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# AMDA *Bulletin*



**True worship:**  
The Importance of  
returning to physical  
worship after two  
years of online Mass

p14

Archdiocese of Mbarara Development Association (AMDA) monthly publication



## AMDA LEADERS HOLD THEIR FIRST RETREAT YEAR PLAN UNVEILED..

**DON'T MISS  
THE ORDER  
OF MASS  
INSIDE**

**>> Tugire emitima eschemeire! AMDA CHAPLAIN...p4**





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## EDITOR'S NOTE

# Dear Brethren...

Welcome to our February Mass!

The COVID-19 pandemic is slowly coming to an end and business across the world gradually returning to normal. Obviously not what it was before but a day at a time, normalcy is hoped. Experts have told us that the end of the pandemic is near.

And today, we are all called upon to return to the Church for physical worship, ending the two years of nonphysical worship and celebration of Liturgical Mass. In today's issue of the AMDA monthly Bulletin, you will find details on the importance of returning to church.

I have the pleasure to welcome you to our February AMDA Mass animated by AMDA Marrieds. They have prepared for you a great package on marriage and family life.

You will also find herein AMDA's 2022 workplan, with important dates and activities. Please mark them on your calendars so that you don't miss important activities.

I wish to express my sincere thanks to Letshego Uganda and JACKAN supermarket for their financial support that has enabled print this month's Bulletin.

We hope you enjoy reading it.

"Be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you."  
Ephesians 4:32

Mathew 20:28

Until next time ... be blessed!

*Agatha Ayebazibwe Siima*

**Head, AMDA Press, Media and  
Communications Council**



**NEW YEAR.** Today,  
we are all called  
upon to return to the  
Church for physical  
worship, ending the  
two years of  
nonphysical worship  
and celebration of  
Liturgical Mass



# CHAPLAIN'S REFLECTIONS

FR. DARIUS MAGUNDA, AMDA CHAPLAIN

Sande ya 8 Omumwaka Gw'Ekerezia 27.02.2022 C



## Tugire emitima eshemeire

Siraki 27:4-7; 1 Abakorinto 15:54-58; Luka 6:39-45

**B**anyaruganda omuri Kristo, mutabaarukye Sande ya 8 omu mwaka gw'Ekerezia. Sande egi netutebekanisiza obwire bw'ekisiibo ekirikutandika orwakashatu rwa wiiki egi. Obwire bw'ekisiibo nibutuha omugisha gw'okushwijuma emitwarize yaitu, n'akakwate kaitu na Ruhanga na bataahi baitu, obwo turikwema oku emitima yaitu eri. Nitwujukibwa ngu ebigambo n'ebikorwa by'omuntu biruga omumutima gwe. Emitwarize mirungi eshemereire omukristo eruga omumutima ogushemeire. Omu makuru marungi g'eri eizooba Kristo natugira ngu ebijwiire omutima nibyo akanwa kagamba; ngu omuti murungi tigukaayana bijuma bibi, n'omuti mubi tigwana bijuma birungi. Emitima yaitu niyo kitebe ky'entwaza yaitu. Twaba nitwenda kuba abakristo barungi, tushemereire kushemeza emitima yaitu, ahabw'okuba niyo ntsibuko y'emitwarize y'omuntu. Ebigambo n'emitwarize y'omuntu nibyo biranga eki omuntu ari. Kaingi omuntu nitumureebera ahandeebeka ye tubura kwema aha bigambo ebirikumurugamu. Ekyo nikyo turikuhurira omwishomo ry'okubanza: Ngu"obumogobw'omuntubushangwa omu biteekateeko bye." Ahandi nihagira hati: "emishoboororere y'ebiteekateeko by'omuntu nikwo eyoreka ebimuri aha mutima." Nk'oku omutima gw'omuntu guri, nikwe n'ebigambo n'emitwarize ye biba. Twaikiriza emitima yaitu kutegyekwa amakuru marungi ga



**Ebigambo. Haza twaba nitugambira Ruhanga omushaara, we naba nafa munonga aha kutwemereire omu mutima, n'omuringo gu twaijumu omumaisho gye.**

Kristo, titukwaga mu nshobi. Omutima ogwijwire amazima n'okuhikirira, nigwana ebijuma by'ebigambo birungi ebirikuhaiza ekitiinwa, n'ebikorwa birungi by'okuhikiirira ebyijwiire embabazi, Rukundo, okusaasira, n'ezindi ngyeso nungi. Omu muringo nigwo gumwe, ebigambo n'ebikorwa byaitu birungi nibyija kubeera abandi eky'okureeberaho kirungi, ekiraabareetere okutooreza ezo ngyeso nungi.

Eishomo rya kabiri nirituhamiza ngu omuri Kristo turi abasinguzi, kandi tihaine ekyakubaasa kutwinaza, n'obu yakuba rufu. Omuri Mukama okwehenenga kwaitu ti kwa busha.

Banyaruganda, obumwe nitugamba ebitahikaine n'ebiri omu mitima yaitu.

Nikyo Mukama Ruhanga arikugirira ati: "ab'ehanga eri nibampaisisa ekitiinwa eminwa yaabo, haza emitima yaabo endi hare." (Matayo 15:8). Naitwe obumwe nitugambira bataahi baitu ebi barikwenda kuhurira ahabw'okubashemeza, bitari ebi tushemereire kubagambira kubagasira. Nitwetwa kuba abamazima, abataine bugobya: (John 1:47). Nk'omukristo, nshemereire kwebuza yaba ebigambo byangye nibiha Ruhanga ekitiinwa, yaba nibyombeka n'okugasira bataahi baitu.

