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# *The Saints'* NewsLetter

DECEMBER 2023 | ISSUE 02





# Forward

## NEWSLETTER PRODUCTION

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**G**reetings to the All Saints' Cathedral Kampala Family and welcome to our second edition of our Newsletter for 2023.

Inside this edition, you will find information and updates from the past few months, as well as previewing the main things ahead of us in 2023-2024.

At the time of writing this, we are nearing festive season-Christmas and a lot happens both here at church and in your private lives.

It has been a privilege and pleasure to see most of you in this year; devoted to the work of God through, giving, hosting cells, attending services, helping each other and reading the word of God.

I heartily congratulate the Alabaster and Men's Prayer Conference for successfully holding their annual conferences and registering all the successes. Glory to God.

Now, I look forward to seeing all of you participate in the fourth coming events at the cathedral which include; Family Day, Candle light service, Christmas service with Archbishop, Prophetic Prayer and Praise week, crossover overnight and new year's day service among many other programs.

In the month of December, we are looking at God's presence among us. I am realistic enough to know that all of the prayers of Moses were not worthy of being written either, but the prayer which we find in Exodus 32 surely is a worthy one, both for our private lives, and for our church. It is one of the noblest prayers of the Old Testament. There was urgency to this prayer of Moses, due to the great sin, which Israel had just committed in Moses' absence.

The Israelites, less than 40 days after having pledged to keep the Law, which God gave to them from Mt. Sinai; have already broken it by their worship of the golden calf, which Aaron made at their urging (Exod 32.1-6). God was so angered by their reveling and immorality that He threatened to wipe the entire nation out, replacing it with a new nation from the offspring of Moses. Moses petitioned God to spare this people, so that He might fulfill His promises to Abraham, Isaac, and Jacob, and thus God allowed the people to live (32:11-14).

Moses interceded with God for the people, but God warned that a future Day of Judgment would come for this generation (32:30-35). Nevertheless, God would fulfill His promise to give Israel the land. He would send His angel to lead the people to Canaan.

The mediation of Moses has thus far "persuaded" God to relent from His threatened extermination of the entire population of the Israelites. Further, it has resulted in God's commitment to bring Israel into the promised land of Canaan. It has even resulted in minimizing the remoteness of God, to the point that God is now manifesting Himself to the nation outside the camp.

As we look at God's presence in the month of December, the intercessory prayers of Moses is a model prayer for Christians today, as well as a divinely provided means for the recovery of the nation Israel.

As we plan to celebrate Christmas, we ought to understand that Christmas is a time of looking back at our deeds and if they are found wanting, we collect them. As Moses persuaded God to relent from bringing calamity, so does Jesus. Jesus is the reason for Christmas. Let us celebrate in love of Christ.

Finally, I request for prayer and commitment to the service of God. I look forward to the full and exciting season coming up in the life our church.

**Provost, Rev Canon Dr Rebecca Nyegenye**

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# Archbishop Rallies People to Finish The Cathedral Construction



“

Go up into the mountain and bring down timber and build my house, so that I may take pleasure in it and be honored, says the Lord

”

On Sunday 3<sup>rd</sup> September 2023, the Archbishop of the Church of Uganda who is also the Bishop of the Diocese of Kampala, the Most Rev Dr. Samuel Stephen Kaziimba Mugalu together with the Assistant Bishop, Rt. Rev Dr. Hannington Mutebi rallied people to contribute towards completion of the construction of the new cathedral.

During the service, the Archbishop called upon people to give generously towards the

completion of the Cathedral. He gave an example of prophet **Haggai** one of the Minor Prophets whom God used to deliver his message of building his temple where He would be praised in honor.

Haggai 1:8 “Go up into the mountain and bring down timber and build my house, so that I may take pleasure in it and be honored,” says the Lord.



Dr. Kaziimba challenged the congregation that some individuals start and finish their houses quickly but where God is praised, they bring leftovers.

“The other day, I was advised not to take soda, I loved *FANTA* and they advised that I should start taking water, God can make you leave what you like most even when they are affordable for you therefore, it is better to be grateful to him.” Said the Archbishop.

Archbishop said that he went to Kanungu and found a powerful message from Bishop Ntegereize that *“work for God, even when you are no longer there, they will know that you were there”* therefore, build the church and leave a legacy.” He added.

Dr. Kaziimba lauded Hon. Thomas Tayebwa the Deputy Speaker of Parliament who was the Guest of Honor for upholding the values through his leadership in Parliament.

“Thank you for leading the Parliament in protecting values and our children, you indeed took a right path. When you don’t protect values, you attract God’s curse.” Dr. Kaziimba said.

The Archbishop’s statement was in relation to the Hon. Tayebwa’s continuous fight against homosexuality that culminated into the passing of the Anti-Gay law this year.

In his speech, Rt. Hon. Thomas Tayebwa, re-emphasized Archbishop’s message of keeping values of the Uganda as a nation. “I met a person who was a gay in Italy and accused me of being homophobic but I told him, ‘with



the little knowledge of religion, more so Christianity, it is based on reality, do you accept that you are born of a woman, even your child??, so if you want same sex relationship, aren’t you calling for extinction of the world. Whether you are a minority or what, nature will prevail.” He added.

