



Uganda Martyrs Catholic Community

UK AND THE REPUBLIC OF

28 FEBRUARY 2010

IN FAITH WE GROW

CHAPLAIN'S MESSAGE

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LENTEN TIME OF TRANSFORMATION!

Dear Brethren in the Lord,

The older I get the faster time flies away, and through my fingers! Please, stop the world or the clocks! Well, we can only press forward with hope and confidence. We are already in the second week of Lent! I hope you are getting in tune with your Lenten resolutions or promises. If you did not make one, it's not too late to do so now!

Three themes dominate this season: **Freedom, Life and Unity**. The most important one is that of life, because it is the new life which Christ's Resurrection brings us that makes us free and unites us as God's chosen people. The most disturbing fact in the life of man is death. We do our best to ignore it, to make it look pretty, to pretend it isn't going to happen to us, but we know that we shall all face death. Christians today explain the mystery of death by saying that the soul survives after death and enjoys the eternal life that Christ won when he redeemed us on the cross. This is the reason for **penance** in the Christian life, especially during Lent. We are dying to our old sinful inclinations so that we may be more closely united to the risen Christ.

Jesus, in today's gospel (Luke 9:38-36), gives us a glimpse of great things yet to come for those who will remain steadfast in faith, hope and love. He was transfigured in the sight of Peter, James and John to give them a foretaste of the heavenly spectre. Lent is time to prepare ourselves, shed off the old skin of sin, be renewed and get ready for the transformation of the body. As St. Paul says, *"for us, our homeland is in heaven...and we are waiting for the Lord Jesus Christ, ...he will transfigure these wretched bodies of ours into copies of his glorious body"* (Philippians 3:20-21). This is only possible if we make every effort now to focus our minds and hearts not on shameful and earthly things but on heaven. The material world is only a vehicle leading us to eternity. As such, 40 days of **prayer, fasting, charitable works of mercy** are an opportunity to tighten our belts for the Christian warfare. Much as an athlete goes through months of training in order to acquire the skills and self-discipline necessary to be good at the game, we go through months of prayer and fasting to gain control over the unruly elements of our personality that might weaken our union with the risen Christ.

Let's call to mind St. Paul's message in 2 Corinthians on Ash Wednesday: *"Be reconciled with God (5:20); now is the favourable time"* (6:2). So, please make good use of this time for renewal and reconciliation, getting ready for a positive transformation in Christ. Have a fruitful Lenten Season.

Fr. Gerard M. Balinnya

UMCC Chaplain

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Pope Benedict XVI for Lent 2010



Pope Benedict XVI arrives to celebrate Ash—Wednesday

"Lord, you are merciful to all, and hate nothing you have created. You overlook the sins of men to bring them to repentance. You are the Lord our God" (*Entrance Antiphon*).

Venerable Brothers in the Episcopate, Dear Brothers and Sisters. With this moving invocation from the Book of Wisdom (cf. 11: 23-26), the Liturgy opens the Eucharistic Celebration of Ash Wednesday. In a certain way, these words introduce the entire Lenten journey; they establish the omnipotence of God's love as the basis, his absolute dominion over every creature which is expressed in infinite forgiveness and animated by the constant, universal desire for life. Indeed, forgiving someone is equivalent to telling him or her: I do not want you to die, but to live; I always and only want the best for you.

Dear brothers and sisters, Lent broadens our horizons; it orients us to eternal life. On this earth we are on a pilgrimage: "Here we have no lasting city, but we seek the city which is to come", according to the Letter to the Hebrews (Heb 13: 14). Lent shows us the relativity of the goods of this earth, thus rendering us capable of the necessary sacrifices and free to do good. Let us open our world to the light of Heaven, to the presence of God among us. Amen.

Youth Corner February 2010

UMCC Youth Group bawaayo ebirabo byabwe nga beebaza Omukama ebirungi by'abakoledde. Kino kijja kukolebwanga buli mwaaka.

