



St. Francis Family Helper Programme

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**Dear Friends of St. Francis Family Helper Programme, in various corners of the world,
from Africa, Europe, North America, Canada and Asia,**



Once again,
we send
you
greetings in
this year
2023, and,
though we
have heard
many
people
express the
hope that
this year
will be a

better one for them, as many suffered financial crises, serious illness, severe accidents, loss of friends or family members, yet as St. Paul wrote we also write “We give thanks to God always for you all, making mention of you in our prayers.” How could we not give gratitude every day, when, because of you, we are able to work, pay school fees, train primary school teachers in violence-free education, catechists and their spouses, rural families and community leaders in their transformation process to a non-violent and prosperous life. Thanks a lot for your kind and generous donations and support.

St. Francis started the year 2022, on Monday 4th January 2022, with the staff spending the day, mindfully, reflecting on the year that had just passed, and making plans for the year ahead. We are happy to report some of the key activities that the organisation has engaged in.

Due to our friends and donors we are able to pay school fees for children, thus offering, what is considered the most precious gift one can offer an African family. In countries, where education is free, it may be difficult to imagine, hundreds of thousands of children, longing to go to school, longing for an education, but unable because of the high costs.

Child Sponsorship Department



Children showing what they bought with gift money

The child sponsorship department is the oldest department and the only one that existed for many years. In fact, St. Francis project was founded in 1984 to find money for the education of the most disadvantaged children. At that time, we were paying school fees for over 300 children and secondary school fees cost 50 pounds per year. Now we have only 63 children in the programme.

School fees can cost up to 800 Euro per year, in the best schools and less in the average schools. These costs do not reflect transport, clothing, academic materials, pocket money etc. We have had to take children out of some of the best schools because the sponsors and parents/guardians could not afford the high costs.

Furthermore, because of COVID, some of our



Receiving some school materials from the office

funders were no longer receiving support from their benefactors, so they stopped their sponsorship very abruptly.

This was as big a shock for us as it was for the children. We try to use non-designated funds, to keep the children in school, while we try to find new sponsors. Kindermissionswerk, our biggest funder since 1996, which at one point kept the whole child sponsorship department running, has also had a change of policy, and can no longer give us the top up they had been giving for 25 years. They are still funding the project, to stop violence against children in schools. Some other sponsors told us that they were receiving many refugees in their towns and wanted to help these refugee families and withdraw their support from St. Francis. Global events can impact a little village in Uganda in this way and we have to decide what our mission is in view of shortage of money in many places.

In this situation, some families get desperate and begin selling off land or property to help raise school fee money. They grow food and sometimes sell, not just the surplus, but even what they need for eating. In some homes,

shocking as it is in our current global context, where tons of food are discarded every year, (perhaps even everyday) there are still many places and many families where children do not have enough to eat.

Thankfully, we still have sponsors who have supported us faithfully since they first decided

to educate some Ugandan children. They have seen their children grow, graduate and move into the



Clair graduated with a degree in Social Work and Administration

workplace happy and fulfilled.

This certainly brings joy to all of us and the “children” now adults, are very grateful and we hear this over and over again. Here is a quote from a letter we received last month:



Christine graduated with a very employable skill set in psychiatric nursing.



“This is a photograph of our extended family when we returned to the homestead to celebrate

our mother's 77th birthday. We are a different generation - 2 engineers, lecturers in public universities, one sister married to a commissioner. We have come very far. You walked us through a difficult journey. You educated us. We shall never stop being grateful". Dear sponsors, just know that your contribution does change the life of a family and the generations that follow. We at St. Francis get the praise but the actual donors come from many countries. We are simply conduits.



It is also very rewarding and exciting for us to see the generational changes. Michael Mukasa, his sister Goretti, his brother Jimmy were educated by German sponsors. They visited last week with their children and grandchildren whom they now educate by themselves, owing to their teaching careers.



13 of them came, bearing gifts of fruit, eggs, and



vegetables. We never managed a photo of all of them together and there was not enough space in

any room of a guest house, for all of them, so everyone sat outside. Food was served inside. Thank God for the African sun.

