



NDONDOMEKO YA MOYO WANGWIRO M'KUGONANA NDI UCHEMBERE

Chikhalidwe cha m'chiphunzitso cha
Mulugu ndiye maziko a moyo wangwiro



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MAU OYAMBA	5
MAU OTHOKOZA	7
MAU OTSEGULIRA	8
MNDANDANDA WA MAU A CHIDULE NDI KUMASULIRA KWAKE MCHINGEREZI	10
1. MALONJE.....	11
M'MENE ZINTHU ZILILI MDZIKO MUNO PAMENE NDONDOMEKOYI YIMAKHAZIKITSIDWA.....	13
M'MENE ZINTHU ZILILI MDZIKO MUNO.....	13
ZOTCHINGA ZIKULUZIKULU PA NKHANI YAKUYENDE TSA NDI KUFIKIRA	
THANDIZO LOKHUDZA NKHANI ZOGONANA NDI UCHEMBERE WABWINO.....	16
2. M'MENE NDONDOMEKO YONSE YIDZIYENDERA	18
2.1 MASOMPHENYA.....	18
2.2 CHOLINGA.....	18
2.3 TANTHAUZO LA MOYO WANGWIRO M'KUGONANA NDI UCHEMBERE M'DODOMEKO IYI.....	18
UNGWIRO M'KUGONANA.....	18
UNGWIRO MU UCHEMBERE.....	18
2.4 CHOLINGA CHA NDONDOMEKO YONSEYI.....	18
2.5 ZOLINGA ZA NDONDOMEKOYI KUMBALI ZONSE.....	19
2.6 MIZATI YA NDONDOMEKOYI	19
2.7 FUNDO ZOTSOGOLERA	19
2.7.1 KUTENGA GAWO KWA ENI DERA	19
2.7.2 KUTHANDIZANA NDI ENA	20
2.7.3 KUGWIRIZANA.....	20
2.7.4 KUYENERA KWAKE.....	20
2.7.5 KUSAMALA ZA KUSIYANA KWA PAKATI PA AMUNA NDI AKAZI.....	20
2.7.6 ZOPITIRIRA	20
2.7.7 KUSAMALIRA	20
2.7.8 KUCHITA CHIRICHONSE POYERA.....	20
3. ZIGAWO ZOFUNIKA KWAMBIRI MU NDONDOMEKOYI.....	21
3.1 UKWATI NDI BANJA	21
3.1.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO	21
3.1.2 M'MENE BAIBULO LINENERA	24
3.1.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI.....	25
3.1.4 CHOLINGA CHA NDONDOMEKO IYI.....	25
3.1.5 MAWU WONENETSA PA NDONDOMEKO IYI.....	26
3.1.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	27
3.2 KUBEREKA NDI KULERA MWANA.....	27
3.2.1 M'MENE ZIMAKHALIRA	27
3.2.2 M'MENE BAIBULO LINENERA	33
3.2.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI.....	33
3.2.4 ZOLINGA ZA NDONDOMEKOYI	33
3.2.5 MAWU WONENETSA PA NDONDOMEKOYI.....	33
3.2.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	34

3.3 KUCHOTSA MIMBA	35
3.3.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO	35
3.3.2 M'MENE BAIBULO LIMANENERA ZA NKHANIYI	35
3.3.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	37
3.3.4 CHOLINGA CHA NDONDOMEKOYI	37
3.3.5 MAWU WONENETSA PA NDONDOMEKOYI	37
3.3.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	38
3.4 KUSABEREKA	38
3.4.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO	38
3.4.2 M'MENE BAIBULO LINENERA	39
3.4.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	39
3.4.4 CHOLINGA CHA NDONDOMEKOYI	39
3.4.5 MAWU WONENETSA PA NDONDOMEKOYI	40
3.4.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	40
3.5 AMAI NDI MOYO WA MWANA	40
3.5.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO	40
3.5.2 M'MENE BAIBULO LINENERA ZA NKHANIYI	41
3.5.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	41
3.5.4 CHOLINGA CHA NDONDOMEKOYI	41
3.5.6 MAWU WONENETSA PA NDONDOMEKOYI	42
3.5.7 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	43
3.6 MALEREDWE NDI NJIRA ZAKULERA	43
3.6.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO	43
3.6.2 M'MENE BAIBULO LINENERA	44
3.6.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	45
3.6.4 CHOLINGA CHA NDONDOMEKOYI	45
3.6.5 MAWU WONENETSA PA NDONDOMEKOYI	45
3.6.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	46
3.7 KUKWERA MOFULUMIRA KWA CHIWERENGERO CHA ANTHU	46
3.7.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA	46
3.7.2 M'MENE BAIBULO LINENERA	47
3.7.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	48
3.7.4 CHOLINGA CHA NDONDOMEKOYI	48
3.7.5 MAWU WONENETSA PA NDONDOMEKOYI	48
3.7.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	48
3.8 ACHINYAMATA, ZOGONANA NDI UCHEMBERE WABWINO	49
3.8.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA	49
3.8.2 M'MENE BAIBULO LINENERA	50
3.8.3 ZOTSATIRA ZA NDONDOMEKOYI	50
3.8.4 CHOLINGA CHA NDONDOMEKOYI	50
3.8.5 MAWU WONENETSA PA NDONDOMEKOYI	51
3.8.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	51
3.9 MATENDA WOKHUDZA NJIRA YOBEREKERA, MATENDA WOBWERA CHIFUKWA CHA HIV NDI AIDS	52
3.9.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA	52
3.9.2 M'MENE BAIBULO LINENERA	52
3.9.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	53
3.9.4 CHOLINGA CHA NDONDOMEKOYI	53
3.9.5 MAWU WONENETSA PA NDONDOMEKOYI	53

