

MAWU A ANTHU OKHULUPILIRA

NDONDOMEKO ZA ATSOGOLERI A MIPINGO YA CHIKHRISTU
PA ZA CHIWERENGERO CHA ANTHU NDI KULERA



JULY 2015

Suggested citation: Mbuya-Brown, R., and L. Mteka. 2015. *Mawu a Anthu Okhulupilira: Ndongomeko za Atsogoleri a Mipingo ya Chikhristu pa za Chiwerengero cha Anthu Ndi Kulera*. Lilongwe, Malawi: Futures Group, Health Policy Project.

Illustrations by: R. Chilemba

MAWU A ANTHU OKHULUPILIRA

NDONDOMEKO ZA ATSOGOLERI A MIPINGO YA CHIKHRISTU
PA ZA CHIWERENGERO CHA ANTHU NDI KULERA


JULY 2015

MAWU OTSOGOLERA

Malawi ndi limodzi mwa mayiko amene akukwera kwambiri m'chiwerengero cha anthu m'dera la kum'mwera kwa chipululu cha Sahara kuno ku Africa. Chiwerengero cha anthu m'dziko muno chakwera katatu kuyerekezera ndi m'mene chinalili m'zaka 40 zapitazo ndipo chikuyembekezeleka kukweranso katatu konse podzafika chaka cha 2040. Pachifukwachi, zachilengedwe zathu, chuma chatu ndi anthu omwe ndi okhudzidwa kwambiri. Ndikovuta kupeza zosowekera pa moyo wa tsiku ndi tsiku za anthu ambiri ndipo nkovutanso kwambiri kukweza miyoyo yawo ndikukwaniritsa zolinga za chitutuko cha dziko lonse.

Ife ngati atsogoleri a mipingo, anthu ambiri amatikhulupirira. Chikhulupiliro chomwe anthu ali nacho pa ife chimatipatsanso udindo—udindo wotsogolera mwachitsanzo, poyesetsa kutsata chiphunzitso cha Mulungu komanso kusamalira moyo wauzimu ndi wathupi wa anthu omwe timawatumikira. Pachifukwachi, tikukhulupilira kuti atsogoleri amipingo ali ndi udindo wodziwitsa anthu m'madera awo zotsatira za kukwera kwa chiwerengero cha anthu ndi kukambirana nawo za ubwino wa kulera m'mabanja.

Ngati Akhristu, chikhulupiliro ndi maziko a moyo wathu. Bukhu Lopatulika limatikumbutsa kuti chikhulupiliro chimawonekera bwino kudzera muntchito zomwe timachita pano padziko (Yakobe 2: 14-26). “Paja monga momwe thupi lopanda mzimu limakhala lakufa,” Malembo akutelo, “moteronso chikhulupiliro chopanda ntchito zake n'chakufa”. Bukhu lino likuyimira chikhulupiliro chatu pantchito. Kotero, atsogoleri amipingo ali olimbikitsidwa kuchilimika pa nkhani ya kulera, umoyo wa uchembere, ndinso kukwera kwa chiwerengero. Nkhani zimenezi zikukhudza kwambiri anthu amene timawatumikira—ndipo zimasuntha umoyo wawo komanso kutukula miyoyo ya abambo, amayi, ana, mabanja, ndinso dziko lonse.



Rev Francis Mkandawire
General Secretary
Evangelical Association of Malawi (EAM)



Bishop Gilford Matonga
Acting General Secretary
Malawi Council of Churches (MCC)



Pastor Innocent Chikomo
Executive Secretary
Malawi Union Conference of Seventh-Day Adventists

* Ministry of Finance and Development Planning. 2012. “Malawi RAPID: Population and Development.” PowerPoint presentation, available at <http://www.healthpolicyproject.com/index.cfm?ID=publications&get=pubID&pubID=71>.

ZAM’KATIMU

Kuthokoza.....	iii
Mawu Achidule.....	iv
1 Mawu Oyambilira.....	1
1.1 Cholinga cha Ndongomekozi.....	2
1.2 Ndani Ayenera Kugwiritsa Nchito Ndongomekozi.....	2
1.3 Tigwiritse Ntchito Bwanji Ndongomekozi.....	3
2 Chiwerengero cha Anthu, Kulera ndi Chitukuko.....	4
2.1 Kukwera kwa Chiwerengero cha Anthu.....	4
2.2 Kulera.....	6
2.3 Bukhu Loyera Limati Chani Pa Za Kulera.....	10
3 Kumema Anthu.....	14
3.1 N’chifukwa Chiyani Tiyenera Kumema Ena?.....	14
3.2 Kamemedwe Ka Anthu.....	14
3.3 Kukwaniritsa Mfundo Zofunikira Kwambiri.....	19
4 Mawu Omaliza.....	34
Chipepala Cholembapo Mfundo: Ndongomeko Yokwanitsira Ntchito	
Yomema Anthu.....	36
Zowonjezera I: Kudziwa Dongosolo la Mabungwe a Mipingo.....	38
Bungwe la Maepiskopi a Katolika (ECM).....	38
Bungwe la Evangelical Association of Malawi (EAM).....	45
Bungwe la Malawi Council of Churches (MCC).....	50
Bungwe la Seventh Day Adventists (SDA).....	54

KUTHOKOZA

Bukhuli linasindikizidwa ndi a Health Policy Project (HPP) ndi chithandizo cha ndalama chochokela ku United States Agency for International Development (USAID). Linalembedwa ndi a Rebecca Mbuya-Brown, ndi a Laston Mteka mothandizidwa ndi ukadaulo wa a Erin McGinn, a Carol Miller ndi a Olive Mtema. Mfundo za m'katimu zinakonzedwa mogwirizana ndi mabungwe amipingo a Evangelical Association OF Malawi (EAM), Episcopal Conference of Malawi (ECM), The Malawi Council of Churches (MCC) ndi Seventh Day Adventist (SDA).

A bungwe la Health Policy Project (HPP) akuyamika atsogoleri amipingo chifukwa cha kudzipereka kwawo komanso kutenga nawo gawo pantchitoyi. Chidwi ndi kudzipereka kwawo kwatisangalatsa ndipo kuthandiza kuchepetsa mavuto okhudzana ndi kukwera kwa chiwerengero cha anthu ndi ntchito za kulera m'Malawi ndipo tili ndi chiyembekezo chakuti kalozerayu adzawathandiza m'tsogolomo pa ntchito zomwezi. Tafunanso kuthokoza a Unduna Wa Zachuma, Mapulani ndi Chitukuko—umene m'mbuyomu umatchedwa kuti Unduna wa Mapulani ndi Chitukuko- chifukwa cha gawo limene unatenga pamene tinali kukonza kalozerayu, ndipo ukupitirizabe kutithandiza kuti tithe kugwira ntchito limodzi ndi atsogoleri amipingo kuti azitengapo mbali pa nkhani za chiwerengero cha athu ndi chitukuko m'dziko la Malawi.

Pomaliza, a HPP afuna ayamike ntchito imene oyimira mabungwe a mipingo anagwira, makamaka omwe anatengapo gawo polemba nawo bukuli. Awa ndi: Rev. Charles Makata, Howard Kasiya, ndi Rev. Dr. Davidson Chifungo ku EAM; Mtheto Lungu ndi Fr. Kaswanyundo ku MCC; ndi Pastor Goodwin Sibande ndi Pastor Gazamwala ku SDA komanso Bambo Andrew Kaufa ndi Bambo George Buleya ku Bungwe la Maepiskopi a Katolika.

MAWU ACHIDULE NDI MATANTHAUZO AKE

EAM	Bungwe la Evangelical Association of Malawi
ECM	Bungwe la Maepiskopi a Katolika
HIV	human immunodeficiency virus
HPP	Health Policy Project
MAM	Bungwe La Muslim Association of Malawi
MCC	Bungwe la Malawi Council of Churches
SDA	Bungwe la Seventh Day Adventists
QMAM	Bungwe La Qadria Muslim Association of Malawi
USAID	United States Agency for International Development



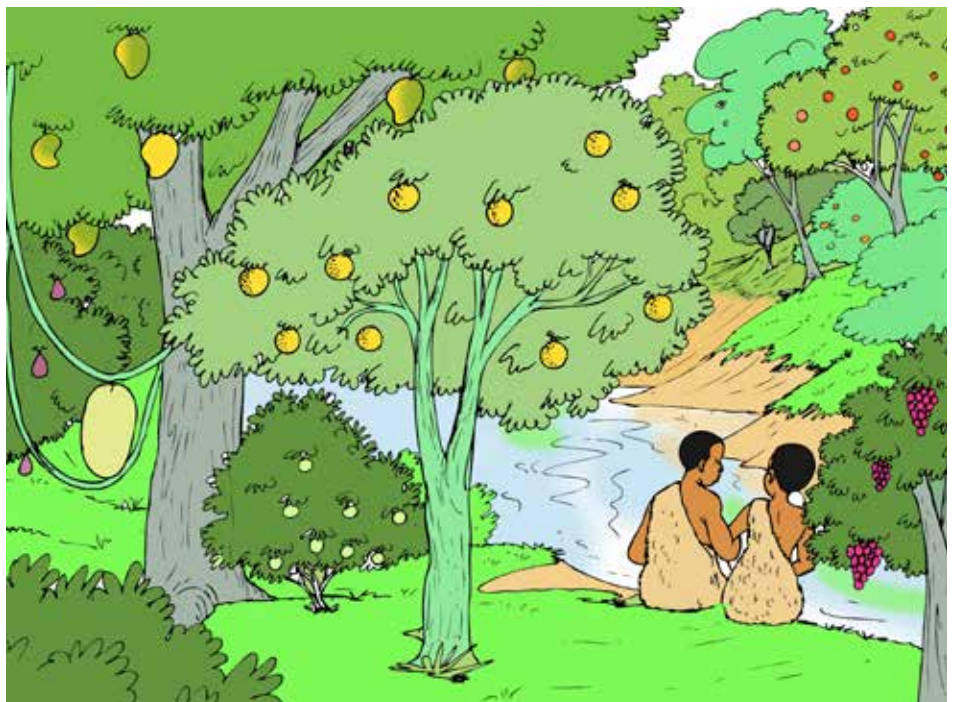
1 MAWU OYAMBILIRA

Kubelekana mowilikiza komanso kusowekera kwa chithandizo chakuti pazikhala mpata wotalika bwino mayi asanatenge pathupi pena kukuchititsa kuti chiwerengero cha anthu chikwere kwambiri muno m’Malawi. Pamene chiwerengero cha anthu chikukwera kapezedwe ka zinthu zachilengedwe kamachepa. Minda yomwe makolo athu kale ankalamamo komanso nyanja yomwe makolo athu ankaphamo nsomba ndiyomwe ija, koma chiwerengero chathu chidakwerabe. Izi zikuchititsa kuti zachilengedwe ziziwonongeka zomwensozikukhudza ntchito za umoyo, maphunziro ndi za chuma. Kukwera kwa chiwerengero kukuchititsa kuti miyoyo ya amayi, ana ndi mabanja ikhale pa chiwopsezo.

Posachedwapa atsogoleri ampingo kuchokera muzipembedzo zosiyanasiyana agwirizana kuchitapo kanthu pofuna kuchepetsa mavuto okhudzana ndi kulera, umoyo wa uchembere ndi kukwera kwa chiwerengero cha anthu. M’chaka cha 2012 nthumwi zochokera kumabungwe akuluakulu azipembedzo, a Evangelical Association of Malawi (EAM), Episcopal Conference of Malawi (ECM), Malawi Council of Churches (MCC), Muslim Association of Malawi (MAM), Seventh Day Adventists (SDA), ndi Qadria Muslim Association of Malawi (QMAM) zinakumana ndi kukambirana za momwe zingatengerepo nawo gawo pa nkhaniyi.

Zotsatira zake zidali mgwirizano wa zipembedzo pa momwe atsogoleri ake adakwaniritsa zogwirira ntchito limodzi ntchito za chiwerengero cha anthu kumapeto a sabata zomwe pa Chingerezi amati *population weekends* zomwe zinachitika m’maboma angapo (onani pa Bokosi 5). Misonkhano yamtunduwu imachitika ndi thandizo la ndalama lochokera ku USAID kudzera mu Health Policy Project mogwirizana ndi nthambi ya boma yowona za chiwerengero cha anthu mu Unduna Wa Za Chuma, Mapulani ndi Chitukuko, ndipo adakwanitsa kuwafikira anthu kuti adziwe zotsatira za kuchuluka kwa chiwerengero cha anthu komanso kufunika kwa kulera. Khama lathu ndilo lachititsa kuti ntchitoyi itheke kuti tikhale ndi ndondomekozi zomwe cholinga chake ndi kulimbikitsa atsogoleri ampingo kuti azichilimika pa ntchito za kulera ndikuchepetsa mavuto amene amabwera chifukwa cha kukwera kwa chiwerengero cha anthu.

Atsogoleri azipembedzo ku Malawi ali ndi ntchito yayikulu yoti achite pakuchepetsa mavuto amene amadza chifukwa cha kuchuluka kwa chiwerengero cha anthu. Monga atsogoleri, tili ndi udindo wodziwitsa anthu zotsatira zakukwera kwa chiwerengero cha anthu, kukambirana momwe kulera kungathandizire kupititsa patsogolo ntchito za umoyo wa anthu, m’mabanja, m’madera mwathu komanso m’dziko lonse.



Mulungu adalenga dziko lapansi kuti anthu alisamalire. Adalenga mwamuna ndi mkazi kuti akhale ndi *“ulamuliro pa nsomba zamnyanja, mbalame zamlengalenga, nyama zoweta, ndizokwawa zonse padziko lapansi,”* (Genesis 1:26–28; 2:15). Ngati osamalira zachilengedwe cha Mulungu, anthu ayenera kuganiza mosamala pa chisankho chomwe timapanga pa nkhani yosamalira dziko. Zisankho zokhudzana ndi nkhani yobeleva monga: kuti mwana abadwe liti ndipo pakhale ana angati, zimakhudza umoyo wa anthu apabanja komanso kuthekera kwa dziko lapansi kusamalira zolengedwazo. Chiwerengero chikakula kwambiri kukongola kwadziko lapansi kumachepa chifukwa zachilengedwe zambiri, zimaonongeka.

Pakupereka mabanja athu kwa Mulungu, kulera pabanja kumatanthauzanso dongosolo labwino la kutalika kwa nthawi yomwe amatenga kuti mayi ayime. Izi zimapititsa patsogolo umoyo wa amayi, ana ndi mabanja (Miyambo 16: 3). Ngati mabanja atha kupanga chikonzero chabwino pakulera zitha kuteteza miyoyo ya amayi ndi ana ndikupititsa patsogolo ntchito zachuma pabanja. Kulera kumathandiza kuchepetsa kukwera kwa chiwerengero cha anthu. Chiwerengero chochepa cha anthu chimachepetsa vuto la kupereka kwa zinthu zofunkira pa moyo wa munthu ndipo izi zimathandiza dziko la Malawi polimbana ndi mavuto omwe amadza chifukwa cha kusintha kwa nyengo ndi kusakazika kwa chilengedwe. Chiwerengero chochepa cha anthu chidzathandiza dziko la Malawi kupereka zinthu zoyenerera kwa anthu ake (monga za umoyo ndi maphunziro) komanso ntchito.

Zaka zitatu zomwe takhala tikugwira ntchito limodzi ndi chiyambi chabe. Tiyenera kupitiriza pa zimene tachita bwino pofuna kuwonetsetsa kuti atsogoleri amipingo akupitiriza pa zimene akwaniritsa kale pankhani ya chiwerengero cha anthu ndi kulera.

1.1 Cholinga cha Ndongomekozi

Cholinga cha kalozera yu ndikuthandiza azipembedzo kukhala ndi njira zokhazikika zothetsera mavuto obwera chifukwa cha kukwera kwa chiwerengero cha anthu pamene akugwira ntchito zawo zina. Mu kalozera yu muli mfundo komanso upangiri wofunikira kwa atsogoleri a mipingo pogwira ntchito zawo zampingo pamodzi ndi za chiwerengero cha anthu komanso za kulera.

Ndipofunika kumvetsetsa bwino zochitika komanso njira zimene zalembedwa mu bukuli ndikuzitenga ngati gawo limodzi la moyo wa mpingo osati ngati zochitika zowonjezerapo chabe.

1.2 Ndani Ayenera Kugwiritsa Ntchito Ndongomekozi

This guide should be used by

- Atsogoleri amipingo (monga mabishopu, ansembe, abusa, alaliki, apampando, alembi aakulu, atsogoleri am'zigawo ndi magulu komanso atsogoleri m'matchalitchi).
- Aliyense amene amatengapo gawo pa utsogoleri wa mpingo wawo ndipo akufunitsitsa kuchitapo kanthu polimbana ndi mavuto amene amabwera chifukwa cha kukwera kwa chiwerengero cha anthu.

1.3 Tigwiritse Ntchito Bwanji Ndondomekozi

Kalozerayu agwiritsidwe ntchito podziwitsa anthu nkhani ya za chiwerengero cha anthu ndi kulera m'magawo osiyanasiyana, poyamba ngati dziko mpaka kumadera kwathu. Bukhuli likupereka:

- Uthenga wofunika pa zotsatira zakukwera kwa chiwerengero cha anthu, ubwino wakulera kuti kutenga pakati mosawilikiza komanso kufunika kwakuti atsogoleri azitengapo gawo pa ntchitoyi.
- Maganizo a momwe mipingo ingamafalitsire mauthega a zakulera.
- Upangiri wa zakulera ndi kudziwitsa anthu za kulera m'mipingo ndi m'madera.
- Kuwunikira za mabungwe a mipingo ndi momwe angamachitire ntchitoyi podzera mu nthambi zawo.

2 CHIWERENGERO CHA ANTHU, KULERA NDI CHITUKUKO

2.1 Kukwera kwa Chiwerengero cha Anthu

Ngati kaberekedwe ka ana kapitirire kukhala momwe kalili panopa, ndiye kuti chiwerengero chathu—chomwe chinali 13.1 miliyoni m’chaka cha 2008—chikuyembekezeka kudzawonjezereka katatu pofika m’chaka cha 2040.¹ Kukwera kofulumira chonchi kwa chiwerengero cha anthu, kuphatikizapo kusowa kwa madzi ndi kuchepa kwa chakudya chomwe alimi amapeza ndizo zachititsa kuti anthu ochita kafukufuku aliyike dziko la Malawi pa gulu la mayiko 15 amene ali pa chiopsezo cha kusintha kwa nyengo.² Mayikowa ndiwo amene adzakumane ndi mavuto ambiri chifukwa chakusintha kwa nyengoku. Zotsatira za kuchulukana kwa anthu zikuonekera mwambiri komanso mosiyanasiyana.

Kuwonongeka kwa zachilengedwe

Chiwerengero cha anthu m’dziko muno chikamakwera mofulumira zinthu zachilengedwe zimatha msanga choncho kumakhala kovuta kuzipeza. M’Malawi muno, kutha kwa zachilengedwe chifukwa kuchulukana kukuwonekera pa kusowa kwa madzi, kutha kwa nkhalango, kukokoloka kwa nthaka, ndiponso kuchepa kwa zokolola za m’mind. Pamene chiwerengero chikuchulukirachulukira, anthu ofuna madzi aukhondo amakhalanso ambiri. Zimenezi zimachititsa kuti madziwo azisowa poti amawaperewera. Munthu amagwiritsa ntchito madzi ochepa kusiyana ndi mmene iye amafunira. Kuchulukana kwa anthu kumawonongetsanso nkhalango chifukwa anthuwo amadula mitengo kuti atsegule minda ndi kumalima, kuti apeze nkhu ni ndi makala ophikira komanso milimo. Kudula mitengo kumachititsa kuti nthaka ikokoloke ndipo zokolola sizichita bwino.



Mavuto onsewa akudza kaamba ka kusintha kwa nyengo, kumene kumasintha kagwedwe ka mvula ndipo kumadzetsa chilala, kusefukira kwa madzi ndipo nyengo yadzinja imasokonezeka mosadziwika bwino. Kukwera kwa chiwerengero cha anthu kukuchititsa kuti zotsatira za kusintha kwa nyengo zigwere pa dziko la Malawi—ndipo mavutowa akuyembekezeka kukula m`zaka zikubwerazi.

Kusowa kwa malo olima

M`Malawi muno malo awonetseratu kuti ndi opelewera. Anthu 126 ndiwo akukhala pa malo omwe kukula kwake ndi 1 square kilomita. Mongoyerekeza, malo opezekapo munthu m`modzi ku Zambia, ku Malawi kuno pamapezeka anthu asanu ndi mmodzi. Ngati kuchulukana mofulumiraku kupitilira, ndiye kuti podzafika chaka cha 2050, anthu adzakhala ali 803 pa 1 square kilomita.

Mwa anthu 100 alionse m`Malawi, anthu 80 amakhala m`madera akumidzi, ndipo ambiri mwa anthu amenewa amadalira ulimi pa moyo wawo. Pang`ono ndi pang`ono mabanja amakhala akudulirana minda motero ambiri akumalima minda yaying`ono yomwe ikumawapatsa zokolora zosakwanira kudya chaka chonse. Chifukwa cha ichi, iwo amayenera kumalima mbewu zawo mowilikiza zomwe zimagugitsa nthaka chifukwa chosapumitsa ndipo amakolola zochepe. Kuchepa kwa malo olima ndi okhala kumayambitsanso mikangano pakati pa anthu kapena mabanja. Kukanganirana malo pamene gogo wamwalira kukuchuluka masiku ano ndipo m`maboma ena anthu amamenyana chifukwa cha malo.



