

No Guns No Knives

It's a beautiful thing



## NOTICE BOARD

### YOUTH ORGANISATIONS

Our **YOUTH DAY** will be celebrated on **Sunday 26th April, 2009** with Bishop Alan Hopes as our main celebrant and chief guest. He is the bishop in charge of Ethnic Chaplaincies in Westminster Diocese. Please plan well for this great event for our young people in the community.

### MASS FOR MIGRANT WORKERS IN LONDON

will be celebrated on Bank Holiday **Monday 4th May, 2009** at **Westminster Cathedral**, Victoria, London SW1 starting at **11.30 am**. This is a Mass to support migrant communities who have come to seek shelter from oppression and to improve their economic position. We have always been partners to this cause and we have to be there in big numbers please.



### Birthdays

Flavia Namakula Kibuuka 29th March

Theo Ssemayengo 27th March

Tamsin Namigga 11th March

### All CONTACT:

ugandamartyrs@ugandamartyrs.org

# Uganda Martyrs Catholic Community

UK AND THE REPUBLIC OF IRELAND

## CHAPLAIN'S MESSAGE

### THE GRAIN THAT DIES BEARS FRUIT!

Dear Brethren in the Lord,

Today we shall reflect about the mystery of life and death. Our life is full of ups and downs. Life is a constant struggle for all of us and no one is spared its pain, suffering, misery and tragedies. Yet life can be very exciting and fulfilling when we embrace it with courage, faith and hope! This is why it is so mysterious!

Life is also paradoxical! To get something worthwhile out of it we must let go of some nice things! Examples abound to explain this fact. The farmer knows that in order to get a big harvest s/he must bury a seed in the earth to let it die and sprout to new life again and bear new fruit and seed. This is what Christ talks about in the gospel today when he mentions that a grain must die in order to bear fruit (*John 12:24*). If you want to eat an egg, you must break it, beat it, fry it under heat and enjoy the delicacy! Sportspeople must do a lot of training and abstain from some leisurely lifestyles in order to be fit for the games. Students must always sacrifice some hours of good sleep while studying hard to prepare for that crucial examination ahead. A woman in labour must endure a lot of pain in order to deliver that beautiful baby she has been looking forward to for the past months of pregnancy. A freedom fighter in the bush must, of course, endure the harshness of the conditions out there in order to achieve victory over the enemy. For us here in the diaspora we have to endure the sometimes horrible wintry conditions and all other unpalatable experiences in order to support ourselves and our families and relatives back home! No pain, no gain! Such is life!

This is the message for this fifth Sunday of Lent as we get deeper into the Passiontide when Christ will be in agony, be crucified and die for our sins! However, that experience of pain, suffering and death will ultimately usher in a new life for him and his followers. He is inviting us to bury our selfishness, die to our sins, learn self-sacrifice and live for others. This is the only way to enter into the new life

of Christ. He himself obeyed to the point of dying on the cross in order to raise us to new life. Our patrons, the Uganda Martyrs, followed the very same pattern of witnessing to Christ, suffered, died and finally achieved victory! Let us then make more effort in following Christ's way by removing layers of sinfulness, dying to our passions and be renewed at Easter so as to bear the fruits of the Holy Spirit.

I wish you a fruitful Passiontide and joyful Eastertide ahead of us. May God bless you all.

Fr. Gerard M. Balinnya

UMCC Chaplain

### FASTING & FEASTING

Lent can be more than a time of fasting;  
it can be a season of feasting.

We can use Lent to fast from certain things  
and to feast on others.

Lent is a season in which we can:  
Fast from judging others; feast on the Christ  
dwelling in them.

Fast from emphasis on differences;  
feast on the unity of life.

Fast from apparent darkness; feast on the reality  
of light.

Fast from, thoughts of illness; feast on the  
healing power of God.

Fast from words that pollute; feast on phrases  
that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on divine order.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from unrelenting pressure; feast on unceasing  
prayer.

Fast from hostility; feast on nonresistance.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion  
for others. Fast from personal anxiety; feast  
on eternal truth. Fast from facts that depress;  
feast on verities that uplift.

