a pilgrimage to Mirama in Karama.

He is however concerned that last year, attendance of the Lenten and Advent recollection was not good in terms of numbers.

"We had the Lenten and Advent recollections but attendance was not good in terms of numbers but in terms of quality, it was very good. I have noticed over time that people who attend these recollections often return. Therefore, I would like to pray that more people will come and bring a friend," said the chaplain.

He also noted that his council held retreats for holidaymakers, especially teens and this has been the first of its

kind. "We hope to continue this and make it bigger in future."

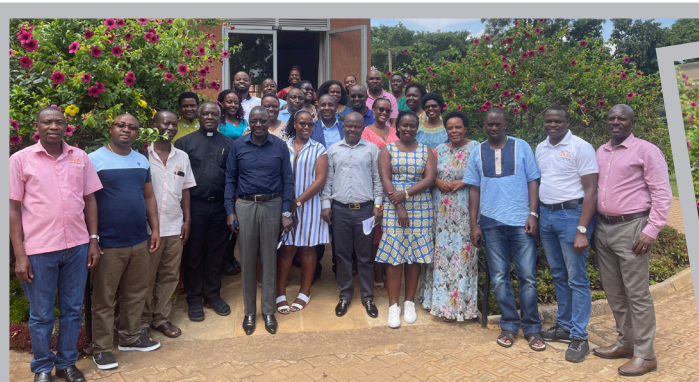
The committee also organized a memorial mass for the late Amda members and their loved ones in November. Also, several Amda families held masses throughout the year.

He reiterated the chairman's call for parents and leaders to pay attention to raising children in prayer so that they grow up to be stronger Christians, husbands, wives and most importantly good parents in future.

The members also discussed matters of leadership and economic empowerment after it was indicated that Catholics (especially men) in villages do not want to work, but instead they wake up and go to bars and drink alcohol instead of earning a living for their households.

There is a plan to work with the Archbishop to help improve the economic empowerment of the Catholic community in the Archdiocese. They also presented the animation timetable for this year and the same has been attached to this bulletin.

Some of the overall activities slated for this year include; The ABF AGM, Amda SACCO AGM, the Lenten & Advent Recollections, The Pilgrimages to Kibeho, Mirama and Kiwamirembe, the Amda Caravan to Ibanda, several Sports games among others.



AMDA Leadership holds Caravan Pre-Visit to 5 Parishes in Ibanda

The 10th AMDA Caravan slated for 8th to 10th September 2023 is destined for Ibanda Parish

A section of leaders from the Archdiocese of Mbarara Development Association, AMDA have visited 5 parishes under Ibanda Deanery which expressed interest to participate in the September activities.

The final destination for the 10th AMDA Caravan slated for 8th to 10th September 2023 is Ibanda Parish located in Kagongo Division, Ibanda Municipality.

During the one-day visit, the team paid courtesy calls to Kihani, Nyabuhikye, Mabonwa, Rwenkobwa and Ibanda parishes to ensure readiness to host the biggest event of the year.

They met with parish priests, curates and parish council members to discuss matters of security, the ability to host the Medical Camp, feeding and accommodation among others.

The parish priests also presented to the team different problems facing

their communities like alcoholism, domestic violence, mental health issues, poor performance in schools, poverty, drug abuse and failure by youth to engage in church-related activities.

The main hosts Ibanda Parish showed readiness to accommodate even 600 members of AMDA should they decide to attend. The Parish Priest Fr Paul Mutume took the team on a tour of the facilities expected to host the caravan.

The team toured the space for accommodation, where to set up the medical camp and the Sunday High Mass. Fr Mutume was with some members of the parish council at his residence in Kagongo.

"Accommodation is available. Kagongo is a hill of Saints and they cannot fail to host you. We have St Theresa, St John Fisher and St George's among other facilities. So,

even if you are to come with 600 members, we are ready to host you," he said.

He further appreciated the AMDA family for choosing to take the Caravan with its benefits to Ibanda where it is most needed. Fr Mutume noted that Christians will benefit from the different pillars of AMDA. He particularly noted a need for mental health attention explaining that several people are committing suicide in weird manners like one cutting his throat while running among others.