The Archbishop challenged the congregation with take home points; to obey and do God’s work to put God at the center (priority), we shall have given him a gift, whatever we have belongs to God, He has given us a privilege to serve him (Haggai

2:8), and God calls to serve him, let’s offer whatever we have.

Thomas contributed 50 Million and bought a cow at 83 Million. The whole fundraising raised at least 900 Million both in cash and pledges.

The fundraising was attended by many notable Christians, the former Premier, Rt Hon Amama Mbabazi and Wife, Minister of Security Hon. Jim Muhwezi and wife, Hon. David Bahati, Minister of State for Trade, Industry and Cooperatives, former ministers and Member of Parliament, Justices, business people among others.





The Archbishop continues to rally people to complete the Cathedral. The most recent being on 6th December 2023, where the Archbishop hosted 9 Mps to a dinner at All Saints' Cathedral. The Mps pledged 100M towards the Cathedral Building Project.

The Archbishop thanked the Mps for giving towards the work of God and for always being there whenever they are called upon. "Giving is not about how much money you have, it's the heart. I know many of you contribute to many other

“

Giving is not about how much money you have, it's the heart

”



church programmes but when we invite you, you still come and give" Archbishop said.

The MPs were led by the Government Chief Whip Rt. Hon. Hamson Denis Obua and other Mps were; Hon

Chris Baryomunsi, Hon. David Bahati, Hon. Praise Kunihiira, Hon. Solomon Silwany, Hon. Tom Bright Amooti, Hon. Dickson Kateshubwa, Hon. Harriet Mutabazi and Hon. Timuzigu Michael.





# Jesus at the Centre of Your Marriage- Archbishop Kaziimba

**T**oday Wednesday 1, November 2023 the Archbishop of the Church of Uganda, The Most Rev Dr. Samuel Stephen Kaziimba Mugalu presided over the wedding of 14 couples.

The Archbishop appreciated the couples for coming out to make their marriages right with God on such a day when Christians world over are celebrating All Saints' Day.

While delivering his sermon, the archbishop encouraged the newlyweds to be faithful to each other and keep Jesus at the centre of their marriage.

"Marriage is not about money, it's not about party or gowns, it is about two of you. And the best thing you can ever have in your marriage is having Jesus at the centre of your marriage" archbishop said.

Dr. Kaziimba thanked the couples for putting right their marriages especially in this era where the devil is attacking the institution of marriage through LGBTQ+.

"In this era where marriage is under attack, God is calling us to love one another and avoid such habits of LGBTQ+"

Quoting the bible verse, 1 Corinthians 13:1, the archbishop challenged the couples to go out in love and keep no record of any wrong that could have happened in the past.

On the other hand, Rev Betty Mwandha the Priest in Charge of Family Life Ministry that organized this corporate wedding said that they organized this mass wedding to help people put right their relationships with God.

Rev. Betty added that the Cathedral did it as an outreach to the community; also to fulfill

Jesus' mandate of making disciples by helping them connect to Christ.

After the wedding, the couples were hosted to a luncheon where each couple came in with 20 people and was given a cake as a sign of celebrating with them.

According to Rev Betty Mwandha, the corporate wedding is not an annual event but it is a periodic event that happens when the need arises in the community.

As Christians, marriage is intended by God to be a creative relationship, as His blessing enables husband and wife to love and support each other in good and bad times, and to share in the care and upbringing of children. Marriage is also an invitation to share life together in the spirit of Jesus Christ. It is based upon a solemn, public and life-long covenant between a man and a woman, declared and celebrated in the presence of God and before witnesses. On their wedding day, the bride and bridegroom face each other, make their promises and receive God's blessing.

**“Marriage is not about money, it's not about party or gowns, it is about two of you”**



# Parenting From a Father's Eye

By Wilfred Katobe Father's Union President ASCK

God is known as our Father in Heaven. He is our sole parent and the source of our livelihoods. From God himself, we, men have an immense opportunity but also responsibility to be called fathers. We become fathers when we beget children. This is a biological function. Men do supply the seed that results into new human beings (children).

A father, therefore is a source of life of another human being. This naturally bestows upon a man great responsibility to ensure that the children grow to be good quality human beings through nurture.

**Parenting therefore is primarily a role of a father, but to be a good father, one needs to do the following:**

**Spend time with your children.** In many cases, men are so engrossed in looking for money that they forget bonding with their children. When you spend time with someone, you develop a bond that unites you forever. Much as a father must look for money to support the family, he must look for time to be with that family, share jokes and exert his influence onto his offspring. If

that is not done, your children will take on the traits of those that they interact and bond with them, leaving the father to be isolated later in life.

**Discipline with love and positive parenting.** A father is supposed to instill discipline in his children. Disciplining is akin to pruning. Those unwanted habits that crop up need to be chopped off before they grow and choke the child. However, this needs to be done in love and positive parenting. Even when it necessitates some caning, it should not be too harsh to harm the child but it should be too firm to deal with the bad thing you're punishing the child for. The most important thing here is to let the child know that you love him/her but do not love the wrong he/she is doing. The Bible says in Ephesians 6:4: "Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord."

**Be your child's role model.** Children copy their parents'

lifestyle and paste it to themselves. Therefore, should you want your children to be good, simple, be good.

**Eat and pray together as a family.** The dining table is a place that should bring all family members together. A family that eats together and prays together stays together.