3.9.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	54
3.10 KAMKODZO WA UCHEMBERE	54
3.10.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA	54
3.10.2 M'MENE BAIBULO LINENERA	55
3.10.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	56
3.10.4 CHOLINGA CHA NDONDOMEKOYI	56
3.10.5 MAWU WONENETSA PA NDONDOMEKOYI	56
3.10.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	56
3.11 KHANSA YOGWIRA ZIWALO ZOBEREKERA	56
3.11.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA	56
3.11.2 M'MENE BAIBULO LINENERA	58
3.11.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	58
3.11.4 CHOLINGA CHA NDONDOMEKOYI	58
3.11.5 MAWU WONENETSA PA NDONDOMEKOYI	59
3.11.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	59
3.12 KHANZA PA NKHANI ZA KUGONANA NDI KUPHWNAYA UFULU WA AKAZI NDI ANA	60
3.12.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA	60
3.12.2 M'MENE BAIBULO LINENERA	61
3.12.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	62
3.12.4 CHOLINGA CHA NDONDOMEKOYI	62
3.12.5 MAWU WONENETSA PA NDONDOMEKOYI	62
3.12.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	63
3.13 AMUNA KUTENGAPO GAWO PA NKHANI YAKUGONANA NDI UCHEMBERE WABWINO	63
3.13.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA	63
3.13.2 M'MENE BAIBULO LINENERA	65
3.13.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI	65
3.13.4 ZOLINGA ZA NDONDOMEKOYI	65
3.13.5 MAWU WONENETSA PA NDONDOMEKOYI	66
3.13.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI	66

4. NJIRA ZIMENE ZITSATIDWE KUTI NDONDOMEKOYI YIKWANIRITSIDWE 67

4.1 OFESI YA EAM	67
4.1.1 KUPEREKA LUSO NDI CHIDZIWITSO CHOKWANIRA NDI CHOYENERA	67
4.1.2 KUTSOGOLERA NDI KUYENDETA	67
4.1.3 KUDANDAULIRA/KUYIMIRA ENA	68
4.1.4 KUPITITSA PATSOGOLO MOYO WOGWIRIRA NTCHITO PAMODZI	68
4.2 M'MENE BUNGWE LA EAM LILIRI MONGA MWA MNDANDANDA WA ULAMULIRO WAKE	68
4.3 ONSE AMENE NDI MAMEMBALA A BUNGWE LA EVANGELICAL ASSOCIATION OF MALAWI	68
4.3.1 KUPITITSA PATSOGOLO ZIKHULUPIRIRO ZA NDONDOMEKOYI, ZOCHITIKA NDI FUNDO ZAKE	69
4.3.2 KUKUZA CHIDWI PA NTCHITOYO	69
4.3.3 KUCHEPETA ZOVUTA PAKATI PA ANTHU	69
4.4 KUYENDETA MASUKULU NDI SUKULU ZA UKACHENJEDE	70

5. KUYANG'ANIRA NDI KUYESA KAFUKUFUKU 71

5.1 KUYIWONANSO NDONDOMEKOYI	71
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6. MAWU WOMALIZA..... 72

MAU OYAMBA

Olemba, Abusa. Dr. Chatha Msangaambe, Mkhlapampando wa National Executive Board, ya Evangelical Association of Malawi.