Kirangiddwa Nabavubuka Mky. Ruth Kitayiimbwa

VATICAN CITY (Zenit.org) - The main treasure of Africa is its young people, but they need protection from



those who would force them into lives as child soldiers or prostitutes, the bishops of Africa said in Rome.

Archbishop John Baptist Odama of Gulu, Uganda, is

one of the prelates who made this appeal Tuesday morning at the 13th General Congregation of the Second Special Assembly for Africa of the Synod of Bishops. The prelate spoke from personal experience of the "great violence done to children" in his archdiocese.

According to the Vatican, he stated that this violence has been perpetrated by rebel soldiers of the "Lord's Resistance Army, who for the past several years have terrorised people and particularly targeted children."

Another prelate lamented the fact that many young people fall into "violence, prostitution, drug trafficking and use, organized crime, political, ethnic and tribal strife, as well as into religious fundamentalism and satanic sects among others." He appealed to the Synod to give a "strong message of trust and encouragement" to young people.

Bishop Jean Claude Randrianarisoa expressed gratitude toward Pope John Paul II and Benedict XVI for "their solicitude in favor of youth." In the World Youth Days, he said, these young people become "considerable witnesses of reconciliation that overcomes the boundaries of continents, race and cultures."

"We see that our young people could become one of the best agents of reconciliation, if they are trained and helped by their pastors and their elders by a witness of authentic Christian life to study their faith through a catechesis based on the Word of God; to live their faith through prayer and the celebration of the sacraments especially the Eucharist and the sacrament of reconciliation."

The bishop expressed hope in the youth as the future of Africa, affirming that "they are very quick to find themselves together, to share their deep aspirations amongst themselves, to pray together, to study their faith to find and bear witness in turn to their human and evangelical values."

Claim Your Place at the Eucharistic table

While the Catholic community may feel under siege for our stand on moral questions of today, many people around the world are finding us the family to be with. From the Holy Bible, we read about challenges that man will face, however, in Jesus Christ's message, we are called upon to stand firm and stick to the path to his Kingdom.

The first weekend of Lent (20 – 21 February 2010) saw 375 catechumens and 422 candidates take the penultimate step in their journey to become Catholics in the Diocese of Westminster.



Bishop John Arnold at the 2010 Rite of Election

Drawn from 131 parishes in the diocese, they were at Westminster Cathedral for the Rite of Election, an ancient ceremony for adults choosing to be Catholics. The ceremony saw catechumens (those who are preparing to be baptised) and candidates (those who are already baptised) being "sent forth" by their bishops to prepare to be received into parish churches across the diocese.

Each year, sponsors, catechists and parish priests accompany catechumens, who have been preparing to become Catholic for some time. This is a momentous event for the catechumens.

At the Rite of Election, the Archbishop of Westminster, Vincent Nichols asked the sponsors about the transformation which has taken place in these people. He asked if they have faithfully listened to God's Word proclaimed by the Church. In other words, he asked if they have been catechised, if they have come to a suitable knowledge of dogma and an intimate understanding of the mystery of salvation.

The Archbishop asked if they have responded to that Word and begun to walk in God's presence.

Candidates, those who have already been baptised are being called upon to continue their conversion. They may have been baptised in another Christian church; they may have been baptised as Catholics but they have not been confirmed and/or received the Eucharist. The Archbishop recognises their desire to be sealed with the gift of the Holy Spirit and to have a place at the Eucharistic table – and he invites them to hear the Lord's call to conversion and invites them to be faithful to their baptismal covenant.

Reported by Diana Klein for Roman Catholic Diocese of Westminster (RCDOW). RCDOW serves the population of London (north of the river Thames) and Hertfordshire.

CHAIRMAN'S MESSAGE FEBRUARY 2010

Dear Friends,

A very warm welcome to the UMCC February 2010 Community Day. Wow!! Where has January 2010 gone? Needless to say, February 2010 is here and now gone!!

For some of you who attended January's UMCC's get together, you will recall that the Bafumbo Day was such a good celebration. Special thanks especially go to the Bafumbo (Married Couples') Office and indeed to all of you our brethren for your contributions and full participation in this event. We cannot emphasise enough the great impact that our families can make on us, both as individuals and collectively as society.