**Love and respect the other parent of your children.** A father must love and respect his wife. This connection between parents ensures psychological stability of the children and lead to social harmony in a home.

**It is important to note that a father is an icon in a home.** In our African setting, families are known by the names of the fathers and unless fathers become actively

involved in the lives of their children, we risk a situation where their power and influence will be usurped by women and this will cause a social disorder for God created a man to be a head of woman as Christ is the head of man and God is head of Christ (1Cor 11:3).

“A father, therefore is a source of life of another human being”





# Newfield International Christian School

## Mission

To Provide a Christian Foundation through Education. Training Individuals in Life skills, Moral and Spiritual value, Creativity and Talent Development.

Uses Accelerated Christian Education (ACE) Curriculum from Kindergarten to Grade 12

The curriculum is Christian based; uses biblical principles to instruct learners in all the school subjects and other skills.

The curriculum is individualized. Every learner, whether fast, moderate or those who take a bit of time to accomplish goals is able to excel. It

is based on mastery of all the learning concepts and there is no cram work.

Goal Setting: there is a great sense of learning responsibility at a young age as each learner is required to set daily academic goals and work towards achieving them.

Excellence: There assurance of academic excellence as the learner masters each concept before they can proceed to the next level.

Parent involvement and support is an important element of the ACE learning.

ACE Curriculum is fully embraced by Ministry of Education, National Council for High Education, and students who

have finished their advanced level, can have their certificates equated by Uganda National Examination Board (UNEB) and can be admitted in any credible University in Uganda for any course for their choice.

Development of other skills and God-given gifts. At the moment, our ACE students are learning entrepreneurship skills, creative speech and writing and Music Dance and Drama.

Note: In a world where many things are going wrong morally and spiritually, Christian Education is the best tool to training a people with that will stand for the truth and restore the glory of the Lord. All Saints' is here to offer such a solution through providing Christian Education.



Plot 4 Lugard Road, Nakasero Hill, Kampala  
Next to All Saints' Cathedral, Kampala



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# Children's Residential Bible Camp

Bible class camp is the plot to consider every December!!

It's fun its educative its worthwhile...miss not

Theme exposition; group discussions; games; fun time; talent night; nice meals and many more

This year, Children's bible camp is on 11<sup>th</sup> -16<sup>th</sup> Dec 2023. It is happening at Hannah International School Nsangi. Camp fee is 100,000 per child. Children p.5 -p.7 vacists are welcome. Payments can be made at the Accounts Office.





# Church and Technology



Ideally church is a mirror of how society is evolving, and we have witnessed that in our churches across the divide. However, that might not be necessarily being true on all fronts. I have seen few initiatives in our church (All Saints' Cathedral Kampala) that looked cool from a technology perspective but were not largely embraced.

I am sure not many of us remember an application that was developed and launched by SMS Media. This application was intended to enable the church administration to engage with the parishioners through regular updates. The application did not stick around for long. At least as a parishioner, I did not get to interface with it. Of course, it is easy to say that the application was ahead of its time for that audience or so to say.

Pre-Covid church was a location, a building with a set structure that was largely followed like

clockwork. Technology usage most especially Information Communication Technology (ICT) was quite limited. If you did not come to church that, was it. But we also know, that during the same time there were several churches of course, not part of the mainstream that had fully mastered and integrated technology to reach masses across nations.

These churches understood the power of these technologies in reaching out, and as such invested significantly to ensure that these technologies (tools) were fully integrated. They set up appropriate structures both human resources and otherwise that enabled full integration. However, to be honest many organizations operate like churches especially the established industries or sectors. Not many organizations believed in say virtual meetings much as the tools like Zoom had been in existence since 2011. Like we say in business culture eats strategy

for breakfast. Organizations with long held cultural dynamics are not easy to change at least in reality.

Fast forward, enter COVID-19 this was a massive disruptor! COVID-19 pandemic literally broke all manner of structure and approach to life that we all long held as true. To remain relevant, one had to quickly adapt and adopt to the only options that were available.

Church was not spared especially with the restrictions that were put in place to curb the spread of the virus. There was only one option, to work with technology to remain relevant. Church ceased to be the physical place that we all converged. Church become virtual; Zoom became an acceptable medium of transmission. Use of design tools to craft appropriate flyers became an essential skill. YouTube became our databank for all the services and sermons, our churches created channels.

No one was to be left behind! Technology became a major enabler as it should be or has been and still is. Technology is not the challenge in many cases, it is knowing what we want from it that makes all the difference.

Post COVID-19 pandemic and beyond presents an even more interesting period and as church we ought to be attentive to the realities that are in our environment. The next fifty years present an exciting time from a technology innovation space. With an agile population with that is willing to test based on their preference, and convenience being one of the major drivers' mainstream churches will have to align their offering. Given our demographic structure where more than 60% of the population is below the age of 30 and access to technology is continuing to improve, integrating technology in in our service offering is going to be essential. The following technology trends are going to influence our strategic positioning and growth within the larger ecosystem of Christianity.

**Data Driven KYC (Know Your Christian) - Automation:** Progressive churches will be those that can ably account for their Christians. It will no longer be enough to just estimate. This will be essential in ministry programming. Automation of church membership and other operational processes is going to be critical. We can no longer depend on abstract data if we are going to be progressive. Continuous engagement with the Christians through digital media is going to be an integral part if we

are to accomplish the vision of serving our dynamic community.