Kapezekedwe ka chithandizo chimene boma limapereka kwa anthu

Kuchulukana kwa anthu kumadzetsa mavuto mu ntchito zotumikira anthuwo m`Malawi, monga zaumoyo ndi zamaphunziro. Tikunena pano, dziko la Malawi likusowa adotolo ndi anamwino m`zipatala komanso aphunzitsi m`sukulu, makamaka m`madera akumidzi. Powonjezera pakusowa kwa chithandizo chimene boma limapereka kwa anthu, ubwino wachithandizo chimene chingapezeke (monga ku za umoyo, zomangamanga ndi maphunziro) umakhala wochepekeru chifukwa anthu ofuna zithandizozi amakhala ambiri. A Unduna wa za Chuma, Mapulani ndi Chitukuko kudzera mu kawuniwuni wawo wa RAPID adawunikira zakukwera kwa chiwerengero cha anthu pakutha zaka 30 kuyambira 2008 kukafika 2040. Iwo akuti ngati kuchulukana kupitilire pa mlingowu, unduna wa zaumoyo udzafuna kukhala ndi anamwino ochuluka katatu ndi zipatala

zochulukana katatu mu chaka cha 2040. Ana a sukulu za pulayimale, adzakhala atawonjezekera kuposa kawiri chiwerengero chomwe chilipo lero. Panopa alipo 3,000,000 koma nthawi imeneyo adzakhala ali 8,000,000. Kukadakhala kuti anthu sakuchulukana mwachangu bwenzi boma litapulumsa ndalama zokwana K166 bilyoni pa maphunziro ndinso K226 bilyoni pa zaumoyo m`zaka zatchulidwazi.³

Chitukuko cha zachuma

Kukwera kwa chiwerengero cha anthu kumakhudza kwambiri kayendedwe ka chuma cha m`dziko. Chiwerengerochi chikadamakwera pang`onopang`ono, chuma cha dziko la Malawi chikadakhala mwachangu. M`malo momagwiritsiriratu ntchito ndalama zonse zomwe zapezeka bwenzi zina zikusungidwa kuti zidzagwire ntchito m`tsogolo. Kuchepa kwa zokolola za mminda, kuphatikizapo kuperewera kwa madzi ndi kwa ntchito zachipatala ndi zamaphunziro zidzalepheretsa chitukuko cha chuma cha dziko.

Zotsatira za kukwera msanga kwa chiwerengero cha anthu zidasautsa kwambiri achinyamata. M`Malawi muno achinyamata osapitilira zaka 18 zakubadwa, chiwerengero chawo ndi choposa theka la anthu onse (52%) am`dziko muno. Amenewa akafika poti tsopano akula, adzafuna ntchito ndi chithandizo chosiyanasiyana. Ngati kukwera kwa chiwerengero kupitirira kukhala kwachangu, achinyamata 4.9 miliyoni adzakhala akufunafuna ntchito pofika 2040. Vuto ndi lakuti ngakhale panopa ntchito ndi zosowa. Ofuna ntchito akulephera kuzipeza.

Kukhudzidwa kwa mipingo

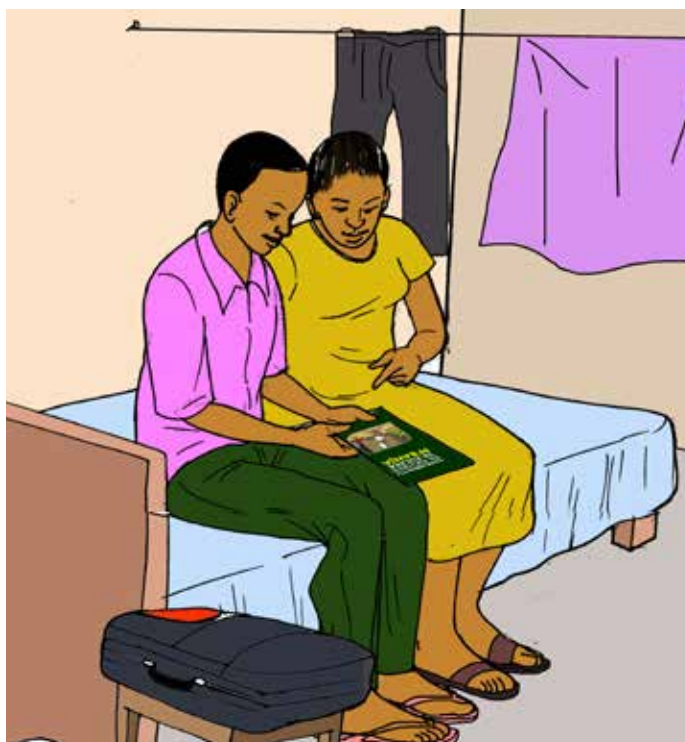
Pamene chiwerengero cha anthu chikukwera, gawo la mipingo likukulanso pamene anthu ake akufuna chithandizo. Ngakhale zili choncho, anthu ambiri alibe chuma chokwanira kuti athandize mipingo yawo. Mwachitsanzo, tchalitchi lina linamangidwa kuti anthu ambiri azitha kukwaniramo. Ntchito yomanga inatenga zaka zisanu kuti ayimalize. Pamene ntchito yomanga imatha tchalitchiyo inali kuchepanso popeza kuti chiwerengero cha anthu chinali chitakwera. Izi zikungowonetsa kuti chiwerengero cha anthu chikukwera mofulumira kwambiri mosalingana ndi kupezeka kwa zinthu zokwanira kuti zithandize anthu ambiri.

Kukwera kwa chiwerengero komanso kusowa zinthu zokwanira kukudzetsa mavuto pamiyoyo ya anthu. Komabe monga anthu okhulupilira Mulungu tibataye chiyembekezo. M`malo mwake titha kumanga tsogolo labwino la dziko lathu la Malawi pakubwera pamodzi kuti tiwunikire nkhani ya chiwerengero cha anthu ndi chitukuko.

2.2 Kulera

Kodi kulera ndi chiyani?

Kulera ndi pamene mwamuna ndi mkazi monga banja apanga zisankho zabwino zokhudza pamene ayenera kukhala ndi mwana, ndipo kuti akakhale ndi ana angati komanso kuti kodi ana azibadwa motalikirana bwanji. Mwamuna ndi mkazi ayenera kukambirana zabanja lawo asanakwatirane ndipo ayenera kupitiriza kukambirana izi pamoyo wawo wapabanja



popeza kuti zisankho, ziganizo ndi zochitika zina pamoyo zimatha kusintha. Makolo aphunzitsenso ana awo za kufunika kwa kulera ngati njira yowakonzekera kuti adzakhale makolo odalirika akadzakula.

Mabanja atha kusankha njira za chilengedwe kapena za chipatala zakulera pa moyo wawo wapabanja potsata zimene Mpingo wawo umaphunzitsa. Njira zimenezi ndi zofufuzidwa bwino ndi akatswiri ndipo ndizotetezeka kwa amayi ndi abambo omwe. Njirazi zimasiyana mu mphamvu, magwiridwe ake a ntchito, komanso oyenera kugwiritsa ntchito. Kusankha njira yachipatala yoyenera kumatengera zisankho zakulera zimene mwamuna ndi mkazi asankha, komanso nthawi zina momwe thupi layanjanidwira ndi njirayo. Pachifukwachi, anthu ayenera kufunsa alangizi a zaumoyo kuti awapatse uphungu woyenera. Njira zakulera zomwe zilipo ku Malawi kuno pakadali pano ndi monga izi:

Njira zachilengedwe (zowelengetsela masiku)

Njira zachilengedwe sizisowa kugwiritsa ntchito mankhwala ngakhale nthawi zina pamasowekera upangiri ndi uphungu kuchokera kwa azaumoyo. Njira zachilengedwe zakulera zimadziwikanso ndi dzina lakuti 'Njira zotsata nyengo ya kusamba kwa amayi'. Njira zimenezi zimathandiza mayi kuti adziwe kupewa kutenga pakati panthawi imene ali pachonde chakuti atha kutenga pakati.

Njira zachilengedwe ndi monga izi:

- Kutsata masiku a kusamba kwa amayi
 - Kuwelengera masiku mwanthawi zonse (njira yogwiritsa ntchito mikanda)
 - Kudziwa momwe ayembekezela kusamba
- Kuyang'ana kusintha kwa chikazi cha amayi
- Kuyang'anira kutentha thupi kwa amayi pofuna kudziwa nthawi ya chonde
- Njira yoyamwitsa mwakathithi
- Kupewa kuthira umuna pogonana
- Kudziletsa



Njira za chipatala zakulera

- Kondomu (ya abambo kapena amayi)
- Mankwala akumwa olelera (mapilitsi)

- Njira yobaya jakisoni
- Njira ya pamkono
- Lupu
- Kutseka abambo
- Kutseka amayi

Ubwino wa kulera ndiwotani?

Masiku ano mabanja ambiri ku Malawi kuno ali ndi ana asanu kapena asanu ndi m'modzi, koma kubelekana kotereku sikugwirizana ndi zomwe mabanjawa amafuna. Kafukufuku amaonetsa kuti abambo ndi amayi amanena kuti banja labwino ndikukhala ndi ana anayi.⁴

- Pafupifupi theka (45%) la pathupi pamene amayi amatenga pamakhala posakonzekera kapena kuti sichinali cholinga.⁵
- Limodzi mwa mabanja anayi amafuna kuchedwerapo kapena kulewa kukhala ndi ana ena koma sagwiritsa ntchito njira zakulera kuti apewe kutenga pathupi. Mabanja amenewa ali ndi kuperezedwa pa upangiri ndi ntchito zowathandiza kudziwa ndi kukonzekera pamene akufuna kukhalanso ndi pakati.

Ubwino pa umoyo wamunthu

Kutalikana bwino kwa nthawi yotenganso pakati pena kuli ndi ubwino pa umoyo wa mayi ndi ana obwadwawo. Dziko la Malawi liri ndi chiwerengero chokwera padziko lapansi cha imfa zomwe zimadza ndi uchembere (azimayi 675 amafa pa 100,000 aliwonse oyembekezera). Zina mwa zifukwa za imfazi ndi kubereka asanakhwime (amayi 35 pa 100,000 obereka ali achichepere amamwalira), kuchembeza kwambiri (5.7), komanso kufala kwa kachilombo ka HIV pakati pa amayi omwe angathe kubereka.⁶

Pakati posakonzekera patha kuwonjezera chiwopsezo cha imfa komanso kulumala kwa amayi ndi ana makamaka pamene:

- Mayi atenga pakati asanafike zaka 18 zakubadwa
- Mayi anakhalako ndi pakati kambiri m'mbuyomu
- Mayi akhala ndi pakati mochedwa kupitilira zaka 35 zakubadwa
- Mayi atenga pakati mowilikiza

Ku Malawi kuno, mwa ana asanu ndi anayi aliwonse, m'modzi amamwalira asanafike

zaka zisanu zobadwa. Koma kutalikitsa nthawi pakati pena pasanabwere kumachulutsa mwawi wakuti mwana wobadwayo akhale moyo wawutali. Ana obadwa pasanapite zaka ziwiri kuchokera pamene



mwana wina anabadwa amakhala ndi mwayi wochepepa kwambiri wokhala ndi moyo asanafike zaka zisanu poyelekeza ndi ana obadwa patatha zaka zitatu kuchokela pa nthawi imene winanso anabadwa kwa mayi.

Ubwino wake pabanja

Ngati mabanja ali ndi chiwerengero cha ana okhawa amene angathe kuwasamalira bwino pali ubwino wambiri:

- Kupanikizidwa pa kasamalidwe ka ana kumakhala kochepe komanso mikangano m'banja imakhalanso yochepe.
- Makolo amakhala ndi nthawi yokwanira yakuti asamalire mwana aliyense ndi kumpatsa zosowekera zake pamoyo wauzimu.
- Makolo amakhala ndi kuthekera kowapatsa ana awo zakudya zoyenerera, komanso moyo wathanzi ndi maphunziro.
- Ana amakhala ndi mwayi waukulu wakuti asamakhale odziyang'anira okha akadali achichepere.
- Mwayi wa zachuma ndi maphunziro umakhala waukulu kwa makolo ndi ana omwe. Mabanja achichepere amene amadikira kaye asanakhale ndi ana amatha kupitiriza maphunziro ndikupeza ntchito zabwino ndipo anyamata ndi atsikana atha kuphunzira ngati makolo ali ndi ana ochepe omwe angathe kuwasamala.
- Maka amayi amakhala ndi moyo wabwino ndipo atha kukhala ndi nthawi yambiri ya maphunziro, zina ndi zina komanso atha kumatenga nawo mbali m'zochitika za m'madera mwawo.

Kusasiyana pakati pa amayi ndi abambo

Kuberekana kwambiri kumachititsa kuti pazikhala kusiyana pakati pa akazi ndi amuna zomwe zimachititsa kuti atsikana azikhala ndi mwayi wochepe wa maphunziro ndi ntchito komanso ndi zochita zina. Koposa theka la amayi achiMalawi (51.6%) limakhala litakwatiwa kale pomafika zaka 18 zakubadwa ndipo m'modzi mwa ana a zaka za pakati pa 15 ndi 19 amakhala atabereka kale mwana mzawo.⁷ Atsikana achichepere amene amayamba kubereka msanga amataya mwayi wawo wamaphunziro ndipo miyoyo yawo imakhala pa chiwopsezo chomwe chimadza chifukwa cha kukhala ndi pakati akadali achichepere.

Chimodzimodzinsu, pamene makolo ali ndi ana ambiri omwe sangathe kuwasamalira, nthawi zambiri ndi ana aakazi amene amakhala ndi mwayi wochepe kwambiri wa zinthu monga maphunziro, za umoyo ndi chakudya.

Ubwino ku mpingo

Monga mabanja amapindula pa ntchito zakulera, mipingonso imapepukidwa pantchito zomwe imagwira posamalira anthu. Mabanja achimwemwe ndi athanzi amakahala ndi mwayi waukulu wotenga nawo mbali pa moyo wampingo ndipo amakhala ndikuthekela kothandiza anzawo pa mpingo.

2.3 Bukhu loyera limati chani pa za Kulera?

Mabaibulo ena amakhala ndi mawu ofotokozera pa chiyambi pa Bukhu lililonse. M'menemu mumakhala mfundo zazikuluzikulu za bukhulo; amene analemba; nyengo ndi nthawi imene analemba; ndinso chifukwa chimene bukhulo linalembedwera. Izi zimapereka kwa owerenga kumvetsetsa zomwe zidalembedwazo zimene zimachepetsa kukhala ndi matathauzilidwe a baibulo olakwika. Pali mfundo zingapo zokhudzana ndi banja komanso zakulera zimene ziyenera kufotokozeredwa bwino ndi chithandizo cha Malembo Oyera.

Nsanamira za banja

Kulera kumachitika pa moyo wa m'banja ndipo banja labwino ndi maziko abwino a kulera. Chomwechonso kulera kungathandize kuti mabanja akhale olongosoka pochepetsa mavuto pabanja pamene mwamuna ndi mkazi ayesetsa kukwaniritsa zosowekera za ana awo. Banja labwino la chikhristu litsogozedwe ndi nsanamira zopezeka m'Malembo Oyera.

“Banja labwino likhale ngati nyimbo yoyimbidwa bwino; yokoma, yomveka bwino komanso yochititsa chidwi”

Banja: pangano la chikondi ndi kusamalirana

“Tsono popeza kuti ndinu ana okondedwa a Mulungu, muziyesa kum'tsanzira. Muzikonda monga Khristu adatikonda ife, nadzipereka kwa Mulungu chifukwa cha ife. Adadzipereka ngati chopereka ndi nsembe ya fungo lokondweretsa Mulungu.” (Aefeso 5: 1-2)

“Inu amuna, muzikonda akazi anu monga momwe Khristu adakondera mpingo. Nadzipereka chifukwa cha mpingowo. Adachita zimenezi kuti aupatule ukhale wakewake, atayeretsa pakuutsuka ndi madzi ndiponso ndi mau ake.” (Aefeso 5:25-26)

“Kuonjezera pa zonsezi muzikhala ndi chikondi, pakuti n'chimene chimamanga zonse m'chigwirizano chathunthu.” (Akolose 3:14)

“Koma munthu wopanda chikondi sadziwa Mulungu, pakuti Mulungu ndiye chikondi chimene.” (1 Yohane 4:5)

Banja ndi chinthu choyeretsedwa, mgwirizano wa chikondi wopangidwa pakati pa bambo ndi mayi. Chikondi n'chofunikira kwambiri pabanja la Chikhristu pakuti banjalo limamangidwa potsatira chitsanzo cha ubale wapakati pa Khristu ndi mpingo. Chikondi cha chikhristu chimapangitsa kuti mwamuna ndi mkazi akhale ndi nzeru za Chikhristu kwa wina ndi mzake. Mwa umunthu, mwamuna ndi mkazi avomele zofooka za wina ndi mzake ndipo azikhululukirana.

Kugwirizana ndi kumvana

“Sibwino kuti munthuyu akhale yekha ndipanga mzake woti azimthandiza” (Genesis 2:18)

Mu Genesis (2:18) timaona kuti mgwirizano ndi chimodzi mwa zifukwa zofunika kwambiri zokhalira pa moyo wa m'banja. Banja la Chikhristu ndi mgwirizano wachikondi chozama momwe mwamuna ndi mkazi amabwela pamodzi m'banja ngati anthu okondana kuti asamalane, kuthandizana pokwaniritsa zofuna zathupi, moyo watsiku ndi tsiku, zachuma ndi moyo wauzimu. Banja limamangidwa pamene pali mgwirizano, kulingalira kuti mwamuna ndi mkazi amathandizana, aliyense kutengera ndi mphatso zake. Mvano umapangidwa kuchokera ku mphatso zosiyanasiyana monga, kukhala wachooona, kukhulupirika, kumasukirana, kumverana, ulemu, kulolerana, kumvetsetsana, kukhulupilirana ndi umodzi (Genesis 2: 24). Kudzera mu mvano, mwamuna ndi mkazi agawane mofanana mu ntchito ndi zabwino za pabanja kuphatikizapo za chuma. Ngati mwamuna ndi mkazi akhala ndi mtima wokondana m'banja mwawo mudzakhala mtendere ndi chimwemwe.

Kugonana

Ukwati umakhudza gawo lathupi ndi zilakolako. M’banja, mwamuna ndi mkazi amasonyeza chikondi chawo pamene agonana kudzela m’matupi awo. Kukhala malo amodzi kwa mwamuna ndi mkazi ngati banja momasukirana ndikofunikira kwambiri pofuna kusamalira chikondi chawocho (I Akorinto 7: 3-5, Aefeso 5: 1-33).

Kudzipereka

Banja si chinthu chamasewera, pafunika kudzipereka kwa wina ndi mnzake. Chikondi cha Mulungu chopanda malire ndinso cha nthawi zonse kwa ife ndi chitsanzo cha chikondi cha Chikhristu (Yohane 3: 16). Pabanja, mwamuna ndi mkazi amadzipereka kwa wina ndi mzake pofuna kuchitilana ubwino. Aliyense amayenela kusiya kudzikonda kuti asamale zamzake wa pabanjayo ndikudzetsa chimwemwe. M’malembo Oyera, chikondi cha pabanja chimayerekezedwa ndi chikondi komanso kudzichepetsa pakati pa Mulungu ndi anthu kapena pa ubale wa Khristu ndi mpingo. Muthanso kuwerenga Genesis 2: 24; Akolose 3: 19 ndi Aefeso 5: 25-33.

Kupemphera

Malembo Oyera amaonetsa kuti banja likhale lotsogozedwa ndi moyo wamapemphero. Zinthu zonse kuonjezerapo mapemphero, zinalengedwa ndi Mulungu. Mwamuna ndi mkazi ayenela aziyang’ana kwa Mulungu kuti aziwatsogolera (Miyambo 16: 3). Kudzera mupemphero timalandira chaulere cha Mulungu. Sitingathe kupita patsogolo m’moyo wa pabanja popanda chithandizo cha Mulungu ndipo ndikudzera muchaulere chake timatha kuchita bwino (I Petulo 3: 7).

Ubale wa Mulungu ndi anthu ndi ngati chitsanzo cha moyo wa pabanja. Pa chifukwachi banja likhale lopeza zitsanzo kuchokela pa ubale wa Yesu ndi mpingo (Aefeso 5: 25). Kupemphera pabanja kumathandizanso kuti banja lizikhala lomasukirana. Kudzera mu pemphero, timacheza ndi Mulungu; momwemonso mu ukwati, tizicheza ndi mwamuna kapena mkazi wathu (Yeremiya 33: 3).

Kubereka mwanzeru

Bukhu la Genesis limafotokoza kuti kukhala ndi ana ndi chimodzi mwa zipatso za m’banja. Kukhala ndi ana si chinthu choyambilira chopangitsa kuti anthu akhale pabanja koma kuti ana ndi mphatso yochokera kwa Mulungu (Genesis 1: 28).

Kulera—Udindo wokhala ndi ana mwanzeru

“Zoonadi, ana ndi mphatso yochokera kwa Chauta, zidzukululu ndi mphotho yake.” (Salimo 127:3)

“Mphatso iliyonse yabwino ndi yangwiro imachokera Kumwamba, kwa Atate a zounikira zonse zakuthambo. Iwo sasintha konse ndipo kuwala kwao sikutsitirika mpang’ono pomwe.” (Yakobe 1:17)

Pamene Mulungu analamula Adam ndi Eva kuti; *“mubereke ndi kuchulukana, mudzaze dziko lonse lapansi ndi kumalilamulira” (Genesis 1:28)*, dziko lapansi panthawiyo linali ndi chiwerengero cha anthu chochepa kwambiri poyerekaza ndi lero lino. Kunali anthu ochepa kwambiri. Nkofunika kumvetsetsa bwino mawu akuti ‘mudzadze/mugonjetse’ mu ndime imeneyi kwakuti sikutanthauza kuti tizichita chilichonse chomwe tikufuna ayi koma kuti tichita zinthu ndi udindo.