Counsellor Training Institute (CTI)

In our newsletter of 2021 we gave a fairly thorough description of the various programmes and projects which occur as a direct consequence of our training psychological counsellors and psychosocial facilitators. All our newsletters are published in our website www.stfrancisuganda.org. And if you want to know more about us, you will

definitely find all the information you require in these missives, under the heading, "NEWS"!

Last year we also explained, that due to COVID and the mandated closure of our Institute, none of our students were able to graduate with a diploma or degree in Counselling Psychology. It is against this backdrop that we rejoiced greatly when 5 of them came back, completed their requirements and graduated from Uganda Martyrs University in November, 2022, one with a Degree and four with a Diploma.



Diploma Graduates, now studying for BSc



Rebecca, BSc. Graduate, has gone on to do her Master's in Counselling Psychology in Uganda Martyrs University.

Presently there are 43 men and women studying for a Certificate, Diploma or BSc Degree in Counselling Psychology. Once they complete the bachelor's degree many wish to do a Master's degree and for this they go to other Institutes or Universities in the country. All those whom we employ as instructors in counselling, have Masters' Degrees. All counselling students do the four-week training which is given to couples and teachers in the communities. As part of their certification, they are obliged to carry out a field exercise, in teams of four or more, with rural communities. The exercise includes a survey or needs assessment and then a "learning event" in which participants from the community and the team explore a prioritized need and, through guided group work, come up

with some solutions or resolutions to the problem.

This training and field exercise is the beginning of the training offered to psychosocial facilitators and prepares our students for working with adult populations after graduation. Students of counselling are also required to carry out a supervised practicum, where in the best circumstances, they counsel different categories of clients - e.g. children, couples, single adults, families, addicts.

St. Francis CTI employs a number of full-time as well as external/part-time staff sometimes in projects to carry out training in Personal and Group Transformation and Participatory Adult Learning Methods in different parts of the country.



Development Workers training in St. Francis

This 4-week training is very popular as it introduces participants to mindfulness exercises and practice. They also learn to introspect more deeply than they had the custom of doing and thus they are able to get to know themselves more intimately and make genuine attempts to transform themselves into better and happier human beings. As all of the participants in the training will later work with other adults in development or social work, they learn participatory adult learning methods, which are very empowering and completely opposite to the hierarchical, top-down methods of instruction generally used in schools and communities. Another marked feature is that the content of the trainings is geared to the needs of the participants and is relevant to their expressed needs.

The Ugandan Government and Church Institutions have also shown interest in this training. Last year in April, St. Francis CTI was asked by Mr. Odo Arigye the diocesan secretary for Kabale diocese to give this training to 30 primary school head-teachers. Like many other participants these head-teachers gave particular mention to what they learned about Deep Listening and Dialogue, as well as to the exercise where they were asked to draw their own Life Line with all its highs and lows and then to share this with a trusted participant.

At the end of the training, they all agreed to organize the same training for their teachers so that they could also benefit, and live happier lives.

The government of Uganda, Ministry of Education, has mandated that by the year 2031, all primary school teachers should have a basic degree in Education, in addition to teacher training. For this reason, as we work with primary school teachers, in a project designed to stop violence against children (see below), it was deemed appropriate to train teachers for a degree in Education, Guidance and Counselling. The degree content has been submitted to Uganda Martyrs University for approval. As soon as it is granted, the degree will be offered to primary school teachers. This, hopefully, will bring in some needed funds to the CTI.

Kindermissionswerk of Germany and Misaan Cara, through Viatores Christi of Ireland fund projects for the training of primary school teachers in violence-free education in different parts of Uganda. The aim is to stop violence against children in schools and introduce teachers to a child-centred Liberation Education with a principle of Dialogue as one of the key principles. The teachers are invited to dialogue with children, who have problems, rather than punish them for “bad” performance! Teachers and parents do not beat their children because they dislike them. They beat children

They beat children because they believe it is the best way to teach them how to obey and conform. Once they are exposed to the fact that beating and verbally abusing children can cause severe trauma and lead to low self-esteem and poor performance they change quickly and regret the harm they might have inadvertently caused. The teachers wholehearted positive response is our greatest joy and reward.