Padutsa zaka makumi asanu tsopano kuchokera pa nthawi yimene dziko lino linalandira ufulu komabe zizindikiro zokhudza umoyo wa anthu zikuwonekabe zosakondweretsa. Kuchuruka kwa achichepere amene akutenga mimba zosakonzekera, matenda wopatsirana pogonana kuphatikizapo matenda a HIV, chifuwa chachikulu, malungo, matenda okhudza mtima ndi matenda ena wosiyanasiyana amene akuwonjezerabe kukhala zina zoyambitsa imfa za Amai chifukwa cha uchembere, ana a chichepere ndi makanda Malawi. Izi ndi zina zimene zikuchititsa kuti magulu onse wokhuzidwa a Boma, kuphatikiza mpingo; kuti achitepo kathu pa nkhani za kugonana ndi uchembere wabwino ndi mavuto a maufulu amene mzika za dziko la Malawi zikukumana nazo kuti zikwaniritse Masomphenya a 2030, zogwirizana za zotchedwa African Youth Charter (2006) ndi ndondomeko za chitukuko zimene maiko anagwirizana za muchaka cha 2015 (SDGs).

Ndondomeko izi zokhudza kugonana ndi uchembere wabwino zalembedwa mozindikira kuti pali machitidwe ena a mipingo, zikhulupiriro, zodalira ndi makhalidwe amene amapangitsa wotsatira zipembedzo zotere kumakana mathandizo wofunika a za umoyo zimene zimapangitsanso kuti nkhani za umoyo zizilowa pansu kwambiri makamaka madera wokhudza zogona-

na ndi uchembere wabwino. Bungwe la Evangelical Association of Malawi limakhulupirira kuti umoyo ndi nkhani yimene aliyense komanso zipembedzo zimayenera kuyilemekeza podziwa kuti uwu ndi ufulu wa anthu onse. Mwa ichi ndikoyenera kuti, chikholidwe cha zikhulupiriro, zimene anthu amakhulupirira kumbali ya moyo wao wa uzimu ndi kuzipereka kwao pa chilungamo; zikuyenera kutsogolera mpingo kuti ukhulupirire mokhuzika kuti anthu sayenera kumazunzika mosayenera chifukwa cha chikhulupiriro, mbali yinanso awonetsetse kuti sizikutsutsana ndi udindo wao wofunika pamaso pa Mulungu. Monga Bungwe, EAM yimakhulupirira kuti kupititsa patsogolo nkhani za umoyo wa anthu ndi udindo umene Mulungu unapereka ku mpingo ndi kwa atumiki ake.

Bungwe la EAM limazindikira kuti ubwino wakupeza uthenga wa za umoyo ndi maphunziro a nkhani za umoyo ndi machitidwe ake, kuphatikizanso kupezeka kwa mathandizo azisamaliro za umoyo zili ndi kuthekera kwakukulu koyakha mavuto a za umoyo kuphatikizapo zogonana ndi uchembere wabwino.

Bungwe la Evangelical Association of Malawi latenga udindo wokhazikitsa ndondomeko iyi yimene yikuyima monga kalozera wa mpingo pa

nkhani zogonana ndi uchembere wabwino. Izi zithandizira kupereka mwayi kwa a Malawi onse wakutha kupeza chithandizo choyenera komanso chapamwamba pa nkhani zogonana ndi uchembere wabwino. Pamwamba pa izi, itandiziranso dziko la Malawi kupita pa patsogolo pa nkhani za umoyo.

Ndondomeko iyi yikuyang'ana zithu mbali zonse kuyambira kumbali ya m'mene zithu zimayenera kukhalira komanso molemekeza chimene Mau a Mulungu amanena. Ndondomekoyi yikuzindikira kuti kukwaniritsidwa kwathuthu kwa moyo wa anthu mbali zonse, kuthupi komanso ku uzimu kukhoza kutheka pamene machitidwe a zithu, malamulo ndi zikhulupiriro zikuchitika motsatira choonadi cholembedwa m'baibulo.

“Chikhalidwe cha m'chiphunzitsos cha Mulugu ndiye Maziko a Moyo Wangwiro” ndiwo mau wotsogolera ndondomeko iyi ya Evangelical Association of Malawi. Ndondomekoyi yitithandize kumvetsa bwino kuti, zimene mpingo umakhulupirira ndi kupanga zimagwirizana ndi moyo wa

thanzi mbali zonse. Pamwamba pa ichi ndondomekoyi yithandizanso mpingo kumvetsa bwino udindo wake kumbali ya za umoyo.

Tili ndi chiyembekezo chachikulu kuti inu amene mukuwerenga ndondomeko iyi komanso iwo amene adzayigwiritsa ntchito; adzakhala nako kumvetsetsa kuti cholinga chake sikungofotokozerana zimene mipingo yimakhulupirira. Cholinga chenicheni ndicho kuwonetsera poyera kuti zimene mipingo yimakhulupirira ndi kutsatira zili ndi gawo lalikulu pa nkhani ya umoyo wabwino ndi nthanzi labwino la anthu.