Ndipo mawu amu Genesis 1:28 akusonyezanso kuti Mulungu amayembekezera kuti ife anthu tisamalire dziko kuti likhale labwino. Ngati muli ndi ana ochuluka kwambiri omwe simungathe kuwasamalira ndiye kuti mukulephera kukometsa dziko monga Mulungu adafunila.

Pali mawu angapo m’Baibulo amene amasonyezaso kufunika kokhala kholo losenza udindo wake. Makolo ali ndi udindo osamalira ana awo popereka zofunikira pa moyo wawo (monga moyo wathanzi, maphunziro, chakudya), makhalidwe awo komanso zosowekera pa moyo wawo wauzimu ndikuonetsetsa kuti akukhala moyo wolemekeza pa umunthu (I Timoteo 3: 5). Izitu nzotheke ngati nambala ya ana m’banja ndi yochepa yosavuta kusamalira. Pamene makolo akulephera kukwaniritsa zosowa za ana awo, anawo akhoza kumakhala okhumudwa (Akolose 3: 21).

Paulo Woyera adauza Timoteo kuti utsogoleri mumpingo ukhale chitsanzo cha utsogoleri wapabanja ponena kuti, *“Ngati munthu sadziwa kuyendetsa bwino banja lake, nanga angasunge bwani mpingo wa Mulungu.”* (I Timoteo 3: 5).

Makolo ali ndi udindo woteteza ana awo monga Yosefe ndi Maria adachitira pa Mateyo 2 : 1-13. M’bukhu la Mateyo 19: 14, Yesu adasonyeza mwamphamvu ngati mtetezi wa ana pamene adanena kuti *“Alekeni ana adze kwa ine musawaletse. Paja Ufumu wakumwamba ndi wa anthu otere”*.

Anthu ena amanena kuti *“N’chifukwa chiyani tikutekeseka ndi kulera poti Mulungu ndiye amasalira ana?”* Mulungu amasalira ndi kutsogolera ana kudzela mwa makolo awo. Kulephera kusamalira ana sikumkomera Mulungu ndipo ndi tchimo (I Timoteo 5: 7-8). Ndipo monga Paulo amanena, I Timoteo (5: 8) , *“Ngati wina aliyense sawapatsa zofunika achibale ake, makamaka a m’banja mwake momwe, ameneyo wataya chikhulupiliro chake, ndipo kuipa kwake n’koposa kwa munthu wosakhulupirira.”*

Lero lino mosafuna kutsutsana ndi Malembo Oyera, mipingo imavomereza zizindikiro za nthawi pankhani yakuonongeka kwa zachilengedwe, kusowa kwa zinthu za chilengedwe ndi kusintha kwa nyengo. Atsogoleri amipingo amachiona chinthu chofunika kwa anthu apabanja kuti azipanga zisankho zabwino pa nthawi imene ayenera kukhala ndi ana, nthawi imene ayenela kudikira kuti adzakhale ndi pakati ina komanso nambala ya ana amene akufuna kukhala nawo.

N’kofunika kuti mabanja azikambirana pamodzi chiwerengero cha ana amene akufuna kukhala nawo. Zokambirana zotere zimafunika kulolerana, kukhulupilirana komanso kudzipereka ngati nsembe. Mathero azonse amakhala m’manja mwa Mulungu. Ngati anthu okwatirana sangathe kukhala ndi mwana ayenera kuvomereza momwe zinthu ziliri ndikupitiriza kukondana wina ndi mzake (Aroma 8: 28).

Ndemanga

1. Ministry of Finance and Development Planning. 2012. “Malawi RAPID: Population and Development.” PowerPoint presentation, available at <http://www.healthpolicyproject.com/index.cfm?ID=publications&get=pubID&pubID=71>.
2. Zulu, E., J. Ciera, N. Musila, C. Mutunga, and R-M De Souza. 2012. *Population Dynamics, Climate Change, and Sustainable Development in Malawi*. Washington, DC: African Institute for Development Policy and Population Action International. Available at http://populationaction.org/wp-content/uploads/2013/01/Malawi_Country_Report_Final.pdf.
3. Ministry of Finance and Development Planning. 2012. “Malawi RAPID: Population and Development.” PowerPoint presentation, available at <http://www.healthpolicyproject.com/index.cfm?ID=publications&get=pubID&pubID=71>.
4. National Statistical Office (NSO) and ICF Macro. 2011. *Malawi Demographic and Health Survey 2010*. Zomba, Malawi and Calverton, MD: NSO and ICF Macro.
5. Ibid.
6. Episcopal Conference of Malawi (ECM). *Sexual and Reproductive Health Policy*. Balaka: Montfort Media, 2013.
7. National Statistical Office (NSO) and ICF Macro. 2011. *Malawi Demographic and Health Survey 2010*. Zomba, Malawi and Calverton, MD: NSO and ICF Macro

3 KUMEMA ANTHU

Pamene kukwera kwa chiwerengero cha anthu ndi nkhani zakulera zili nkhani zazikulu m'dziko muno, atsogoleri amipingo pa magawo onse kuchokera kulikulu kufikira m'madera ayenera kukhudzidwa pakupeza njira yothetsela mavuto omwe amadza kaamba ka kuchulukana kwa chisawawaku. Titha kugwiritsa ntchito ziphunzitso tafotokozazi pofuna kuthandiza anthu kumvetsa zotsatira za kukwera kwa chiwerengero cha anthu komanso kufunika kopanga ziganizo zoyenera zokhazikitsidwa pa mfundo zakukhala ndi ana. Komabe gawo lathu kusakhale kongokambirana zinthu ndi anthu m'matchalitchi mwathu. Koma cholinga chathu chikhale kuonetsetsa kuti nkhani za chiwerengero cha anthu ndi kulera zikhale gawo la moyo wathu wa tsiku ndi tsiku m'mipingo.

Bokosi 1. Kodi kumema anthu kukutanthauza chiyani?

Kumema anthu kutanthauza ndondomeko zakathithi zokonzedwa bwino ndi cholinga chothandizira adindo kuti athe kumvetsetsa ndikupanga ziganizo zosintha ndondomeko zina za malamulo, nchito zofikira ku anthu ndiponso zipangizo zogwirira ntchitozo kuti zikhale m'malo mwake. Kumema adindo poyamba timayang'anira anthu amene ali ndi ulamuliro (amene ali ndi mphamvu) ndikuthekera kosintha zinthu.

Kudzera mu zokambirana za anthu azipembedzo zosiyanasiyana kumayambiriro a chaka cha 2015, tidasankha zochitikachitika zisanu ndi ziwiri zomwe tingapange pofuna kukwaniritsa cholinga chathu:

1. Kudziwitsa atsogoleri amipingo anzathu pa mgwirizano wa kulera, kukwera kwa chiwerengero cha anthu ndi chitukuko.
2. Kubweretsa pamodzi nkhani za chiwerengero cha anthu ndi zakulera kumiyambo yathu ya mapemphero ndi zokambirana za anthu m'mipingo komanso kulimbikitsa atsogoleri ena achikhristu kuchita chimodzimidzi.
3. Kubweletsa pamodzi nkhani za chiwerengero cha anthu ndi kulera m'ndondomeko zathu ndi mu fundo zathu za maphunziro ndi zipangizo.
4. Nkhani za chiwerengero cha anthu ndi kulera kuzikhala gawo la zokambirana zathu, m'magulu, zochitika ndi m'misomkhano.
5. Kukonza zochitika zomwe cholinga chake ndikuphunzitsa ndi kudziwitsa anthu m'madera pa za mgwirizano wa pakati pa kukwera kwa chiwerengero cha anthu, kulera ndi chitukuko.
6. Kugwira ntchito limodzi ndi ofalitsa nkhani pofuna kuti anthu ambiri adziwe za chiwerengero cha anthu ndi kulera ndi kuonetsetsa kuti zinthu zina zimene zimaunikiridwa kudzela m'chikhulupiliro cha anthu zikuphatikizidwa mu nkhani zazikulu zimene dziko limakhala likuzikambirana.
7. Kufalitsa uthenga!

Gawo lino likuthandizani kuchita zinthu izi.

- Mugawo 3.1, tikugawana zomwe Malembo Oyera amanena zamomwe ife ngati atsogoleri amipingo tili ndi udindo ochitapo kanthu.
- Mugawo 3.2, tikuunikira za njira yodziwitsira anthu, yomwe ndiyofunika kwambiri kuti tithe kukwaniritsa mfundo zanedwa m'mwambazi.
- Mugawo 3.3, tikupereka uphungu pamene tikuphunzitsa anthu ndikukonza komanso kukwaniritsa zochitika zofunikira kwambiri zomwe tazitchula kale m'mwambamu pogwiritsa ntchito njira ndi zitsanzo za pamoyo wa tsiku ndi tsiku.

3.1 N'chifukwa Chiyani Tiyenera Kumema Ena?

Ambiri mwa mawu a m'Baibulo amatiphunzitsa za udindo wathu ife atsogoleri amipingo. Paulo akumulimbikitsa Timoteo kukwaniritsa ntchito yake ngati mtumiki wa Yesu Khristu (1 Timoteo 4: 6). *"Ngati abale uwalangiza zimenezi, udzakhala mtumiki wabwino wa Khristu Yesu, woleredwa ndi mau a chikhulupiliro ndi chiphunzitso choona chimene wakhala ukutsata."* Magawo angapo a Bukhu Loyera amatiwonetsa udindo wathu kuti tichite zinthu mwanjira yomweyo monga momwe m'busa amasalira nkhoa zake (Yohane 21: 15-17). Pa maso pa Yesu, munthu wina aliyense ndiwopambana mwakuti m'busa ayenera kumufufuza pamene watayika.

Atsogoleri achikhristu asamachite manyazi kuchitira umboni Ambuye Yesu (1 Timoteo 1: 8) ndipo momwemomwemonso tisamachite manyazi kuchitila umboni pa za chiwerengero cha anthu ndi kulera. Komaso tisamangonena chabe koma kuchitaponso kanthu. Tisakhale alaliki achiphamaso koma *"muzichita zimene mauwo anena. Paja munthu amene amangomva chabe mau, osachita zimene wamvazo, alingati woyang'anira nkhope yake yachibadwa m'galasi"* (Yakobe 1: 22-24). Tisamazembe udindo wathu kapena kudikira ena kuti achitepo kanthu (Mateyu 14: 16). Funso lomwe tikulipeza mu Yakobe 2: 14, *"Abale anga, pali phindu lanji, ngati munthu anena kuti, 'Ndili ndi chikhulupiliro,' koma popanda chimene akuchitapo? Kodi chikhulupiliro chotele chingamupulumutse?"*

Mau onsewa akuunikira kuti, ngati atsogoleri amipingo titengepo gawo lathu kuteteza ndi kuunikira akhristu athu. Pa za kulera ndi kukwera kwa chiwerengero cha anthu, atsogoleri achikhristu atha kuthandiza mabanja kuti akhale ndi moyo wathanzi pakuwapatsa uthenga woyenelera umene ungawathandize kupanga ziganizo zabwino. Kuti anthu athu apindule tigwire ntchito osati ndi atsogoleri am'madera okha komanso ngakhale achipembedzo anzathu ndi mabungwe achipembedzo powonetsetsa kuti chiwerengero cha anthu ndi nkhani za kulera zikhale gawo lazochita zathu zatsiku ndi tsiku.

3.2 Kamemedwe Ka Anthu

Kuchita zinthu zisanu ndi ziwiri tanenazi zikhaleenso ndi njira zake zomemera anthu. Mugawo limeneli tikupereka mfundo za momwe kuphunzitsa kungamachitikire ndi kupereka zitsanzo zomwe zingatsatidwe pakuchitapo kanthu pa za chiwerengero cha anthu ndi kulera ngati gawo la ntchito za chikhristu za tsiku ndi tsiku. Gawo la kafalitsidwe ka uthenga kapena kudziwitsa liri ndi mfundo zisanu:

Bokosi 2. Njira zoyenera kutsata pomema anthu

- | | |
|------------|---|
| Koyamba: | Dziwani vuto limene lilipo |
| Kachiwiri: | Dziwani chimene mukufuna kukwaniritsa ndinso zolinga zani |
| Kachitatu: | Konzani dongosolo lomemera anthu |
| Kachinayi: | Kwaniritsani dongosolo lanu lomemera anthu |
| Kachisanu: | Londolozani ndi kuwunguza ntchito yanu yomema anthu |

Gawo I: Dziwani vuto lenileni

- Ndivuto lanji limene mukufuna kuthetsa?
- Nchifukwa chani vuto limeneli ndiloyenera kuliunikira?

Kufotokozerwa za vuto limene lilipo ndikuganizira kufunika kowunikira vutolo kudzakuthandizani kusankha zomwe mukufua kukwaniritsa komanso zolinga zake ndikupeza njira zabwino zophunzitsira kuti pakhale dongosolo.

Dziwani ichi: Ngati mukudziwa bwino vuto lanu kudzakhalala kosavuta kudziwa zomwe mukufuna kuwaniritsa ndi zolinga zake.

Bokosi 3. Mfundo zofunikira pokonza mauthenga anu

Uwu ndi mndandanda wa mauthenga amene mungagwiritse ntchito (molinganiza ndi zimene zakambidwa mu gawo lachiwiri lija). Mndandandawu utha kukhala pongoyambira chabe pamene mukukonza uthenga wanu.

- Kuchulukana m'dziko kuli ndi zotsatira zazikulu ku mbali ya za chuma, umoyo, ndinso kakhaliidwe ka anthu ndi ma banja.
- Pali kusoweka kwakukulu koti atsogoleri a zipembedzo adzilankhulapo pa nkhani yokhudzana ndi chiwerengero cha anthu.
- Nchito zolimbikitsa kuti amayi azitenga pathupi mu nthawi yake, ndinso kuti pazikhala nthawi yokwanira mayiyo asanatenge pathupi pena, imathandiza kuchepetsa kuchulukana.
- Kulera kumathandiza anthu m'banja kuti athe kukwaniritsa kukhala ndi pathupi mu nthawi yake, ndinso kuti pakhale nthawi yokwanira mayiyo asanatenge pathupi pena.
- Kulera ndi kofunikira kwambiri ndipo ndi kolimbikitsidwa ndi Mpingo.
- Atsogoleri ani ndi udindo olangiza mabanja pa nkhani yokhudza azimayi kutenga pathupi mu nthawi yake, ndinso kuti pakhale nthawi yokwanira mayiyo asanatenge pathupi pena.
- Kulera kumapititsa patsogolo umoyo wa anthu ndinso chuma chawo pothandiza mabanja kuti akhale a umoyo wabwino, akwaniritse maphunziro awo ndi kupeza ntchito zabwino, komanso apulumutse ndalama, zimene angathe kuzagwiritsa ntchito patsogolo.
- Poti kulera kumakhudza mwamuna ndi mkazi, tchalitchi imalimbikitsa kupanga dongosolo lanu pamodzi ngati banja, ndipo ngati pali chikayiko chilichonse, mungathe kupita kwa alangizi.
- Ngati bambo ndi mayi abereka ana okhawa amene angathe kuwasamala, kumakhala kophweka kuwayang'anira anawo.
- Kukhala ndi ana okhawa amene mungathe kuwasamala kumachepetsa kupanikizika kumene kumakhalapo m'mbanja ndipo kumakhala kosavuta kukwaniritsa udindo wanu ngati mwamuna, mkazi, ndinso kholo. Izi zili chomwechi chifukwa mumakhala ndi mpata okwanira.
- Atsogoleri a mipingo akulimbikitsidwa kulangiza mabanja za ubwino okhaka ndi ana okhawa amene angathe kuwasamala.
- Kulera kumathandiza kuchepetsa kuwonongeka kwa chilengedwe, chuma, ndinso zotsatira zake pa anthu.
- Kulera kungathe kuchepetsa mikangano ya malo, kuphatikizapo ya pachiwiniweni pamene mwini wake wamwalira.

Gawo 2: Pezani chomwe mukufuna kukwaniritsa ndi cholinga chake.

Kuonjezera pakupeza vuto, aphungu ayeneranso kulingalira njira zothetsera vutolo. Zitha kuthandiza kuganzira cholinga ngati 'mutu' wa ntchito zomwe mukuchita ndipo zolinga zake ngati 'mitu yaying'ono."

Dziwani ichi: Ngati chomwe mukufuna komanso cholinga chanu chili chodziwika bwino kudzakhalakosavuta kukonza njira zakaphunzitsidwe.

Gawo 3: Konzani njira yomemera anthu

Kenako konzani njira yomemera anthu (ndondomeko yomwe mukufuna kutsata pofuna kukwaniritsa zolinga zanu). Kupeza njira yomemera anthu kumayenera kuganizira mozama zamomwe mukufuna kukwaniritsira zomwe mukuchita ndi nyengo zimene mukuchitiramo ntchito, ndindani amene ayenera kukhudzidwananga kuti akhudzidwe motani. Pali mfundo zisanu ndi imodzi zomwe zingatsatidwe.

(1) Fufuzani momwe zinthu zilili

Pokonza njira yabwino yophunzitsira mumayenera kufufuza kaye momwe zinthu zilili mkati (m'gulu lanu/bungwe) komanso kunjira kwake (anthu ena onse/mdziko). Mafunso omwe mungathe kudzifunsa ndi onga:

- Kodi mphamvu zopangira chiganizo kapena kuchitapo kanthu zili ndiyani?
- Kodi anthu opanga ziganizowa ali ndi maudindo anji? (e.g. m'dziko, chigawo, boma, ndi m'dera)
- Ndi njira yanji yomwe itsatidwe popanga chiganizochi? (mwachitsanzo ziganizo zokhudza maphunziro a ana a Sunday School atha kukhala amapangidwa pa komiti ya dziko lonse, kenaka komitiyo imadzapereka mphamvu ku komiti ina yapadera kuti ilingalire zoyenera kuchita)

(2) Dziwani anthu amene mukufuna kuwafikira

Anthu amene mukufuna kuwafikira akhale amaudindo amene ali m'maganizo mwanu kuyambira pamene mukupanga mfundo zanu. Komabe muyenela kuganizira mozama kuti anthu amene mukufuna kuwafikira akhale okhawa amene ali ndi udindo ofunikira kwambiri, amene akugwilizana ndi chikonzero chanu kapenanso amene angakuthandizeni kuti mukwaniritse zolinga zanu. Nthawi zina pamafunika kupeza magulu amene akutsutsana ndi mfundo zanu. (onani mfundo nambala 6 m'musimu) Ndipo mukawapeza pamafunika kuwabweretsa ku mbali yanu kuti aleke kutsutsa mfundo zanzu.

Mukadziwa anthu ofunikira kwambiri amene chithandizo chawo muchisowa, ganizirani izi:

- Kodi iwo akudziwapo zotani pa zachiweregero cha anthu ndi nkhani zakulera?
- Kodi akugwirizana ndi cholinga chanu? Kodi alibe mbali? Kodi akutsutsa?
- Kodi iwo amasamala ziti/zimene iwo amakhala nazo ndi chidwi ndi ziti? Kodi zimenezi zikugwirizana bwanji ndicholinga chanu?
- Kodi iwo ali ndi zikhulupiliro ziti pa za chilengedwe ndi kulera? (mwachitsanzo, ena atha kukhala ndi chithunzithuzi cholakwika kuti kulera kumatsutsana ndi ziphunzitsa za m'Baibulo).

(3) Konzani mauthenga omemera anthu

Mukadziwa ndikuphunzira zambiri pa anthu amene mukufuna kuwafikira, muli okonzeka tsopano kupanga mauthenga anu. Mauthenga amphamvu amathandiza anthu amphamvu zolamula kuti amvetse:

- Vuto ndi chiyani?
- N'chifukwa chiyani ndi vuto lofunika kuliunikira (perekani umboni pazimenezi)
- Zimene mukufuna kuti iwo achite

Mauthenga opereka uphungu akhale:

- Ndi anthu amene ayenera awafikire
- Omveka bwino ndi ogwira mtima
- Akuti pali umboni weniweni
- Ndi mfundo zothyakuka bwino

Gwiritsani nchito mfundo zimene zili mu Bokosi 3 ngati poyambira pamene mukupanga mauthenga anu.

Dziwani izi:

#1—Sankhani mawu anu mosamala podziwa anthu amene mukufuna kuwafikila ndipo pewani kugwiritsa ntchito mau amene siwoyenera kuwagwiritsa ntchito pa izi. Mwachitsanzo:

- Pewani mawu akuti “kuchepetsa chiwerengero cha anthu,” ndipo m’ malo mwake tsindikani zakufunika kowonetsetsa kuti zisankho zokhudza kuberekana zizipangidwa ndi eni ake anthu apabanja.
- Mungathe kugwiritsa mawu akuti “kubereka mwacv nzeru” kapena “dongosolo la pabanja” m’ malo mwa kungoti “kulera.”

#2—Gwiritsani ntchito umboni kuti mutsindike pa zomwe mukunena. Dzifuseni nokha

- Kodi muli ndi uthenga wokwanira/umboni womwe ungasoweke e kuti mukope anthu amene mukufuna?
- Ngati mulibe, kodi umboni umenewu mungawupeze bwanji?
- Sikuti nthawi zonse umboni umayenera ukhale wa ma nambala ayi. Mwa chitsanzo, ngati pali ndondomeko yokhazikika imene isakugwiritsidwa bwino ntchito, payokha ndondomekoyo itha kukhala umboni wokwanira ndipo mungathe kutsindika kuti iyambe kugwiritsidwa ntchito moyenera.