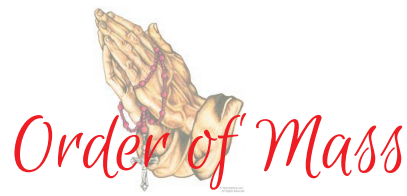
Last year, two young men in Katooma Centre cut their throats and died. This has since increased panic in the community and it is hoped that counselling during the medical camp could resolve some of these issues.

The AMDA leadership is expected to sit and agreed on a route plan for the caravan as preparations continue.



The AMDA Pre-visit team in the different Parishes;

- 1. Ibanda Parish**
- 2. Kihani Parish**
- 3. Rwenkobwa Parish**
- 4. Nyabuhikye Parish**
- 5. Mabonwa Parish**



PRE- MASS.

Chrs. Tutaathe Omwiramizo imwe bahangwa be, Tutaathe omwiramizo, turamye Mukama. Tutaathe omwiramizo, abagaragwa be, tutaathe omwiramizo tumuhimbise.

1. Omukama Yezu Omukama murungi, Natweeta tweena Omukama Murungi.
2. Omu iramizo omu Omukama murungi, Arimu natureeba Omukama murungi,
3. Egi ka ye yoonna Omukama murungi, Keemurangaane Omukama murungi,

ENTRANCE.

Chrs: Nimwije, nimwije tutaathe omu nju ya Nyinaitwe. Niwe aratutaasye, niwe aratutaasye omu nju ya Ruhanga.

1. Maria niwe Nyina Ekelezia, niwe Nyinaitwe twena. Niwe atuyamba akatushendekyereza omunju ya Ruhanga. 99
2. Niwe yatumire twasaasirwa niwe yatumire twagaruka kunywana, niwe yatumire twagaruka kunywana na Bushatu obuhikirire
3. Nimwije omu nju ya Mukama eyo muri , Ruhanga akatorana , kuba Yeruzalemu ensya.

KYRIE:

Kyrie eee Kyrie(Eleison) kyrie eleison x2
Kriste eleison, Kriste eleison
Kyrie eee Kyrie(Eleison) kyrie eleison .

EKITINWA -AA AI MUKAMA. (MR. JB KAZOORA)

Leader: Ekitinwa kibe omwiguru ahari Ruhanga.

All: N'obusingye bube omunsi ahabantu abasiimwa Ruhanga.

Chrs: Ekitinwa Ai Mukama kibe ekyaawe wenka.

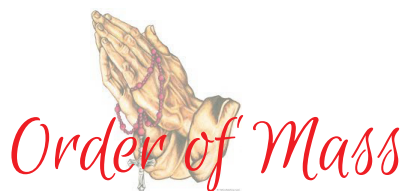
1. Nitukusingiza, nitukusingiza ahabwekitinwa kyaawe kingi
2. Mukama Ruhanga omugabe weiguru Ruhanga omushoborozi wa byoona.
3. Mukama mwana omwe. Nyamunegyere Yezu Kristo. Mukama Ruhanga, Kataama ka Ruhanga, Mwene Patri.
4. Iwe oihaho ebibi by'ensi otusaasire Iwe oihaho ebibi by'ensi, yakiira okweshengyereza kwaitu. Iwe oshutami aha buryo bwasho, otusaasire;
5. Manya niwe wenka omuhikirire, Niwe Mukama wenka.
6. Niiwe wenka ori ahaiguru ya byoona, Yezu Kristo.
- 7 Hamwe na mutima orikwera, omukitinwa kya Ruhanga Patri. Amiina.

MEDITATION.

BAINE OMUGISHA (Msgr. J. Barugahare)

Chrs: Baine omugisah abu emitwarize yaabo ehikire; Abagyendera omu kutegyekwa ebiragiro bya Mukama (2)

1. Baine omugisha abarinda ebi yaahamize, Abamusherura n'omutima gwabo gwona.
2. Kandi abatakora kibi kyona, Kureka abagyendera omu mihanda ye.
3. Okatuha ebiragiro byawe, Ngu tweziriky kubyorobera. 4. Nkaahenwa ki emitwarize yangye eba ehamire Mbona kworobera ebi waataireho.
5. Ku ndita omutima aha biragiro byawe, Tindikwatwa nshoni.