Ndondomekoyi yalembedwa mogwirizana ndi mau a Mulungu, miyambo ndi zimene anthu amakhulupirira mdziko lino ndi cholinga chofuna kuti yithandizire mipingo kutenga udindo wao wakulimbikitsa zotsatira zoyenera za kugonana ndi uchembere wabwino. Mpingo udzachita izi motsogozedwa ndi madalitso a Mulungu wa mphamvu zonse kuchitira ubwino wapamwamba anthu onse mdziko lino la Malawi.

MAU OTHOKOZA

Olemba, Abusa Francis Mkandawire, Mlembi wamukulu wa Bungwe la Evangelical Association of Malawi

Bungwe la Evangelical Association of Malawi (EAM) likuthokoza kwam-biri bungwe la KFW chifukwa cha thandizo la ndalama kupyolera mu ntchito ya N'zatonse yimene EAM yidapeza kudutsira mu bungwe la ACT Alliance ndi Dan ChurchAid komanso Norwegian Church Aid.

Bungwe la Evangelical Association of Malawi likuthokozanso onse amene anatengapo gawo pokhazikitsa ndondomekoyi. Atsogoleri a mipingo yosiyanasiyana komanso mabungwe amene ndi mamembala a Bungwe la EAM, kuchokera mu zigawo, maboma a dziko lino komanso thumwi zoyimirira amuna, akazi ndi magulu a chinyamata ndi amene anatengapo gawo lalikulu polemba ndondomeko iyi. Ndongomeko iyi ndi mwana weniweni wobadwa kuchokera khumano ndi kuzukuta kwa magulu tatchulawa.

Ndongomeko iyi yinawunikidwanso mozama ndi gulu loyang'ana za umoyo mu EAM, limene linakhazikitsidwa ndi cholinga chofuna kuti ndondomeko iyi yikhale yakupsya ndithu. Gulu limeneli linagwira ntchito yotamandika yimene kumapeto kwake kunaturuka buku mukuwerengali.

Kuthokoza kwa paderadera kupitenso kwa Bambo Howard Kasiya amene ndi woyendetsa ntchito za umoyo mu EAM, pochita chotheka kuti ndondomekoyi yifike apa. Bungwe la Evangelical Association of Malawi likuthokozanso magulu awa: Komiti yaikulu, makomiti a mzigawo, mipingo ndi mabungwe amene ndi mamembala a EAM, amene anatenga gawo popereka malingaliro awo komanso ndemanga zawo zimene zinathandizira bukuli kukhala lakupsya.

MAU OTSEGULIRA

Nkhani yachibadwidwe cha munthu (nkhani yogonana) ndi nkhani imene anthu amalingalira kwambiri kumbali ya kukhala mkazi kapena mwamuna, ntchito, ubwenzi, m'mene timawonera zinthu, ziyembekezo zathu, zimene timazilemekeza ndi makhalidwe komanso m'mene munthu amachitira monga mwachibadwidwe chake. Ndikoyenera kuzindikira kuti nkhani yogonana ndi chibadwidwe chake cha munthu zimayendera limodzi.

Ndi chithu chofunika kwambiri kuzindikiranso kuti kugonana monga mwachibadwidwe ndi njira yokhayo yimene anthu amathanso kuwonetsera za m'mene alili mwa ubwino kapenanso moyipa. Pamene Mulungu amalenga anthu, anawalenga mwamuna ndi mkazi; monga anthu wokhala ndi ziwalo zowonetsera za chimene aliyense ali, wokhala ndi zimene akumva monga mwachibadwidwe chake komanso ndi udindo wakumatha kuwonetsa zimene akufuna monga munthu.

Mpingo ukuyenera kudziwa kuti uli ndi udindo waukulu woyenera kukhala nacho chidziwitso chokwana pa nkhani zosiyanasiyana kuphatikizapo nkhani zogonana, makamaka pa nthawi yino pamene chikhalidwe chili pa chiwopsyezo chachikulu. Mpingo ukuyenera kuzindikira nyengo yimene tilimo monga dziko, nyengo imene yikubweretsa mavuto kuyambira pa banja lake la munthu komanso

pa nkhani zogonana monga m'mene Mulungu namalenga anakhazikitsira.

Izi zikutengera mpingo kuyang'ana mwakuya, kudutsa pa mulingo wakungoyang'ana za kudziletsa pakati pa mwamuna ndi mkazi, nkhani zogonana ndi kuberekana. Mpingo uli ndi udindo onse ndi ntchito yophunzitsa molamitsa chimene Baibulo likunena pa nkhani za kukhala mwamuna kapena mkazi, kugonana ndi nkhani za ubereki; motero kuti mpingo utsogolere kumvetsetsa koyenera pa nkhani ya zogonana.