(4) Dziwani njira zowafikirira anthu ofunikira

Pamene mwadziwa anthu omwe mukuyenera kuwafikira ndi kukonza uthenga owayenera, pezani njira yowafikira anthu amenewa. Dzifuseni:

- Kodi anthu anenewa ziganizo zawo amapanga mwa njira yanji, ndipo amapangira kuti? Kodi ndingafikire bwanji njira ndinso malo amenewa? Mwachitsanzo, ngati komiti kapena nthambi ya bungwe zimatenga nawo gawo popanga ziganizoz, kodi magulu amenewa amakumana liti? Ndingathe kukhalapo pa mikumano yawoyo? Ngati sichoncho, ndingapange chiyani kuti uthenga wanga athe kukawukambirana pa mikumanoyo?
- Ngati simungathe kuwafikira anthu amene mukufuna, ndani amene angakuthandizeni kuti muwafikile?
- Kodi anthuwo mauthenga amawapeza bwanji? Kodi ndi njira zanzi zofalitsira uthenga/mapologalamu ati amene amaonera, kuwerenga kapena kumvetsera?

Dziwani ichi: Kusankha mneneri woyenera ndikofunika kwambiri kuti zinthu ziyende bwino.

Muganizirensa: Kodi ndi anthu ati amenenso anthu omwe mukufuna kuwafikira amawapatsa ulemu ndikuwakhulupilira? Ndani amene angamuone kuti atha kuwalankhula zomveka mpaka iwo kumvetsa?

(5) Dziwani anthu amene angakuthandizeni komanso abwenzi

Nthawi zambiri kuphunzitsa anthu kumayenda bwino pamene tasankha otithandiza oyenera komanso abwenzi ogwira nawo ntchito oyenera. Okuthandizani komanso abwenzi atha kutenga gawo lalikulu monga

kupereka uthenga wina wowonjezera, kukulangizani pa mauthenga oyenerera komanso machitidwe ake, kuthandizira kuti misonkhano ichitike mosavuta komaso kuthandiza pomanga mfundo zoti zitsatidwe. Athanso kumagwira ntchito ngati okunenerani pofuna kukuthandizani kuti mufikire anthu amene muyenera kuwafikira. Ganizilani kuti:

- Ndi atsogoleri ati kapena magulu ati komwe mukutumikira kapena mdera lanu amene akugwirizana ndi nkhani zakuchepetsa kapena kuthetsa mavuto obwera chifukwa cha kuchuluka kwa chiwerengero cha anthu; nkhani zakulera ndi chitukuko?
- Angakuthandizeni bwanji kukwaniritsa zolinga zanu?
- Mungalimbikitse bwanji chidwi chawo?
- Ndi mfundo ziti/umboni umene ungathandize kuti muthe kuchita bwino?

(6) Dziwani okutsutsani komanso zovuta zomwe mungakumane nazo

N'kofunika kuganizira za okutsutsani komanso zovuta zomwe mungathe kukumana nazo pa nthawi imene mukugwira ntchito yanu yofalitsa uthenga. Mudzatha kukwanitsa kuyankha kwa amene sakugwirizana nazo komanso kulimbana ndi zovuta zake ngati pali kukonzekera mokwanira. Ganizirani izi:

- Kodi pali anthu kapena magulu mumpingo mwanu amene amanyinyirika pa nkhani ya chiwerengero cha anthu ndi kulera pabanja?
- Kodi mudzachita chiyani kuti anthu oterowo adzasinthe maganizo pa nkhaniyi?
- Kodi n'chifukwa chiyani iwo amatsutsa? Kodi ndi uthenga wanji kapena umboni umene mungagwiritse ntchito pofuna kuti mugonjetse maganizidwe awo.
- Kodi ndi ziti zimene okuthandizani kapena abwenzi anu angathe kuchita kuti okutsutsani asinthe maganizo awo?
- Ndizovuta zina ziti zomwe munakumana nazo?
- Mungazithetse bwanji zovuta zimenezi?

Gawo 4: Kwaniritsani ndondomeko ya ntchito yomema anthu

Tsopano pakuti mwadziwa zolinga zanu ndipo mwakonza ndondomeko zoyenera kutsata kuti mugwire ntchito yanu, mukuyenera kukonza ndondomeko ina yomwe mutsate kuti itsogolere zochita zanu. N'kofunika kuganizira zotsatirazi.

- Kodi ndi zinthu ziti zomwe muli nazo kuti mugwiritse ntchito? (anthu, ndalama, zipangizo; mabuku ndi zina).
- Mudzafuna zinthu zANJI?
- Which supporters will you adopt as partners?
- Kodi mudzakwaniritsa liti ntchito zanu? Kodi pali misonkhano/zochitikachitika zimene inu eni muyenera kukhalapo?
- Nthawi: Kodi mukufuna kuyamba liti kukonzekera zochitikazi? Kodi pali tchuthi kapena zochitika zimene mungatengerepo mwayi?
- Kugawana ntchito moyenerera kudzakuthandizani kupewa kuchedwa pa ntchito yanu.

Dziwani ichi: Kuchita zinthu mu nthawi yake yoyenera komanso mwadongosolo n'kofunikira pamene mukukwaniritsa ntchito yanu. Ogwira ntchito yodziwitsa anthu asankhe ndikuganiziratu zomwe adzachite patsogolo. Izi zikutanthauza kuti muyenera kumvetsa njira zimene zimtsatidwa mukupanga ziganizo

zosiyanasiyana. Mwachitsanzo, ngati ntchito yanu ikukhudza anthu opanga ziganizo ndi cholinga choti awonjezerepo nkhani za chiwerengero ndi kulera m'banja, pezani mfundo zina zimene amatsata kale pa mpingo. Kenaka muyenera kudziwa kuti mfundozo zimapangidwa liti ndipo motani. Zikatero, muyambiretu kusanja mfundo zanu ndondomekozo zisanayambe kulembedwa kapena kusinthidwa.

Gawo 5: Londolozani ndi kufufuza kuti muone ngati ntchito yanu yophunzitsa yayendera

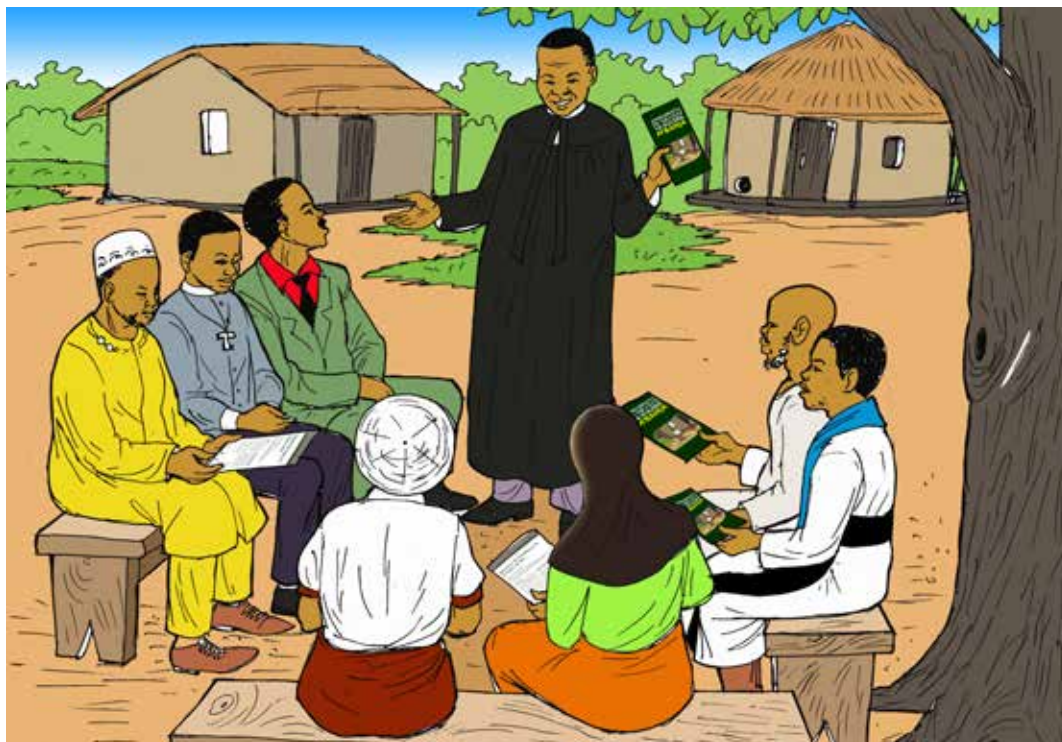
N'kofunikira kuwunikira momwe ntchito yanu ikuyendera pamene mukutsatata ndondomeko zomwe mudazikonza. Muonetsetse ngatidi zikugwira bwino ntchito yake. Kukhala ndi zolinga zomveka bwino kudzakuthandizani pa ntchitoyi. Ndi zolinga ziti zimene mwakwaniritsa? Ndi njira ziti zimene zagwira ntchito bwino? Ndi mauthenga otani amene anali amphamvu kwambiri? Kodi panali mfundo ndi mauthenga amene sanachite bwino? Mutha kusintha bwanji kuti mukonze zimene sizinachite bwino?

N'kofunikanso kuti muone kudzipereka kwa anthu amene mukugwira nawo ntchito. Mwachitsanzo, ngati mpingo wanu wavomereza kukhazikitsa mfundo zowunikira ntchito za uchembere, kodi mpingowo wachitapo chiyani kuti mfundozo zikonzedwe? Kodi ntchito yokonza mfundozo inamalizidwa? Ngati ndi choncho, kodi mfundozo zinavomeredwa? Ndipo ngati ntchito yokonza ndondomekozo idayima, mutha kuyesa kuona kuti n'chifukwa chiyani komanso muganizire zomwe mungachite kuti zikhale bwino.

Alangizi amakhalabe ndi gawo lalikulu pamene mfundo zavomeredwa. Kupitiriza kulimbika n'kofunika pofuna kuonetsetsa kuti mfundozo zikukwaniritsidwa bwino mumbali zonse.

3.3 Kukwaniritsa Mfundo Zofunikira Kwambiri

Ntchito zomwe zalongosoledwa kumayambiro kwa gawo la chitatu zitha kukwaniritsidwa ndi mtsogoleri m'modzi wa mpingo kapena limodzi ndi atsogoleri ena modzipereka pofuna kulimbana ndi mavuto omwe amadza chifukwa cha kukwera kwa chiwerengero cha anthu ndi nkhani za uchembere.



Ntchito yofunikira I—Pakhale kuzindikilitsana pakati pa atsogoleri amipingo pakufanana kwa ntchito za kulera m’banja, kukwera kwa chiwerengero ndi chitukuko.

Kuphunzitsana komanso kuonetsetsa kuti pali kuthandizana pakati atsogoleri amipingo okhaokha ndikofunika kuti ntchito zamtunduwu zikhale zopitilira m’ mipingo.

Gawo 1: Dziwani mfundo yeniyeni—ndi vuto lanji lomwe mukufuna kulithetsa? Nanga n’koyenera motani kutero?

Zikuoneka kuti pali kusadziwa mosakwanira pa nkhani za kulera, chiwerengero cha anthu ndi chitukuko pakati pa atsogoleri amipingo.

Njira yokhazikitsa mfundo ndi zolinga imayenera kuti anzathu amene tikugwira nawo ntchito adziwe zimene zikuchitika. Pamafunika kudziwa bwino lomwe malingaliro ndi mfundo za atsogoleri anzathu zokhudzana ndi mutu umene ukukambidwa. Izi zingakuthandizeni kusankha atsogoleri amipingo amene mungathe kugwira nawo ntchito bwino.

- Kodi ndikuti kumene anthu sakudziwiratu za chiwerengero cha anthu ndi kulera? Mutha kusankha anthu otere kuti muwafikire ndi mauthenga anu.
- Kodi inuyo muli ndi udindo wanji pa gulu lanu? Izi zitha kukhudza magwiridwe anu antchito. Kudziwa n’kofunikira pa zonse koma mwina mungafune kusankha gawo lofunkira kwambiri ndipo mwina inu ndi amene mungakhale ndikuthekela kwakuchita bwino koposa.

Chitsanzo 1: Ngakhale utsogoleri wa mabungwe akuluakulu (monga EAM, ECM, MCC, SDA kapena mipingo ina) ukudziwa kufunika kapena kugwirizana kwa chiwerengero cha anthu, kulera komaso chitukuko atsogoleri azipembedzo ambiri m’zigawo komanso m’ maboma sakudziwa zakulumikizana kumeneku. Izi zimakhala zovuta kwambiri kuti mfundozi zigwiritsidwe ntchito, kapenanso kuti zifike m’ madera osiyanasiyana.

Chitsanzo 2: Ku mpingo kwathu, akuluakulu a kubungwe la mpigowu amamvetsetsa kugwirizana kumene kulipo pakati pa chiwerengero cha anthu, kulera, ndi chitukuko. Koma pali anthu ena amene kudziwa kwawo kuli kosakwanira pa nkhani imeneyi, ndipo sadziwa chifukwa chimene Mpingo uyenera kutengapo mbali. Zimenezi zikuchititsa kuti ntchito yoika pamodzi nkhani za chiwerengero, kulera ndichitukuko, ndi ntchito za mipingo zizivuta.

Gawo 2: Khalani ndi chofuna (Kodi mukufuna kusintha kotani?) ndi zolinga zake (kodi chomwe mukufuna muchikwaniritse mwansanga ndi chani?)

Chofuna chanu chenicheni ndi chakuti atsogoleri a mipingo adziwe za nkhani imeneyi. Choncho muyenera kukhala ndi zolinga poyang’anira ndi m’mene zinthu ziliri pa nthawi imeneyo.

Bokosi 4. Anthu odziwika

Njira imodzi imene tagwiritsa ntchito kuti anthu adziwe za kulera ndi chiwerengero cha anthu kumalo kwathu ndi kusankha anthu otchuka ndi kuwaphunzitsa. Anthu otchukawa nawo amatha kukaphunzitsa ndi ndi kuthandiza anthu ena kuti asinthe maganizo awo ndikuyamba kuchitapo kanthu pankhaniyi.

Pamene tikusankha anthu amenewa timayang’ana;

- chikoka chawo
- mbiri yawo yabwino
- chidwi chawo pa nkhaniyi
- kugwira ntchito mosayang’anira malipiro

Ngati mukufuna kufikira magulu apadera – monga achinyamata – zimakhala bwino mukasankha munthu wothchuka woyenera gulu limereli.

Chitsanzo 1:

Chofuna: Kuwonjezera kamvetsetsedwe ka atsogoleri a mipingo m'madayosizi, sinodi ndi m'makonferensi).

Zolinga

- (1) Kufikira atsogoleri khumi m'dera lalikulu ndi mauthenga ofunikira.
- (2) Kufikira atsogoleri makumi asanu am'maboma ndi mauthenga ofunikira.

Chitsanzo 2:

Chofuna: Kuwonjezera kamvetsetsedwe ka atsogoleri a kumpingo kwanga pa nkhani ya kulera ndi chiwerengero cha anthu.

Zolinga

- (1) Kukhala ndi misonkhano ya atsogoleri osachepera anayi yokambirana za chiwerengero cha anthu ndi kulera.
- (2) Kubweretsa atsogoleri adera lalikulu kuti adzawalankhule atsogoleri m'tchalitchi mwawo pankhaniyi.
- (3) Kufikira atsogoleri a magulu achinyamata anayi ophunzira Baibulo ndi mauthenga ofunikira.

Gawo 3: Kupanga ndondomeko yomemera anthu

Gwiritsani ntchito mafunso omwe ali pa gawo lachiwirilo pa tsamba 16 kuti akuthandizeni pofuna kukwaniritsa zimenezi.

Muchitsanzo choyamba chija, tikuwona kuti ofalitsa nkhanayi akufuna kupeza atsogoleri a m'dera lalikulu kapena m'maboma. Koma iwo ali atsogoleri apaboma pamene, akuyenera kugwiritsa ntchito kukumana kwawo m'maboma awo ndi atsogoleri anzawo azipembedzo. Koma kuti akawapeze atsogoleri ena m'maboma ena akuyenera kupeza thandizo lochokera ku likulu lawo. Mwa chitsanzo atsogoleri a EAM atha kugwiritsa ntchito msonkhano wa atsogoleri a amipingo yosiyanasiyana pamene akumana pa boma komabe n'kofunika kuti adzidutsira ku likulu lawo asanachite tero.

Muchitsanzo chachiwiiri tikuwona kuti pamene ofalitsa uthenga akufuna ampeze mtsogoleri wa mutchalitchi chake chimene, akuyenera kulingalira mozama za m'mene ndondomeko za mpingo wawo ziliri kuti zikhale zaphindu. Ayang'ane kuti ndi atsogoleri ati amene angawafikire. Komanso pafunika kuti kuwonetsetsa kaganizidwe kawo ndi zikhulupiliro zawo kuti amvetse bwino. Mwachitsanzo pa cholinga chachiwiri tidawona kuti mtsogoleri wa dera lalikulu atha kuyitanidwa kuti adzalankhule kwa anthu amene sangamumvere mzawo chifukwa akuchokera mumpingo umodzi.

Gawo 4: Kukwaniritsa ndondomeko zofalitsira uthengawu

Ino ndi nthawi yoyika zinthu zonse zoti zichitidwe pamodzi. Pitani ku tsamba 36 kuti muone momwe ndondomeko yanu ingawonekere

Gawo 5: Kalondolondo ndi kuwunguza

Ganizani njira zomwe mutsatire kuti mukwaniritse ntchitoyo. Mudziwa bwanji kuti uthenga wanu wafikadi kwa atsogoleri amipingowa? Chifukwa ndinso zolinga zatsatanetsatane ndi zothandiza pakawuniwuni woti ntchitoyo ikuyendadi bwino.

Ntchito ya yofunikira 2—Phatikizani nkhani za chiwerengero cha anthu ndi kulera m'miyambo ya chipembedzo ndi pazokambirana, alimbikitseninsu atsogoleri omwe ali akhristu kuchita chimodzimidzi.

Iyi ndi njira imodzi yophweka pofuna kukwaniritsa ntchito yofalitsa uthenga wachiwerengero cha anthu komanso kulera pamene tiziyika m'miyambo ya chipembedzo ndiponso pamene atsogoleri akambirana za



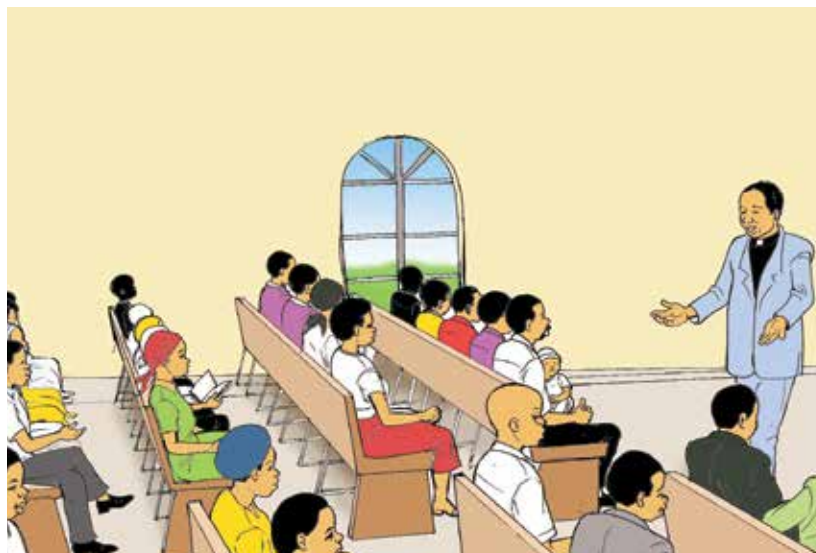
nkhaniyi ndi owatsatira awo.

Gawo 1: Pezani nthawi yopembedzera yomwe mungathe kucheza ndi akhristu anu pankhaniyi. Onetsetsani kuti pa ulaliki umodzi pamwezi ukhale wokhudza nkhani ya chiwerengero cha anthu ndi kulera.

Gawo 2: Ngati n'kotheke pezani chilolezo kwa akulu oyang'anira gulu lanulo. (Izi ndizothandiza pamene mugwiritsa ntchito ndime 3 ndi 4).

Gawo 3: Dongosolo la mauthenga kapena ulaliki wanu.

Gawo loyamba ndi lachiwiri ndilofunika kwambiri pankhani imeneyi. Koma njira yabwino zedi ndi kulumikiza nkhani imeneyi ndi moyo wa masiku ano. Ganizani momwe kuchuluka kwa anthu kukukhudzira zosowa zapatchalitchi kapena m'maderamo. Taganiziraninsu za mavuto ndi mikangano yokhudza malo. N'kutheka kuti pali anthu ena amene angafune kugawana ndi anzawo zakulera komanso mavuto amene amakumana nawo ngati banjalo liri lalikulu.



Anthu amenewa asakamizidwe kutero koma mwaufulu wawo.

Kuti zikhale zadongosolo ndi bwino kukhala ndi mlozo wankhani zomwe muzikambirana kapena kupempha magulu kuti azibweretsa nkhanayi pakutha pa mapemphero/ulaliki wanu. Mingathe kuyikapo zinthu monga ma Bible study kapena magulu a azimayi. Apo ayi bungwe lachitukuko la patchalitchi lithanso kuyankhulapo zamavuto omwe akukumana nawo patchalitchipo chifukwa chakukula kwa chiwerengero cha anthu.

Ngati muli ndi chikaiko pa kaperekedwe ka uthenga wokhudzana ndi chiwerengero ndi kulera, pitani ku bungwe la mpingo wanu musanakambe za nkhanayi ndi akhristu anu, ndipo azikumikizandinso ndi akadaulo ankhanizi kubungwe kom'ko.

Gawo 4: Kukwaniritsa

Gwiritsani ntchito tsamba 38 kuti likuthandizeni pakukhazikitsa ndondomeko yabwino.