6. Ndyakkusiima n'omutima ogugorokire, Ku ndiba naayegire emicwere yaawe ey'oburyo.

GOSPEL ACCLAMATION.

Alleluya X 4. Imwe Baheereza Ba Nyakubaho Mwe

1. Nimumusingize, mumusingize Muhimbise eiziina rya Nyakubaho.
2. Eiziina rya Nyakubaho rihimbisibwe, Okwiha hati n'ebiro byona.
3. Eizina rya Nyakubaho rihimbisibwe, Okuruga Burugwa-izooba Okuhika Burengyerwa-izooba.
4. Nyakubaho asingami ahaiguru y'amahanga goona, Ekitiinwa kye nikikirira kimwe eiguru.
5. N'oha owaakwerenga Nyakubaho Ruhanga waitu? Ekitebe kye ky'obugabe kiri ahaiguru buzima.

OFFERTORY.

CHILDREN

EBINTU BYONA OBIHEBWA RUHANGA.

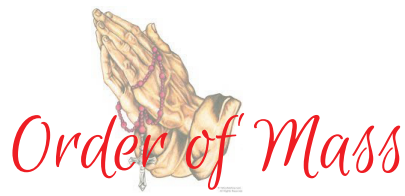
Chrs: Ebintu byona obihebwa Ruhanga.

1. Mwije inywena tutwale ebisembo - Ebintu byona obihebwa Ruhanga
2. Bambi mwije tugende kusiima - Ebintu byona obihebwa Ruhanga
3. Nyantasiima takenga Ruhanga - „ „ „
4. N'ebirungi Ruhanga amuhaire - „ „ „
5. Oti rundi kuhweza tahweza - „ „ „
6. Iwe wenka Rugambwa oli w'oha? - „ „ „
7. Ebitungwa obihanga ka kwaha? - „ „ „

8. Kandi mwije tugende kuhonga - „ „ „
9. Ebisembo Ruhanga atuhaire - „ „ „
10. Iwe wenka kisémba rubanza - „ „ „
11. Oteho ebi ebitungwa akuhaire - „ „ „
12. Oyehwemu omugonze Ruhanga - „ „ „
13. Obitunge Ruhanga abitwale - „ „ „
14. Abitwale biyambe abaseege - „ „ „
15. N'abo boona abataaga obuyambi - „ „ „
16. Itungo ly'ensi kisémba kirungi - „ „ „ 140
17. Alitunga alikenge kurungi - „ „ „
18. Ataliija kuferwa Ruhanga - „ „ „
19. Atamwine ali kundi bagenzi - „ „ „
20. Taina kantu mu banka ya Bwera - „ „ „
21. Bambi mwije tugende kusiima - „ „ „
22. Kandi n'omutima gw'okugonza - „ „ „
23. N'Agutamba abasiime abagonze - „ „ „
24. Mweyahurre obugwetwa burungi - „ „ „
25. Banka yaanyu Ruhanga omulinzi - „ „ „

Okusiima ngire nta? Chrs: ruhanga wange ruhanga wange ankoliire ebirungi, omu bwomeezi bwange.

1. Okusiima ngire nta? X2
2. Okusiima ngire nta? x2
3. Ampaire ebirungi x2
4. Ampaire obusinge x2
8. Bituheebwa Ruhanga x2



5. Ampaire obuguuda x2
6. Ampaire abaana x2
7. Ebirungi ebitwiine x2
10. Tubitwarre Agutamba x2
11. Twehonge obu naitwe
12. Tubitwarre Agutamba x2
13. Tumusiime Nkyanungi x2

WOMEN.

Chrs: Shogomanga nishimwe, tubiturire Imaana, niyitanga byo-se x2

1. Umugati na divayi tubiturire Imaana...
Shogomanga nishimwe Ababyeyi,
nibibondo tubaturire Imaana... Nitanga
byo-se
2. Amajeri nibishimbo tubiturire Imaana ""
Amasaka nibigori tubiturire Imaana ""
3. Abahanryi nabagenzi tubaturire Imaana ""
Abakunzi nabatwanga tubaturire Imaana
""
4. Amahanga yose yisi tuyatururire Imaana
"" Umuryango wabakristo tuwuturire
Imaana

MEN.