Okushemeza emitima yaitu nitwetaaga kweta Ruhanga ku aija omuri itwe akatweeza. Ekyo nikitubaasikira omu kweshengyereza, okwehereera, okurama Eisakramentu, okushoma Ekigambo kya Ruhanga omu Baibuli, okushoma ebitabo by'ediini, okuhurikiza ebyegyeshe by'abaheereza b'Ekerezia, n'okwakiira ebihaburo birungi bya bataahi baitu. Omwo nimwo Ruhanga arikutugambirira, akaijuza emitima yaitu ebirungi, reeru hakatsikubakamu ebigambo n'ebikorwa birungi ebishemereire omukristo.

Mukama agume naimwe!

**Fr. Darius Magunda**

## MESSAGE > IN COMING

# AMDA CHAIRMAN



“Great marriages don’t happen by luck or by accident. They are the result of a consistent investment of time, thoughtfulness, forgiveness, affection, prayer, mutual respect, and a rock-solid commitment between a husband and a wife.”



I greet you in the name of our Lord Jesus Christ.

I take this opportunity on behalf of AMDA Executive Committee to welcome you to our February monthly Mass.

I thank the AMDA Marrieds’ fraternity for animating this Sunday and demonstrating the beauty of the beautiful institution of marriage. I am sure that your animation today has inspired many of the young generation to join the institution. One of the great writers Dave Willis once wrote that, **“Great marriages don’t happen by luck or by accident. They are the result of a consistent investment of time, thoughtfulness, forgiveness, affection, prayer, mutual respect, and a rock-solid commitment between a husband and a wife.”** I therefore applaud our members that have built great marriages and also participated in our animation today. I thank them for their participation in the preparation, resource mobilization and smartness displayed today.

On 16th February, 2022, the AMDA executive held a one-day retreat to develop AMDA 2022 Work plan that has been published in this bulletin. I would like to highlight on a few resolutions that was passed by executive at that retreat;

- Join the AMDA SACCO /or purchase more shares or/ get loans and pay on time so that our dream of forming AMDA bank can be realized sooner than later
- The Chairpersons of AMDA councils that were not represented in the AMDA ExCo that was unveiled by search committee were co-opted as members of the AMDA executive for the period December 2021-December 2024.
- Two ExCo members were selected to coordinate AMDA small communities i.e. Ms. Olivia Bakora as Head and assisted by Prof. Savino Biryomumaisho.

- Although members had requested us to plan for Kibeho Pilgrimage this year, after further consultations with relevant authorities, we decided to postpone it to next year, hoping that the current travel restrictions to Rwanda will have been fully lifted or eased.

- This year’s annual caravan will take place on 2nd – 4th September, 2022 to Greater Butare parishes. A pre-visit to these parishes will confirm which exact parishes will be visited.

- There will be a pilgrimage to Yesu Ahurire Community Karama and Calvary at Mirama on the weekend of 21st to 22nd May 2021.

- Our Lenten recollection shall take place on 12th March 2022, at St John Paul II Peace and Justice Centre, Nsambya. All are welcome and we are requested to contribute Shs. 20,000 towards meals and refreshments on that day.

- We resolved to intensify mobilization of resources for the AMDA Rubaga house starting with collection of pledges. I therefore appeal to all members with pledges to clear them and also contribute to this noble cause.

Finally, I implore you all to study the approved annual work plan and participate in all the planned events.

To our animation team today, I wish you all the very best in your marriages and remember that prayer, love and respect are the keys to a good married life.

I wish you a blessed Sunday and Lent season ahead.

Rukundo egumeho.

*Chris Gumisiriza*

AMDA Chairman

## MESSAGE > FROM AMDA MARRIEDS,



there's no perfect family on planet earth! Even the first family of Jesus, Mary and Joseph did not walk on a red carpet while doing their ministry on earth! You must accept your cross! If you bear it courageously it will carry you to heaven...



**Mr Innocent Rugambwa**  
Chair Men



**Mrs Spera Atuhairwe**  
Chair Women

## Eri niryo eizooba eri Mukama yatireho, katurishemererwemu kandi turyesimireho,

**Dear friends,**

**Y**ou are cordially welcome to today's celebration of the Holy Eucharist animated by AMDA Marrieds. *Eri niryo eizooba eri Mukama yatireho, katurishemererwemu kandi turyesimireho*, Alleluia! Psalm 118:24

During today's celebration we rekindle God's word in Psalms 127: Unless the Lord builds a home, we labour in vain! The theme recognizes God as the author of Marriage. In essence, God has given us authority to subdue the earth through the sacrament of Holy Matrimony. It is therefore our duty to seek power from above in a bid to effectively exercise the God given authority of husband and wife in a family!

Blessed are all who fear the LORD, who walk in his ways. You will eat the fruit of your labor; blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your sons will be like olive shoots around your table. Thus is the man blessed who fears the LORD. Psalm 128.

As our Holy Father Pope Francis rightly puts it, there's no perfect family on planet earth! Even the first family of Jesus, Mary and Joseph did not walk on a red carpet while doing their ministry on earth! You must accept your cross! If you bear it courageously it will carry you to heaven... St. John Vianney. We therefore encourage that we all learn and accept to walk the journey of marriage while putting trust in the Lord. When we meet various trials, we know that the testing of our

faith produces steadfastness. God wants us to share, and to experience love and compassion. We continue to seek God's wisdom to guide us all.