Gawo 5: Kalondolondo ndi kuwunguza

Kalondolondo wake ndi kafufuzidwe kake ndikosavuta. Kodi mwakwaniritsa zoyenerera zanu zimene munakonza? Ngati ayi chinakulepheretsani ndi chiyani? Kodi muthana nazo bwanji? Kodi ndi nkhani zake ziti ndi mauthenga ati omwe akhristu anu anawalandira mokondwa? Alipo akhristu ena omwe anathirapo mfundo pankhani yachiwerengero cha anthu ndi kulera?

Ntchito yofunikira 3— Kuphatikiza nkhani ya chiwerengero cha anthu ndi kulera mundondomeko za mabungwe athu, m'maphunziro ndi zomwe tingawiritse ntchito kumalo ophunzilirako.

Powonjezera nkhani za chiwerengero cha anthu ndi kulera mundondomeko, maphunziro komanso zomwe

timagwiritsa ntchito kungathandiza koposa kuti akhristu amvetse bwino nkhani imeneyi. Ndongomeko zabwino zomwe zingapezeke kumalo ophunzitsira zauzimu kungathandize koposa kupititsa ndi kufalitsa nkhani ya chiwerengero cha anthu ndi kulera patsogolo. Izinsu zitha kuthandiza kuti atsogoleri ampingo amenewa amvetse bwino koposa.



Gawo 1: Dziwani mfundo yeniyeni—Kodi ndi vuto lanji mukufuna mulithetse? Ndipo ndikofunika bwanji?

Yambani ndi kufufuza ndondomeko zomwe zilipo ku mpingo/bungwe kwanu, kuphatikizirapo zida zogwiritsira ntchito pa maphunziro osiyanasiyana. Wunguzani ngati zinthuzi zikukambapo nkhani zokhudzana ndi chiwerengero cha anthu ndi kulera. Annex 1 likuthandiza kuwona m'mene ndondomeko ndi mfundo za maphunziro ziliri m'bungwe la zipembedzo. Koma sikuti zathera pomwepo ayi chifukwa izi zimasintha malingana ndi nyengo kapena nthawi.

Ndondomeko

Ndondomeko zimatha kukhala zolembedwa, kapena ayi, ndipo ntchito yake ndi kuyendetsa zochitika m'mipingo mwathu. Inu mungathe kuchitapo izi: (a) Kulemba ndondomeko zoti zizitsogolera ntchito ya za chiwerengero ndi kulera, kapena (b) kusintha mfundo zimene sizinalembedwe kuti zileke kutchinjiriza nkhani za chiwerengero ndi kulera. Ngati ndondomeko zilipo zili zopititsa ntchito imeneyi patsogolo, ikani khama lanu pononetsetsa kuti zikukwaniritsidwa bwino.

- Ndi mfundo ndi ndondomeko ziti zomwe zingatithandize?
- Kodi ndi mfundo ziti zomwe zimatilepheretsa kuti ntchito yathu isamayende bwino?
- Kodi ndi mfundo ziti kapena ndondomeko ziti zomwe tingayikemo nkhani za chiwerengero cha anthu ndi kulera?
- Kodi mfundo ndi ndondomeko izi zikukambaponkhani za chiwerengero ndi kulera?
- Ngati zikukambapo, kodi zikupititsa patsogolo nkhanayi?

Kusankha mfundo zoti mutsatire ndi bwino kuti muganizire izi:

- Kodi ndi mfundo ziti zitaunikiridwanso kuti mutakhalenso nkhani za chiwerengero cha anthu ndi kulera zingakhale zabwino koposa?
- Kodi pali kuyesa kuphatikiza mfundo zachowerengero cha anthu ndi kulera pa mfundo zomwe zilipo kale?
- Ndi mfundo zina ziti zimene pakadali pano akuziwunikiranso?
- Kodi mungaphatikizapo bwanji nkhani za chiwerengero cha anthu ndi kulera mudongosolo lokonza mfundo?

Chikonzero cha maphunziro ndi zipangizo zake

Zipangizo zophunzitsira zitha kukhala monga zomwe timatsata pokonzekera ulaliki, pologalamu ya Sunday Sukulu, ndi timabuku.

Mapologalamu atha kukhala monga mibindikiro ya anthu apabanja, zochitika za achinyamata, misonkhano ndi ulangizi.

- Kodi ndi zipangizo ziti zomwe mumagwiritsa ntchito ku mpingo kwanu?
- Ndi ziti mwazochitika komanso zipangizo zanu zimene mungaphatikizemonso za chiwerengero cha anthu ndi kulera?
- Kodi zinthu zimenezi zimafokozapo kale pa nkhani zimenezi?
- Ngati ndi choncho ndi zodalirika?



Posankha zochitika kapena zipangizo zomwe zikufunika kungakhale kwabwino koposa kuganizirapo izi;

- Ndizochitika ziti zitakonzedwanso kuti mukhalenso za chiwerengero cha anthu ndi nkhanzi zakulera zingapindule koposa?
- Kodi pali zina zomwe zikuchitika kale pofuna kuphatikiza nkhanzi mu ndondomeko zomwe zilipozo?
- Ndi maphunziro otani amene akuwunikidwanso pakadali pano?
- Nanga mungaphatikizapo bwanji nkhanzi zimenezi?

Gawo 2: Konzani chofuna chani (Kodi mukufuna kusintha chani?) Nanga mudzafuna chani kuti mukwaniritse zimenezi?

Pezani zolinga ndi zomwe mukufuna kukwaniritisa potsatira mfundo zomwe zili pagawo loyamba.

Chitsanzo 1: Ngati mutazindikira kuti mabungwe ena akulu a mipingo ali ndi mapologalamu aza HIV/Edzi koma alibe mfundo zina zothandiza zokhudza moyo wogonana ndi ubereki. Mutha kuganiza zokonzapologalamu yoti izithandiza kuunikiranso nkhanzi za kulera, chiwerengero ndi chitukuko. Khulupilirani kuti zimenezi zitha kuthandiza bungwe lalikulu ndi matchalitchi ake kuti azikambirana za kulera nthawi ndi nthawi pamagawo onse.

Chofuna: Kuonetsetsa kuti bungwe lalikululi ndi matchalitchi ake aziunikira nkhanzi zakulera ndi chiwerengero cha anthu nthawi ndi nthawi.

Zolinga:

1. Kukonza mapologalamu okhudza umoyo wa kugonana ndi uchembere kuti bungwe lalikulu lizitsata mogwirizana ndi ziphunzitsa za mpingo komanso zothandiza nkhanzi zaumoyo.
2. Kuonetsetsa kuti mapologalamu a za nkhanzi yogonana ndi uchembere zikutsindikapo za chiwerengero cha anthu ndi kulera komanso chitukuko.
3. Kupeza chilolezo kuchokela kumabungwe akulu.
4. Kukwaniritisa powonetsetsa kuti mapologalamu anu akuchitika m'magawo onse.

Chitsanzo 2: Mwambo wa mapemphero kutchalitchi kwanu umakonzedwa kudzera mundondomeko zotsatidwa ndi mpingo wonse m'dziko ngati ndondomeko yatsiku ndi tsiku. Mutha kuzindikira kuti njira yabwino yakuti nkhanzi zachowerengero cha anthu ndi kulera ndi kuonetsetsa kuti zaikidwanso mundondomekoyo pophatikizapo uphungu ndi uthenga womwe ungafunikire kwa amene amatsogolera mapemphero kuti azipereka uthenga oyenelera kwa akhristu.

Chofuna: Kuonetsetsa kuti chiwerengero cha anthu ndi nkhanzi zakulera zaphatikizidwa m'dongosolo la mapemphero m'magawo onse nthawi ndi nthawi.

Zolinga:

1. Kukonza uthenga wa chiwerengero cha anthu ndi kulera kuti ziphatikizidwe mundondomeko zamampherozo.
2. Kufunsa chilolezo chakuti mfundozo zidzakhale nawo m'gawo la mapempherolo kuyambira m'chaka chimene chilikudzacho.
3. Kukonza ndondomeko ya kalondolondo pofuna kuonetsetsa kuti zomwe mwaonjezela zija zikugwiritsidwa ntchito tsopano. Mwachitsanzo makomiti am'chigawo, kapena dayosizi atha kufunsa nthumwi za pa boma kapena kudera kuti zifufuze ngati matchalitchi m'dera lawo ayamba kuphatikiza nkhanzi m'mapemphero awo.

Bokosi 5. Kukonzekera zochitika kumathero a sabata pa za chiwerengero cha anthu (Population weekends)

Zikonzero za chiwerengero cha anthu kumathero asabata (*Population weekends*) ndi zochitika zimene zimazindikiritsa kulumikizana kwa zipembedzo ndi kusonkhanitsa anthu pamodzi zokonzedwa kuti zipititse patsogolo kumvetsa bwino kwa dongosolo la banja, chiwerengero cha anthu, ndi nkhani zokhudza chitukuko pakati pa magulu a zipembezo za dziko la Malawi. Magulu akuluakulu a zipembezo zosiyanasiyana amalumikizana poonetsetsa kuti pa mathero a sabata omwewo, atsogoleri a zipembezo m'machalitchi ndi m'mizikiti yozungulirira dera lonse alalikire zokhudza zinthu zatchulidwazi pa nthawi ya mapemphero. Pofuna kukwaniritsa izi pamafunika kuti pakhale mgwirizano waukulu kuchokera kwa atsogoleri aakulu kufikira kwa atsogoleri owatsatira a midzi yosiyanasiyana.

Lingaliro lokhala ndi 'mapeto a sabata ofalitsa uthenga wa chiwerengero cha anthu linabwera kudzera mu ntchito ya boma yofuna kukwaniritsa ndondomeko ya chiwerengero cha anthu m'dziko muno. Unduna wowona za Chuma, Mapulani ndi Chitukuko, molumikizana ndi a Health Policy Project, amene amalandira chithandizo cha ndalama kuchokera ku bungwe la boma la ku America lowona chitukuko cha mayiko ena (USAID), anafikira kwa magulu akuluakuluwa kuti akambirane za momwe atsogoleri a mipingo angakhudzidwire polongosola za kukwera kwa chiwerengero cha anthu, kulera ndi nkhani za chitukuko.

Koyamba: Kuvomereza kwa atsogoleri pa akuluakulu pa dziko lonse la Malawi

Kukonzekera kwa dongosolo la 'mapeto a sabata ofalitsa uthenga wa chiwerengero cha anthu kumayambira atsogoleri azipendedzo a dziko lonse, chifukwa kugwirizana kwa zikhulupiriro zosiyanasiyana nthawi zonse kumakhala nkhani ya utsogoleri wa magulu a zipembezo opezeka m'dziko lonse. Pamene magulu akuluakulu agwirizana kuti apite patsogolo ndi 'mapeto a sabata ofalitsa uthenga wa chiwerengero cha anthu, gulu lotsogolera limakonzedwa kuti liyang'anire kukhadzikitsidwa ndi kusankha tsiku komanso malo. *

Kachiwiri: Kukhazikitsa gulu lologosola zochitika la pa boma

Potsatira mndandanda wa bungwe (onani Annex 1), bungwe lowona chipembedzo lalikulu lililonse limapeza atsogoleri a pa boma kuti atenge nawo gawo m'gulu lokonza dongosolo la pa boma pofuna kupititsa patsogolo ndi kukhadzikitsa zochitikachitika.

Evangelical Association of Malawi (EAM): Komiti yaikulu m'dziko lonse limavomereza kutenga nawo gawo ndi kugawa uthenga kutsikira ku bungwe lalikulu la chigawo cha dziko, ndipo pambuyo pake kwa makomiti akuluakulu a apa boma makamaka m'maboma ofunikira.

Episcopal Conference of Malawi (ECM): Dongosolo lokonzekera zikonzero za ku mathero a sabatazi zimatsogoleledwa ndi nthambi ya zaumoyo (Catholic Health Commission), a moyo wa Mpingo (Pastoral Commission), ndi nthambi yofalitsa mauthenga (Communications Commission). Mwa umodzi, maguluwa amagwirizana pa za dayosezi imene ayenera kugwiramo ntchito. Kenaka mlembi wamkulu wa mpingo wa katolika amayimbira lamya dayoseziyo kudzera mwa Episkopi ndi mlembi wa ntchito za utumiki wa dayoseziyo. Izi zimachitika chonchi chifukwa komiti ya ntchito za utumiki ili ndi mphamvu yolamulira makomiti ena opezeka m'dayoseziyo kuti agwire ntchito molumukizana.

Malawi Council of Churches (MCC): Wogwira ntchito wa ku likulu la bungweli amapatsidwa ntchito yowunika nkhanayi. Pamene tsiku ndi malo zasankhidwa, akuluakulu akulikulu amakambirana za mipingo imene angagwire nayo ntchito pa boma ndinso kupeza mtsogoleri m'modzi wa pa boma kuti atumikire ngati wotsogolera chionetsero cha mathero a sabata.

Seventh Day Adventist (SDA): Pulezidenti wa SDA mu dziko lonse la Malawi amavomereza kutenga gawo mu zochitikazi ndipo amalumikizana ndi pulezidenti wa kuchigawo choyenera. Kuchoka pa chigawopa uthenga umapitanso kwa abusa a kuboma loyenerera, kumene ziwonetsero zimenezi zikachitikire.

Bokosi 5: Kukonzekera zoyenera kuchita kumathero a sabata pa zachiwerengero cha anthu (kupitiriza)

Kachitatu: Kukonza ndondomeko ya zoyenera kuchita

Atsogoleri amipingo amene adasankhidwa pa boma kuti akhale mgulu limeneri adzakonza ndikuona zochitika zomwe zingadzakhaleko patsiku limeneli ndikuonanso mipingo ndi mizikiti yomwe ingadzaitanidwe. Mafumu ndi akulu akulu aboma mderali ayenera kudzakhalapo makamaka omwe amawona zandondomeko za chitukuko, zaumoyo ndinso mkulu wa zakulera. Kuitana anthu amenewa ndikopindulits kwambiri chifukwa amakhala ndi ukadaulo wopambana zedi.

Zinthu zochitikazi kumkumano umenewu zitha kukhala zosiyanasiyana malingana ndi maboma ake poyang'anira chidwi ndi zipangizo zomwe mipingo ilinazo. Panthawi ya mapemphero mutha kugawanso timapepala tokhala ndi uthenga ophunzitsira anthu komanso kuitana atolankhani.

*Si nthawi zonse zimene nthambi za mabungwe akuluakulu a mipingo m'zigawo zimakhala molinganitsa ndi zigawo za malire a madera m'dziko. Nthambi imodzi ya bungwe la chipembezo ingathe kupezeka kumadera angapo oyandikana a dziko

Kumema mafumu

Gulu lopanga za ndondomeko ya nkhanayi pa boma likuyeneranso kumakumana ndi mafumu kuti nawonso akhale nawo mbali yakakhazikitsedwe ka nkhanayi. Izi ndi zothandiza kuti zochitikachitikazi zifalikire m'madera onse.

Bungwelinsu limakhazikitsa za tsiku loti lifikire atsogoleri onse pansu pa gogo chalo. Mafumu amathandiza chifukwa ndiwo eni dera ndipo amakhala ndikawundula wa mipingo yonse ndipo amadziwa malo onse. Atsogoleri a mipingo pansu pa mfumu ya ndodo atha kusankhidwa ndikugwirizana kuti zochitikachitikazi zikachitikire kutchalitchi chiti.

Kachinayi: kukwaniritsa ntchito

Poyang'anira m'mene yakhalira ntchito yokhazikitsa zochitika za kumathero asabatazi, takonza mfundo izi;

- Khalani ndi nthawi yokwanira yopezera atsogoleri anzanu (pafupifupi mwezi) chifukwa ena amakhala m'midzi
- Khalani ndi ndondomeko yabwino yotumizira timapepala ta mauthenga okhudza nkhanayi (IEC materials) kumipingo yomwe idzatengepo mbali pa mkumano umenewu
- Gwiritsani ntchito ofalitsa nkhanayi am'dera lanu kuti uthenga umenewu ufikeponse ndi molondola
- Ngati m'kotheke chezani ndi atolankhani tsikulo lisanafike
- Khalani ndi nthawi ya msulo kwa atsogoleri amkumano umenewu kuti anthu amene adzabwere adzamve mfundo zolondola.

Gawo 3: Konzani ndondomeko yabwino yophunzitsira

Molingana ndi zolinga zanu, gwiritsani ntchito mafunso amene ayalidwa mu Gawo 3 pa tsamba 16

Mukadziwa zolinga zanu, n'kofunikira kwambiri kuganizira zinthu izi:

- Kodi ali ndi mphamvu zoonetsetsa kuti ndondomeko za chiwerengero cha anthu ndi kulera zizitsatidwanso m'maphunziro ndi zipangizo ndani?

- Kodi ndondomeko zimenezi zinakonzedwa motani? (Njira, nthawi, anthu ofunikila, maudindo ndi woyenera kuchita zinthu).

Anthu amene mukufuna kuwafikira komanso bwino zowafikira, zidzatengera ndi m'mene dongosolo la pa tchalitchi panu lidakonzedwera, njira yotsatidwa pomanga mfundo komanso udindo wanu pa mpingopo kapena pa gulupo.



Gawo 4: Kwaniritsani chikonzero cha mfundo zanu.

Tsatirani ndondomeko yomwe ili pa tsamba 36

Gawo 5: Londolozani ndi kuwunguzira

Ndi magulu ati komanso, zochitika ziti komanso misonkhano imene inawunikirapo za chiwerengero cha anthu komanso nkhani zakulera? Kodi ndi njira ziti zophunzitsira zimene zinagwira ntchito bwino koposa? Nanga zimene sizinachite bwino ndi ziti? Ndi ziti zimene ziyenera kuziunkiranso bwino? Mwaphunzirapo chiyani? Powunikira za m'tsogolomo ndi chiyani chimene mukufuna kuchionanso bwino kuonjezelapo nkhani zachowerengero ndi kulera.

Ntchito yofunikira 4—Onjezerani za chiwerengero cha anthu ndi kulera mu zokambirana zomwe mwakonza pagulu, zochitika ndi misonkhano

Gawo I: Pezani mfundo yanu—Ndi vuto liti limene mukufuna kulithetsa? Nkofunikia bwanjji kutero?

Yambani ndikudziwa magulu a'zokambirana, zochitika ndi misonkhano zomwe zikuchitika ku gulu lanu. Ganiziraninso kuona zanthu amene (a) ali ofunikila pantchito yanu, (b) fikirani gulu lalikulu (c) ndipo inu muli ndi mwayi waukulu wochita zinthu bwino. Mafunso ofunikira ndi monga;



- Ndimagulu ati azokambirana, zochitika, ndi misonkhano zimene zimachitikachitika pa tchalitchi panu (Onani Annex I kuti mupeze mfundo zina)?
- Kodi chiwerengero cha anthu ndi kulera n’zofunikira kwa magulu amenewa ndi muzochitika zawo?
- Ndi gulu liti kapena zochitika ziti zimene inu mumatenga nawo mbali?
- Ndi gulu liti kapena zochitika ziti zimene mutha kuzifikira?

Gawo 2: Dziwani chofuna chanu—Kodi ndichani chimene mukufuna chisinthe? Ndi zolinga (Kodi zomwe mudachita kale bwino ndi ziti zomwe zingakuthandizeni kukwaniritsa cholinga chanu?).

Konzani zolinga za ntchito yanu kutsatira zokambirana za m’magulu, misonkhano ndi zina zomwe tazikonza pa chiyambi.

Chitsanzo 1: Chiwerengero cha anthu ndi kulera sizigwiritsidwa ntchito kawirikawiri mu ndodomeko za ma’magulu azokambirana, zochitika ndi misonkhano m’mpingo mwathu.

Chofuna: Kuchulukitsa chidwi pa nkhani za chiwerengero cha anthu ndi kulera m’mpingo.

Zolinga:

- Kuonetsetsa kuti chiwerengero cha anthu ndi kulera zizikhalapo pa ndondomeko zimene zakonzedwa pa misonkhano ya komiti yayikulu (National Executive Committee) imene imachitika pakutha pa zaka ziwiri.
- Kuonetsetsa kuti chiwerengero cha anthu ndi kulera zikukhalapo pazokambirana zomwe zimakhalapo pakutha pamiyezi itatu pa chaka ya m’makomiti akulu a m’zigawo zitatu zonse kuno ku Malawi.

Chitsanzo 2: Nkhani za chiwerengero cha anthu sizinedwa m’zokambirana za azimayi athu.

Chofuna: Kuchulukitsa mwayi wakuti nkhanizi zizikambidwa pafupifupi m’mpingo mwathu.

Cholinga: Pazikhalako nkhanizi za mtunduwo pazokambirana za magulu atatu onse amayi mchaka chikubweracho.

Gawo 3: Konzani ndondomeko zimene muyenera kuzitsata

Kupyolera muzomwe mukufuna kukwaniritsa zija, gwiritsani ntchito mafunso atatu omwe anenedwa kale m’mbuyomu kuti akuthandizeni.

Mwachidule ganizirani izi

- Kodi magulu ndi zochitikachitikazi zikhalako liti?
- Ndani amene amatenga nawo gawo lalikulu m’zochitikazi.
- Ndi liti komanso kodi zakonzedwa bwanji? Kodi mfundo zake zakonzedwa bwanji? (Nthawi ndi anthu oyenera kugwira ntchito).
- Ndi ati mwa anthu ofunikirawa akuyenera kuthandizira? Ndaninso amene angakhale othandiza pa ntchitoyi (abwenzi)?
- Ndani amene ali ndi kuthekera kochititsa kuti zinthu zitheke?

Mukamakonzana uthenga wanu onetsetsani kuti mukufotokoza bwino nkhanizi zachowerengero cha anthu ndi kukulera.

