

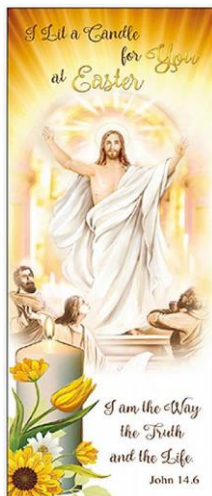
FLASHES



Missionaries of Africa
Eastern Africa Province
Tanzania – Kenya – Sudan – Uganda
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“Do not be afraid; go and tell my brothers that they must leave for Galilee; there they will see me.” Mt 28:10



The Lenten journey that leads us to Easter is marked by our effort to listen more attentively to the word of God allowing it to move us from the exterior observances to the secret and silence of our heart where only God sees and guides our lives; it involves

disciplining ourselves by letting go of enslaving passions and training ourselves to be more loving and generous especially to the less fortunate brothers and sisters; it leads us to contemplate the passion of Christ, his way of the cross that draws our attention to the passion of humanity today. It is common practice to identify an enslavement or an omission where we need to change and

taking it as our Lenten goal. We have been obliged to live this Lenten journey in a different way by the coronavirus pandemic. This pandemic is a form of darkness that threatens the human race. It has caused many deaths, pinned down many sick people and affected society at all levels. Other than the time of violent wars, it is the first time for most of us to see Christian gatherings and human closeness banned, having no Eucharistic celebrations on Sunday and seeing people obliged to stay at home. This darkness is challenging our faith- for some it is a reason to cry out more insistently to God, who alone can save us. For others, it is a time for total despair, helplessness and absence of God. It raises important questions for us- how are we to celebrate Easter? How are we to understand Jesus' victory over death and suffering when all we see and hear about is death? Where is God when his children are

perishing and why does he appear silent to the cries of many?

This is an opportune time to live the true meaning of Easter joy and hope which are fruits of the Resurrection of the Lord. In the midst of our fears, doubts and confusion we listen to the consoling and encouraging voice of the risen Lord saying, “*Do not be afraid!*” “In spite of the many hardships, sufferings and problems we encounter on our daily journey of life, we can be at peace and experience serenity because of the presence of the Risen Lord in our midst. This will help us develop a positive attitude towards life and grow in hope. Faith in the Resurrection leads us towards a more positive attitude in life and an awareness of the many signs of resurrection that are found in the world.” (The Daily Missal, p.395)

During the Easter season we listen to the accounts of the appearances of the risen Lord to his disciples and others. These appearances comfort and strengthen the faith of the disciples for they underline the fact that their master did not abandon them but He is present on their journey of faith. Christ underwent the painful passion but he did not remain on the cross. He is alive! “Because of the Resurrection of the Lord and the gift of the Spirit even the worst situation of suffering, despair and evil is redeemed and enlightened by the Easter victory of

Jesus. Christ, the Giver of life, lives in our midst and invites us to recognise his presence.” (The Daily Missal, p. 396) The risen Lord appears again to illuminate the darkness of our world and we are challenged to see the signs of his presence and to ask Him to enable us to live this trying time guided by the light of his resurrection.

At a time when we are obliged to stay at a distance from each other to break the spreading of coronavirus the readings of Easter time underline the importance of encounter and witness. The risen Lord encounters the disciples to dispel their fears and doubts and to empower them with his Holy Spirit to be his witnesses through their life and ministry. The risen Lord encounters us in his Word, in the Eucharist, in our communities, in his ministers, in the little ones... and fills us with his Spirit that empowers us to be witnesses. May we take this opportunity of this challenging time to be witnesses of Christ. Surely, we can be a little light bringing Christ in the darkness of our world; a gentle voice proclaiming Christ where we live; a warm presence bringing Christ especially to those who live at the margins of society today.

The Lord is truly risen! Happy Easter to you all!!!

Fr. Aloysius Ssekamatte (Provincial)

COMMUNICATION FROM THE PROVINCIAL'S OFFICE

PROVINCIAL COUNCIL MEETING

Until otherwise indicated, the venue for the meeting remains to be Kampala in Uganda, and the dates chosen are those of the week after Easter.

- ☐ Arrivals to be on Wednesday the 15th April 2020.
- ☐ Departures on Friday the 24th April 2020.

AKSANTENI SANA!

WARM WELCOME TO THE NEW CONFRERES APPOINTED TO OUR PROVINCE

"And how are they to believe in one of whom they have never heard? How are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent?" (Rom 10:14-15).