Mwa ichi bungwe la Evangelical Association of Malawi (EAM) liri ndi udindo wophunzitsa anthu kuti aphunzire kukhala ndi kulingalira koyenera pa matupi awo komanso iwo eni, ndi kuti asagonjere ku zikhulupiriro ndi makhalidwe amene azilamulira matupi awo kuchita zoi-pa. EAM monga bungwe la mipingo ndi mabungwe a chikhristu liyenera kukhala patsogolo kutsogolera mipingo yonse mdziko muno kuti yikhale ndi chidziwitso chokwana chogwirizana ndi machitidwe a chiphunzitsa cha chikhulupiriro cha chikhristu pa nkhani zogonana, kukhala mwamuna kapena mkazi ndi ubereki.

Mwa ichi EAM, monga bungwe logwira ntchito pamodzi ndi boma pa nkhani yotukula miyoyo ya anthu kuthupi komanso ku uzimu mdziko lino la Malawi, bungweli ndi lodzipereka

kukwaniritsa ndondomeko zimene boma layika zopititsa patsogolo nkhani za kugonana ndi uchembere wabwino ndi cholinga chofuna kupititsa patsogolo nkhani za umoyo motsozedwa ndi Mulungu wa mphamvu zonse kuchitira ubwino mdzika za dziko la Malawi.

Ndondomeko yotitsogolera pa ubale wotere yidzawunikidwanso mogwirizana ndi chimene baibulo likhazikikapo ndi machitidwe amene amatimangilira monga mipingo ya chikhristu, zikhalidwe zimene zimapititsa patsogolo moyo, banja ndi kukhalira pamodzi kwa mai ndi bambo, ndi uchembere wabwino wa anthu ndipo ichi EAM yidzachikwaniritsa mwamtheradi. Pofuna kuwonetsetsa kuti mbali zonse ziwiri, m'mene

dziko liwonela zithu komanso m'mene baibulo linenera; nkhani zikuluzikulu zokwana khumi ndi zitatu zimene zalembedwa mu ndondomeko iyi zokhudza kugonana ndi uchembere wabwino zalembedwa poyang'ana:

- M'mene a za umoyo amanenera.
- M'mene Baibulo linenera.
- Zokhumba
- Zolinga.
- Mawu wonenetsa a ndondomekoyi.
- Ndondomeko ya m'mene ndondomekoyi yigwirire ntchito.

Pofuna kukwaniritsa cholinga chake chenicheni cha ndondomekyi, njira za m'mene ndondomekoyi yigwirire ntchito, kalondolondo wake ndi kutsatira m'mene yapindulira zalembedwanso mkatimu.

MNDANDANDA WA MAU A CHIDULE NDI KUMASULIRA KWAKE MCHINGEREZI

AIDS	Acquired immunodeficiency syndrome
CHAM	Christian Health Association of Malawi
CPR	Contraceptive prevalence rate
EAM	Evangelical Association of Malawi
EHP	Essential health package
HIV	Human immunodeficiency virus
HTC	HIV testing and counselling
ICPD	International Conference on Population and Development
IUCD	Intra-uterine contraceptive device
IEC	Information, education and communication
IMR	Infant mortality rate
MDGs	Millennium Development Goals
MDHS	Malawi Demographic and Health Survey
MGDS	Malawi Growth and Development Strategy
MMR	Maternal mortality ratio
MNH	Maternal and neonatal health
MoH	Ministry of Health
MTCT	Mother to child transmission
NAC	National AIDS Commission
NGO	Non-governmental organization
NMR	Neonatal mortality rate
PMTCT	Prevention of mother-to-child transmission
RTI	Reproductive tract infections
SRH	Sexual and reproductive health
STI	Sexually transmitted infections

1. MALONJE

Bungwe la Evangelical Association of Malawi (EAM) ndi bungwe limene limafungatira mipingo ndi mabungwe a Chikhristu ndipo monga mwachiwengero cha mu chaka cha 2016 mipingo ndi mabungwewa analipo wosachepera zana ndi makumi awiri kudza mphambu ziwiri (122). Cholinga chachikulu cha bungweli ndiko kuluzanitsa, kumema ndi kulimbikitsa mipingo ndi mabungwe a Chikhristu kuti agwire ntchito yao yositha miyoyo ya anthu mdziko lino la Malawi kuthupi komanso ku uzimu mwamphamvu ndi moyenera.

Ntchito za Evangelical Association of Malawi zimayendetsedwa kupyolera mu Machitidwe woyenera a zithu, Chilungamo ndi Mtendere, Chitukuko, Utumiki ndi za Umoyo. Mu chaka cha 2007, Komishoni yoyang'ana za umoyo yinakhazikitsidwa ndi cholinga chofuna kuyendetsa ntchito za umoyo. Mbali yinanso tinali ndi cholinga chofuna kuchitapo kathu powona zizindikiro zakulowa pansu pa nkhani za umoyo makamaka pakati pa anthu wosauka ndi iwo amene alibe wowayakhulira.