NYAMUHANGA NINKUTOIJERA

Chrs: Nyamuhanga ninkutoijera, ninkuha omutiima gwangye Nebishisho ninkutoijera, yeiwe Muruhura x2

1. Nkutoijere ninyeshongora yeiwe muruhura. Nkutoijere ninkuhereza, yeiwe Muruhura.

2. Nkutoijere ninyeshembutsya, Ongarukyemu nonyeyoreka.
3. Itambiro ryaawe ndyehitsye, Nkutoijere ninkuhimbisa.
4. Nkuhimbise ninyemurika, Eiraka ryangye nindimutsya.
5. Esente zangye ninkutoijera, Omubworo bwangye ninkutoijera.
6. Amatungo gangye ninkutoijera, Ebihingwa byangye ninkutoijera.
7. Banywani bangye ninkuhongyera, Abazeire bangye ninkuhongyera.
8. Banwyani bangye nimurahukye, Tumutoijere nitumwevuga.

OFFERTORY PROC.

AGUTAMBA WA MAANI TUMUHAISE.

Chrs: Agutamba wa Maani, tumuhaise, Agutamba w'engonzi, tumusiime x2

1. Nganda z'ensi musiime muhweyo, Omuhangi ka murungi, Alimweta agutamba ahikya kwo, Ego w'engonzi w'engonzi.
2. Ndatebyaga agutamba ntahoirwe, Akalecu nuwe ogu nyomiire.
3. Ensi yaitu ekatunga ekitiinisa, Ekatekwa mu baana tuzaarwe.
4. Agutamba akagamba: muhurre, Abo bange mbazaara ndahiire,
5. Okasaasa yasaasa Muhiira, Kandi bwona ayemwaho Malaika.
6. Okarondwa yakweta yahimba, Eego bambi akahimba yaheeka.



7. Alimweta Agutamba ahikyakwo, Akatamba mu byona atufaaho.

CONSECRATION

MUKAMA OYAKIIRE EGI MITOIJO. Chrs:
Mukama oyakiire egi mitoijo y'abaana baawe, Omugati na viini. Mukama oyakiire ebyo bihongwa by'abaana baawe, Twabireeta n'Omutima gwa Rukundo.

1. Omugaati hamwe na viini, twabireta kubitoija, Bitureteere amagara g'obutwire, obyakiire Nyamuhanga.
2. Ebihongwa byaitu byona twabireeta kubitoija Bitureteere amagara g'obutwire, obyakiire Nyamuhanga.
3. Ebitungwa byaitu byona twabireeta kubitoija Bitutungise ebirungi by'obutwire, obyakiire Nyamuhanga.
4. Egi mitoijo y'erizooba twagireeta kugitoija Ogisiime nk'ekitambo ky'Abeli, ogyakiire Nyamuhanga.
5. Twayetamba n'egyo mitoijo, twagireeta kugitoija Otusaasire ebishoby byaitu byona, obyakiire Nyamuhanga.
6. Ogwo muhongi w'ebitambo, yabireeta kubitoija Otutungise ebirungi by'obutwire, obyakiire Nyamuhanga.

SANCTUS.

MUHIKIRIIRE .

AGNUS

Holy Family.

HOLY COMMUNION.

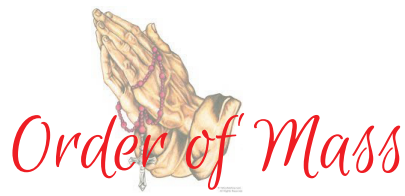
Chrs: Nimwije, omugabe yaatweta, niwe nyakuriibwa, Niwe kiihuro, nimwije Omugabe yaatweta: Tumurye, tunywane nawe.