**Mobile First:** mobile technology is going to be for a long time the primary technology medium. Our technology strategy must be attentive to this fact that majority of our Christians will largely depend on mobile devices to access our services. The focus on mobility will influence how we integrate and use technology. For example, our websites must be responsive to mobile formats as such the pages ought to auto detect mobile access and computer access. Secondly, our content design strategy will equally be required to have this consideration given that mobile access is influenced by mobile data. As such file formats ought to be light for ease of access as well as not depleting the data bundles.

**Virtual Church:** for now, we are using tools like Zoom, Twitter, and YouTube purely as add-ons. These are already mainstream communication channels that require well thought through strategies. To engage the audiences on these channels cannot just be an extension of what we currently are doing. Social media as it were, is going to continue being an influence point of engagement and church should not be shy about fully establishing herself on these platforms. It will be imperative to build our virtual church capability that is cognizant of the fact these platforms are quite dynamic and constantly evolving.

**Dynamic Website:** gone are the days of static websites that are occasionally updated. Our websites will have to progress

into applications that focus on utility rather than form. Websites will be the point of convergence for all the digital presence of the church. Having a well-structured integral website is going to be essential and fundamental. Our websites must be **LIVE** and not occasional when it comes to content broadcasting.

**Live Streaming:** live streaming is here to stay! However, we must quickly evolve from the COVID-19 pandemic approach. There is need to re-think our live streaming as a separate product that we offer to the Christians that prefer that approach. In my opinion we are not leveraging great value from the current approach of live streaming our services. Critical to live streaming is the quality of the experience that the users will get. Whereas in traditional church setting Christians can sustain two hours of a physical service, that might be difficult to attain with virtual attendance. Being dynamic is going to central to our digital agenda.

**Digital Discipleship:** Growth in the number digital tools/ applications that are focusing on discipleship is a trend that is going to stay. We are going to see more context appropriate digital tools that are relevant to specific use cases. The digital bible with integrated daily verses and a few add-ons is a case in point that demonstrates digital discipleship. For example, the YouVersion Bible App as of November 2021 had hit 500million downloads. We have several products that could easily be digitized to enhance the discipleship work.



**Cloud Enabled Service:** cloud-based technologies and services are becoming mainstream. Cloud services offer comfort to entities that are customer facing. Secondly, storage is becoming quite costly and yet content generation is on the rise. Sustaining the demand in capacity is quite a tough challenge to many organizations. The use of cloud technology is going to be part of the digital strategy of any progressive organization, church inclusive.

**Software As A Service:** previously owning your own software was quite the normal. That is changing very fast. We are witnessing the significant rise in the Software As A Service model that is based on subscription rather than outright purchase and installation. This is largely driven the cloud technology capability that allows for mass customization. To remain competitive, our church ought to adopt this model because it does offer significant benefits to the organization. There is no need to build from scratch especially for systems that are already developed and deployed. This does give church the opportunity to expedite its digital transformation agenda.

**Data Privacy:** data especially personal data is going to remain a hot cake. Any organization that possesses people data is going to remain a key target for cyber-attacks. Data privacy and protection is going to remain a key trend to focus on. Church does possess and collects significant amount of data, how that is processed and secured will

remain a critical area of interest and investment.

**Digital Payments:** digital payments are growing and will remain that way for the foreseeable future. It is important that we design and build systems that smoothen the ability for one to easily make payments. Having multiple channels that are integrated and synched with the internal church systems is going to be the game changer. This will enable prompt accountability, receipting, and reporting. Stand alone payment channels make it quite cumbersome to reconcile and receipt.

These are some of the trends that for the next five years are likely to remain topical and relevant in our context. However, for us to realize the potential of these advances it is imperative that we have the drivers well aligned. The following drivers are going to be essential.

**Technology Leadership:** the ability of leadership to fully support the digital transformation agenda is going to be the game changer. This should never be relegated to the ICT team. Leadership must fully embrace and support digital transformation of the church.

**Digital Competence:** digital competence of all involved in the operations of the church is going to be a minimum. It is in our interest that all our clergy and administrative staff have the core digital competences relevant for the 21<sup>st</sup> century. This will drive integration and adoption.

**Fully established ICT Function:** it is imperative that an appropriate ICT human resource structure is established and staffed. We will not realize the benefits of technology if we do not have competent human resource to drive the operations of this function.

**Invest in core infrastructure:** full value will be realized if there is a corresponding investment in core infrastructure that will support the digital transformation agenda of the church.

**Develop a digital transformation agenda and strategy:** the transformation agenda and strategy give direction and clarity of the work to be done. Unless this is in place, then we will continue to experience piecemeal progression. It is important that the church develops this as an extract of the strategic plan.

In conclusion we cannot downplay the critical role that technology will play in our church over the next couple of years. To use technology as a leverage input in expanding the mission of the church and diocese is going to be of paramount importance. The potential of technology is going to continue being significant. However, to turn the potential into real value will require critical leadership to accomplish the mission. Our church ought to operate as dynamic and progressive while sticking to the core of its mission. There is more to gain in integrating technology in Kingdom work. All things work for the good of the Lord.