To that effect, Let us not give up the habit of meeting together (as AMDA Fraternity), as some are doing. Instead, let us encourage one another more. Hebrews 10:25. We implore all AMDA members to effectively engage in activities and events that have been programmed for this year, i.e. various seminars, retreats, end of month AMDA Masses, AMDA Caravan, ABF, AMDA SACCO, and many more.

Please accept our heartfelt appreciation for all the spiritual, moral and financial support towards the success of today's event.

To our AMDA Marrieds, we are confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6

We find the answer in Christ's words: "Abide in me." Jesus taught his disciple to remain in him: Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. John 4:4

For God and AMDA Families! Psalm 127

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**Mr. Innocent Rugambwa**  
Chair AMDA Men's Council

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**Mrs Spera Atuhairwe Besigye**  
Chair, AMDA Women's Council



## ORDER OF HYMNS

AMDA MASS PROGRAM  
ANIMATED AMDA MARRIEDS  
ON SUNDAY 27<sup>TH</sup> FEB. 2022

### PREMASS: EKA YA NAZAAREETI

*Eka ya Nazaareeti neka nungi buzima ekashemera,  
neka nungi eboneire,*

1. N'eka nungi y'obuteeketebeekaine buzima,  
Neeyegyesa abazaire hamwe n'abaana
2. N'eka nungi teine rwanju ebukaire buzima  
Engyeshombi tezikunda neetwaza gye
3. N'eka nungi y'obuhabuzi neetuhaburagye  
Obuhabuzi bwayo tubutooreze
4. Yamwe abantu abanyamaka gaitu  
Naitwe tugarungye tugashemeze gabe nk'Eka  
erikwera
5. Mbweni emyoga yaitu omu maka n'okuhabura  
Abaana baitu tubakurize ha musingye gw'ediini
6. Yesu Mariya na Yosefu omurinzi twabakwatse  
Amaka gaitu gaben'eya nvu

### ENTRANCE: NIMWIJE TUTAAHE OMU NJU

*Nimwije, nimwije tutaahe 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.
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: MISSA BREVIS IN G MAJOR

Kyrie eee Kyrie, Kyrie, eleison  
Christe, eleison, Christe, eleison  
Kyrie eee Kyrie, Kyrie, eleison

### GLORIA: EKITINWA: EKITIINWA KIBE IGURU (Bashobora)

*T+B: Ekitiinwa kibe omu iguru ahari Ruhanga*

*All: N'obusingye bube omunsi aha bantu abasiimwa  
Ruhanga*

*Ekitiinwa kibe omu iguru ahari Ruhanga*

1. Nitukuhaisa, nitukusiima, nitukuramya, nitukuhimbisa,

Nyamuhanga

1. Nitukuhaisa, nitukusiima, nitukuramya, nitukuhimbisa,  
*Ekitiinwa*
2. Nitukusingiza ahabw'ekitiinwa kyawe kyingi, *Ekitiinwa*
3. Mukama Ruhanga, Omugabe w'eiguru, Ruhanga  
omushoboorozi wa byona. *Ekitiinwa*
4. Mukama Mwana omwe Nyamunegyere, Yesu Kristo.  
*Ekitiinwa*
5. Mukama Ruhanga, Kataama ka Ruhanga, Mwene Patri,  
*Ekitiinwa*
6. Iwe oihaho ebibi by'ensi, otusaasire. *Ekitiinwa*
7. Iwe oihaho ebibi byensi, yakiira okweshengyereza  
kwaito, *Ekitiinwa*
8. Iwe oshutami aha buryo, otusaasire; *Ekitiinwa*
9. Manya niiwe wenka, omuhikiriire, niiwe Mukama  
wenka; *Ekitiinwa*
10. Niiwe wenka ori ahaiguru ya byona, Yesu Kristo,  
*Ekitiinwa*
11. Hamwe na Mutima Muhikiriire omu kitiinwa kya  
Ruhanga Patri; Amiina *Ekitiinwa...*

### FIRST READING: SIRAKI 27:4-7

**Omuntu okumanyirwa aha bi arikugamba**

Nk'oku akacencuzo kashungurwa, ebishushunga  
bikatsigaraho, n'obumogo bw'omuntu nikwo bushangwa  
omu biteekateeko bye. Nk'oku ekikoomi kigyeza  
emisinga y'omunogoozi, n'omuntu nikwo amanyirwa  
aha bi agamba naahakana. Nk'oku ebijuma byoreka  
omuringo gw'omuti gworoirwemu, n' emishoboorore  
y'ebiteekateeko by'omuntu nikwo eyoreka ebimuri aha  
mutima.

### MEDITATION: NI KIRUNGI OKUSIIMA MUKAMA

*Ni kirungi okusiima Mukama*

*N'okweshongra eby'okuhimbisa eiziina ryawe, Iwe  
Rukira-boona*

1. Okumanyisa embabazi zaawe omu kasheeshe,  
n'okwesigwa kwawe buri kiro
2. Ninteera omukuri n'endigiri,  
omu iraka eririkugyendera hamwe n'enanga
3. Ahakuba iwe Mukama, okangwisa gye n'omurimo  
gwawe,  
Ndyayeshogora, nshemererewe ebi emikono yaawe  
yaakozire.
4. Ai Mukama, emirimo yaawe ka ni mikuru!  
Ebiteekateeko byawe ka biri hare!