Fast from discouragements;

feast on hope. Fast from lethargy;  
feast on enthusiasm.

Fast from thoughts that weaken; feast on  
promises that inspire.

Fast from shadows of sorrow; feast on the  
sunlight of serenity. Fast from idle gossip;  
feast on purposeful silence.

Fast from problems that overwhelm;  
feast on prayer that overcomes.

From a Benedictine website as quoted in THE TABLET, 3 March 2001, p. 325.

**CATHOLIC MIRACLE RALLY** will take place on weekend of **23rd - 24th May, 2009** at Friends Meeting House in Euston, London starting 6 pm. It's a **donation only** event. For details contact 01932 565 747 or [info@coretlumenchristi.org](mailto:info@coretlumenchristi.org)

### WEDDING ANNIVERSARIES

Congratulations to **Mr. John and Mrs Juliet Mutyaba** who celebrate their **30th** (Pearl) wedding anniversary this month.

Congratulations also to **Ssaalongo Christopher and Nnaalongo Agnes Ssimwogerere** as they mark their **18th** (Porcelain or Cat's Eye) wedding anniversary this month.

Ssimwogerere Christopher and Namugerwa Agnes 09/03/1991

Mutyaba John and Namaganda Kibuuka Juliet 24/03/1979

### OBITUARIES

1. **Florence Nnannyiti**, cousin to Fr. Gerard Balinnya, died on Friday 6th March, 2009 during child birth!

2. **Canon Musajjakaawa**, dad of Mr. Timothy Musajjakaawa passed away on Friday 20th March, 2009. He died aged 98 after a long illness which ended in a severe stroke!

Eternal rest grant unto them, O Lord.

And let perpetual light shine upon them. May they rest in peace. Amen

### UMCC Martyrs Day 2009

Preparations are underway for this year's Martyr's day. If you have not reserved your seat this year, please do so to avoid failing to get a sit at dinner time. Sits will be reserved on a first come first serve basis. You can call anyone on the Executive or use our website. Please do so to avoid disappointment. Some names have been put forward already .

Father charms the youth on Valentines DaY



Chair's Message to the March 2009 Newsletter.

My Dear Brethren,

Welcome to the March 2009 Community. Here are a few updates on what has been going on in our (UMCC) community.

Today we have been blessed with the presence of Her Excellency Joan Rwabyomere, Uganda High Commissioner to Britain. I hope you will all join me in welcoming Her Excellency and the Uganda High Commission team to the UMCC.

Next month April 2009, we shall host Bishop Alan Hopes from Westminster Diocese to our Community's Youth Day. On behalf of the Executive, I would like to call upon all the youth to fully participate in the Day's Activities. Further details on the day's preparations can be obtained from the Youth Team Leader Mrs. Ruth Kitayimbwa (Nabavubuka)

Last month, the budget for Archbishop Cyprian Lwanga's visit to the UMCC was presented to you totalling £2,635. Funds pledged so far amount to £1,215 of which £590 has been paid. In cash terms we are therefore still £2,045 short of our target. Your help is sought to enable us to plug this shortfall in our budget. We expect to have collected all the pledges by end of April 2009 to enable us to plan this event in time. Many thanks (in advance) for your help.

By now, you must have heard that His Eminence Cormac Cardinal Murphy O'Connor is due to retire from his duties as head of the Catholic Church in England. A series of thanks giving Holy Masses are being organised, in praise of the Lord for the Cardinal's services. For more information, please contact your parish priest who will provide full details.

We have been approached by some individuals to offer apprentice positions to all those interested. All potential applicants must be aged 16 and above to qualify.

Finally, but by no means least, as Sabafumbo, I wish to congratulate Mr. John and Juliet Mutyaba for reaching the 30<sup>th</sup> Anniversary of their commitment to each other in marriage.

On behalf of the Executive, allow me to thank you all for your continued support, and also pledge our untiring service to the Uganda Martyrs' cause.

God bless you all.

Robert Mukiibi

Chairperson & Acting Sabafumbo.