# You Can Still Befriend Your Teenager Child

Deborah Mukhaye Lwanga, Cathedral Counsellor

This is a concern most parents and caretakers of teenagers have and it will always be until we learn some little simple basics. It seemed easier while these children were younger; you tossed them around, they did what you wanted and thought was good and right for them even when they really would have objected they couldn't because you wouldn't have given a damn anyway. You are not to blame though because you were actually doing your best to get the best out of them.

There is a possibility that you were not actually there in one way or another and they learnt to manage on their own e.g. they replaced you with somebody else; an adult or a peer. Still, you are not to blame because probably you were absent making ends meet for the sake of these same children keeping other factors constant.

In whatever case, such kind of relationships built a gap or wall between you and the children and at this stage in life, while you are struggling with how to engage with them, they are likewise longing to get in touch with you thus both of you are yearning to meet at some point where if smooth relationship was established earlier, counseling interaction would have been made easy.

In all this however, do not lose hope whatsoever because you can begin a friendship relationship even at this season in life which will bridge the gap or break the wall but you have to prove that you can be trusted, dependable and available.

When friendship is established, it will be possible to bring in any subject for discussion and even they can get the freedom to ask what they don't know or even share what they know.

In your interactions try your best to listen; teenagers want so much to be listened to, they are tired of lectures, remember they already think they know a lot so give them attention and they will get confidence before you. Listening will show your patience with them and please avoid wanting to know too much for if they sense it they will become suspicious and begin to sieve

what they say and believe me you will miss out on the important content.

Be careful not to be judgmental for they are so sensitive to judgment and when they sense it they may never open up to you again and the worst is that they can actually hate you.

Exercise high level of self-control against shock and panic while before them, remember you are the adult here and therefore you should be strong. When they see you are strong and unshakable, they will then have confidence in your counsel.

Don't be too formal with your meetings for that kind of arrangement could be a bit intimidating therefore try to be as casual as possible to avoid tension. Discuss stuff while doing chores together e.g. car washing, washing, cooking, cleaning time, walking, driving etc.

After establishing this friendship atmosphere, be intentional to make it grow because they are soon becoming adults get interested in what they do, their friends, dreams, achievements etc. and avoid latter referring to their past mistakes - in case they are here

Always limitlessly pray for your teenagers and for your relationship, The Lord will always help you

“Exercise high level of self-control against shock and panic while before them, remember you are the adult here and therefore you should be strong”



# Smile Bright: Preventing Dental Disease and Gum Disease

By Dr. Brian Rushaju



We often hear the saying, “A smile is a universal welcome” However, achieving that welcoming smile requires proper dental care and knowledge about common dental problems like dental disease and gum disease. In this article, we will delve into these issues, explore how they arise, and share tips on prevention. We will also highlight the vital role that dentists play in addressing these concerns.

## Understanding Dental Disease and Gum Disease

Dental disease, often characterized by cavities, is a common oral health problem. It occurs when the protective enamel on our teeth loses

minerals mainly calcium due to acid attacks from plaque buildup, leading to decay and, if left untreated, potentially causing tooth loss. The primary culprits are sugary diets, poor oral hygiene, and a lack of regular dental check-ups.

“Gum disease, or periodontal disease, is another prevalent chronic dental issue. It begins as gingivitis, causing swollen and bleeding gums”

Gum disease, or periodontal disease, is another prevalent chronic dental issue. It begins as gingivitis, causing swollen and bleeding gums. Left untreated, it can progress to periodontitis, which can lead to tooth loss. Poor oral hygiene and tobacco use are significant contributors to gum disease.

Here are some of the ways one can prevent dental disease and gum disease:

**Oral Hygiene:** Regular brushing mainly twice a day and flossing your teeth is essential for maintaining oral health. Using fluoride toothpaste

**Balanced Diet:** limit sugary diet to meals and avoid snacking in between meals, replace refined



sugars with a diet rich in fruits, vegetables, and calcium-rich dairy products. These can help strengthen your teeth.

**Regular Dental Check-ups:** Make it a habit to visit your dentist for check-ups and cleanings at least once a year. Early detection is key to preventing dental problems and increases the chance of reversing the curious peocess.

**Tobacco and Alcohol:** Quit smoking and limit alcohol consumption. These habits are harmful to your oral and overall health.

**Stress Management:** Chronic stress can lead to teeth grinding, which can damage your teeth. Practicing stress-reduction techniques can help.

Dentists are your partners in maintaining excellent oral health. They are trained to diagnose and treat dental problems, offering a range of services such as cleanings, fillings, extractions, and root canals. Dentists also provide guidance on proper oral care and dietary choices.

At Run Foundation, a charity organization that I founded and work with, we understand the importance of access to quality dental care. Over the years, we have traversed the country to extend dental care services to vulnerable communities that cannot afford dental care and such issues were very prevalent in most regions.

Moved by this need we started the RUN Dental Clinics to support our commitment to make dental care accessible to all.

So supporting RUN Dental Clinics which offer a wide range of top-

notch dental services, including: Fillings for cavities, Extractions, Root canal treatments, Crowns and bridges, Orthodontic consultations and treatments among others will enable us to serve the unreached communities in Uganda.

We extend an invitation to individuals, churches and organizations to partners with us in order to extend urgent oral health care to the vulnerable. By joining hands with us, you can directly contribute to making quality dental services accessible and affordable to those in less privileged rural communities.