1. Imwe-mwije abeeteirwe, embaga y'omujuni, Aha meeza yaihwirwe, egabo y'abagyenyi.
2. Eiguru ryakinguuka, haagwa maanu erungiibwe, Mwigutsa w'ab'eiguru, yaija kuriisa naitwe.
3. Akafa yaatwehaire, yaatsiga ayegabwire, Entumwa ze yairaama, yaatsiga aziragiire.
4. Aha mwate yasiima; yagira ninye murye, Yaabaha Viini nayo, yagira ninye munywe.
5. Yaaragiira enjwekyerwa, ibihongye ahari-ishe Omuriby ayetambe, ayeegabure naitwe.
6. Eigana rye ka twije, naaturiisa aseetwire, Mweshezi w'agajwire, naatunyweisa ahaagwire.
7. Mpangi-ariibwa oboneire, omuryamu obugingo; Ofa kurya yaakoire, ayekwatsa omushango.
8. Twija kurya, tweteise, obwo tweshwijume gye, Akataho n'ekyambu, omwo tunaabe twere. 9.

YEZU MUJUNI OMURUNGI BUZIMA (Mr. JB Kazoora)

Chrs: Yezu Mujuni Omurungi Buzima Oije oreebe abaana baawe nibakwetenga Yezu Mugabi omunyambabazi Oije oriise abaana baawe buzima baine enjara

1. Omurungi naiwe Yezu, Oije oriise abaana baawe Nibataaga ija obareebe Buzima baine enjara Ahairembo mbaba baija - Ngu bagitahemu kukweha. -
2. Baija boona n'omuhimbo, - Baija kwobahwera Yezu - Ogwo-otenda ngu bakwehe, - Nababinga taine saasi -



3. Abo abainemu okutiina, - Batakahaba omuhanda - Aha kihuro mbaba baija - Na rukundo n'omuhimbo -
4. Abaine rwango n'ababeihi - Aha gabo egi takubenda - Kibahanga tihariho ondiOije mutima obehe -
5. Omuganda gw'obusingye - Baguheebwa bagutunga - Mbweni baheza kukweha,- Baije tukusiime tweena -

THANKSGIVING

NYAMUHANGA NTUURE NAIWE.

1. Eri izooba naashemererwa Nyamuhanga nture naiwe Reebe Yezu wangaburira “
2. Bambe naija naayesiima “ Kandi nyeena naajunuuka “ 3. Waaturiisa waatuhaazya “ N'ogwo mwitsi waamuhemura “
4. Ka nkusiime wanduhuura “ Naakuboine naahbuuka “ 5. Yaiwe Yezu Ntunga-bantu “ Ka nkunywane Mpuumuza-nsi “
6. Ka nkukunde mbe murungi “ Niiwe ndeetsi 'obuhwezi “ 7. Mpwera Yezu onyeheerezi “ Mbe omutungwa otaine rwanju “
8. Binga omwitsi endeeta byotsyo “ Ntungye amaani atankubuura “

RUBAGA PROJECT.

NDYAKUHAKI MUKAMA WANGYE

Chrs: Ndyakuhaki Mukama wangye, ahabw'okwenda kukwebaza, Ebintu byona ebinyine, ka niiwe obimpa, Ndyakuhaki kukwebaza.

1. Ezo sente zangye niiwe wazimpire, nkaba ntaine kantu, Kanzirete nzikutoijere buzima.
2. Amatungo gangye niiwe wagampire, nkaba ntaine kantu, Kankukoreremu nkutoijere

buzima.

3. Ezo mbibo zangye n'ebihingwa byona, by'omu myaka yangye, Niiwe obyeza mbikutoijere Mujuni.
4. Abaziare bangye niiwe wabampaire, tindaberondeire, Kambeete tukutoijere Mujuni.
5. Obusingye bunyine niiwe wabumpaire, nkaba nyeshobeire, Kangurukye nkwenurikire Mujuni.
6. Abanyabuzaare na banywani bangye, aba abanyetoroire Kambete tukutoijere Mujuni.

RECESSION.

SINGA, MARIA (Benedikto K. Mubangizi)

Chrs: Singa, Maria, iwe Nyina Ruhanga! Singa, Maria, iwe Mugabekazi!