Some of the 720 teachers being trained by St. Francis in this present phase. They are holding a paper on which they have written personal commitments to live their lives with integrity and other values each one has selected

At the end of 2023, St. Francis will have trained approximately 1,000 teachers in North and South Uganda, impacting the lives of approximately 80,000 children between the ages of 6-16.



We do the follow up and supervision to measure the impact of the training. Children are interviewed about any changes in the school. The children in the above photo were interviewed individually after the training.

While training teachers, we found out, during an evaluation process, that although teachers had transformed and had stopped using violence in schools, the children were being

beaten and punished at home for behaviours, the parents did not like.

We therefore decided to work with parents in the same districts, where we were also training teachers and to elaborate a pilot project for the Promotion of Non-Violence in Rural Families in the District of Ntungamo. In preparing this project we first of all carried out a survey of families in a number of villages. This survey revealed the very high frequency of violence in the homes, the amount of alcohol abuse, the level of school dropouts, and the amount of suffering and unhappiness which families were experiencing. After we received funding from Misereor, Germany, we designed a four-weeks training course for rural couples to address all the major relevant issues affecting their lives. To support this transformation process. also in the communities, we designed a two-weeks training course for religious leaders as well as for community leaders and their spouses.



Psychosocial Team; L to R Grace, Anxious, Helen, Katto, David, Bena (team leader)

As the project will end in August 2023 it was time to carry out an evaluation in November/December 2022. We invited Gerlinde Vetter, a German organisational development consultant, with many years' experience, working with development projects in various African countries to support the project staff in this exercise. The evaluation wanted to find out the relevance, efficiency, effectiveness, impact and sustainability of the project. To collect the necessary data the project staff carried out interviews with 45 selected trained couples and their children as well as 15 Community leaders and their spouses. The results of the evaluation revealed that almost all t



Gerlinde facilitating an evaluation process with training team, seen in the above photo..

the criteria were fulfilled perfectly well. Of particular interest to our readers here are the impacts; which means the changes in the living conditions of the families and communities. It was revealed that the majority of rural couples, who had received training, had exponentially improved their family relationships in terms of sharing family responsibilities and domestic work, making decisions together, having joint access to, control over and benefit from family resources. Alcohol overconsumption was reduced and spouses began to use peaceful and appropriate means of conflict resolution. Children are now reared in a much better way. Almost all the parents respond consciously to the developmental needs of their children, communicate effectively with them and use non-violent appropriate means of disciplining them.

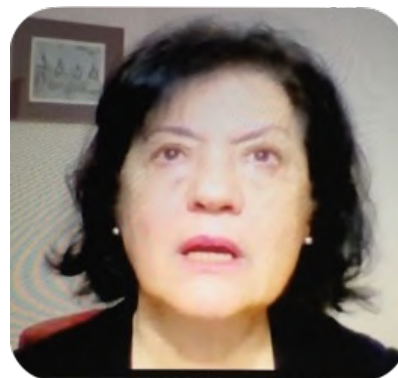
Community leaders who advocate for violence-free families have increased significantly. The cases they handled were mainly on domestic violence, land disputes, widows' and orphans' harassment, child neglect, and theft issues. Most of the cases were resolved. They do their work effectively and their services were appreciated by the community members as they now trust in the community leaders' competences in conflict resolution. Up to November 2020 the project had trained and transformed directly 450 couples and 150 community leaders and their spouses. As on average every family has seven members the total number of people reached amounted to

4,200 in 2 1/2 years. The total cost for the training of one person was only UGX 692.000 (about € 175).

Here it should also be mentioned the enormous engagement and dedication of the CTI project staff and external facilitators. The trainers and secretaries lived in the villages consecutively for two weeks for each of the two parts of training, in very small rooms, away from their spouses and children. During rainy seasons, where vehicles got stuck in the mud, they walked or used motor-cycle taxis, to reach the training venues or visit homes. They have been using a vehicle which had many breakdowns but at the beginning of December, we all rejoiced to receive a new vehicle. Misereor paid the largest amount for this expensive 4-wheel drive truck. St. Francis put down a required deposit on the vehicle when it was ordered.