Visit us at any of our branches at Akamwesi Mall, Gayaza road, or at London Chambers. Your support of our services directly aids our outreach efforts, helping us ensure that no one is left without the dental care they deserve.

Let us work together to bring brighter smiles to every face and offer hope to those in need.

“  
We extend an invitation to individuals, churches and organizations to partners with us in order to extend urgent oral health care to the vulnerable  
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# Faith in Filters: Navigating the Health and Spiritual Landscape of Social Media in Uganda's Youth

In Uganda, the allure of social media platforms like Facebook, Instagram, WhatsApp, Twitter, and TikTok is evident everywhere, and the Church in Uganda is no exception. From urban to rural groups of Christians, there is a clear desire to connect, share, and participate in the digital conversation. This trend has only intensified with brand new mobile devices costing as low as 130,000 UGX/ \$34.6. You can imagine how much less you can pay for a used one.

In the digital world of today, every ping, like, or comment on a social media post can bring a rush of validation. This immediate gratification, though fleeting, often becomes a source of comfort for many youth. Some studies have even shown that the gratification we get from social media is not so different from the ones gotten from alcohol, drugs or any other thing we are capable of getting addicted to

The world of social media also paints a picture that everyone else is living in a utopia where they live a perfect life, free of

troubles. This can often lead to feelings of inadequacy or envy and in the end, forget our identity as children of God.

However, Psalm 139:14 brings solace, declaring, "I praise you because I am fearfully and wonderfully made". It is a gentle reminder of our unique value in God's eyes, irrespective of online portrayals.

Additionally, there is an irony in the world of digital connections. Despite being always, "online" and "connected," feelings of loneliness and detachment can intensify. This digital paradox

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resonates with Hebrews 10:25, which emphasizes the importance of genuine, face-to-face interactions and not giving up “meeting together, as some are in the habit of doing.”

In the commotion of notifications and the constant updates, it is essential to find moments of respite and reflection. Just as Jesus advised his disciples in Mark 6:31, “Come with me by yourselves to a quiet place and get some rest,” there is a profound need for digital sabbaticals to rejuvenate spiritually. Furthermore, it is vital to discern between the virtual and the real, to prioritize genuine relationships and connections.

The teachings of Romans 12:2 resonate deeply in this context, advising believers, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

In the age of digital dominance, the Church should stand as a guiding light, ensuring its flock remains anchored in faith and authenticity.

# Empowered By The Holy Spirit: A Reflection Of The 4th Men's Prayer Conference Held In August 2023



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The conference sought to encourage and challenge men to have courage in their pursuit of purpose and to rise to the occasion as leaders of significance

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In the week running 14<sup>th</sup> to 19<sup>th</sup> of August 2023, All Saints' Cathedral Kampala (ASCK) hosted its highly anticipated Annual Men's Prayer Conference (MP). The great gathering convened men across the aisle of faith and demographics from Kampala and beyond who sought to hear the word of God, anchored on the theme “Pursue and Overtake”

(1 Samuel 30:8). The Retired Archbishop, Dr. Henry Luke Orombi was the main speaker alongside other seasoned ministers.

The conference sought to encourage and challenge men to have courage in their pursuit of purpose and to rise to the occasion as leaders of significance. The conference



design provided many avenues for men to find a **Safe Space** to help and facilitate them to come forward and share their life's challenges, pray about them, and be accountable.

Lastly, the men were equipped with an understanding of their calling and purpose as men called to **Spiritual leadership** - and therefore prepared and challenged the men called to singleness, those intending to marry and those already married to take the responsibility of spiritual leadership in their families, workplaces and communities through the Word and prayer.

This is ultimately in pursuit and fulfillment of this calling as the word of God beckons in 1 Peter 2:9 - *"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."*

By the amazing grace of God, by the end of the week, over 400 men 54% of them married and 38% of them single participated physically and thousands participated virtually on various Cathedral channels.

The men left the conference empowered and yearning to put into practice - after all His word reminds us that - *"... my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it - Isaiah 55:11."*

New recruits into the kingdom of God were witnessed in men who gave their lives to Christ, and beautiful testimonies crowned the weeklong conference at the Men's Prayer Breakfast, a blend of

testimonies of how the conference had impacted many from every representative demographic imaginable in Uganda.

A breakfast filled with laughter and followed by an exit of men Spirit filled and eager to see this 'movement' of Spirit led men continue their journey, and discipling other men!

Post the conference, the conversations and fellowship of participants has continued. Majorly, the formation of 10 Men's Discipleship Groups (MDG) after the conference has seen and ensured that up to 81 participants who signed up to join an MDG remain engaged in weekly Bible-based sharing in that valuable journey of refinement into the men God wants us to be.

This is in addition to the many available opportunities within ASCK that men have for their spiritual journey to continue [e.g., Bible Study, Father's Union, ASCK Prayer School, et cetera].

And in anticipation of the 5<sup>th</sup> Men's Prayer Conference to be held from 4<sup>th</sup> to 11<sup>th</sup> August, 2024, earnest prayer and planning is indeed, as we fully recognize the teaching of our redeemer, *"The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."* - Matthew 9:37-38.