1. Yaiwe singa mukuru w'abazaire! N'eiguru n'obutaka k'obitware!
2. Yezu akakwerondera, waamutwara: Waakuza, waagaruka waamuzaara:
3. Namabeere buzima waagamwontsya: Yaiguta yaagomoka, waamucuutsya.
4. N'egabo y'Omugabe waagiteeka: Waamuha; waagaruka waamujweka.
5. Mworozi, Waahabura, yaabikwata; Waatuma, yaarahuka, yaabireeta.
6. Gwebare, gwebare, Nyakwera weena; Gwebare kworora Nyakweza-twena.

Teens Living The Beatitudes

Through the Beatitudes, Jesus calls us to change our vision and learn that in order to be happy (blessed),

Dear Teens, what a joy to celebrate your growth in Christ. You are no longer children but Teens looking forward to being adults. Congratulations upon Animating the First AMDA Mass in 2023! True soldiers of the Cross You are! Jesus must have taught the beatitudes with Teens at His heart. The Beatitudes are the teachings of Jesus in the Sermon on the Mount (Matthew 5:1-10). Jesus teaches us that if we live according to the Beatitudes, we will live a happy life.

The Beatitudes are an inspiration to us to adopt a certain mindset or vision for our lives, which is the vision of Jesus Christ. We are all challenged to be people of virtue. A Virtue is a firm attitude, mindset, or disposition to do good against all odds. For the virtuous Teenager, doing good is a habit, every action is done in the spirit of charity and loving kindness towards self and others.

Through the Beatitudes, Jesus calls us to change our vision and learn that in order to be happy (blessed), we must be peace-loving, merciful, clean of heart, and meek. Living the Beatitudes is a lifelong task because the Beatitudes turn upside down the values of the world. The world sets up the rich to be

first; Jesus puts the poor on top of the world.

The world tells us to seek happiness at all costs; Jesus saw happiness in mourning. The world values power over others; Jesus praised the meek. The world encourages self-fulfillment; Jesus told us to work for justice. The world says that the merciless succeed; Jesus proclaimed blessed the merciful. The world announces, go for pleasure; Jesus taught us to keep our hearts pure. The world honors the winners by wars; Jesus celebrated peacemakers. The world sees the persecuted as losers; Jesus declared them the winners.

So what are some ways that you Teens can develop the Beatitudes in your own lives?

First, we can be rest assured that the Holy Spirit is already at work within us, drawing us toward God and inspiring our desire to be a Beatitudes-type of person.

Second, like anything we hope to develop in ourselves, we must be open, learn, and study. Pay attention to the people you know who model a particular beatitude.

Think of ways you can model your behavior in your own life. Finally, talk with God in prayer. Ask him to help you out and to teach you how to develop the Beatitudes in your mind, heart, and actions. Spend some time looking over the virtues, especially the theological virtues of faith, hope, and love. Read Chapter 13 of Saint Paul's letter to the Corinthians in which he talks about what love means in our lives. Think about the virtues that you are already living in your life and what you'd like to develop. Above all, practice random acts of virtue whenever you have the chance!

Living a virtuous Life guided by the Beatitudes is a great deal for every Teenager. No regrets at all. Only thriving, and soaring from greatness to greatness.

Dear Teens, you hold a special place in the Ministry and we believe that with your gifts, talents, and positive energy we shall do great things to love God, serve Him and make him known. Keep growing in the Loving hands of Mother Mary

Dorothy Atuhaire Ssonko

Coordinator AMDA Children and Teens Ministry

TEEN LIFE AND PRAYER
Imagine a life filled with God's unlimited grace through prayer. I often ask myself what the life of a teen would have been without prayer. Our life is a road with humps and turns. In our lives, we take these turns, either good or bad.

As teens we face some problems that we prefer keeping to ourselves, but we forget one small but big thing- The Lord's guidance which is our recipe for a better life. We get caught up with our thoughts and worries, be it school, home and not to forget our most common and obvious problem related to our growth, social and economic desires.

We allow them to get the best of us and allow the devil to use us in all ways, making us run short of our Lord's glory. Let us use the key we all possess which is prayer, for prayer is the key that unlocks all heavenly gifts. Let us put the devil to shame and let us grow into mindful and prayerful soldiers of God.