They are:

1. Jean Paul Munyaneza from Rwanda
2. Ntamati Louis Nsengiyumva from Congo
3. Nelson Chinedu Ekeh from Nigeria
4. Anthony Ifeanyichukwu Ezenweke from Nigeria
5. Parfait Pingwende Balma from Burkina Faso
6. Etienne Karim Konseimbo from Burkina Faso

We pray for them as they complete their initial formation and then go for their priestly ordination. Karibuni wote!!!

OUR DEAD

"This is indeed the will of my Father that all who see the Son and believe in him may have eternal life; and I will raise them up on the last day." Jn 6:40

We pray for the following deceased confreres and members of our families:

Month of January

- ⇒ 02/01/2020: Mr. Peter Aduol in Kenya, father of late Fr. Maurice Odhiambo Aduol.
- ⇒ 08/01/2020: Mr. Stephen Limo Cheboswony in Kenya, father of Fr. Frederick Limo.
- ⇒ 11/01/2020: Mama Cyprine Abonyo in Kenya, aunt of Fr. Patrick Odhiambo. Some days later also the grandmother of Patrick passed away.
- ⇒ 18/01/2020: The grandmother of Collins Imbutsi from Kakamega, Kenya (He is a stagiaire in Mali).
- ⇒ 22/01/2020: Fr. Heinz-Jozef Schäckel died at Hersel (Germany). He worked in Uganda at Hoima Construction until February 2008.
- ⇒ 24/01/2020: Madame Josephine in Uganda, Elder sister to Fr. Damien Ahimbisibwe.

Month of February

- ⇒ 04/02/2020: Mr. Matayo Kabanda in Uganda, the father of Fr. Patrick Nuwagabah.
- ⇒ 04/02/2020: **Kenya's former President Daniel arap Moi dies aged 95**
- ⇒ 06/02/2020: The cousin brother of Fr. James Wani in Juba, S.Sudan.
- ⇒ 27/2/2020: The aunt of Fr. Deusdedit Mjankwi in Tanzania.

Month of March

- ⇒ 02/03/2020: Thomas Dotto Budotela in Tanzania, father of Fr. William Budotela.
- ⇒ 09/03/2020: Toos van Eekelen, Sister to Fr. Riny van Broekhoven.
- ⇒ 09/03/2020: Br. Louis de Visser, CMM; Elder Brother to Fr. Cor de Visser.
- ⇒ 10/03/2020: Musa Baganda, Uncle to Fr. Fidele Mugaliya Macara.
- ⇒ 25/03/2020: Pater Hans de Visser, Capuchin; Younger Brother to Fr. Cor de Visser.
- ⇒ 31/03/2020: **Retired Catholic Archbishop Ndingi Mwana A Nzeki Dies At 89**

OUR SICK CONFRERES

"Are any among you sick? They should call for the elders of the church and have them pray over them... The prayer of faith will save the sick, and the Lord will raise them up;" James 5:14-15

We pray for the quick recovery of the following confreres:

- Fr. Robert Ubemu in Nairobi, Kenya
- Fr. Venance Bharotota in Jerusalem



HAPPY BIRTHDAY DEAR BROTHERS!

"For it was you Lord who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well" (Ps 139:13-14)

Birthdays march

Venancio Echevarria	01-03-1966
Gubazire Bonaventure	03-03-1974
Anselm Somda	05-03-1976
Kientga Joseph	05-03-1977
Henry Byamukama	08-03-1968
Bharotota Venance	09-03-1981
Clement Kpatcha	21-03-1980
Berthrand Dakyie	31-03-1981

April Birth days

Ouedraogo Richard	02-04-1992
Chipimo Joseph	03-04-1977
Nkingwa Norbert	04-04-1977
Sawadogo Adrien	08-04-1971
Kouraogo Jean Baptiste	08-04-1987
Sama Marc	08-04-1991
Solomon Teklemariam	10-04-1986
Chishugi Apolinaire	18-04-1964
Balma Parfait	18-04-1991
Kanse Edwin	20-04-1981
Schoofs Willy	25-04-1941
Kinunda Quinbert	27-04-1966
Reilly Peter	28-04-1943
Niyireba Elias ftr	28-04-1992