Anthu amene mukufuna kuwafikira komanso njira zina zochititsa kuti zinthu ziyende zidzatengera ndi m'mene gulu lanu kapena mpingo wanu udasanjila machitidwe azinthu, udindo wanu, kuphatikiza apo ndondomeko yochitira zinthu mongatanena mu koyambilira m'mwambamu.

Gawo 4: Kwaniritsani mfundo zanu

The worksheet on page 36 can help you bring everything together in a detailed action plan.

Gawo 5: Londolozani ndi kuwunguzira

Ndi magulu ati komanso, zochitika ziti komanso misonkhano imene inawunikirapo za chiwerengero cha anthu komanso nkhani zakulera? Kodi ndi njira ziti zophunzitsira zimene zinagwira ntchito bwino koposa? Nanga zimene sizinachite bwino ndi ziti? Ndi ziti zimene ziyenera kuziunkiranso bwino? Mwaphunzirapo chiyani? Powunikira za m'tsogolomo ndi chiyani chimene mukufuna kuchionanso bwino kuonjezelapo nkhani zachiferengero ndi kulera?



Ntchito yofunikira 5—Konzani zochitachita za kamodzi ndi cholinga chofuna kuphunzitsa, ndi kudziwitsa anthu m'madera mwawo zakugwirizana pakati pa kukwera kwa chiwerengero cha anthu, kulera ndi chitukuko.

Kukonza zochitika zapadera ndi cholinga chofuna kuphunzitsa anthu nkofunika kwa atsogoleri amipingo. Njira yokonzera zimenezi ndiyosiyana ndi ndi kuzikwaniritsa chifukwa cholinga chake kuthandizira kuti anthu adziwe zinthuzo osati atsogoleri chabe.

Gawo 1: Pezani vuto—Ndi vuto lanji limene mukufuna kulithetsa? N'zofunikila bwanji?

Mfundo yaikulu: Pali kudziwa ndi kumvetsa kopelewerwa pa kulumikizana kwa chiwerengero cha anthu, chitukuko ndi kulera pakati pa anthu.

Mfundo yaing'ono/yapadera: Kwathu anthu ali ndi chithunzithunzi chakuti mpingo umatsutsana ndi kulera ndipo kuti kukhala ndi ana ambiri ndi kuchita chifuniro cha Mulungu.

Gawo 2: Pezani chofuna ndi zolinga zanu

Chofuna: kusintha maganizo ndi makhalidwe a anthu okhudza chiwerengero cha anthu ndi kulera.

Cholinga: Ganizirani ndi njira ziti zomwe zingakuthandizeni kuti mukwaniritse chofuna chanuchi.

Zitsanzo:

1. Kukonza zochitika zokhudza chiwerengero kumathelo asabata m'maboma 10 pakati pa mwezi wa January ndi December (Onani Bokosi 4)
2. Kukonza masiku apadera (Open days) m'maboma 10 omwe aja pakati pa January ndi December (Onani Bokosi 4)

Gawo 3: Konzani ndondomeko ya zochitika zanu

Zikonzero za zochitikakumathero a sabata pa za chiwerengero cha anthu ndi chitsanzo cha zochitika zomwe ife atsogoleri amipingo tapeza kuti ndi zothandiza pakuphunzitsa anthu za kuchulukana kwa

anthu ndi kulera. Mu Bokosi 5 muli donsosolo mu dongosolo lomwe liyenera kutsatidwa pufuna kuchita zikonzero za kumathero a sabata zimenezi.

Dziwani izi: Kumbukirani kuti ‘mapeto a sabata ofalitsa uthenga wa chiwerengero cha anthu’ ndi chitsanzo chabe. Zochitikazo zimakonzedwa kuyambira ku likulu lomwe limakonza pamodzi mgwirizano wa zipembedzo zosiyanasiyana. Si zochitika zonse zimene zimasowekera ndondomeko yotere. Muyenera kukambirana ndi kuganizira chimodzi mwa zochitika zina zomwe mungachite mdera lanu.

Gawo 4. Kwaniritsani

Ndondomeko yomwe yaperekedwa pa tsamba 36 ithakukuthanizani kuti muthe kufotokoza zomwe mudzachite.

Gawo 5. Londolozani ndi kuwunguza

Ganizirani momwe mungadziwire kuti ntchito yanu yakhala yaphindu. Mudzadziwa bwanji kuti mwakwaniritsa cholinga chanu? Ngati zolinga zanu n’zofotokozedwa bwino zidzakhalala zosavuta popanga kafukufuku ndi kalondolondo kuti mudziwe kuti zikuyenda.

Masiku a Zochitikachitika (zionetsero)

Motsatana ndi zikonzero za chiwerengero cha anthu zinachitika kumathero amasabata mu 2014, mabungwe akuluakulu a mipingo anabwera pamodzi ndi kukonza msonkhano wa pabwalo. Kumeneku anthu anthu a mipingo yonse m’mbomamo amasonkhana pa bwalo limodzi ndi kumafalitsa uthenga wa chipembedzo ku mbali ya kulera ndi chitukuko. Izi zimasianirako ndi zochitika za kumathero a sabata zija poti zimene zija zimachitikira mu matchalitchi ndi mizikiti. Misonkhano ya pabwalo imathandizanso kulumikiza anthu ku zithundizo za kulera, kuyezetsa magazi ndi uphungu.

Ntchito 6—Kugwira ntchito limodzi ndi nyumba zofalitsira nkhani kuti tithe kufikira anthu ambiri ndi nkhani zokhuza chiwerengero cha anthu ndi kulera komanso kuwonetsetsa kuti ziphunzitsa za chipembedzo zikukambidwa nawo.

Kugwira ntchito ndi nyumba zofalitsira nkhani ndikofunikira kwambiri chifukwa kumabweretsa poyera maganizo a atsogoleri amipingo pankhani ya chiwerengero cha anthu ndi kulera, ndiponso zimachititsa kuti dziko lizikambirana nkhanizi.

Chigawo chino cha bukhuli chikupereka zoyenera kugwiritsa magulu awa a anthu: (1) Akuluakulu a zipembedzo monga anthu, ndi (2) mabungwe a mipingo. Chigawochi chikukamba za zinthu zimene magulu a anthu amenewa akuyenera kudziwa akamalankhula ndi nyumba zofalitsira uthenga pa nkhani za chiwerengero ndu kulera.

Kugwira nchito limodzi ndi nyumba zowulutsira ndi kufalitsira nkhani ndi kofuna kusamala kwambiri. Gawo ili likutithandiza m’mene atsogoleri angagwilire ntchito limodzi ndi nyumbazi pankhani ya chiwerengero cha anthu, chitukuko ndiponso kulera.

Pali njira zomwe atsogoleri amipingo angagwiritse ntchito ndi nyumba zofalitsira nkhani.

1. Kugwira nchito limodzi ndi nyumba zowulutsira mawu zomwe ndi sizachipembedzo chilichonse kuti nkhani imeneyi ifike paliponse.
2. Kugwira limodzi ndi nyumba zowulutsira mawu zomwe zili zachipembedzo kuti nkhaniyi idziphatikizidwa mu m’ndandanda wa mapologalamu awo.

Ubwino wogwira ntchito ndi nyumbazi

- Kumachotsa maganizo olakwika omwe anthu ena amakhala nawo akuti atsogoleri amipingo amatsutsana ndi kulera.
- Kumawonetsetsa kuti nyumbazi zikuwulutsa kapena kunena zowona zokhazokha.
- Kumabweretsa poyera maligaliro a atsogoleri ndi mabungwe a chipembedzo – zomwe tingathe kugwiritsa ntchito patsogolo.
- Kumabweretsa kuthekera kuti atsogoleri amipingo afikire anthu ambiri.
- Kumachepetsa ndalama zogwilira ntchitoyi.
- Kumapereka danga kuti liwu lililonse limveke.

Pogwiritsa ntchito nyumba zimenezi, n'kosavuta kuchita kalondolondo pa m'mene nkhani imeneyi yathandizira anthu.

M'mene tingawirire ntchito ndi nyumba zofalitsa nkhani

- Tsatani njira zoyenera zokhudza kufalitsa nkhani muchipembedzo chanu.
- Sankhani munthu wokuyankhulirani pa gulu lilironse kupewa kusokoneza mauthenga.
- Wonetsetsani kuti mwasankha munthu oyenera. Kodi ali m'gulu loyenera? Akukwanira pa udindo umenewu? Ndi wodziwa ndipo ali ndi upangiri wokwanira? Ali ndi ukadaulo otha kuyankha mafunso mwaluntha?
- Pokonzekera atolankhani ndi bwino kukonzekkeratu pa mfundo zanu. Simuyenera kuyankha mafunso amene sakugwirizana ndi nkhaniyo.
- Gwiritsani ntchito nthawi imeneyi pofuna kufotokozeru kusamvana komwe kumakhalapo ndi anthu ena pa zomwe chikristu chimanena pa nkhani ya kulera ndi kuchulukana.
- Pangani ubwenzi wabwino ndi atolankhani, olemba/owulutsa nkhani ndinso akuluakulu a nyumba zimenezi. Izi zitha kuthandiza kuti atolankhani athe kufalitsa nkhani zolondola zokhuza chiwerengero ndi kulera.
- Pangitsani misonkhano ndi atolankhani. Izi zimakuthandizani kusankha mutu wa nkhani, kupherezera nkhani zomwe zingathe kutuluke molakwika, ndi kusankha anthu amene akuyenera kupezeka ku msonkhanowo.

Pamene musankha nyumba kapena njira yofalitsira nkhani

- Mukuyenera kuganiziranso anthu amene mukuyenera kuwafikira ndipo wunguzani kuti ndi nyumba ziti zimene zingathe kuwafikira anthu amenewa. (Ngati mukufuna kufikira anthu ambiri ndibwinonso kugwiritsa ntchito nyumba zingapo).
- Sankhani mutu woyenerera ndiponso nyumba yofalitsira yoyenerera, mtolankhani woyenerera malingana ndi nkhani yomwe mwasankha.

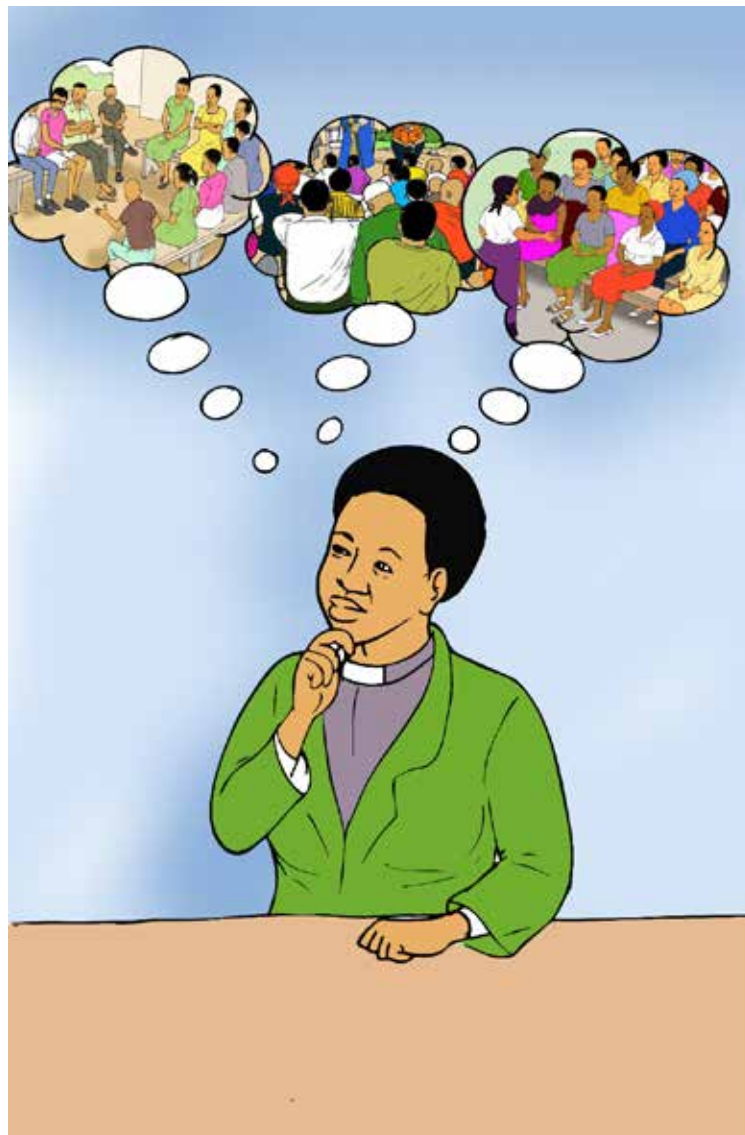
Chenjezo pamene mukugwira ntchito ndi nyumba zofalitsa nkhani

- Pamene mugwira ntchitoyi mufotokoze momveka bwino lomwe gulu lomwe mukuliyimirira mwatsatanetsatane osati mwachidule ndipo musalankhule zinthu moposera udindo umene inu mukuyimirira. Mwachitsanzo, mungathe kunena kuti. “Ndikulankhula monga munthu chabe, ndipo sindikuimilira akhirisitu onse;” kapena “ ndikulankhula ngati woyimilira bungwe la MCC”. Mukapanda kutero, atola nkhani atha kukupatsani udindo omwe si wanu.
- Khalani osamala osaderera mphamvu za nyumba zofalitsa mawu.

Ntchito 7—Falitsani uthenga!

The best way to raise awareness about population and family planning and to spread faith-based messages on these issues is to talk about them. Think “outside the box” and find your own opportunities to raise these issues. For example, religious leaders are often asked to speak at weddings, funerals, and other community events. Other ideas include speaking in minibuses or talking about family planning, population, and development issues during one-on-one meetings with other religious leaders or congregants.

Every moment could be a “spread the word” moment. What will yours be?



4 MAU OMALIZA

Ngati atsogoleri a Chikhiristu, anthu amatikhulupirira ndi kutilemekeza ndipo tili ndi udindo waukulu pa nkhani ya chiwerengero cha anthu ndi kulera. Kukwera kwa chiwerengero chathu kukubweretsa chiopsyeyo pa umoyo wathu, magulu athu ndinso dziko lonse. Kubereka mwa nzeru ndinso kulera zimachititsa kuti banja likhale la umoyo wabwino ndi lodzidalira pachuma. Panthawi yomweyo umachepetsa kukwera kwa chiwerengero cha anthu, zomwe zimathandiza pa nkhani ya zaumoyo, chuma, chikhalidwe ndi chilengedwe.

Talemba bukhuili poyang'anira zomwe takhala tikuyesetsa kuchita kwa zaka zitatu cholinga choyikizamo mu ntchito za atsogoleri a mipingo, nkhani za chiwerengero cha anthu ndi kulera. M'bukuli tafotokozanso zotsatira za kuchuluka kwa chiwerengero komanso ubwino womwe umapezeka ngati titsata njira zakulera zomwe mipingo imafuna pa umoyo wathu m'banja. Tafotokozanso ntchito zisanu ndi ziwiri zomwe atsogoleri amipingo angagwiritse ntchito pofotokoza ndi kukambirana za chiwerengero cha anthu ndi kulera m'madera athu ndi mipingo yathu.

Kukhazikitsidwa kwa kabukuka ndi ndondomeko yoyamba chabe. Choncho ndi udindo wathu kutenga uthengawu ndi malangizowa ndikukafalitsa kwa anthu ena.



CHIPEPALA CHOLEMBAPO MFUNDO: NDONDOMEKO YOKWANITSIRA NTCHITO YOMEMA ANTHU

Koyamba—Pezani vuto lanu

Ndjvuto lanji limene mukufuna kulithetsa?

N'kofunika bwanji kutero?

KachiwiriKachiwiri—Pezani chofuna ndi zolinga zanu

Chofuna

Zolinga
(1)
(2)
(3)

Kachitatu 3—Konzani ndondomeko yoti itsatidwe pofuna kukwaniritsa zolinga

(1) Unikirani momwe zinthu ziliri

Anthu ofunikira popanga ziganizo:

Njira zoyenera popanga ziganizozo

#1

#2

#3

#4

(2) Dziwani amene mukufuna kuwafikila audience

Kuchuluka kwa kadziwidwe kawo (Palibe, pang'ono, kwambiri)

Alibe mbali, amagwirizana nazo, kapena otsutsa?

Ndi chiyani chimene iwowo amachyikira ku mtima?

#1

#2

#3

#4

(3) Mauthenga oyenera kuperekedwa

Kodi pafunika umboni?

#1

#2

#3

#4

(4) Njira zoyenera kufikira anthu

#1

#2

#3

(5) Okuthandizani ndinso abwenzi

Angathandize motani?

Mutani kuti iwo atenge nawo gawo?

#1

#2

#3

#4

(6) Otsutsa ndi zovuta	Maganizo osiyana	Muthana nazo bwanji/muyankha bwanji?
#1		
#2		
#3		
#4		

Kachinayi —Kukwaniritsa

Zochitika zofunika/misonkhano	Tsiku	Zokonzekela
#1		
#2		
#3		
#4		
#5		
#6		
#4		

Ntchito yokonzedwa	Zipangizo zosowekela	Anthu amene ayenera kuchita	Nthawi yoyambira ndi kumalizira
#1			
#2			
#3			
#4			
#5			
#6			

Mfundo zina zowonjezera

Zowonjezera 1: DONGOSOLO LA MABUNGWE A MIPINGO

Pofuna kukwaniritsa bwino ntchito yoika pamodzi mauthenga a chiwerengero, kulera ndi zochitika za mabungwe a mipingo, ndi koyenera kumvetsetsa madongosolo, njira ndi ndondomeko zawo. Kotero, chigawo chino chili ndi tsatanetsanane wokhudza madongosolo amene alipo, ndinso ndondomeko ndi njira za mabungwe onse anayi a mipingo muno m'Malawi.

Bungwe la Maepiskopi a Katolika (ECM)

Pa dziko lonse la Malawi

Bungwe la Maepiskopi a Katolika limakonza madongosolo, zochitika ndi kuyang'anira matchalichi onse a Katolika m'dziko muno kumbali za ulaliki ndinso ntchito za chitukuko. Nthambi zikuluzikulu za maBishop zilipo ziwiri (onani pa Maakidayosizi) – Blantyre ndi Lilongwe, ndinso madayosizi asanu ndi imodzi (Chikwawa, Dedza, Karonga, Mangochi, Mzuzu ndi Zomba). Izi zikutanthauza kuti atsogoleri a maBishopu, ndinso ma Bishop amayang'anira mipingo ya ekeleziya Katolika isanu ndi itatu.

M'khalapampando wa bungwe la ECM amasankhidwa pakati pa atsogoleri a maBishopu, ndinso maBishopwo, ndipo ndi amene amasinthana udundowu. Ma Bishopuwa amakumana kawiri kapena katatu pa chaka kwa sabata imodzi. Komanso amakumana pafupipafupi ku likulu la mpingo wa ChiKatolika, komwe amachita maphunziro ndi misonkhano.

Likulu la Mpingo wa Katolika ndi gawo limene bungwe la ECM limagwiritsa ntchito polumikiza ndi kukwaniritsa zofuna ndinso ntchito zake. Mlembi wamkulu wa bungwe la ECM amasankhidwa kudzera mu misonkhano ikuluikulu ya maBishop kuti izitsogolere zones zochitika ku Bungweli. Pakadaki pani, ku likulu la Mpingo wa chiKatolika kumakhala mlembi wamkulu, oyanganira za chuma, wolongosola ntchito zoti si zachuma, nthambi ya ulaliki, nthambi ya chitukuko, ndinso nthambi ya kafukufuku, chitukuko ndi kufalitsa mauthenga.

Padakali pano kuli nthambi izi:

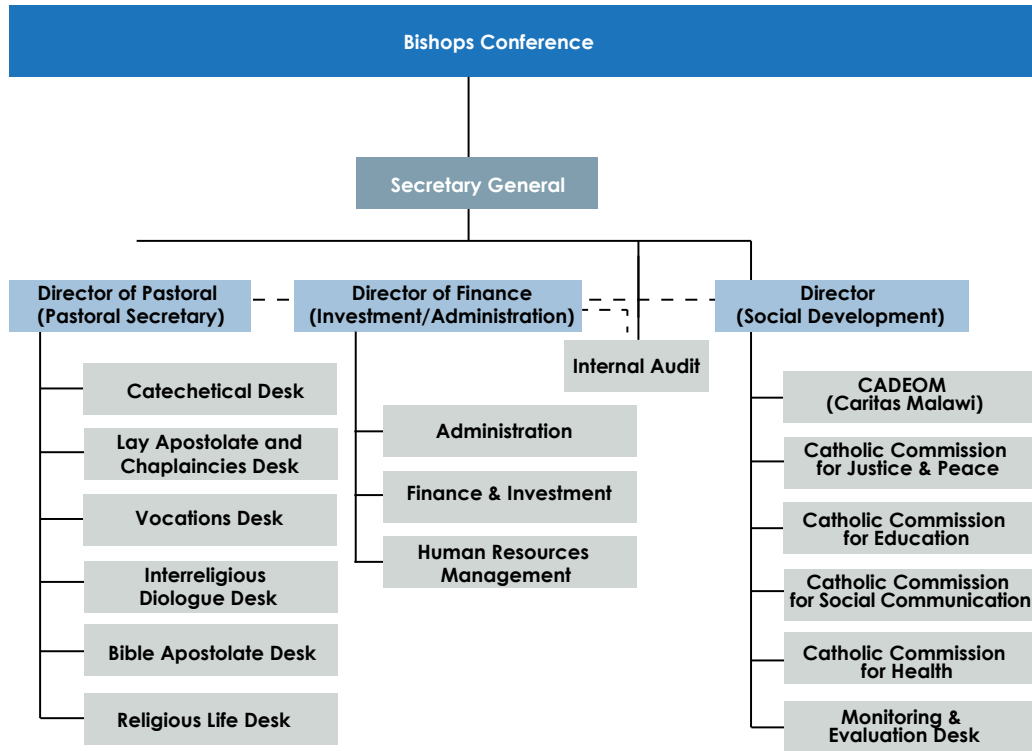
- Nthambi yowona za chitukuko mu mpingo wa katolika ya Catholic Development Commission for Malawi (CADECOM), imenenso imadziwika ndi dzina loti Caritas Malawi
- Nthambi yowona za chilungamo ndi mtendere mu mpingo wa Katolika ya Catholic Commission for Justice and Peace (CCJP)
- Nthambi yowona za maphunziro mu Mpingo wa Katolika ya Catholic Education Commission
- Nthambi yowona zaumoyo mu mpingo wa katolika ya Catholic Health Commission
- Nthambi yowona za utumiki la Pastoral Commission
- Nthambi yowona za kafukufuku ndi kufalitsa nkhani ya Research and Communication Commission

Nthambi zimenezi zimayendetsedwa ndi maBishop molingana ndi ntchito yomwe bungwelo likuchita.