## ORDER OF HYMNS

### 2ND READING: 1 ABAKORINTO 15:54-58

Obwo ogu-junda ku gurihinduka ogutajunda,  
n'ogufa gwahinduka ogutafa, nibwo ekyahandiikirwe  
kirihiiririra kimwe ekirikugira kiti: Rufu ekasingurwa,  
yaamirwa. Iwe Rufu, obusinguzi bwawe burahi? Iwe  
Rufu, oruvuri rwawe rurahi? Manya oruburi rwa rufu  
n'ekibi, kandi amaani g'ekibi n'eiteeka. Kwonka Ruhanga  
naakasingye otusinguriza omuri Mukama waitu Yesu  
Kristo. N'ahabw'ekyo, beene Taata abakundwa, muhame  
mutarikunyiganyiga; mugumizemu obutoosha kukora  
omurimo gwa Mukama, nimumanya ngu omuri  
Mukama okwehenenga kwanyu ti kwa busha.

### GOSPEL ACCLAMATION:

**ALLELUIA: IMWE ABAMAHANGA GOONA**  
**Alleluia, Alleluia, Alleluia, Alleluia**

1. Imwe abamahanga goona muteere omungaro,  
mweshongorrere Ruhanga namaraka mahango  
g'okusingura
2. Ahakuba Mukama Rukira-boona naatinisa,  
N'omugabe Rugambwa orikutegyeka ensi yoon.
3. Akatugoomerera abantu twabategyeka, N'  
amahanga yaagata ahansi y'ebigere byaitu

### GOSPEL: LUKA 6: 39-45

#### Okuba ab'amazima

Kandi Yesu akabacwera enfumu egi, ati; Empumi  
neebeasa eta kwebembera endiijo? Zombi tizirigwa  
omu kiina? Omutendekwa takira mutendeki we;  
kwonka omutendekwa ku aba yaaherize kutendekwa  
gye, aba nk'omutendeki we. Ahabw'enki nooreeba  
akatokoozi akari omu riisho rya mwene sho, haza  
kunu otarikureeba mpimbi eri omuryawe? Noobaasa  
ota kugira mwene sho oti: Mwene tata kankwihe  
akatokoozi akari omu riisho ryawe, haza kunu  
otarikureeba mpimbi eri omu ryawe? Iwe ndyarya  
'we, banza oyeihe empimbi omu riisho, haza obone  
kuhweza gye kwiha aka-tokoozi akari omu riisho rya  
mwene sho.

Tihariho muti murungi ogwana ebijuma bibi, nari  
omuti mubi: ogwana ebijuma birungi. Manya  
omuti gumanyirwa aha bijuma byagwo. Aba-ntu  
tibashoroma mitiini ha minyinya, nari emizaabibu aha  
bushebashebe. Omuntu omurungi aha ebirungi aha  
birungi ebi agira omu mutima gwe, n'omuntu mubi  
aha ebibi aha bibi ebi agira omu mutima gwe. Manya  
ebijwire omutima nibyo akanwa kagamba.

### CREED: RECITE

### OFFERTORY:

**YOUTH: MWIJE TOTOIJERE MUKAMA:**

#### Chorus:

*Mwije tutoijere Mukama, mwije, mwije;  
Mwije tutoijere Mukama, mwije; tumutabaarire.*

1. Ebitambo by'erizooba mbibyo byaija, mwije  
Omugaati n'egyo viini twabitoija.
2. Omutambi w'ebitambo ngugwo ari aho,  
Abaretsi b'ebitambo twabireeta.
3. Omuhongi w'ebitambo yaabikwata,  
Omu iziina ryaitu twena yaabitamba.
4. Omutambi waitu Yezu we tareebwa,  
Omugaati n'egyo viini n'emikingo.
5. Ayetambira itwe Yezu na rukundo  
atureeramu ebihembo namatungo.
6. Emitoijo yaitu nkunzi y'eri izooba  
Twagitoijera omuriwe ku eyakiirwa
7. Omukunzi waitu twena we taboora,  
akahembo ku oine koonwa we takanga
8. Obusaasi waabureta we tabwanga  
Obureeta nk'omutoijo we abureeba

### YOUTH: TUGENDE TUHONGE

**S & A:** Tugende Tuhonge, Ebisembo Byaitu,  
Tubiheereze Ogu, Agutamba Wa Byoona. X2

**TENOR:** Tugende, Tugende Tuhonge; Tubiheereze  
Ogu Agutamba Wa Byoona.

**BASS:** Tugende Tuhonge Ebisembo Byaitu;  
Tubiheereze Agutamba Wa Byoona.

1. Mwije tugende tutwale ebisembo,  
Tubiheereze Ogu h'Arutali Y'erukwera. X2

**Tenor:** Tugende tuhonge, tuhonge tuhonge,  
Tugenda tuhonge, tuhonge. X2

**Bass:** (2nd time) Tugende tugende, tuhonge  
Tuhonge tugende tugende, tuhonge tuhonge.

2. Ebi ebyoina, obitunga ota? Ka nuwe Ogu  
Taata rubikuha byoona. X2

3. Naiwe ow'akake, ba nk'Omufakati ayahaire,  
Ruhanga enusu ibiri X2





## ORDER OF HYMNS

AMDA MASS PROGRAM  
ANIMATED AMDA MARRIEDS  
ON SUNDAY 27<sup>TH</sup> FEB. 2022

4. Iwe Omukozi omulimo akakuha; hati omuhareki, Ogu rugaba byoona?
5. Iwe omulimi orwezo akakuha; hati omuhareki, Ogu rugaba byoona?