The UMCC Executive has been working tirelessly behind the scenes on two main issues, but this is in addition to dealing with the routine of administration of our community's affairs.

1. Bishop John Baptist Kaggwa of Masaka Diocese has agreed to lead us in this year's Uganda Martyrs' Day celebrations
2. The Draft Strategy Document to steer the community in the next five years. This is work in progress, and the challenge is to move this agenda forward. Key on this agenda is working towards improving our financial position as well as reaching out to our brethren.

On the point of Bishop John Baptist Kaggwa's visit, the UMCC Executive requests your financial support in this cause. Attached to this newsletter, is a proposed budget for your information and action. Your full support in this will enable us to give our Patron Saints – The Uganda Martyrs - a fitting homage. I will therefore endeavour to speak to you all, in view of gaining your support and advice on this worthy cause.

Some of the areas for which we will be seeking particular assistance are the Liturgy, e.g. the Choir, financial support and any other input towards organising this event. The Executive Committee will provide a detailed budget and programme to this effect. We therefore request that (if you have not already done so) you provide us with your contact details to enable the communication process.

You might have heard that the Ugandan Community in London has also recently lost one key community member in the names of Stella Zikulabe Luwaga, who passed away on the 14th of February 2010. Stella was well known amongst our community and abroad on the service she offered through "Pharmacy Direct", where she delivered medicines to those with specific needs. The UMCC was fully represented at her remembrance mass in Sydenham- South London on the 19th of February 2010. Our prayers continue to be offered for the repose of her soul.

Last but not least, let us all continue to work together for the betterment of our community and wider society.

May God Bless you all.

Robert Mukíibi

Chairman - UMCC

LENT FOR DUMMIES!

Q: What is Lent?

A: The **forty** day period before Easter, excluding Sundays. It began on **Ash Wednesday** and ended on Holy Saturday (the day before Easter Sunday). In recent years, this has been modified so that it now ends with evening Mass on Holy Thursday, to prepare the way for **Triduum** (Holy Thursday, Good Friday, Holy Saturday).

Q: Why are Sundays excluded from the forty days?

A: There are **46** days between Ash Wednesday and Easter, but the 6 Sundays are not considered because **Sunday** is the day on which Christ arose, making it an inappropriate day to fast and mourn our sins. On Sunday we must celebrate Christ's resurrection for our salvation. It is Friday on which we commemorate his death for our sins. Sundays are days of celebration and Fridays are days of penance.

Q: Why are the forty days called Lent?

A: That is the Old English word for **spring**, the season of the year during which they fall. In all other languages its name is a derivative of the Latin term **Quadragesima**, or "the forty days." The 5 weeks of Lent were the time when new Christians, who were to be baptized on **Easter Eve**, were taught about the Christian faith and life. Those who had already been **baptized** thought again about the promises they had once made and promise to be true to them.

Q: Why is Lent forty days long?

A: Because forty days is a traditional **number of discipline, devotion, and preparation in the Bible**. Thus **Moses** stayed on the Mountain of God forty days (Exodus 24:18 and 34:28); in the story of **Noah**, **God** makes it rain for forty days and forty nights (they were in the **ark** for much longer); the **spies** were in the land for forty days (Numbers 13:25), **Elijah** travelled forty days before he reached the cave where he had his vision (1 Kings 19:8), **Nineveh** was given forty days to repent (Jonah 3:4), Moses and the People of God spent 40 years in the **wilderness** as they journeyed to the Promised Land God, and most importantly, prior to undertaking his ministry, **Jesus** spent forty days in wilderness praying and fasting (Matthew 4:2).

Since Lent is a period of prayer and fasting, it is fitting for Christians to imitate their Lord with a forty day period. In these 40 days, our good God and Father calls us to set out down the **desert road** of prayer, fasting and almsgiving. He calls us to leave the past behind and press on to the future He has in store for us beyond the desert.