We heartily appreciate the Cathedral Leadership, Bishop Henry Luke Orombi and all the seasoned ministers, the MPC Team, and all the men that turned up for the MPC 2023.

Blessings!

**Dr. Brian Nzano and Mr. Elon Katweheyo**

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# The Possibilities and Purpose of Wealth

By James Abola



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The rich and the lender are depicted as strong and superordinate. While the poor and the borrower are depicted as weak and subordinate

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Proverbs 22:7 The rich rule over the poor, and the borrower is slave to the lender

Let us begin this article a bit unconventionally by asking a few questions.

1. What are the possibilities of attaining wealth?
2. What is the purpose of wealth?
3. What profit can one attain from wealth?

There are four categories of people depicted in Proverbs 22:7, namely: the rich, the poor, the

borrower, and the lender. The rich and the lender are depicted as strong and superordinate. While the poor and the borrower are depicted as weak and subordinate.

Wealth is more a matter of power than democracy. Those who are rich are fewer than those who are poor but they are more powerful and therefore rule over the poor. Lenders are a subsection of the rich and they even wield more power: they are masters of the borrowers.



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Genesis 13:2  
Abram had become  
very wealthy in  
livestock and in silver  
and gold

”

Wealth places responsibility in the hands of the one who has it. Having wealth makes you to be responsible for dealing with societal and spiritual poverty. When wealth is placed in the hands of an irresponsible person, we can expect poverty to increase instead of decrease.

There are three dimensions to being rich. To be rich is to be wealthy, healthy, and in the right standing with God.

A wealthy person has assets. Assets may be tangible such as land, and livestock, or intangible such as shares, and treasury bonds. The Bible has many examples of people whose wealth grew as their assets also grew.

Attaining and sustaining wealth requires knowledge and skills about assets and how to mitigate risk. Abram possibly started with livestock and then diversified his assets to include silver and gold. Livestock management requires many people and a lot of land, and it is not a very mobile asset. It, therefore made sense for Abram to sell some of his livestock in exchange for silver and gold which were more portable and which would not die due to livestock diseases. We see another important quality in the management of assets being practiced by Abram: risk mitigation.

God's blessing and hard work are important factors in the creation of wealth. In Genesis 26:12-14, Isaac is described as a very wealthy man. Two factors combined in the creation of wealth by Isaac: he was blessed by God and he worked at his wealth.

There is a great testimony of the blessing of God and hard work from revival. During the 1930s, a man who was perpetually drunk and very poor became born again under the ministry of the East African Revival. At the time he got born again, the only clothing he owned was the shirt on his back and the torn shorts he wore. Villagers would hire him to dig and do odd jobs and give him local alcohol as payment and sometimes food. When he received the gospel, the man stopped drinking. He continued to dig, but now in his garden instead of other people's gardens. His children became the most educated people in the village and his grandchildren have even fared better.

Another lesson from the story of Isaac is that possession of wealth can generate envy. People become envious and sometimes even malicious towards those who are wealthy. The Philistines became envious of Isaac. Do not be surprised or shocked by envy, Isaac also experienced it but it did not hold him down or back.

Wealth is only enjoyable when one has health as well.

Health has different components including: emotional health - Proverbs 17:22, Proverbs 12:25; body health - 3 John 1:2, Proverbs 14:30.

How we get wealth and why we get it matters a lot. Wealth without God is a meaningless, even a painful pursuit.

The ultimate a person can get is eternity with God and the ultimate loss one can make is eternal separation from God.

# Should The Church Adopt Secular Trends To Attract Youth?

Rev. Gerald Ayebale, Youth Pastor - ASCK

Today's young people are coming of age in difficult times. It is not to say that times past were easier or that satan was more lenient in the past but that their lives are being shaped by unique alternatives. A 'smart world' with digital technology, unlimited internet, change in parenting practices, school choices. Most parents are torn between, being happy about modern advancements or harshly rebuking their children regarding matters of modernity. The Church as well is grappling with keeping up with all the emerging trends. This is not a new dilemma for the Church, but one we must respond to in our time: Should the Church adopt worldly methods to attract youth?

Biblical principles can and should be the model for all ministries in the local Church, including ministry to youth. Sadly, too many youth ministries are built not on biblical principles but on trends, hype, and shallow youth culture. We definitely must adopt methods that are relevant and convenient to reach and disciple young people. However, at the core, youth ministries ought to be evaluated on the same biblical truth as any other functioning ministry in the Church.

It is critical that we create an environment that enhances our interaction with young people. Allowing ourselves to make use of the digital era. Creating spaces

at Church that attract the youth as well as going to those spaces where they hang out bearing in mind that our God has already given us everything pertaining to life and godliness, including principles and methods of ministry in the scriptures.

While keeping up with certain trends may help us reach young people, we should be mindful of our goal to grow youth that are disciples of Jesus. Lifelong disciples of Jesus and not made from trendy Church ideals and convictions reproduced in the context of a secular youth culture. Every ministry's goal is to make disciples. Church youth ministry should be purposeful, active, engaging, and spiritual without compromising on "...teaching, rebuking, correcting and training in righteousness" (2Timothy 3:16).