### WOMEN: NIMWIJE N'EMITOJO (JB Kazoor)

**Chrs. Nimwije n'emitajo, imwe nkundwa za Mukama; Tumutojere n'omutima gw'okwekyehesa.**

1. Egi niyo Nyaruka ya Nyakubaho Omuhangi, Owatuhangire twena, nimwije naitwe tumusiime buzima.
2. Mureete emitajo omuri Nyaruju ye, Omu muringo gw abatatenkuru itwe, oku babaire bamutojira.
3. Bakaba bakora aha matungo gaabo-o N'ebihingwa obwo nibamusiima-aa.
4. Omukutoja kw'omuhereza we Abeli, Eye ekasiimwa kandi yaayakiirwa.
5. Mbweni naitwe twaija n'emitajo yaitu-, Tugitoje ebe nk'eyomuhereza we.
6. Taata yaakiira egi mitajo y'abaana baawe, Abaija kukutojira nibakusiima

### PROCESSION: MUZE TWESE DUTURE

**Muze twese duture Imaana ibitambo byacu x2.**

1. Tuyiture abaana bacu, nimuze tubature, Tubature nka Abraham, nimuze tubature.
2. Ibihingwa tubiture, nimuze tubiture, Nibitungwa tutabize, nimuze tubiture.
3. Amajeri nibishimbo, nimuze tubiture, Tubiturire Imaana yacu, nimuze tubiture.
4. Umugati na divayi, nimuze tubiture, Tubiturire Imaana yacu, nimuze tubiture

### YAKIIRA EGI MITOJO

1. Tutware emitajo yaitu, tugitware aha Rutari, Tugitoje na rukundo, Yezu waitu tumuhimbise  
**Yakiira egi mitajo Nyamuhanga Eyaaretw'abaana baawe. X2**
2. Ebitungwa byaitu byona, ebitutungire tweena, Mukama Rugaba waaitu, niwe yabituhaire.
3. Abakaira kyo nimwije, nimushotooka nemitajo. Mugitware aharutari, mutari kugonoonwa.

4. Ayi Rugaba Kazooba, oyakiire ebi twareeta Obyakiire nk'ekitambo, ky'Abeli, Omwana waawe.
5. Na kakye nakahango koono, twakahayo nitusiima, Kandi twihire omunda, na rukundo eshugaine.
6. Twabitoja n'omuhimbo, twakukwatso ebyaitu byona, Kututwara Bweranyangi, twena tukakwehitya

### EGIMITOJO YAITU

**Egi Mitajo yaitu Mukama eyi twareeta kukuhongera**

**Ogyakiire ogijuze Mutima waawe agyeze, ehinduke etubere, omubiri n'eshagama y'Omwana waawe.**

1. Nitukusiima, nitukuhongyera ekitambo ekihuriire, kandi ekirikwera.
2. Otoore owahongwa ou wakunzire kutugarukanisa naiwe omukwetamba kwe.
3. Reero tutegereze okwija kwe kw'ekitinwa. Nitukuhongyera omubiri n'eshagama ye, nikyo kitambo ekishemereire okujuna ensi yoono

### SANCTUS: MASS OF ST. JOHN THE BAPTIST

Sanctus, Sanctus, Sanctus  
Dominus Deus, Deus Deus  
Sabaoth Sanctus Sanctus Sanctus

Dominus Deus Dominus Deus  
Sabaoth Pleni Sunt Coeli,  
Pleni Sunt Coeli,  
Sunt Coeli Sunt Coeli et terra Gloria tua.

**Hosanna Hosanna,  
Hosanna Hosanna in excelsis //2**

Benedictus, Benedictus qui venit qui venit  
In nomine domine //2  
Hosanna

### PATER NOSTER: RECITE

### AGNUS DEI: KATAAMA

Kataama ka Ruhanga iwe nyakwihaho ebibi byensi,  
Kataama ka Ruhanga, otusaasire. //x2

Kataama ka Ruhanga iwe nyakwihaho ebibi byensi,  
Kataama ka Ruhanga, Otuhe obusingye

### HOLY COMMUNION: NIMWIJE BANTU MWE

*Nimwije Bantu mwe, Tugyende twena hamwe,  
Twirire rutari tutungye Mukama*

1. Akwaise natweta aha bugyenye bwe,  
Akwaise natweta kyonu murahukye,  
Naayenda ngu twena tury'omubiri gwe,  
Naayenda ngu twena, tunyw'eshagama ye.
2. Tubanze tushwajume emitima yaitu,  
Tubone kutunga Omukama Yezu,  
Atahe omuri itwe agume ari naitwe,  
Atahe omuri itwe reero tunanukye.
3. Rutar'erikwera eb'eyabataine,  
Orwango rwensi egi abeezir'emitima,  
Kwija otashemeire nooba waahemuka,  
Ahari Ruhanga Rugab, omukundwa.
4. Okury'omundwa nootung'amagara,  
Otung'obusingye onanukye weena,  
Kyonimwije mwena tutungye Rugaba,  
Tugume tutaine buhinza mitima.
5. Ruhanga omukundwa nayenda kutuha,  
kutuha amagara egabo ya bwera,  
Abakristo twena kyonitushorongye,  
Turye Yezu waitu kazoo'omugabe.
6. Eminyeto nimwije mwije murahukye,  
Abakaira nimwije aha bugyenye bwe,  
Tuhaise omukundwa owatweha weena,  
Tuhaise omukundwa muriibwagye weena.