May Birth days

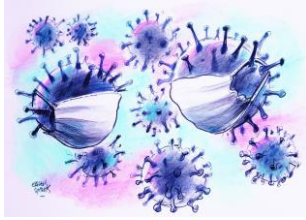
Ngahy James	02-05-1966
Simon Njuguna Chege	06-05-1987
Wezyk Mateusz	08-05-1986
Somda Olivier T.	09-05-1976
Alckias Antony	09-05-1981
Muchunguzi Theobald	12-05-1976
Afeku Anthero	13-05-1977
Kapya Arsene	16-05-1967
Nibogora Theogene	16-05-1985
Biju John	18-05-1971
Ouedraogo Yannick	24-05-1991
Kasiya Julian	25-05-1960
Bukelembe John	27-05-1979
Guinko Hilaire	31-05-1976

June Birth days

Ramde Justin	01-06-1985
Obanya Charles	02-06-1968
Wani James	05-06-1976
Nsengiyumva Louis	07-06-1982
Mwebembezi Elias	11-06-1961
Mapunda Baptiste	25-06-1959
Sebakunzi Justin	30-06-1970
Kapange Elias	30-06-1982

Rejoice, for this is the day that God made you!
Happy Birthday 2'Uuu!!!

Coronavirus: 9 habits you have to change¹



The coronavirus pandemic has put the world on high alert, and is forcing drastic lifestyle changes in the process. The changes are part of measures advised by governments and the World Health Organisation to minimise spread of the virus, this is as good a time as any to modify some of your behaviours in order to protect yourself. Here are some of the habits that you will need to change.

1. How you greet people

With the number of fresh infections rising by the day, people are being encouraged to refrain from handshakes as they are agents of transferring the disease. It is important that you start getting used to not offering your hand in greeting to family, friends and acquaintances. Alternatives for handshakes that are coming up include elbow bumps, the Namaste greeting -- where you put your hands together as if in prayer to acknowledge the other person -- and simply waving at people. In some countries across the world, governments have discouraged commonplace greetings such as a kiss on the cheek (France) and pressing of the nose (New Zealand and the United Arab Emirates).



2. Social interactions

We do love socialising, whether at restaurants, night clubs, churches, mosques, weddings, funerals and even on the street. However, it is time to reduce your regular social outings to curb spread of Covid-19. The governments have already suspended classes in schools, colleges and universities, so you can't socialise there. However, the government cannot control whether you go to the nightclub or even gather with friends and family at each other's homes. On this, individual responsibility, is expected on your part.

3. Paying with cash

Despite being at home with mobile money transfer technology, we are largely a cash economy. This, however, may have to change as physical money can be vehicles for transferring the virus between people. The governments have already encouraged people to use cashless modes of payment such as Mobile money and Banking cards as alternatives.

4. Going to the office



For those whose physical presence is not required at the office, working from home is the best thing to do as it will reduce the number of people you interact with. You can also stay in touch with colleagues, supervisors and bosses through email, video call and text. Similarly, you can catch up with your friends while at home on social platforms such as Facebook, WhatsApp, Instagram and Twitter.

5. So-so, hygiene practices

¹ Adapted from an Article in Kenya Daily Nation of March 20, 2020 – By SARAH NANJALA

With the outbreak of the virus, it is now more important than ever that you step up your hygiene standards. Frequent handwashing with soap and water for at least 20 seconds, use of alcohol-based sanitisers when water isn't available and sneezing or coughing into your elbow or handkerchief in protecting you. The virus spreads easily through coughing and sneezing and that people need to be responsible with their actions. You also clean surfaces, mobile phone, with try as much as possible your face as the virus from your hands to your eyes. You should also avoid personal items such as and cigarettes.

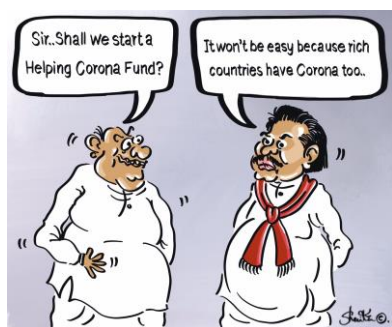


will go a long way virus easily spreads sneezing, meaning cautious and habits. Ensure that including your disinfectant and to avoid touching may be transferred mouth, nose and avoid sharing towels, bottles,

6. Restrict your movements

As the number of cases continues to rise globally, more and more countries are closing their borders to reduce the risk of further spreading the virus. We are also to restrict our travels, unless under very urgent and justifiable conditions. On a personal level, it would be responsible for each of us to reduce the number of places we visit as well, not only for your sake but for others as well.