EAM ili ndi chikhulupiriro kuti mpingo utayamba kumachita ndi kulimbikitsa mchitidwe wopititsa pat-sogolo nkhani za umoyo komanso ndi kuyamba kutsindika kuphunzitsa anthu ake nkhani za umoyo monga mwa chikhaliidwe cha chikhristu mogwirizana ndi zimene lemba linena; miyoyo

ya anthu mdziko muno yikanasitha ndithu.

Bungwe la EAM linayambika mdziko muno ndi Azungu a mishoni a Chikhristu mu chaka cha 1962 ndi cholinga chofuna kufalitsa uthenga wabwino komanso kuthandiza anthu zosowa zawo ku moyo wathupi. Lero lino bungweli likugwira ntchito ndi mpingo pa dziko lonse lapansi, mabungwe a chikhristu, mabungwe amene si a boma komanso zigawo za Boma zimene ndi zovomerezeka ndi zogwirizana ndi masomphenya a bungwe la EAM.

Bungweli lili chiwalo chimodzi cha banja la mipingo yimene ndi ya chi Evangelical pa dziko lonse la pansu kupyolera mu bungwe lija la Association of Evangelicals in Africa (AEA). Ndipo bungweli ndi lolumikizika ku bungwe lija la World Evangelical Alliance. Mpingo kapena gulu lililonse ndilololedwa kulowa nawo mu bungweli la EAM ngati litavomerezana ndi malamulo komanso zimene Evangelical Association of Malawi yikhazikikapo ndi kukhulupirira.

Ntchito yaikulu ya bungwe la EAM ndiko kulipanga dziko la Malawi kukhalala malo abwino kukhalamo; polemekeza ma ufulu a anthu komanso kutengapo mbali pothandizira pa zosowa za anthu pangosi zogwa mwadzidzidzi komanso miliri ndi matenda. Cholinga cha bungweli ndiko kukhazikitsa

ufumu wa Mulungu m'dziko lino la Malawi pamene anthu akukhala moyo wokwana komanso wopatsidwa mwayi wofanana pa zosoweka zawo kumbali ya moyo wa uzimu, kuthupi komanso m'malingaliro.

Pofuna kukwaniritsa izi, EAM yimamasulira ntchito zake motere:

- Kuthandizira mamembala ake kuti atenge gawo lawo kwathuthu pa chitukuko cha dziko ndi zosoweka za anthu ndi cholinga chofuna kuthetsa kumvutika kwa anthu.
- Kulimbikitsa chiphunzitso cholamitsa cha baibulo ndi cholinga chofuna kufikira ku zosoweka za munthu poyang'ana moyo wake wa uzimu, wathupi komanso maganizo.
- Kulumukizitsa ntchito zimene mipingo ndi mabungwe amene ali pansu pa EAM akuchita ndi kupititsa patsogolo mchitidwe wogwirira ntchito pamodzi ndi cholinga chofuna kuthandizana pa chuma, nzeru komanso kutsatira ndondomeko za kachitidwe kabwino.
- Kupititsa patsogolo ntchito zolalikira uthenga wabwino umene uyang'ana mbali zonse za munthu, mdziko lino komanso kunja kwa dziko lino kupyolera mu mawu ndi ntchito.
- Kupititsa patsogolo komanso kuthandizira pa ukadaulo ndi cholinga chakuti mpingo utengapo gawo pa ntchito yothana ndi mavuto amene anthu akukumana nawo tsiku ndi tsiku; kupyolera pokhazikitsa ntchito monga izi: Chilungamo ndi

mtendere, mathandizo ndi zitukuko, madyedwe abwino ndi kasamalidwe ka chakudya, matenda wobwera chifukwa cha HIV, zogonana, AIDS ndi uchembere wabwino.

Bungwe la EAM limatsogolera pa masomphenya wobweretsa pamodzi mipingo yonse ya Chikhristu ndi cholinga chofuna kufikira anthu a muno m'Malawi magawo onse a moyo wao; kuyambira kumbali ya uzimu, kuthupi, maganizo, komanso zachuma.

EAM yimakhulupirira kwambiri kukwaniritsa ntchito zake ndi kupereka zosoweka kwa anthu moyang'ana magawo onse a munthu. Ntchito zotere zimachitika kupyolera mwa mipingo yimene yili kumadera wosiyanasiyana, mu maboma komanso angakhale kumalo kumene ndi komvuta kufikako.