### SWEET SACRAMENT DIVINE

1. Sweet sacrament divine,  
Hid in thine earthly home;  
Lo! Round thy lowly shrine,  
With suppliant hearts we come;  
Jesus, to thee our voice we raise,  
In songs of love and heartfelt praise  
Sweet sacrament divine (2)
2. Sweet sacrament of peace,  
Dear home of every heart,  
Where restless yearnings cease,  
And sorrows all depart.  
There in thine ear, all trustfully,  
We tell our tale of misery,  
Sweet sacrament of peace (2)
3. Sweet sacrament of rest,  
Ark from the ocean's roar,  
Within thy shelter blest,  
Soon may we reach the shore;  
Save us, for still the tempest raves,  
Save, lest we think beneath the waves;

Sweet sacrament of rest (2)

4. Sweet sacrament divine,  
Earth's light and jubilee,  
In thy far depths doth shine,  
Thy God head's majesty:  
Sweet light, so shine on us, we pray  
That earthly joys may fade away:  
Sweet sacrament divine (2)

### TWENDE, NDUGU TWENDE

*Chrs: Twende, ndugu twende, Bwana atuyita, Twendeni  
wote kwenye karamu*

*Kwa furaha tele, kwaku nesanesa twendeni wote  
kwenye karamu*

1. Nima pendo gani uliyo nayo Bwana Yesu,  
Kuutowa mwili Wakouwe kama chakula, nakuomba  
**Bwana nipokee.**
2. Nimapendo gani uliyo nayo Bwana Yesu  
Kuitoa damu yako iwe kama kinywaji, nakuomba  
**Bwana nipokee.**
3. Uniburudshe Bwana pia unishibishe,  
kwa chakula hiki na pia kw kinywaji hiki, nakuomba  
**Bwana nipokee.**
4. Kwa huruma yako Bwana Yesu unipokee,  
Siku zote niwe Pamoja nawe ndani yako, nakuomba  
**Bwana nipokee.**

### THANKSGIVING: IWE NYAMUKIZA (Fr. A. Kahiigi)

*Iwe Nyamukiza, Rugaba magara, omuriisa waitu Yezu  
Nitukwesiga, nitukwebaza*

1. Katusiime Omukama wa byoona, Nyamurungi  
tumuhaise,  
Katusiime Omuhangi wa byoona ahabwa rukundo ye  
y'obutwire
2. Katusiime Omurokozi wa boona, aboneire tashorora,  
Katusiime Omurokozi wa boona ahabwa rukundo ye  
y'obutwire.
3. Katusiime Omunyanisa wa boona, ashemeire  
tumusiime,  
Katusiime Omunyanisa wa boona, ahabwa rukundo  
ye y'obutwire.
4. Katusiime Omuriisa wa boona, naturinda natuhwera,  
Katusiime Omuriisa wa boona, ahabwa rukundo ye  
y'obutwire.
5. Katusiime Omujuni wa boona, engyesho mbi

tazikunda,

Katusiime Omujuni wa boona, ahabwa rukundo ye y'obutwire

### RUBAGA PROJECT:

TAZAMA BWANA TUNAKUJA

{Tazama, Bwana tunakuja kwako (leo)

Twaleta sadaka yetu mbele yako

Tunakuomba Mungu Baba pokea} \*2

1. Kwa nguvu zako uliweza kustawisha  
Mazao bora, na sasa twakutolea  
Mashamba uliyarutubisha kwa  
Mvua nzuri mazao kwa wingi yakasitawi
2. Bahari mito na maziwa Bwana ukajaza  
Samaki wengi wa kupendeza  
Angani ndege wengi wanarukaruka  
kushangilia neema yako ee Bwana
3. Wanyama maporini wanarukaruka  
Kushangilia neema yako ee Bwana  
Wadudu nao wakachecheza kuonyesha  
Furaha kubwa waliyo nayo


### RECESSION:

1. Oshemeire, totokoire, Mugore wenyangi z'eiguru.  
Iwe manzi y'obuganzi nyamurungi kasingye Maria
2. Obutwaire, obukaire omukabukaro k'eiguru,  
omucooki wabazooki, akabanza iwe nkundwa Maria.
3. Okijwaire, kiboneire, ekirunga kyawe ky'eiguru.  
Amayangi g'Omuhangi, nigahaisa iwe mbwenu  
Maria.
4. Okuziibwe ohamiibwe, mukuru w'eginsi n'eiguru,  
omucureezi wobuhwezi engoma k'ogitware Maria



@Franciscus  
"I INVITE EVERYONE TO MAKE THIS COMING  
2ND MARCH, ASH WEDNESDAY, A DAY OF FASTING  
FOR PEACE: LET BELIEVERS DEDICATE THEMSELVES  
INTENSIVELY TO PRAYER AND FASTING.  
MAY THE QUEEN OF PEACE PRESERVE THE WORLD  
FROM THE MADNESS OF WAR."