7. Reduce your spending



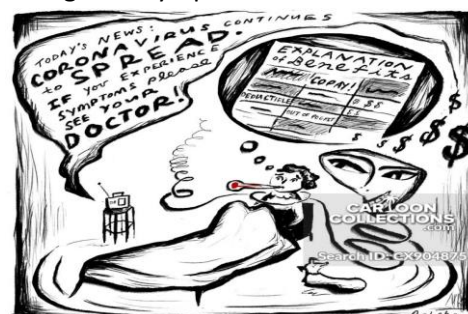
Coronavirus has had a huge impact on the global economy with many countries reporting stock falls, while industries such as aviation and tourism take the hardest hit from reduced travelling. Businesswise, with employees being asked to stay at home and industry slowing down, it could very well mean that the economy is heading towards a slowdown. With that in mind, it would be wise for you to check how you're spending and limit frivolous purchases. Focus on buying only necessary goods such as food and hygiene products.

8. Shopping in person

This is the best time to shift to online shopping to limit your interactions. It is important at this time to take advantage of e-commerce to keep yourself and others safe.

9. Waiting too long to see a doctor

It has often been a bad habit for a section of us to ignore symptoms of illness until it worsens. This is the time to be more responsible with your health and watch out for any signs and symptoms that may be associated with coronavirus infection. If you exhibit symptoms such as fever, dry cough, exhaustion, headache and shortness of breath, kindly contact the nearest hospital by phone or call the Ministry of Health emergency hotlines



THE STAGIAIRES MEETING IN UGANDA KAMPALA 12TH FEBURARY-19TH FEBURARY 2020

This meeting was held in Lourdes house in Kampala - Uganda, it started on Tuesday evening at 8pm with a prayer from Fr. Chrispin Vungwa who thanked the Lord for the safe journeys of the Stagiaires. He asked the Holy Spirit to guide each individual who would take part in the meeting. After some remarks, the presentation of the time table and the distribution of some responsibilities took place. On that evening we entered into our recollection to put God amidst us as we started our sharing.

Sharing of the Stagiaires

The Stagiaires sharing were rooted in different areas of their pastoral experiences during the stage, their personal life stories and how they started the vocation journey with the Society of the Missionaries of Africa. Throughout the sharing, it came out that the zeal of the youths towards activities of the church has reduced. To get them back, we need to organize activities (like games and sports) which can attract them. There in we are to incorporate religious activities to get the youths regain interest in church activities. We should also organize some trainings in order to empower them, to make the youths know that the church is theirs and that they need to support it.

For some Stagiaires, the appointments for stage which were later changed were mentioned. It was a disturbing experience, but the important thing we tried to identify is what we have learned from that experience. Also was noted that, driving courses were really helpful as we learn faster and better when we are still young. Nevertheless, it also needs some practice after the course. This has been a challenge in many communities. Many Stagiaires got their driving licenses, but not a chance to drive in communities. Onother issue was on the most common apostolate of the Stagiaires which is the service of taking Communion to the sick. We thought that it would be good for communities to consider training the Stagiaires on leading Communion service before they are sent to the villages.

Lastly, Stagiaires are mostly taken up with apostolate of doing, which is very good and to be encouraged. Nevertheless, the apostolate of being is completely left out; let us remind all Stagiaires the importance of this area of personal prayer, reflection and discernment during stage, and we ask the communities to help, to facilitate and to promote it.

Message from the provincial

The provincial of the Eastern Africa Province, father Aloysius Ssekamatte gave an important message to the Stagiaires, he addressed the attentiveness in writing the stage reports. The provincial also insisted on the necessity of spiritual companionship, the wise ways of using finances and simple life style.

Reflection on the letter of the general council

We also had a time for reflection on the letter of the general council on the occasion of the 150th years of the jubilee celebration. As we rejoice over the achievements of our fore fathers we saw that their challenges, mainly the financial ones cannot be overlooked. Shall we still exist in 150 years to come? Shall we still be self-sustainable!? We need income generating projects to sustain the Society. In addition, we need to rethink the modalities of handing the properties of the Society so that our fellow confrères in generations to come may continue well in the Ministry.

Signed: Teklamariam Solomon (Stagiaire in Nairobi, Kenya).



Word from the Provincial

Dear Brothers,

I send you greetings from Kampala. We are living through difficult times where we have little control over what is happening. In these circumstances we need to care for ourselves and for our people. I begin to get messages from confreres stressed by the situation of staying home with little or nothing to do. Others are struggling as they do not find space in the communities to share about what is going on. Most of us have to face the reality of accompanying our family members, parishioners and friends who are facing similar frustrations and challenges. There is danger of turning to addictive and destructive behaviour. Some are taking the situation seriously while others are still taking it lightly. No one has the solution to this problem but we have to face this situation together. I received two documents about self-care that provide tips on what to do at this time. There is also another text prepared by Olivier Soma in Kenya that goes in the same line². Please share these with the confreres and do all you can to care for yourselves and to accompany our brothers during this time. We are all praying for a miracle to happen but signs show that we might be in this situation for some time. Let us keep on praying to the Lord of Life to heal us and restore humanity to good health and true peace.