Ofesi ya EAM ili ndi ntchito zosiyanasiyana mu zigawo zonse zitatu za dziko lino zimene zikugwiridwa monga ntchito zachitsanzo kapena zoyeserera ndi cholinga chowonetsetsa kuti chitukuko chikuchitika mwapamwamba. Kuchokera mu chaka cha 1997, bungweli latsogolera pobweretsa pamodzi, kukonzekera, kukwaniritsa, kuyendera ndi kuchita kalondolondo wa ntchito zokhudzana ndi nkhani za umoyo kuphatikizapo matenda wobwera chifukwa cha HIV ndi AIDS, katemera, zogonana, ndi uchembere wabwino.

Kumanena chatsitsa dzaye kuti Njobvu yithyoke nyanga, ndondomeko iyi yakhazikitsidwa ndi cholinga chofuna kutsogolera mabungwe ndi mi-

pingo yimene ndi mamembala a EAM kupititsa patsogolo nkhani za kugonana ndi uchembere wabwino kupyolera mwakufuna kwa munthu ndi machitidwe a bwino a moyo wabanja.

Ndondomeko iyi yimene yikukamba za kugonana ndi uchembere wabwino yimene bungwe la Evangelical Association of Malawi lalemba yikuyang'ana kwambiri pa nkhani zosachepera khumi ndi zitatu pa nkhani za kukhala mwamuna kapena mkazi, kugonana ndi ubereki.

Nkhanizo ndi izi:

- Ukwati ndi banja
- Kubereka ana ndi ukholo
- Kuchosa mimba
- Uchumba
- Uchembere ndi moyo wa mwana
- Maleredwe ndi njira zakulera
- Kuchurukana mwakathithi
- Achinyamata, zogonana ndi uchembere wabwino
- Matenda wobwera chifukwa cha ubereki (RTIs)
- HIV ndi AIDS
- Matenda a Fistula
- Matenda a Cancer wogwira ziwalo zoberekera
- Zogonana ndi khadza zokhudza amai kapena amuna ndi ana
- Amuna kutengapo gawo pa ndondomeko yoona za kugonana ndi uchembere wabwino

Madera amene awonedwa mu ndondomeko iyi ya EAM yokhudza kugonana ndi uchembere wabwino afotokozeredwa bwino mu zigawo zisanu ndi chimodzi chokhudza madera asanu

ndi limodzi ndondomekoyi, amene ndi awa:

- Malire wochitira zinthu ndi m'mene zilili
- Chimene baibulo likunena
- Cholinga chachikulu cha ndondomekoyi
- Cholinga cha ndondomekoyi
- Mawu wolumikizika ku ndondomekoyi
- Zimene zikatsatidwe ndi kwaniritidwa mu ndondomeyi

M'MENE ZINTHU ZILILI MDZIKO MUNO PAMENE NDONDOMEKOYI YIMAKHAZIKITSIDWA

M'MENE ZINTHU ZILILI MDZIKO MUNO

Dziko la Malawi lili chigawo cha kummwela kwa Africa ndipo lili ndi maboma makumi awiri mphambu zisanu ndi zitatu (28). Dzikoli linagawidwa zigawo zitatu, maboma khumi ndi atatu (13) ali ali kuchigawo chakummwela, asanu ndi anayi (9) ali kuchigawo chapakati ndipo asanu ndi limodzi (6) ali kuchigawo chakumpoto.

Dziko la Malawi lili ndi chiwerengero cha anthu wosachepera 18,769,992 (MDHS 2015-16), mwachiwerengero ichi pa anthu 100, anthu 50.1 ndi amuna ndipo 49.9 ndi akazi. Mwangulu ili pa anthu 100 aliwonse anthu 43.75 ali pa msinkhu wakubereka ndipo ndi a zaka za pakati pa 15 mpaka 49. Chiwerengerochi chimawonetsa kuti anthu ambiri mdziko muno ndi achichepere amene pa anthu 100 aliwonse anthu

45 a iwo ali ndi zaka zosadutsa khumi ndi zisanu (15). Zaka zakukhala ndi moyo mdziko muno mwachisomo kwa amuna ndi 42.8 pamene kwa akazi ndi 46.53.

Mwachiwerengero ichi anthu wokwana 83 pa anthu 100 aliwonse amakhala madera a kumidzi. Amuna ambiri ndi ophunzira kuyerekeza ndi akazi, pa amuna khumi aliwonse awiri sanaphunzire pamene pa akazi khumi aliwonse atatu sanaphunzire (MDHS, 2015-16). Chiwerengero cha anthu chimakwera ndi 2.8% chaka chirichonse ndipo mkazi mmodzi amatha kubereka ana wosachepera asanu ndi mmodzi (6). Pali chiyerekezo chakuti anthu woposera 400,000 amabadwa chaka chirichonse mdziko muno ndipo ichi ndi chiwerengero chokwera kwambiri pa dziko lonse lapansi.