Let us forever put on the full armour of God, the shoes of peace, the belt of truth to cover our loins, the breastplate of righteousness and the helmet of salvation. Let us know and experience the salvation that comes by grace through the faith in God through Prayer.

By **Abaasa Venessa S.4**

St. Mary's vocational school

Kyamuhunga, Bushenyi District.

KEEPING SAFE ON SOCIAL MEDIA

Keeping safe on social media is easy if you use it to learn about the infinite mysteries of our lord or to learn something to boost your knowledge in school activities such as sports, social studies, literature and many more.

The dangers of social media include false information and false prophets. Scams also destroy the good nature of social media. You may also risk getting introduced to pornography which can lead us astray.

If you can use social media to spread the word of God we may obtain infinite blessings.

MAY GOD BLESS YOU

BY JEANKARL BAINE

THE REALITY OF SUCCESS

Without acknowledging reality, success is always obvious in the eyes of a dreamer. To him, its ownership on a silver platter is based on the assumption that Rome was built in a day. On the contrary, success is convoluted and opaque often to the point of total obscurity.

It's hard-earned and many people fail not for lack of ability or brains or even courage, but simply because they have never organised their energy around a goal. If you must climb a mountain, go for the highest like Mt. Everest.

If you are set to run a mile, go for a marathon instead. No exercise best tests your abilities more than the difficulties you encounter in life. Set your difficult assignment, be determined to challenge yourself and when the going gets tough, you must persevere in the name of the goal!