Dayosizi (Pachigawo)

Mpingo wa Katolika ku Malawi udagawidwa m'zigawo zisanu ndi zitatatu kapena kuti madayosizi. Pakati pa zigawozi pali madayosizi akuluakulu awiri (archdioceses, Lilongwe ndi Blantyre), ndipo dayosizi iliyonse imatsogozedwa ndi bishopu kapena *archbishop*.

Chithunzi I. Maudindo pa Dayosizi



Chithunzi 2. Linkages between National Level and Secretariat

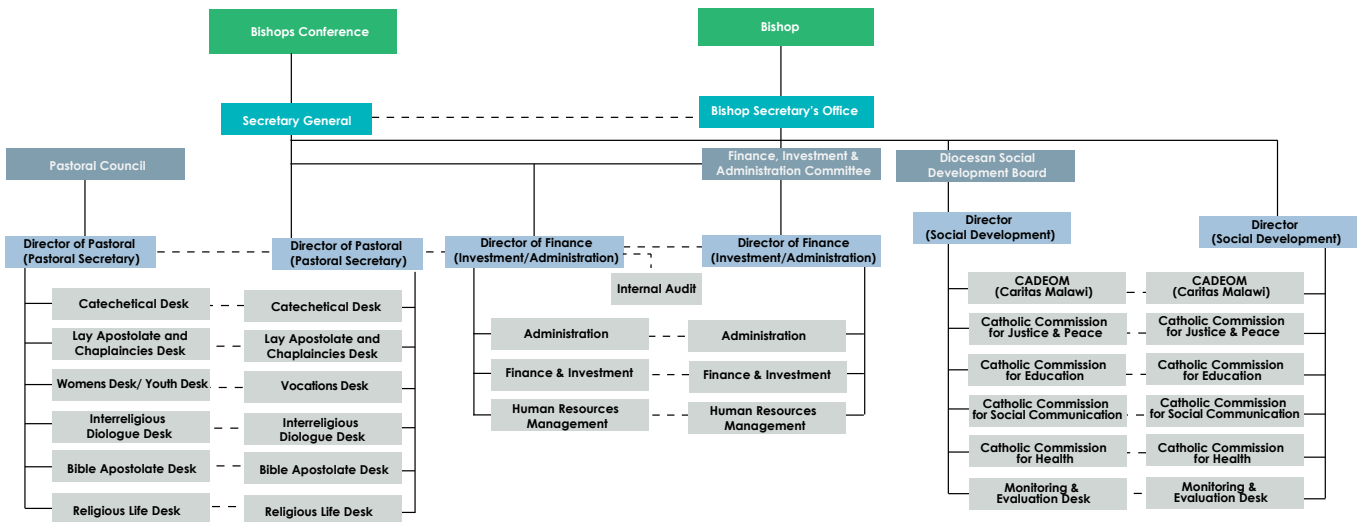
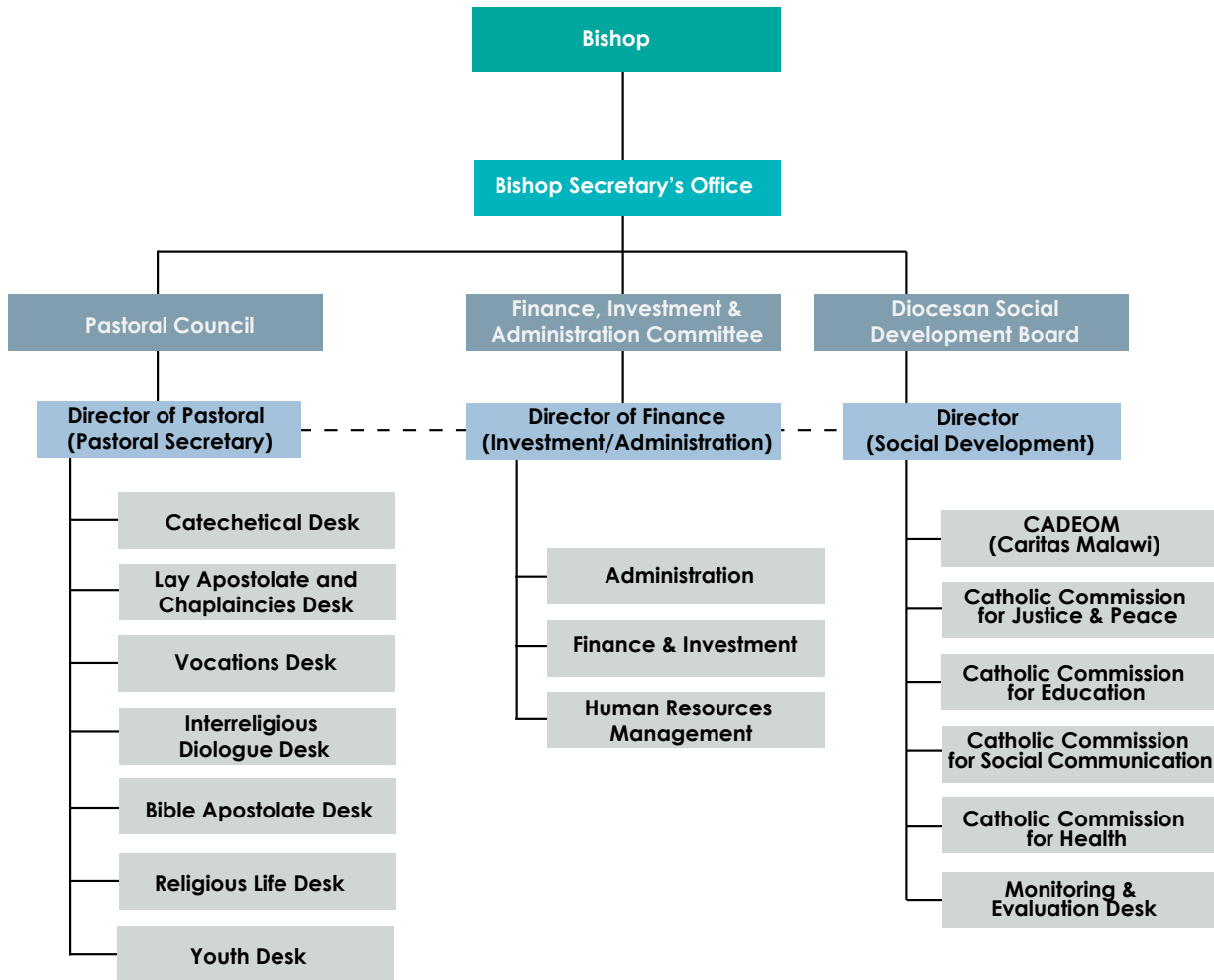


Figure 3. Diocesan Level



Pa Parish

Kuparishi, bambo mfumu ndi amene amatsogolera ngati mkulu wa mpingo. Mabungwe osiyanasiyana amagwira ntchito pansu pa ulamuliro wa bambo mfumu, kuphatikizapo bungwe lowona za utumiki pa tchalitchi (pastoral team) lomwe limakhala ndi mamembala munga abambo mfumu, asisitere ndi a katekisiti; bungwe la *parish council* (kuonjezerapo atsogoleri ndi mabugwe ena. Ena mwa mabungwewa ndi bungwe la mabanja, amayi achiKatolika (CWO), aza chuma, azachipembedzo, alangizi, achinyamata, oyimba ndi akatekisiti.

Magulu

Magulu ndi ofunikira kwambiri pa moyo wa chiKatolika ku Malawi, munga gulu la mabanja (Christian Family Movement) amayi achiKatolika (Catholic Women Organization). Magulu amenewa amagwira ntchito yotamandika pakulangiza bungwe la maepiskopi zinthu zoyenera kumaziunikira.

Tebulo 1. Anthu ofunikira pa ntchito za ECM

Pa dziko lonse la Malawi	Ntchito ndi maudindo
ECM Bungwe la maepiskopi	Amakumana kawiri kapena katatu pa chaka, msonkhano wasabata yathunthu
Wapampando wa ECM (M'modzi mwa mabishopu, amasinthanasinthana)	Amayendetsa zochitika za bungweli
Wachiwiri kwa wapampando	Amagwira ntchito monga wotsatira pambuyo pa wapampando
Likulu la mpingo wa Katolika	Komiti yadziko lonse m'Malawi, lomwe ECM imagwitsa ntchito kukwaniritsa zofuna ndinzochita zake Dziwani kuti kudzera kwa mlembi wamkulu (<i>Secretary General</i>) wa ECM mungathe kufikira uthenga wanu ku komiti ya dziko lonse la Malawi popeza iye amatengapo mbali pa mikumano imeneyi.
Mlembi wamkulu	Amayendetsa ntchito za likulu la mpingo
Nthambi yowona za la ulaliki Mlembi woyang'anira utimiki wampingo	N'kofunika kuti anthu adziwe kuti nthambiyi imakhala ndi mphamvu ya utumiki ndi ziphunzitso za mpingo. Mlembi woyang'anira utimiki amayang'anira ntchito za ziphunzitso zoyenerera ku mpingo
Mkulu woyang'anira za chitukuko	Mkulu wa zachitukuko amayang'anira ntchito za mpingo pa chitukuko.
Mabungwe akulu	Bishop m'modzi amapatsidwa ntchito zoyang'anira bungwe. Amakhala ndi mphamvu yofufuza ndi kufuna kudziwa momwe bungwelo likugwirira ntchito zake.
Nthambi yowona za Chitukuko ya Catholic Development Commission for Malawi (CADECOM)	CADECOM imalimbikitsa ntchito zachitukuko pofuna kukweza miyoyo ya anthu m'madera momwe mpingo ukugwira ntchito. Limathandiza pamene padza mavuto adzidzidzi, kulimbikitsa kuti anthu azikhala ndi chakudya chokwanira, kulimbikitsa kuti pasamakhale kukondera pakati pa amayi ndi abambo.
Nthambi yowona za Chilungamo ndi Mtendere (Catholic Commission for Justice and Peace (CCJP) Mkulu wa nthambiyi	CCJP imalimbikitsa ziphunzitso za mpingo, kulimbikitsa chilungamo pa nkhani zosiyanasiyana za uzimu.

Pa dziko lonse la Malawi	Ntchito ndi Maudindo
Nthambi yowona za maphunziro Mkulu wa nthambiyi	Bungweli limayang'anira momwe ntchito za maphunziro zikuyendera mu mpingo, kufufuza ndikukoza ndondomeko zamaphunziro.
Nthambi ya za umoyo (Catholic Health Commission) Mkulu wa nthambiyi	Bungweli limawunikira momwe mpingo ukuchitira pa ntchito za umoyo wa anthu.
Nthambi yowona zautumiki wa mpingo (Pastoral Commission) Mkulu wa nthambiyi	Limayang'anira za utumiki ndi moyo wa mpingo pa zauzimu ndi ziphunzitso za mpingo.
Nthambi yowona za kafukufuku ndi kufalitsa mauthenga (Research and Communications Commission) Mkulu wa nthambiyi	Kupereka mauthenga ndi kudziwitsa mpingo zinthu zoyenerera.
Magulu/makomiti	Pansi pa bungwe loyang'anira za utumiki pali magulu monga achinyamata, amayi, akhristu eni ake.
Gulu lowona za mabanja	Mamembala ake ndi anthu apabanja. Gululi limalimbikitsa kufunika kwa moyo wapabanja ndi kuwunikira zomwe mabanja angamachite pa zinthu zosiyanasiyana, kuphatikizapo kupereka uphungu kwa achinyamata.
Gulu la Amayi achikatolika (Catholic Women's Organisation)	Limalimbikitsa amayi kumatenga nawo gawo pa moyo wampingo. Izi zimathandiza amayi kuti azikhala ochilimika pa moyo wawo.
Pa Dayosizi	Ntchito ndi Maudindo
Bishopu	Mtsogoleri wa mpingo
Wachiwiri ka Bishopu (Vicar general) <i>Diocesan Council (Alangizi a episikopi)</i>	Amagwira ntchito ngati wachiwiri kwa bishop Amapereka uphungu ndi nzeru kwa bishopu pakayendetsedwe ka dayosizi
Mabungwe achikatolika pa dayosizi (Pastoral, CADECOM, CCJP, Education, Health, and Communication) <i>Mlembi wa ntchito za utumiki</i>	Ntchito yawo ndi monga monga zafotokozeredwa kale Monga zafotokozeredwa kale, kudzera mwa mlembi ameneyu (komanso a Bishoupu), mungathe kufikira komiti yopanga ziganizo pa dayosizi.
Magulu pa dayosizi	Onani m'mwambamo
Pa Parishi	Ntchito ndi Udindo
Bambo mfumu <i>Gulu lotsogolera utumiki</i> (Parish Council) Bungwe la pa tchalichi	Mtsogoleri wa mpingo Alangizi a abambo mfumu Bungwe limene limakonza zochitika pa parishi mogwirizana ndi abambo mfumu

Tebulo 2. Mndandanda wa magulu, Misonkhano ndi zina

Pa dziko lonse la Malawi	Dongosolo / Maudindo
Magulu	Misonkhano ya mabungwe onse m'dziko
Misonkhano ya amaepisikopi	Kawiri kapena katatu pa chaka, msonkhano wa sabata yathunthu
Misonkhano ina ya mabishop kulikulu la ECM	Nthawi ndi nthawi kumakhala misonkhano yosiyana siyana yowunikira zinthu
Misonkhano ya alembi owona za moyo wautumiki (pastoral secretaries).	Amakumana ndikukonza ndondomeko ya zochitika chitika pamoyo wampingo
Misonkhano ya mabungwe akuluakulu (Catholic Commission)	Onani pamwamba
Pa Dayosizi	Dongosolo / Maudindo
Magulu	Misonkhano ya mabungwe pa Dayosizi
Pa Parishi	Dongosolo / Maudindo
Magulu	Misonkhano pa parishi ndi zochitikachitika zina
Misonkhano ya <i>gulu loyang'anira ntchito za utumiki</i> pa parishi	Kukonza ndi kuyendetsa zochitikachitika pa parish
Misonkhano ya <i>bungwe loyang'anira ntchito za utumiki</i> pa parishi	Gulu limene limalangiza <i>pastoral team</i> pantchito zake pa parishi

Tebulo 3. Zinthu zomwe ECM ili nazo monga mfundo, ndondomeko ndi zochitika pamaphunziro / zipangizo

(a) Imaunikira kale nkhani za chiwerengero chanthu ndi zakulera (b) Kungakhale koyenera kuonejezerapo nkhani za chiwerengero cha anthu ndi zakulera	Ndime	Imakambapo za nkhani chiwerengero cha anthu ndi zakulera?	Imalimbikitsa?	Zina
Ndondomeko				
Umoyo wa zogonana ndi uchembere	Pa dziko lonse	Inde	Inde	Ndondomeko ya bungwe la ECM pa za umoyo wogonana ndi uchembere imafotokoza zomwe mpingo umakhulupirira ndikuphuzitsa za kukhala wamwamuna kapena mkazi, ukwati, kukhala ndi ana moyeneera, uchembere wabwino, ndi kulera.
Kuteteza ana	Pa dziko lonse	Inde	Inde	
Makalata a mabishopu opereka uthenga kudziko (Pastoral letters)	Pa dziko lonse	Inde	Inde	
Kalata ya Papa	Pa dziko lonse	Inde	Inde	
Ziphunzitso za mpingo (Compendium of Catholic Social Teachings (CST))	Pa dziko lonse	Inde	Inde	
Kabuku ka zakulera ka alangizi a Katolika (Family Planning Booklet for Catholic Counselors) (kakukonzedwa)	Pa dziko lonse	Inde	Inde	
Maphunziro/Zipangizo				
Katekisimu wa a katolika (Catholic catechism)	Pa dziko lonse	Inde	Inde	Limafotokoza ziphunzitso zonse zachikatolika, za chikhulupiriro ndi umunthu
Kabukhu ka zakulera ka alangizi a Katolika (Family Planning Booklet for Catholic Counselors) (kakukonzedwa)		Inde	Inde	

Dongosolo lokonzera ndondomeko

Gawo 1: Mabishopu amalandira ndikukambirana ma maganizo ochokela ku mabungwe ndi magulu. Mabungwe akulu amachita nawonso misonkhano.

Gawo 2: Nkhani ikakula ndi mfundo zomveka bwino pamakhazikitsidwa gulu kuti lifufuze.

Gawo 3: MaBishopu amitanitsa msokhano kuti uwunikile nkhaniyo.

Gawo 4: Ziganizo zimapangidwa

Bungwe la Evangelical Association of Malawi (EAM)

M'dziko lonse la Malawi

Bungwe la Evangelical Association of Malawi (EAM) limayang'anira 58 ndi mabungwe 50. Bungweli limatsogozedwa ndi gulu lalikulu (Executive Board) lomwe limasankhidwa nthawi ya msonkhano waukulu wa matchalitchi ndi mabungwe onse 108. Gulu limeneli ndilo limayendetsa likulu (secretariat) la EAM pansu pa m'khala pampando ndi wachiwiri wake. Ndipo likulu limatsogozedwa ndi mlembi wamkulu ndipo idagawidwa m'zigawo zingapo.

Kumbali ya zigawo/madera

Bungwe la Evangelical m'Malawi lagawidwa m'zigawo zitatu, kumpoto, pakati ndi kum'mwera ndipo amatsogolera ndi akuluakulu a m'zigawo.

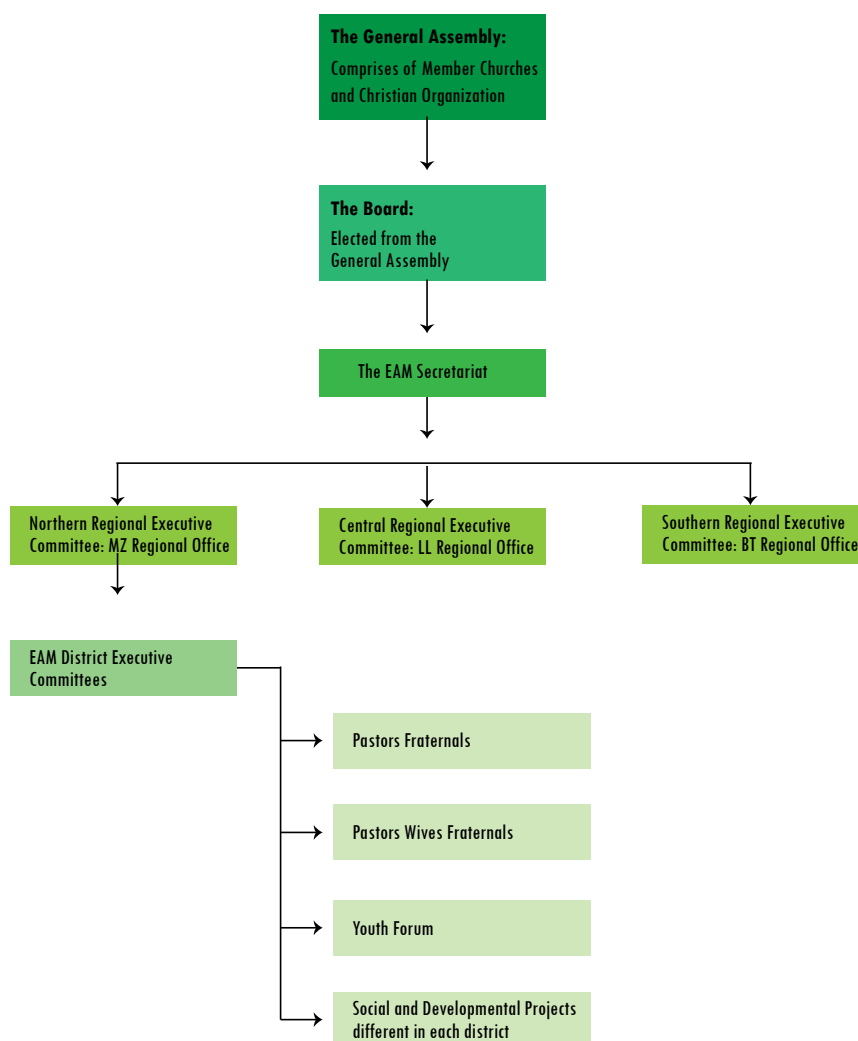
M'maboma/m'dera

Bungwe la EAM ntchito zakenso zimagwidwanso m'maboma motsogozedwa ndi abusa a m'matchalitchi. Bungweli limayang'anira zochitikachitika zonse za m'magulu monga abusa, amayi, ndi achinyamata. Gululinso limayang'anira ntchito za chitukuko cha anthu m'boma lirilonse.