Because of weeks and months of listening to deeply disturbing family stories, the facilitators themselves got burnt out, stressed and sad. Benardette Orikiriza, the project team leader, requested assistance for the team and a zoom



debriefing and special staff supervision training was given by Dr. Vernice Solimar, USA. She lifted the spirits of

all present, met each member individually, exactly where s/he expressed a need. All members felt rejuvenated and strong again and ready to return to the field, armed with some new self-care tools.

This was not the only training given to staff in 2022. With all the hard work which our staff was engaged in, added to rising costs of living, many staff families felt neglected or over extended. They shared this among themselves and the management, with the help of Bena,



organised a couples retreat for staff members. The retreat was led by a team of persons who are trained to facilitate spouses. During the few days of retreat, the staff members with their spouses, had opportunities to discuss topics important to all like communication, listening, parenting, balancing work and family time, quality time together as spouses, quality time with children, and finding time for prayer as couples and as families. Sometimes the members discussed as spouses, sometimes in groups of couples, sometimes in plenary. There was time for meditation and mindful exercises everyday. Staff expressed great satisfaction after the retreat and hoped they could have something similar again.

In Africa and South America in Catholic Dioceses, where priests were too few to serve the spiritual needs of the Catholic populations, the Church introduced another group of men



and women who were trained in various topics for a few years and were then “commissioned” (not ordained) as Catechists. St. Francis has the privilege of providing a training to beginner catechists. The particular training module is based on the same psychological concepts as the other trainings mentioned above but specially designed to suit beginner catechists’

needs. The training lasts for 20 days and introduces the catechists to the practice of self-reflection, mindfulness exercises, personal empowerment, gender issues and many other relevant topics. The personal empowerment training invites catechists to realise that the individual Christian, can make his/her own decisions in relating to God as otherwise they may think that they, the Catechists, have power over the decision-making of Christians. Gender training helps to break the cultural belief that men are more entitled than women. In addition to training the beginner catechists, St. Francis also goes out to parishes when invited by the parish priests and gives a training of 20 days to working catechists and their spouses. If their lives are improved because of the training, they carry out better work in the parishes with Christian communities.



Commissioning Catechists at St. Kalembe's Catechetical Training Centre, Ibanda, at the end of a 2-year Training

Vocational Training Institute

This is the name given to us by the Ministry of Education where formerly we had a tailoring school. The name may be a bit misleading as in actual fact we offer only one training in Textiles, Clothing Design and Construction. Other vocational institutes with more space and with boarding hostels offer training in various vocational skills like catering, carpentry,



building construction etc. Formerly our students were young boys and girls who were unable to go to secondary schools because they could not afford it. Now the majority of our students have completed one level of secondary education and want to follow this tailoring course to get employment in the clothing industry. Presently we offer a two-year training and award a Certificate.

In December 2022, 21 students graduated with a Certificate in Tailoring from St. Francis and a Trade Certificate from the Ministry of



Education. The day started with the celebration of the Eucharist, followed by a ceremony where students did a Cat Walk, modelling the examination garments which they

had designed, cut and sewn themselves. The garments were very fashionable and colourful.



The parents gave speeches and were very happy to see their children graduate and see them model the beautiful garments they had made and displayed.

As for the students, they were happy to have an



occasion to don the traditional cap and gown of graduates, to eat good food, cut a cake, and dance happily for a few hours.



This incredible student is now training for her Diploma and will then teach tailoring. An operation at birth caused this paralysis

Victoria (Vickey) Kyoyagara.

Hostel for Students of St. Francis

One of the reasons we have small numbers of counselling students is that we do not have any accommodation to offer them. Most schools in the country do have hostel facilities. The same problem exists with our tailoring students



Some organs of the Ministry of Education, have informed us that we may seek Diploma Status if we fulfil all the requirements. One of the first is to have a hostel which will be approved by the Ministry of Health. Presently, out of absolute necessity, we have put double decker beds in one of our large classrooms and have constructed make-shift space for students to bathe themselves. We have erected a tent where they eat and made an outside kitchen where food is cooked. These are all very temporary measures and not of a standard acceptable to the relevant ministries. Also for the degree training in Education, Guidance and Counselling of the teachers, we would need accommodation.