“Then he said to his disciples, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field” (Matthew 9:37-38)

Those that are called to serve the youth (parents, youth leaders, pastors, Church councils etc) should not blind themselves to the reality of our digitalized generation but model, mentor, and equip the youth in Christ-like character, sound doctrine, effective methods to reach their lost peers and make them disciples of Jesus as well. Paul encourages us, *“And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others”* (2Timothy 2:2). Do not be worried that young people are on social media and other virtual spaces or that they are exposed to secular trends all around them, rather be concerned that mature believers are not equipping the youth with sound teaching to produce the outcome of sound living.

Our goal as youth ministers at All Saints' Cathedral, Kampala is making disciples and seeing the power of God unleashed in and through the lives of young people. Youth are at the point in their lives where they need to know the truth of God, how to live a life pleasing to Him, and what task He has called them to. As long as our motivation and message match that of Christ, then we will not worry about which trends are on the front page or which challenges are going viral. We shall remain steadfast in our work, knowing that our labor in the Lord is not in vain.



# Mothers Union hosted Their Counterparts From Malawi

Mrs. Sufficient Kiconco Kakira



In 2018, Rev Hillary Jaffu and family went to Blantyre Malawi to visit his late Uncle George Jaffu and family, the wife Mrs Joyce Jaffu who was once a Mothers Union President for the Anglican Province of the Church of Southern Africa. (Malawi, Zambia, Zimbabwe, Mozambique and Namibia) asked Patience Jaffu for the picture of our Mothers Union Uniform. She wanted to see how it looked like Patience did not have the photo, she asked Canon Jolly Babirukamu to share some photos. As a seasoned Mothers Union leader, Canon Jolly sent the pictures and requested to establish a link between the two Mothers union Dioceses.

When Patience told Joyce, she was very excited about it. She quickly called their MU chairperson, Mrs. Mpepyeluka-at that time, they discussed about the link and then, they wrote a

“As a seasoned Mothers Union leader, Canon Jolly sent the pictures and requested to establish a link between the two Mothers union Dioceses”

letter inviting Mothers Union of All Saints' Cathedral, Kampala to visit them.

We planned and visited the Holy Innocents Anglican Church in the Diocese of Upper Shire. During the visit in Malawi, we also visited Rev. Jaffu's local church called St. Martin's Anglican Church.

In October 2023, a team of 7 members from Holy Innocent Anglican Church paid us an exchange visit. We had a warm and beautiful time together for the week they spent in Uganda. We thank God that our relationship is growing.

May God's name be glorified!

# Kudos to the Children's Church



On Friday 20 October 2023, I had an opportunity to be part of school outreach ministry at Bat Valley Primary School; downtown Kampala that is carried out by the Children's Ministry of All Saints' Cathedral, Kampala in which they go to schools and share the gospel to the young people.

It was a tremendously compelling experience from the onset as I was reawakened to an experience I miss in practice. In this, I remember when Jesus talks about receiving the good news as a child. I was challenged by the selflessly jovial and excited younger pupils compared to the older pupils-you could visibly see the difference in classes not by their size but by the way they expressed their joy. The young people danced and sung as music was played and responded as we engaged them while the older ones were less responsive.

On the other hand, I was awestruck with something I always missed while I was younger. My father once narrated, he tells of a time when he once expressed to a school administrator his concern over why we were asked for a

ream of paper at school every other term which he doubted was put to school use like most of us would, the school administrator brought before him a child dressed in an old torn school uniform and old shoes and the administrator asked "do you think this child who has been unable to change their school uniform for years and is even struggling to pay fees in a UPE school would be able to bring a ream of paper every term?

The administrator brought it to his attention that not every pupil was able but when those who are able provide those who do not have benefit.

As I looked at some of the pupils in old torn school uniform and some were dirty that you would presume the caretakers are not doing much.

It made me realize that even though I am among those who talk about justice and peace, I do not take part in it, as I ought. \

I have always known that these things are true but the experience is different when you visit and see

the actual truth. It is easy to forget and move on especially when you think there is little you can do to make a difference.

The Good Samaritan's action of goodness was not that which would end robbery on the roads, but that day, it saved a life and that was powerful, I think supporting such children would be a big contribution to the society among many other good causes.

Someone took the initiative to make school outreach a possibility, I was awakened to a need in the community and now as I share, I hope you and I may be encouraged to be a blessing to such a cause and many more causes in our society,

We do not have to fill books with explanations on how we can live for good. Two things I have learnt from one pastor. The abundance of possessions is not meant for storing but for sharing, and to be conduits of goodness we do not need to have gold even copper will do.

Let's go out to love and serve with joy like a child.

**Abaho Derrick Moses**

























# Welcome to

## ALL SAINTS' CATHEDRAL, KAMPALA

### SUNDAY SERVICES

08:00AM

10:00AM

12:00NOON

03.00 PM  
YOUTH SERVICE

### SPECIAL SERVICES

**MORNING GLORY HOLY COMMUNION SERVICE (6.45 AM)**

**TUESDAY**

**HEALING AND DELIVERANCE (12.30 PM)**

**TUESDAY**

**MID-WEEK HOLY COMMUNION SERVICE (12.30 PM)**

**WEDNESDAY**

**DAILY LUNCH HOUR FELLOWSHIP (1:00 PM)**

**MONDAY TO FRIDAY**

**OVERNIGHT (NIGHT OF GLORY) (9:30 PM)**

**1<sup>ST</sup> FRIDAY OF THE MONTH**

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