Pachalitchi/pamudzi

Bungweli lidakhazikitsanso ntchito zake kuti zizigwiridwa pa tchalitchi kapena pa mudzi.

Figure I. Dongosolo la bungwe la EAM



Tebulo I. Anthu ofunikira ku EAM

Dziko lonse	Ntchito ndi Maudindo
Bungwe lalikulu	Kuyang'anira zochitika zonse (ngakhale za m'zigawo) Kupanga mfundo ndi ndondomeko Kupanga ziganizo zokhudza ziphunzitso zina za chiwerengero cha anthu
Wapampando	Amatsogolera
Wachiwiri kwa wapampando	Amatsogolera pamene palibe wapampando
Mlembi ndi msungi chuma	Zantchito ndi chuma
Mamembala abungwe lalikulu	Kuonetsatsa kuti mfundo ndi ndondomeko zikutsatidwa
Atsogoleri a m'zigawo (3)	Amakhala ngati amkhalapakati pa dziko ndi zigawo

Dziko lonse	Ntchito ndi Maudindo
Likulu la EAM	Logawidwa m'nthambi zosiyanasiana . Mfundo ziperekedwa ku likululi kuchokera ku mabungwe ndipo iwo amapereka ku bungwe lalikulu (board). Zachiwengero cha anthu amayang'anira ndi a <i>Ethics, Peace and Justice commission</i> . Bungwe la za umoyo limayang'anira zakulera.
Nthambi (Umoyo; Maphunziro; Zaumunthu, Mtendere ndi, chilungamo)	Abusa okhudzidwa amatengera nkhani kulikulu
Mlembi wamkulu	Amayendetsa likulu ndipo ndi membala wa bungwe lalikulu
Nthumwi zoyimila dziko lonse (kuchokela ku matchalitchi ndi mabungwe 108)	Amasankha mamembala a bungwe lalikulu
M'zigawo	Ntchito ndi Maudindo
Makomiti akulu am'zigawo (Mzuzu, Lilongwe, ndi Blantyre)	Kuyang'anira zigawo komanso mfundo zomangidwa Kukwaniritsa mfundo zokonzedwa ndi bungwe lalikulu Kuyanganira ntchito za m'makomiti a pa boma Kutolera mauthenga kuchokera m'maboma ndi m'zigawo.
Atsogoleri amzigawo (3)	<i>Onani pamwamba</i>
Achiwiri kwa atsogoleri(3)	Kutsogolera pamene palibe apampando
Mlembi ndi msungu chuma	Kuyendetsa zinthu ndi kusunga chuma
Pa boma	Ntchito ndi Udindo
Komiti yayikulu pa boma	Kuyang'anira zochitika pa boma Kuyang'anira ndikukwaniritsa ntchito za chitukuko pa boma
Wapampando	
Bungwe la abusa	Bungwe la abusa. Okwaniritsa zinthu. Amakumana mwezi ndi mwezi kuwunikira zomwe zikuchitika
Mlembi ndi msungachuma	Kuyendetsa zinthu ndi za chuma
Pa parishi	Ntchito ndi Udindo
Gulu la amayi busa	Amakambirana zokhudza amayi komaso za m'banja
Bungwe la achinyamata	Gulu la achinyamata limayang'anira ntchito zosiyanasiana zokhudzana ndi moyo wawo

Tebulo 2. Ndondomeko ya zochitika, misonkhano ndi zina

Dziko	Dongosolo /Udindo
Misonkhano ya bungwe lalikulu	Kunenapo za chiwerengero Kupempha kuti apatsidwe mphamvu zogwirira ntchito
Misonkhano yayikulu	
M'zigawo	Dongosolo/Udindo
Komiti yayikulu kuchigawo	
Maphunziro ochitika kuchigawo	Zochitikachitika nthawi ndi nthawi monga maphunziro ndi zina zotero
Pa parishi	Dongosolo /Maudindo
Komiti yayikulu pa parishi	
Maphunziro ndi misonkhano	Maphunziro ndi misonkhano yamagulu osiyanasiyana
Misonkhano m'madera	
Misonkhano ya abusa	Misonkhano ya pamwezi
Misonkhano ya akazi abusa	
Misonkhano ya achinyamata	

Tebulo 3. Mfundo ndi dongosolo za EAM

<p>(a) Imawunikira kale nkhani za chiwerengero cha anthu ndi zakulera</p> <p>(b) Kungakhale koyenera kuonejezelapo nkhani za chiwerengero cha anthu ndi zakulera</p>	<p>Ndime</p>	<p>Imakambapo za nkhani ya chiwerengero chanthu ndi zakulera</p>	<p>Imalimbikitsa?</p>	<p>Zina</p>
<p>Kalozera wa ndondomeko ya ntchito Zaumoyo</p>	<p>Pa dziko lonse la Malawi ndi m'zigawo</p>	<p>Inde</p>	<p>Inde</p>	<p>Zikuyenda pang'onopang'ono –pali magawo ochuluka , ndiye zimatenga nthawi kuti ndondomeko yonse itheke. Mavuto ena akumasokoneza ntchito yomalizitsa kukonza ndondomekozi (monga kusefukira kwa madzi kumayambiriro a chaka cha 2015)</p>
<p>Ndondomeko ya ntchito za zachilengedwe (pangozi zadzidzidzi) (ikukonzedwa)</p>	<p>Pa dziko lonse la Malawi ndi m'zigawo</p>	<p>Inde</p>	<p>Inde</p>	
<p>Ndondomeko yowona za kachitidwe kazinthu motsata malamulo, mtendere ndi chilungamo (ikukonzedwa)</p>	<p>Pa dziko lonse la Malawi</p>			

Ku EAM ndondomeko zambiri zokhudza chiwerengero cha anthu ndi kulera zimapangidwa pa tchalitchi. Choncho, ngati mukufuna kufikira anthu pa tchalitchi ndi uthenga wanu, ndi kwabwino kufufuza ndi atsogoleri a mpigowo pa ndondomeko zomwe zilipo kale pa tchalitchipo. Zikatero onani momwe mungapititsire patsogolo nkhani za chiwerengero ndi kulera kudzera mu ndondomekozo.

Monga afalitsi, ngati mukufuna kupititsa patsogolo ndondomeko za matchalitchi angapo, muyenera kugwira ntchito ndi nthambi za EAM zikuluzikulu m'dziko muno monga ku likulu lake kapena otsogolera ake. Mukatero mudzatsogolera nfundo zoyenera kuyikidwa m'ndondomeko za EAM motsatira zikhulupiliro zawo pa nkhani ya Chiwerengero ndi kulera.

Kukonza mfundo

Atsogoleri a mpingo amatenga nkhani kukasiya kwa abusa ndipo abusa amakatula ku mabungwe oyenerera. Apa nkhani zimatsatidwa bwino mpaka kukafika kulikulu.

Mfundo ikamangidwa EAM imaikwaniritsa ndipo imapempha onse kuti ayambe kuitsata. Zikatero, likulu limaitanitsa misonkhano ya abusa a m'zigawo, kumene amakambirana za kaikidwe ka nfundo zatsopanozo mu zinthchito zawo.

Bungwe la Malawi Council of Churches (MCC)

Pa dziko lonse la Malawi

Bungwe la Malawi Council of Churches (MCC) ndi manthu wa mipingo ya chikhristu 25 ndi mabungwe oyima pawokha a mipingo ya chikhristu okwana 20 ku Malawi. Mdziko lonse la Malawi, likulu la bungweli limatsogoleredwa ndi mlembi wamkulu. Udindo wa MCC ndi monga:

- Kupititsa patsogolo Ufumu wa 'Mulungu polimbikitsa mgwirizano ndi kuthandiza ntchito zobweretsaumodzi pakati pa mipingo.
- Kutumikira ngati mkhalapakati wosonkhanitsa mavuto ofanana m'mipingo ndi kuchitapo kanthu m'malo mwawo.
- Kukhala mkuza mawu/mneneri wa mamembala ake pa zokomera anthu onse.
- Kulimbikitsa ndi kupereka upangiri wa umodzi m'ntchito zosiyanasiyana ndi mipingo ina komanso mabungwe ena amene simamembala a MCC, pa nkhani zokomera anthu onse.
- Kutumikira ngati mgwirizanitsi (mlumikizi) pa zofalitsa nkhani ndi mabungwe ena ovomerezeka ndi khonsolo.
- Kupititsa patsogolo zokambirana za umulungu pakati pa mipingo polimbikitsa khalidwe lochita zinthu mowonekera, mwachilungamo, momvetsana ndi umodzi mowopa Mulungu.

M'zigawo

Bungwe la MCC lilibe nthambi zake zotsatira likulu lawo pa dziko lonse la Malawi. M'malo mwake, mipingo ya m'bungweli ili ndi nthambi zakezake zotsatira likulu lawo padziko lonse. Mwachitsanzo, masinodi kuphatikizapo malikulu a Mpingo wa CCAP ali mgawo limeneli. Mpingo wa Anglican uli ndi madayosizi, amenenso ali ndi ndondomeko ya maudindo akuluakulu mpaka kwa akhristu eniake. Mipingo yosiyanasiyana ili ndi ndondomeko zosiyana ya utsogoleri pa dziko lonse, m'zigawo zonse, boma, mpingo ndi akhristu awo.

N'kofunika kwambiri kumvetsa kuti, ngakhale kuti madongosolowa', amasiyana kutengera ndi mpingo umene iwo akuyimira, kayalidwe ka magulu onsewa kafakhala kifananirako. Kuyambira ku utsogoleri wa kumthunda, patsinde, a pampando oimirira pa dziko lonse, mzigawo, boma etc.

Tebulo 1. Mndandanda wa Adindo Ofunikira Amene Mungathe Kugwira Nawo Ntchito

Pa dziko lonse la Malawi	Udindo ndi Ntchito Zake
Sinodi yayikulu	Kukonza ndondomeko - udindo wa padziko lonse ndi kupereka upangiri ndi utsogoreri.
Khonsolo ya Mpingo wa Anglican ku Malawi	Kukonza ndondomeko (za masinodi)
Pa chigawo / Dayosizi	Udindo ndi Ntchito Zake
Synod	Policy formulation and enforcement of policy
Diocese	
Presbytery	
Arch-deaconry	
Pa parishi	Ntchito / Udindo
Akhristu eniake/parishi	Gulu lokwaniritsa
tchalitchi zozungulira parishi	Kukwaniritsa zoyenera kuchita
Miphakati/malimana	Kukonza misonkhano ndi malimana ena
Wodi	Kukwaniritsa zoyenera kuchita pa gulu la akhristu
Magulu (a amayi, achinyamata, akwaya, etc)	Kuthandiza mwapadera malinga ndi gulu

Tebulo 2. Mndandanda wa magulu okambirana, misonkhano ndi zochitika zoyenera ku MCC

Pa dziko lonse la Malawi	Ntchito / Udindo
Maindaba	Akuluakulu amakumana pofuna kukambirana ndi kupeza mayankho a nkhani za padziko lonse. Maindaba amapezekanso pa chigawo cha Mpingo wa SDA
Msonkhano waukulu	Misonkhano iwiri pa chaka
Makomitii	Makomiti osiyanasiyana amakhadzikitsidwa ndi msonkhano waukulu kuti akonze zinthu zofunikira. N'kofunika kuti ofalitsa adziwe zimenezi; kukwaniritsa ntchito zina za mlozowu kusowa kukhazikitsa makomiti akuluakulu kapena ang'onoang'ono.
Maphunziro/misonkhano ya mapunziroa,	Osiyanasiyana
Pa chigawo / Dayosizi	Ntchito / Udindo
Gulu la ansembe (misonkhano ya pa chaka)	Misonkhano ya pa chaka - kupeza/kufufuza zinthu zofunika kwa atsogolreri kapena kwa akhristu eniake.
Dayosizi	Misonkhano iwiri pa chaka

Mpingo / pa parishi	Ntchito / Udindo
Mpingo/maparishi (misonkhano inayi pa chaka)	Kukhazikitsa ndi kuyendetsa nthambi za misonkhano ina
Patchalitchi laling'ono (outstation) (misonkhano ya pasabata Lachitatu ndi Lachinayi lirilonse)	Kuyendetsa mpingo tsiku ndi tsiku
Limana, ziphunzitso, malaliko, ukwati, zisuzo ndi masewero	Patchalichi lirilonse pali malimana - magulu a akhristu kuyambira asanu mpaka khumi amene amakuma sabata iliyonse, motsogoleredwa ndi mkulu wa mpingo
Misonkhano ya chibale, masemina, etc	
Mawodi	Misonkhano ya pabanja, kusindikiza nyuzipepala ndi zowerenga zina
Mafestivo, msonkhano, mipikisano, zisuzo ndi masewero	Zokonzedwa nthawi ndi nthawi (e.g Mipikisano ya makwaya, misonkhano ya chitukuko yothandizira matchalichi.

Tebulo 3. Mndandanda wa ndondomeko za MCC ndi mapologalamu a maphunziro/zipangizo

a) Okamba za chiwerengero cha anthu/nkhani za kulera m'banja, kapena	Gawo	Muli nkhanu za chiwerengero cha anthu/nkhani za kulera m'banja?	Zikulimbikutsa?	Zolembe
b) Atha kukhala oyenera pophatikizirapo mfundo za chiwerengero cha anthu/ nkhanu za kulera m'banja				
Ndondomeko				
Kalata zolembedwa ndi aepiskopi kulemba akhristu awo ndi akufuna kwabwino (Pastoral letters)	Pa dziko lonse la Malawi			Makalata olembedwa ndi aepiskopi kulemba akhristu awo ndi akufuna kwabwino ndi chida chofunika pokonza ndondomeko za MCC

M'bungwe la MCC, ndondomeko ndi mfundo zofunika kwambiri pankhani ya chiwerengero cha anthu ndi nkhani za kulera m'banja zimakhazikitsidwa ndi mpingo uliwonse (umene uli membala) pawokha. Ofalitsa ndi kulimbikitsa zoterezi ayenera kulumikizana ndi atsogoleri ena pa za ndondomeko zimene zikupezeka kale mumpingo pawokha. Ndipo ayenera kuwonetsetsa momwe ndondomekozi zingakonzedwe bwino pofuna kukamba mwachindunji za chiwerengero cha anthu ndi nkhani za kulera m'banja.

Monga ofalitsa mukuyenera kugwira ntchito padzera mu utsogoleri wa MCC m'diko lonse la Malawi kuphatikiza Sinodi yayikulu ndi Mpingo wa Anglican ku Malawi. Ntchitoyi idzawonetsa poyera kuti ndi ndondomeko ziti zimene zingavomerezedwe, komanso momwe MCC ingathe kulimbikitsa ndondomeko zogwirizana, kumema mamembala kuvomereza ndondomeko za chiwerengero cha anthu ndi nkhani za kulera m'banja kapena kuphatikiza nkhanizi ndi ndondomeko zomwe zilipo kale.

Mapologalamu a Maphunziro / Zipangizo

Bukhu la Chilangizo	Pa chigawo	Inde - mozimbayitsa: limanena kuti amayi oyembekezera apereka mpata woyenerera asanaberekenso, koma silifotokoza tsatanetsatane wa nkhani zolera mbanja kapena chiwerengero cha anthu	Inde	Likusowa kukonzedwanso
Mapologalamu a za Edzi (Pa dziko lonse)	Pa dziko lonse	Ayi		Mapologalamu ofanana okhudza za uchembere wabwino atha kukhazikitsidwa

Dongosolo Lokonzera Ndongomeko

Mpingo uliwonse m'bungwe la MCC uli ndi njira yake imene imatsata pokonza ndondomeko yake, potsatira mitu yaikuluikulu yokhudza ziphunzitso ndi dongosolo lake.

Misonkhano yaikuluikulu ya sinodi ndi yofunika pokhazikitsa ndondomeko ya mpingo. Misonkhanoyi imachitika pofuna kukambirana nkhanizi zapadera (mwachitsanzo: Kodi Baibulo limatiuza zotani? Nanga tichitenji?). Pamene avomereza, zoyenera kukwaniritsa zimachitika pang'onopang'ono. Misonkhano ikuluikuluyi imachitikanso pakapita chaka chimodzi kapena ziwiri, kuti apereke zomwe apezeka. Kodi zikutheka nziti? Nanga tisinthe pati?

Pa dziko lonse la Malawi, udindo wa atsogoleri ndi monga kusungu zolembedwa zonse ndi utsogoleri, pamene zigawo/madayosizi ndi maparishi/magulu a akhristu (mpaka magulu ang'ono ang'ono omwe) udindo wawo waukulu ndi kukwaniritsa mfundo za mundondomeko.

Bungwe la Seventh Day Adventists (SDA)

Pa dziko lonse la Malawi

Mpingo wa Seventh Day Adventist (SDA) pa dziko lonse la Malawi umatsogoleredwa ndi bungwe lotchedwa Malawi Union. Bungweli limatsogoleredwa ndi pulezidenti, wosankhidwa ndi nthumwi zochokera m'zigawo ndi zina panthawi ya msonkhano waukulu wochitika pa zaka zisanu zilizonse. Kawirikawiri msonkhanowu umachitikira ku USA. Mwachidule, cholinga chenicheni cha Mpingo umenewu ndi kufalitsa uthenga wotheadiza kuti ena adziwe Khristu.

M'zigawo

M'zigawo, mpingo wa SDA umatsogoleredwa ndi mabungwe atatu (chigawo cha pakati, kumwera ndi kumpoto), chigawo chilichonse chimatsogoleredwa ndi pulezidenti wake. Mabungwewa amayang'anira ntchito zonse m'gawo lawo.

Patchalitchi "paboma"

Mu mpingo wa SDA, gawo la pa tchalitchi/mpingo limatchedwa "boma". Apa tchalitchi lililonse limatsogoleredwa ndi mbusa, amene amayang'anira ntchito zonse zoyenera kukwaniritsa potsata zomwe atsogoleri a pa dziko lonse ndi m'zigawo apempha, mothandizana ndi akulu a mpingo patchalitchi.

Tebulo I. Mndandanda wa Adindo Ofunikira Amene Mungathe Kugwira nawo Ntchito

Pa dziko lonse la Malawi	Udindo ndi Ntchito Zake
Pulezidenti	Amayang'anira ntchito zonse ndi ndondomeko zonse za SDA ku Malawi, motsogoleredwa ndi gawo la SDA Southern Africa - Indian Ocean; Amayang'anira atsogoleri a m'nthambi/m'maunduna; Pulezidenti amatsogolera misonkhano yonse pa dziko lonse ndi zigawo zonse, koma atha kutuma nthumwi.
Atsogoleri akulu (bwanamkubwa) a munthambi/m'maunduna (padziko)	Amakonza dongosolo la ntchito zonse pa dziko lonse, motsogoleredwa ndi pulezidenti.
Komiti yayikulu	Imakhala ndi mapulezidenti a zigawo zonse ndi atsogoleri awo, komanso nthumwi (mamembala a mpingo osankhidwa pa chigawo).
Mlembi wamkulu	
Mkulu wa za chuma ndi akapitawo/manijala	
Pa chigawo / Bungwe	Udindo ndi Ntchito Zake
Pulezidenti wa chigawo	Kuyang'anira ntchito zonse za mpingo m'chigawo chonse; kupereka malipoti Kwa pulezidenti wa pa dziko lonse
Atsogoleri akulu (bwanamkubwa) a m'thambi/m'maunduna (mzigawo)	Ayenera kukonza dongosolo la ntchito zonse mu chigawo chonse, motsogoleredwa ndi pulezidenti wa m'chigawocho.

Patchalitchi / "Boma"	Udindo ndi Ntchito Zake
Mbusa	Kuyang'anira ntchito zonse za mpingo m'dera lake; Kukwaniritsa mapologalamu ndi ndondomeko ya mpingo zokonzedwa ndi magawo a m'mwambamu, mothandizidwa ndi akuluakulu a mpingo. Amapereka zomwe apezeka mwezi uli wonse kwa atsogoleri akulu m'zigawo.
Akulu a mpingo	Amasankhidwa pa chaka chilichonse; amapereka zomwe apezeka kwa mbusa, amathandiza abusa pokwaniritsa mapologalamu/ndondomeko

Magulu okambirana, misonkhano ndi zochitika zofunikira

Pa dziko lonse

- Misonkhano ya komiti yayikulu (Kanayi pa chaka)

Pa chigawo

- Misonkhano ya mapulezidenti a m'zigawo (kanayi pa chaka)

Pa tchalitchi/"boma"

- Mibindikiro ya mpingo wonse
- Mibindikiro ya achinyamata
- Misonkhano yapadera
- Misonkhano ya abambo
- Misonkhano ya amayi
- Misonkhano ya abusa

Tebulo 3. Maina ntchito za maphunziro a mpingo wa SDA

Mapologalamu a Maphunziro : a) Okamba za chiwerengero cha anthu/nkhani za kulera m'banja, kapena b) Atha kukhala oyenera pophatikizirapo mfundo za chiwerengero cha anthu/nkhani za kulera m'banja	Gawo	Muli nkhani za chiwerengero cha anthu ndi kulera m'banja	Zikulimbikitsa?	Zolembe
Ntchito za amayi	Onse	Inde	Inde	
Ntchito za umoyo	Onse	Inde	Inde	
Mibindikiro	Onse	Inde	Inde	
Mapologalamu nkhani za kulera m'banja	Onse	Inde	Inde	
Ndondomeko ya moyo wa banja	Onse	Ayi	–	Mpingo uli ndi nthambi ya moyo wa banja, Mpingo wa SDA uli ndi dongosolo lofuna kuwonjezera nkhani za kukwera kwa chiwerengero cha anthu ndi chitukuko, zimene mpingowu sumatsindika ndondomeko zake

Futures Group (Health Policy Project)
Amina House, Unit 8
Off Paul Kagame Road — Opposite Cash Build
Lilongwe, Malawi