We have therefore had an architect create the picture which we show. We have detailed architectural plans and bills of quantities. We do not have detailed inside room details, including plumbing or electrical fittings. We do not have the money to pay architects and engineers for supervisory work. When we began planning our existing educational building, we were almost in the same position. We did not have the money but gradually we found persons willing to help with the

fundraising, and we received assistance from many volunteers. A German architect did the first drawings gratis. A Ugandan architect did the detailed drawings and initial supervision at a very reduced rate. A volunteer from Belfast made the bills of quantities. An Irish builder, Viatores Christi volunteer supervised the construction and did all the shopping, for 3 years. A group of volunteer Armagh builders, assisted by students and teachers from a Franciscan building school, built all the walls. An Irish volunteer electrician did all the electrical work. We paid a Ugandan contractor and all the Ugandan builders.

Raising money to build this hostel, and hoping to receive some support of the kind we received when we were constructing our existing building, will be our focus for the next few years. Any offers will be gratefully accepted.

Feast of St. Francis of Assisi

On 4th of October, 2022, the feast day of St. Francis of Assisi, once again many of our friends, supporters, beneficiaries, past students, dignitaries from Church and State came to celebrate with us and give thanks for the services we have been able to render the



*Our very supportive Archbishop Lambert
Bainomugisha*

communities, and we gave thanks for all the support we received to carry out these missions.

We were very happy to welcome the Patron of St. Francis, His Grace, Archbishop Lambert Bainomugisha, who, with other priests from the parish, celebrated a Thanksgiving Eucharist. The students formed a choir, and the singing, clapping, ululating, dancing and bringing of gifts, though familiar to all Ugandans was an incredibly happy spectacle for visitors and volunteers from Europe, North and South America. At one stage the happiness was so tangible that all the visitors began to sway to the rhythm of the drums and waving of arms. Many got up and joined in the dancing. Among those who had travelled sometimes for 2 days to give witness to the transformation in their lives, owing to the training of St. Francis in Personal and Group Transformation were men and women from Kampala, Northern and South Western Uganda.

The Archbishop commented that even he had not been fully aware of the scope of the work done by St. Francis. He thanked St. Francis for what they have been doing and are continuing to do in this archdiocese.

Volunteer Exchange Programme with EIRENE Germany

In this programme every year, EIRENE sends volunteers to help St. Francis in the work for a period of one year.



Towards the end of 2021, the volunteer they sent was attached to the St. Francis Vocational Training Institute. In August 2022, we said good bye to Sabina Nienhaus, which was a

great loss to the tailoring school. Sabine is now back in Germany job-seeking. We wish her every success and would be happy to see her come back again, if only for a visit. Here is her letter from Germany to St. Francis.



“It is now exactly 10 days since I left Uganda after volunteering for 13 months at St. Francis Family Helper Programme. I have to admit that, mentally, I have not 100% arrived back home; it feels as if my thoughts are still partly in Uganda. The start of my volunteer year in September 2021 was a bit unpredictable as due to the COVID lockdown all schools were still closed. Luckily St. Francis Vocational Training Institute was reopening in November. Due to my own tailoring background I was mainly working in the tailoring school giving support to teachers and students and passing on my tailoring skills, creating new prototypes of ladies wear and working on a syllabus for an advanced educational level.

In addition to that I was also able to help my colleagues in the Child Sponsoring Department with correspondence to German sponsors, that required German translation, and with fundraising for school fees. As a special bonus, for which I am very grateful, I was able to attend the 4-week course in „Personal and Group Transformation & Participatory Adult Learning Method“ executed by the St. Francis Counsellor Training Institute. The successful participants were awarded certificates and I received one!