MWESI VIOLA



From the
End of Year
Party



AMDA 2023 ANNUAL PLANNER

	January	February	March	April	May	June	July	August	September	October	November	December
	Sun	Wed	Wed	Sat	Mon: AMDA Youths Sports Gala/ AMDA Women Business Expo	Thu	Sat	Tue	Fri	Sun	Wed	Fri
1st												
2nd	Mon	Thu	Thu	Sun:Palm Sunday- Animated by Kakoma Parish	Tue	Fri	Sun	Wed	Sat	Mon	Thu	Sat:
3rd	Tue	Fri	Fri	Mon	Wed	Sat	Mon	Thu	Sun	Tue	Fri: AMDA Memorial mass for All Souls	Sun:
4th	Wed	Sat	Sat: AMDA SACCO AGM	Tue	Thu	Sun	Tue	Fri	Mon	Wed	Sat: AMDA Teens Leadership and Debating Conference	Mon
5th	Thu	Sun	Sun	Wed	Fri	Mon	Wed	Sat: AMDA Education Symposium	Tue	Thu	Sun	Tue
6th	Fri	Mon	Mon	Thu	Sat:	Tue	Thu	Sun	Wed	Fri	Mon	Wed
7th	Sat	Tue	Tue:	Fri	Sun:	Wed	Fri	Mon	Thu	Sat: Children and Teens Pilgrimage to Kiwamirembe	Tue	Thu
8th	Sun	Wed	Wed: AMDA Womens' Day out / AMDA Youth charity visit	Sat	Mon	Thu	Sat	Tue	Fri: AMDA Caravan-Ibanda	Sun: The Last Ignition (AMDA Youth)	Wed	Fri
9th	Mon	Thu	Thu	Sun: Easter Sunday	Tue	Fri: AMDA Youth Annual Picnic	Sun	Wed	Sat: AMDA Caravan-Ibanda	Mon: Young Marrieds Outing	Thu	Sat: AMDA Advent recollection
10th	Tue	Fri	Fri	Mon	Wed	Sat	Mon	Thu	Sun: AMDA Caravan-Ibanda	Tue	Fri	Sun: Holiday Makers Program
11th	Wed	Sat	Sat	Tue	Thu: Pilgrimage to our Lady of Sorrows, Kibeho, Rwanda	Sun	Tue	Fri	Mon	Wed	Sat	Mon: Holiday Makers Program
12th	Thu	Sun	Sun	Wed	Fri: Pilgrimage to our Lady of Sorrows, Kibeho, Rwanda	Mon	Wed	Sa	Tue	Thu	Sun: MEPA pligrimage animated by AMDA	Tue: Holiday Makers Program
13th	Fri	Mon	Mon	Thu	Sat:Pilgrimage to our Lady of Sorrows, Kibeho, Rwanda	Tue	Thu	Sun	Wed	Fri	Mon	Wed: Holiday Makers Program
14th	Sat	Tue	Tue	Fri: AMDA Marrieds Retreat	Sun: Pilgrimage to our Lady of Sorrows, Kibeho, Rwanda	Wed	Fri	Mon	Thu	Sat	Tue	Thu: Holiday Makers Program
15th	Sun	Wed	Wed	Sat:AMDA Marrieds Retreat	Mon	Thu	Sat: Intergeneration Conversation (young leaders and old leaders), on Servant leadership	Tue	Fri	Sun	Wed	Fri: Holiday Makers Program
16th	Mon	Thu: AMDA Women business Shower	Thu	Sun:AMDA Marrieds Retreat	Tue	Fri	Sun	Wed	Sat	Mon	Thu	Sat: Holiday Makers Program
17th	Tue	Fri	Fri	Mon	Wed	Sat: ABF Meet and Greet	Mon	Thu	Sun	Tue	Fri	Sun:AMDA Mass animated by ExCo/End of year Party
18th	Wed	Sat::AMDA Bereavement Fund AGM	Sat: AMDA Sports gala at UMU Nkozi	Tue	Thu	Sun	Tue	Fri	Mon	Wed	Sat	Mon
19th	Thu	Sun	Sun: St Jose Maria Luzira Rd Family Charity Visit	Wed	Fri	Mon	Wed	Sat: Inspire (AMDA Youth)	Tue	Thu	Sun	Tue
20th	Fri	Mon	Mon	Thu	Sat: AMDA Children and Teens Sports Gala	Tue	Thu	Sun	Wed	Fri	Mon	Wed
21st	Sat	Tue	Tue	Fri	Sun	Wed	Fri	Mon	Thu	Sat	Tue	Thu
22nd	Sun	Wed	Wed	Sat	Mon	Thu	Sat: AMDA SACCO @10 Celebrations	Tue	Fri	Sun	Wed	Fri
23rd	Mon	Thu	Thu	Sun	Tue	Fri	Sun	Wed	Sat	Mon	Thu	Sat
24th	Tue	Fri	Fri	Mon	Wed	Sat: Boy Child Conference	Mon	Thu	Sun: AMDA Mass animated by St. Andrea Kagawa Ggaba Rd AMDA Family	Tue	Fri	Sun:
25th	Wed	Sat: AMDA Lenten Recollection	Sat	Tue	Thu	Sun: AMDA Mass animated by Kakindo Parish	Tue	Fri	Mon	Wed	Sat: Leadership Conference & Symposium	Mon
26th	Thu	Sun:AMDA Mass- Animated by AMDA Leadership Council	Sun: AMDA Mass- Animated by St. Jose Maria Luzira Rd AMDA family	Wed	Fri	Mon	Wed	Sat	Tue	Thu	Sun: AMDA mass- Animated by Buhimba Parish	Tue
27th	Fri	Mon	Mon	Thu	Sat: Inspire (AMDA Youth)	Tue	Thu	Sun:AMDA Mass- Animated by SAJOBA (St Joseph's Voc. School Old Boys Association)	Wed	Fri	Mon	Wed
28th	Sat	Mon	Tue	Fri	Sun:AMDA Mass- Animated by Kitura Parish	Wed	Fri	Mon	Thu	Sat	Tue	Thu
29th	Sun: AMDA Mass- Animated by AMDA Teens		Wed	Sat	Mon	Thu	Sat: Ignite (AMDA Youth)	Tue	Fri	Sun:AMDA Mass- Animated by Kashekuro Parish	Wed	Fri
30th	Mon		Thu	Sun: AMDA Mass- Animated by St Joseph's Nansana AMDA Family / Easter Concert by AMDA Choir	Tue	Fri	Sun: AMDA Mass- Animated by Buhinda parish	Wed	Sat	Mon	Thu	Sat
31st	Tue		Fri		Wed		Mon	Thu		Tue		Sun