Yours; Aloysius Ssekamatte.

Document I:

Brief Guidelines for Religious Communities

General: The person in charge of the house must know the telephone numbers of the Ministry of Health and the local health authorities to be contacted in case of suspected Covid-19 infection. Information materials on the hygienic sanitary measures to be observed to avoid contagion can be displayed at the entrance of the houses (attached are the brochures of the Italian Ministry of Health, the WHO and the BBC that can be displayed).

In the house:

- ⇒ To arrange adequate hand washing/hygienisation systems at the entrance of the house so that everyone can wash/sanitise their hands as soon as they enter the house.
- ⇒ To wash hands frequently, whenever it is believed that they may have been contaminated.
- ⇒ To air the rooms frequently
- ⇒ Also in the house keep a safety distance of one metre: at the time of common prayer and during meals, meetings, etc.
- ⇒ In houses in which numerous religious live it is preferable to take turns in eating in order to maintain a safety distance.
- ⇒ Do not exchange your phone or other objects for personal use with others.
- ⇒ Clean all surfaces, including the phone, with alcohol or chlorine solution.
- ⇒ If you sneeze or cough, always protect your nose and mouth with disposable tissue or elbow fold (do not use cloth to dry your nose, possibly wash it immediately). If you cover yourself with your hand, never touch your eyes and nose afterwards but wash your hands immediately.
- ⇒ If someone has fever, flu symptoms, conjunctivitis, loss of taste or smell, consult your doctor or the ASL.

² I have incorporate Document I in this FLASH, 2ND Document & text by Olivier Soma, are attached as separate documents.

- ⇒ Anyone with these symptoms even if they have not been swabbed should be considered positive for Covid 19 and should be isolated from others, take their meals alone in their room and, if possible, use a separate toilet. Where a separate toilet is not possible, the toilet should be thoroughly cleaned and sanitised after use of a symptomatic person.
- ⇒ Beware of the promiscuity of towels or toothbrushes or personal hygiene items.
- ⇒ The person with the above symptoms must wear the surgical mask when leaving the room. Those who may be assisting them should also wear the surgical mask. It is preferable to use disposable materials for eating.
- ⇒ The handles of the doors and windows touched by the individual in isolation must be cleaned.
- ⇒ The asymptomatic individuals in quarantine must follow the same rules as the positive individuals at Covid 19 – Contacts between elderly and young people have to be ALWAYS limited as much as possible and in any case with all those who live within a community and have contact with the outside environment

In services outside the house

- ✚ If possible wear a mask, when helping a poor or elderly person (the surgical mask is mainly used to protect our poor friends).
- ✚ Even when visiting homes, keep a distance of one meter, avoid crowding.
- ✚ Always ask your poor friends if they have flu symptoms and possibly help them to contact the official channels of the Health Ministry or local health authorities for the control of Covid-19.
- ✚ Wash / sanitize hands in and out of the houses or other places you may visit.

Message of the General Council in diaspora (Rome, 3th April 2020)

Dear confreres,

This morning the General Council met in videoconference: Stanley Lubungo in Ouagadougou where, he says, it is getting very warm, Francis Barnes in Cebu where he teaches our candidates, Didier Sawadogo in Bunia where the Provincial is leaving today for Goma, Martin Grenier in community in Dombé in Mozambique and Ignatius Anipu here in Rome. They send you all their greetings and have a special thought for those among you who might be going through a difficult time. The Council has asked me to inform you about the following:

- ⇒ The regional meetings of the Brothers planned for the first week of May are postponed. A date will be communicated later.
- ⇒ The meeting of the confreres in their second term of Mission, due to take place in Rwanda from 17th May to 7th June, is postponed. A date will be communicated later.

Dear confreres, next week we follow Christ in his Passover to his Father through death. We shall remember in a special way all those who are sharing in this pass-over in one way or the other in this time of coronavirus pandemic.

The King of Glory comes. He conquered sin and death.

He truly has risen. Open the gates before him.

Lift up your voices.

HAPPY EASTER,

André-L. Simonart,
Secrétaire général.