But besides my work life in Nyamitanga, Mbarara, I also travelled to several different

parts of Uganda such as Queen Elisabeth National Park, Fort Portal with its unique landscape and the Source of the Nile in Jinja.



At the end of my volunteer year I took the chance to visit some of Uganda's neighbouring countries - Kenya and Tanzania. One of the highlights of that last big trip was the game drive in Serengeti National Park.

Looking back to the past 13 months I feel happy, honoured and proud that I could be part of the St. Francis Family, and, to me, it feels that I have learnt much more from my Ugandan experience, than I could ever give back. To me it feels as if St. Francis and Uganda will remain in my heart forever. With all those enriching memories, I am very sure that I will come back in the future.

In June 2022, EIRENE sent another volunteer, attached to the Child Sponsorship Department, Chiara Kelch. Here is a letter in which she presents herself.



Chiara, George (Ugandan coordinator), Eirene volunteers

"My name is Chiara Vivien Kelch. I am the new volunteer at St. Francis since August 2022. I will be assisting the Child Sponsorship

Department until August 2023. I work there from Monday to Friday. I help with all kinds of office work, like answering e-mails, filing, sometimes answering questions from parents and children who visit the office. But I am also involved in home visits or visiting surrounding schools with Kevina, my colleague. This is always a wonderful experience and the dialogues are very varied and interesting. I also get to know the children and their stories.



Sabine and Chiara

I am from Germany and I thank my organisation, EIRENE which is an organisation that works for more peace in the world. In the volunteer program, about 100 mostly young people go abroad every year to work for at least twelve months in social and ecological projects or in reconciliation work. Since Eirene's inception, approximately 2,000 people have participated in this volunteer programme. Eirene volunteers are not only active in Europe and America, but also, in Latin America and Africa. The tasks of the volunteers are very different, for example, working with street children in Bolivia or, as here at St. Francis, helping in the office. I am very happy to be a part of the St. Francis community, because I learn new skills every day and I can always work with a great team.

Visitors to St. Francis in recent months

St. Francis was very happy to welcome Friedhelm Rittberger, the founder and director of Nangina,



Germany. He came with his friend, Dr. Frank, (L in photo) and a young Nangina volunteer. Bena and Christine showed them around the various departments. Nangina has supported us financially in the past and have given us a green light for future funding.



The director of Viatores Christi, Shane, (Centre), accompanied by Ailis, desk officer for Africa, 2nd left, and the Ugandan representative of VC in Uganda, 2nd from right, with two of the trainers in the project funded by Viatores in Northern Uganda i.e. the training of primary school teachers in non-violent, child centred liberation education.

The in-charge of the Uganda Investment Authority Mbarara, together with two members



of local government, visited St. Francis to discuss using some of our classrooms for training carers of the elderly. The training will be funded and carried out by German donors.



Centenary Corporate Bank Managers from Kampala and Mbarara, thanking St. Francis for their custom, and giving an award of recognition to Sr. Christine.

Personal News

One major change in the VTI is that Jovita Kamujuni, who has been the head of the tailoring school for many years, and the longest serving staff member of St. Francis, has retired and we have a new male manager, Bright, who is carrying his duties with the help of the other staff. We had a Christmas party where Jovita was honoured for her 32 years of service and where the organisation gave her a parting gift. Jovita is still grieving the rather sudden death of her husband, a headmaster, the mainstay of the family and the one paying school fees for all their children. We wish her well as she now becomes the sole head of the family.

Just as we were about to close for holidays, Bena and her husband Paul received the very sad news of the death of Paul's mother. As this was his last living relative, he certainly needs time to grieve the great loss.. Bena had to leave the Christmas party early to join her husband who had already gone to his home village.

The ongoing cycle of birth and death affects everyone on the planet and we have had many reminders of both in this last year. **Barbarh Mukundane**, our accountant and **Stuart** her pastor husband have given birth to their second son, **Isaiah**.

Our former CTI secretary, Josephine Mwebe, gave birth to twins after many years of marriage. Her husband and friends were so ecstatic that they could not wait and went to the hospital to start partying! Perhaps we would do the same if we had these little beauties to look after.