#GeneralAudience



# 11TH ANNUAL AGM GENERAL MEETING

## 05TH MARCH 2022 9:00am

@  
Makerere University College of  
Food Science & Nutrition Conference Hall

R.S.V.P	Venny Birusya 0772 429 594	Gerald Nuwamanya 0776 279 980	Bernadine Abangira 0702 442 206
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EIGHTH SUNDAY IN ORDINARY TIME YEAR C

27/02/2022

# Children's Liturgy Bulletin



## A GOOD HEART FOR EVERYONE

LUKE 6:39-45



**T**oday in the Gospel of Luke 6:39-45 Jesus talks about how we have all done things that are wrong. Jesus tells the disciples about seeing a tiny speck of dust in someone else's eye, but not seeing the great wooden log in our own.

*What does Jesus mean here?*  
Jesus is saying it is much easier to notice the

mistakes that others make, than it is to realize when we have made a mistake or done something wrong ourselves.

*What does Jesus tell the disciples to do?*

He says they must take the log out of their own eye before they can take the

speck out of someone else's. He is saying we must change the way we act before we can expect anyone else to change. If we cannot be good and do what is right, how can we ask other people to do the same?

*How we change our ways for the better?*

- By sharing more
- Be kinder or more helpful to others
- Not teasing a brother, sister or friend
- Keeping our rooms clean and organized
- Switching off lights when they're not needed and turning off tap water
- Being thankful always when helped

*Who do you think can help us to make this change?*

God can help us. If we let him, God will fill our hearts with goodness and love, hope, courage and generosity.

Filled with these things we will not be able to stop ourselves from wanting to share them with others. Jesus says in today's reading that good people have a store of goodness in their heart. That the words someone says come from what is in their heart. So if we let God fill our hearts with goodness and love, we will be able to speak words that share that goodness and love with others.

Lots of children around the world speak up for what they think is right. There are all kinds of problems in our world, like poverty and hunger and climate change, but we can all speak from what is in our heart and make our voices heard for change.

### MEMORY VERSE

**Luke 6:45;**

A good person brings good out of the treasure of good things in his heart

Let us use the store of goodness in our hearts and speak out and make changes to be the best people we can be and make the world a better place for everyone.

**ASH WEDNESDAY;  
BEGINNING OF LENT  
SEASON**

**2ND MARCH  
2022**

### ACTIVITIES

- Read the Gospel Luke 6:39-45
  - Share with family members and friends how you will have a good heart
- Write down what you will do to show love to others



### PRAYER

Dear God, give us the Holy Spirit to help us to live with each other well as brothers and sisters united in love. Through Christ our Lord. Amen



# Coming back to the heart of worship

## The Importance of returning to physical worship after two years of online Mass

**F**ollowing the series of lockdowns that emerged from the pandemic COVID19 which saw the physical worship and prayers in Church get closed for over two years, the AMDA Chaplain Father Darius Magunda has called upon all of us to return to church.

He was speaking at the AMDA Family 04 'Kiganiiro' under the theme; The importance of returning to physical worship after two years of online Mass."

He noted that while shutting down Churches during the pandemic, a special permission was granted to Catholics globally, to gather in their homes for a sacrifice of Mass online, using social media Facebook, YouTube, Television, etc, especially for the days of obligation – Sunday, Immaculate Conception of Mary, Noel, All Saints, The Holy Mother of God, Assumption of Mary.

"These online platforms helped greatly, to keep the faithful together even when far away from each other even

though some of the practices like Holy Communion, offering one another the sign of peace, offertory, among others, were missed." He said, adding that, "Worship or the Liturgy is the heart, source and summit of Christian faith, hope and charity. It is the liturgy in which we are united with God in prayer, but also with fellow man.

The heart of worship/liturgy is Mass. Particularly, it is in Mass that we celebrate the love of Christ. Every time we celebrate Mass, we're reenacting the act of great love – sacrifice of Christ on the cross for our sins.

Catholics across the world are have now returned to churches. "A virtual Mass cannot be compared to the physical presence of the faithful at Liturgy". Cardinal Robert Sara in his publication/letter to all Bishops 'Let us return to the Eucharist with Joy'.

From the Vatican 2 document, 'the constitution of the sacred liturgy' gives the importance of the faithful's full, conscious and active participation. This is both

a right and duty by the reason of our Baptism. Mass is both public and social in nature.

Father Magunda said that while technology has kept the faithfuls together in Liturgy, it is now time to try as much as possible to bring those elements that are present in physical participation by returning to church.

These elements include; Paying attention to the modes of Christ's presence, following the general instruction of the Roman Missal, the full conscious and active participation, following the general instruction of the Liturgical calendar, the priest through his homily has to ensure he draws the faithful near to God.

As much as there are a thousand modern means of communication and exposure to Liturgy, they're not comparable to the physical presence in Mass that enhances full, conscious and active participation.

Let Us return to the Eucharist with Joy!