Lent is indeed how God draws us home, as individuals. But, it is also a very communal journey. We never journey alone, no matter how "lonely" we may feel. We can enjoy and share the support and environment that allows grace to flourish. Let us pray for each other on this journey, especially those who need and desire a change of heart on this pilgrimage to Easter joy.

Fr. Joseph Kakande Ssebunnya

Rome

Obituaries

Maama Rose Nalubega; 1922 – 9/02/2010



Born in 1922. She got married in 1939. She lost her husband in 1985. Maama Nalubega died of cancer at Mulago Hospital on 9th february 2010 and was buried in Bukoto, M a s a k a

Maama had 6 offsprings and many grand children. Maama was a mother, friend and a grandmother to us all, and our prayer is that may she rest in eternal peace as she is highly missed by us all.

Sent in by Simon Peter Ganya

Fulgensio Mutebi;

The family of Mr. Kizito Bukenya and the family of Mr. Grace Kitayiimbwa with sorrow announce the loss of their brother in law, Fulgensio Mutebi, who passed away suddenly on the 11th of January 2010. At the same time we celebrate his life with us. He is survived by a wife and three children. Mrs. Mary Goretti Mutebi, John Mutebi, Leonorah Nambijja, and Peter Clever Mutebi.

Sent in by Mrs. Ruth Kitayiimbwa

Mrs. Stella Mary Zikulabe-Luwaga; 24/09/70—14/02/10



Sadly passed away on Sun 14th Feb. 2010. Mrs. Zikulabe-Luwaga was a Pharmaceutical graduate with a Bachelors and Masters degree from Kings College University and worked as a Superintendent Pharmacist and Managing Director for Pharmacy Direct Ltd and had also worked for other flag ship companies like Lloyd Pharmacy, Boots the Chemists. Lloyd Pharmacy, Waltham Forest Primary

Care Trust and Belmarsh Prison.

She was born at Nsambya Hospital in Kampala, Uganda to Mr. Peter and Mrs. Jane Zikulabe, the middle child in a family of three children - an older brother, Francis Zikulabe and a younger sister, Bernadette Zikulabe. She was married to Mr. Herbert Luwaga on January 6th 2001 in Kampala. They were blessed with a daughter, Destiny Marie Luwaga who was born on October 1st, 2001. All through her life, she was a devout Roman Catholic and stayed true to the spirit of her faith. She was laid to rest at Kiwenda Mixed Farm on Gayaza-Zirobwe Road, Kampala, Uganda.

May the Almighty Lord Bless all the departed

Uganda Martyrs Day June 2010

Bishop John Baptist Kaggwa will be the main Celebrant for Uganda Martyrs Catholic Community day this June 2010. The Executive (while overly excited) is currently making preparations for the Bishop's visit to the United Kingdom so that he can officiate and be with us on our very special day. Below is the currently proposed Budget .

Visa Application + Transport (Ug)	100.00
Air Ticket	720.00
Transport	130.00
Hospitality	135.00
Entertainment	185.00
Communication	40.00
Reception (28 June 2007)	250.00
Total	1,560.00

"You can send donations directly to:

Uganda Martyrs Catholic Community Natwest bank account sort code 60-01-38 Account No. 53015991 Reference : Your Name

Or send cheques payable to ""UMCC"" to the UMCC Treasurer, 103 Lower Camden, Chislehurst, Kent BR7 5JD"

Birthdays in February

Olivia Ssebuuma

Rev Fr Gerard Balinnya

Other Announcements

Sick List: Mr. Francis Wamala Ssembatya of Wandsworth needs prayers.

2010 Calendar	Sunday 30 May 2010
Sunday 31 Jan 2010	Sunday 27 Jun 2010
Married Couples' Day	Uganda Martyrs' Day
Sunday 28 Feb 2010	Sunday 25 Jul 2010
Sunday 28 Mar 2010	Sunday 29 Aug 2010
Sunday 25 Apr 2010	Sunday 26 Sep 2010

This is a reminder for all our community that you can Pay your 2009/10 MEMBERSHIP - (£20 only) to ensure your membership.