Fr. Ferdinand Tillmann a very great friend of St. Francis, a major fundraiser, and giver of many gifts, is adjusting to changes in his life style. He is living now in Trier, Germany, in a community of retired Missionaries of Africa, many of whom are in declining health. When Father Tillmann went to Germany in the beginning of 2021 he lost his young sister, Eva.

More recently he lost his **brother Artur**, and, just two weeks ago, Elizabeth,



Definitely, family resemblance! because of COVID

regulations. Fr. George Pelz, one of our funders for many years, is also living in Trier and is completely blind owing to a wrong diagnosis and wrong initial treatment. He is very brave about his condition.



Uwe and Simone in both pictures

Simone Lindorfer, a sponsor and former trainer in Trauma, lost her only sibling, her brother Uwe, to severe illness, in the early hours of Christmas Day.

On the last day of a staff training with Vernice Solimar, in July, we all received the very sad news of the



sudden death of a St. Francis trainer. **Agatha Beebwa**

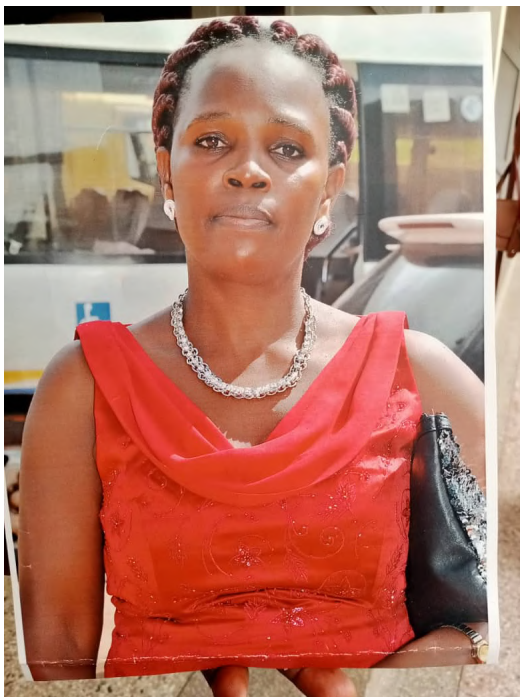


Kamugisha had a long history of association with St. Francis. She worked in the child sponsorship department for many years and

would break stones before sending a needy child away.

She later worked in TASO, the biggest AIDS organisation in Uganda, and learned counselling, massage therapy, reflexology and much else. She then offered a wonderful training to our Diploma Students, in HIV/AIDS counselling and later to our BSc students in HIV/AIDS Mainstreaming. She was asked to join the field teams for training teachers and this was the job she was doing when she left us so suddenly. Her children, her many friends, relatives and close family are still grieving her absence and the loss of her laughter, her cynical jokes about life and her deep caring and compassion for her family and for all vulnerable children and adults. Agatha learned many lessons of caring from her family of origin and from the suffering she experienced in life. She is at peace but we miss her deeply. We offer sincere condolences to those who are grieving the loss of close friends or relatives and we continue to name them in our prayers.

Closure of the Year 2022



Jovita

We closed the year in December 2022 with a Christmas party where we celebrated December birthdays, said goodbye to Jovita and

enjoyed a great feast which included a stuffed, roast turkey. The turkey was a gift from the Archbishop.



Gerlinde got a recipe from her cousin in the States, Mary got a recipe from her nephew in Ireland, both were combined and Gerlinde said the final result was delicious. Others who sampled the exotic dish were also happy but in good Ugandan tradition there were other great dishes to choose from - fish, goat, beef, pork, chicken, matoke, roast potatoes, rice and mixed vegetables. When the management gave a gift to each one, this topped the celebration and people went home happy.”

Once again we thank you our readers, friends, families, supporters for having been there for us in the past year. We wish you all the blessings you desire for yourselves. We wish you happiness and peace as these are states of being that we can work to achieve for ourselves. They cannot easily be given by one person to another. A great teacher said: We don't preach Peace, we become Peace by living in the Present Moment.

Sr. Ch. Ntambaye

Mary Harau