# AMDA Annual Year Planner 2022

	January	February	March	April	May	June	July	August	September	October	November	December
1st	Sat	Tue	Tue	Fri	Sun	Wed	Fri	Mon	Thu	Sat	Tue	Thu
2nd	Sun	Wed	Wed	Sat	Mon	Thu	Sat	Tue	Fri: AMDA Caravan-Greater Butare	Sun	Wed	Fri
3rd	Mon	Thu	Thu	Sun	Tue	Fri	Sun	Wed	Sat:AMDA Caravan-Greater Butare	Mon	Thu	Sat:AMDA Advent Recollection
4th	Tue	Fri	Fri	Mon	Wed	Sat	Mon	Thu	Sun:AMDA Caravan-Butare	Tue	Fri: AMDA Memorial mass for All Souls	Sun
5th	Wed	Sat	Sat:AMDA SACCO AGM	Tue	Thu	Sun	Tue	Fri	Mon	Wed	Sat	Mon
6th	Thu	Sun	Sun	Wed	Fri	Mon	Wed	Sat	Tue	Thu	Sun	Tue
7th	Fri	Mon	Mon	Thu	Sat	Tue	Thu	Sun	Wed	Fri	Mon	Wed
8th	Sat	Tue	Tue: AMDA Womens' Day out	Fri	Sun	Wed	Fri	Mon	Thu	Sat	Tue	Thu
9th	Sun	Wed	Wed	Sat: AMDA Charity Outreach in Kampala	Mon	Thu	Sat	Tue	Fri	Sun	Wed	Fri
10th	Mon	Thu	Thu	Sun: Palm Sunday- Animated by St.Jude SCC	Tue	Fri	Sun	Wed	Sat	Mon	Thu: AMDA Women Business Expo	Sat
11th	Tue	Fri	Fri	Mon	Wed	Sat	Mon	Thu	Sun	Tue	Fri: AMDA Women Business Expo	Sun:AMDA Mass animated by ExCo/End of year Party
12th	Wed	Sat	Sat: AMDA Lenten Recollection	Tue	Thu	Sun	Tue	Fri	Mon	Wed	Sat:AMDA Women Business Expo	Mon
13th	Thu	Sun	Sun	Wed	Fri	Mon	Wed	Sat: AMDA Marian recollection and Pilgrimage to Kiwamirembe	Tue	Thu	Sun	Tue
14th	Fri	Mon	Mon	Thu	Sat	Tue	Thu	Sun	Wed	Fri	Mon	Wed
15th	Sat	Tue	Tue	Fri	Sun: Easter Concert by AMDA Choir	Wed	Fri	Mon	Thu	Sat	Tue	Thu
16th	Sun	Wed	Wed	Sat	Mon	Thu	Sat:Symposium of the AMDA Education Fund	Tue	Fri	Sun	Wed	Fri
17th	Mon	Thu	Thu	Sun	Tue	Fri:AMDA Marrieds Retreat	Sun	Wed	Sat	Mon	Thu	Sat
18th	Tue	Fri	Fri	Mon	Wed	Sat: AMDA Marrieds Retreat	Mon	Thu	Sun	Tue	Fri	Sun: Christmas Carol Concert by AMDA Choir
19th	Wed	Sat	Sat	Tue	Thu	Sun:AMDA Marrieds Retreat	Tue	Fri	Mon	Wed	Sat	Mon
20th	Thu	Sun	Sun	Wed	Fri	Mon	Wed	Sat	Tue	Thu	Sun	Tue
21st	Fri	Mon	Mon	Thu	Sat: AMDA Pilgrimage to Yesu Ahurire Community Karama/Calvary Mirama	Tue	Thu	Sun	Wed	Fri	Mon	Wed
22nd	Sat	Tue	Tue	Fri	Sun:AMDA Pilgrimage to Yesu Ahurire Community Karama/Calvary Mirama	Wed	Fri	Mon	Thu	Sat: AMDA Marrieds Recollection	Tue	Thu
23rd	Sun	Wed	Wed	Sat	Mon	Thu	Sat	Tue	Fri	Sun	Wed	Fri
24th	Mon	Thu	Thu	Sun:AMDA Sunday- Animated by Bwera-Ntare Old Students	Tue	Fri	Sun	Wed	Sat	Mon	Thu	Sat
25th	Tue	Fri	Fri	Mon	Wed	Sat	Mon	Thu	Sun: AMDA Mass-Animated by the Legal Council and Lawyers Fraternity	Tue	Fri	Sun
26th	Wed	Sat: AMDA Bereavement Fund AGM	Sat: AMDA Sports Council Visit and Games at St.Kizito Seminary	Tue	Thu	Sun: AMDA Mass- Animated by Nyabwina Parish	Tue	Fri	Mon	Wed	Sat	Mon
27th	Thu	Sun:AMDA Mass- Animated by AMDA Marrieds Parish	Sun: AMDA Mass- Animated by Katukuru Parish	Wed	Fri	Mon	Wed	Sat	Tue	Thu	Sun: AMDA mass- Animated by SGOGA	Tue
28th	Fri	Mon	Mon	Thu	Sat	Tue	Thu	Sun:AMDA Mass- Animated by Uganda Martyrs SCC	Wed	Fri	Mon	Wed
29th	Sat		Tue	Fri	Sun:AMDA Mass-Animated by Kabuyanda Parish	Wed	Fri	Mon	Thu	Sat	Tue	Thu
30th	Sun: AMDA Mass- Animated by ExCo		Wed	Sat:AMDA Children's Sports Day	Mon	Thu	Sat	Tue	Fri	Sun:AMDA Mass- Animated by KISOBA	Wed	Fri
31st	Mon		Thu		Tue		Sun: AMDA Mass-Animated by AMDA Youth, Children & Teens Ministries	Wed		Mon		Sat



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