Chiwerengero cha anthu chikhoza kufika 60 miliyoni mdziko muno mu chaka cha 2050, ngati kubadwa kwa anthu kupitirire kukhala kotere. Podutsa zaka makumi anayi anthu adzachuruka kokwana kanayi kuyerekeza ndi m'mene alili panopa (NSO, 2016). Izi zikupereka chiwopsyezo ku dziko lino ndipo zikukolezera mavuto pa zachilengedwe zimene zalowa kale panso komanso padzafunika ntchito zosamalira miyoyo ya anthu zochuruka monga masukulu, zipatala, chakudya, ziweto ndi zina zambiri.

Akazi makumi awiri kudza mphambuzisanu ndi chimodzi (26) pa akazi zana (100) a msinkhu wakubereka, mu chaka cha 2010 anali asanafikiridwe pa

nkhani ya zakulera. Chiwerengero cha akazi a pabanja a zaka za pakati pa khumi ndi zisanu (15) kumafika makumi anayi mphambuzisanu ndi zinayi (49), a iwo amene anali atatenga njira zakulera za makono chinali; akazi makumi asanu ndi mphambuzisanu pa akazi zana lililonse (59.2%) (MDHS 2015-16). Kulingana ndi chiwerengero cha Malawi DHS cha mu chaka cha 2015 mpaka 2016, chinawonetse kuti pakati pa tsikana zana (100) a chichepere, makumi awiri ndi mphambuzisanu ndi zinayi a iwo (29%) a pakati pa zaka khumi ndi zisanu kumafika khumi ndi zisanu ndi zinayi (15-19) anali atayamba kale kubereka. Ndipo pa zana lina lililonse akazi makumi awiri ndi mphambuzisanu ziwiri (22%) a zaka za pakati pa khumi ndi zisanu kumafika khumi ndi zisanu ndi zinayi (15-19) anali atabereka kale, ndipo akazi asanu ndi awirii (7%) pa akazi zana anali ndi pakati pao poyamba pa nthawi yakafukufuku. Mwakutero n'chachidziwikire kuti chiwerengero cha akazi a zaka za pakati pa 15 ndi 19 amene ayamba kale kubereka chimakukwera mowirikiza motsatsana 5% pa akazi a zaka za khumi ndi zisanu (15) kumafika 27% pa akazi a zaka makumi awiri ndi mphambuzisanu ndi ziwiri (17), kukafika pa 59% paiwo azaka makumi awiri ndi mphambuzisanu ndi zinayi.

Madera a kumidzi ndi amene akutogola kwambiri pa nkhanu ya amayi kuyamba kubereka adakali a chichepere kuyerekeza ndi madera a mtauni (kumudzi akazi achichepere makumi

atatu ndi mphambu imodzi pa zana kuyerekeza ndi makumi awiri ndi mphambu pa zana lililonse mtauni 31 versus 21%). Chigawo chakumpoto ndi kum'mwera apakati akazi (akazi makumi atatu ndi mphambu ziwiri pa akazi zana lililonse 32% chigawo chirichonse) kuyerekerza ndi chigawo cha pakati (akazi 25 pa akazi 100 aliwonse, 25%).

Kusiyana kwa pakati pa iwo amene anayamba uchembere ali achichepere kumatsika pamene chiwerengero cha wopita ku sukulu chikukwera: theka la a chichepere a misinkhu ya pakati pa zaka 15 kumafika 19 wosapita kusukulu pa 100 aliwonse, (54 a iwo) anayamba kubereka kuyerekeza ndi akazi 32 pa 100 aliwonse amene anayamba sukulu komanso ndi 19 aliwonse pa akazi 100 amene anakafika ku sekondale sukulu.

Achichepere amene amachokera kumadera wosauka amayamba nkhani zobereka adakali ang'ono kuyerekeza ndi anzawo amene amachokera kumadera wochita bwino kumbali yachuma (madera wosauka, achichepere 44 pa 100 alionse kuyerekeza ndi achichepere, 15 pa 100 wokhala ku madera wochita bwino). Uthenga wokhudza matenda a HIV ndi AIDS wafikira ponseponse. Pakali pano anthu 90 pa anthu 100 anamvako za uthenga wonena za HIV ndi AIDS ndipo chiwerengero cha wotenga matendawa tsopano chakhazikika pa anthu 10 pa anthu 100 aliwonse monga mwa lipoti la mu chaka cha 2010 (NSP 2011-2016). Ndipo anthu

ambiri tsopano akulandira makhwala wotalikitsa moyo.

Chidziwitso chimene anthu ali nacho pa katengedwe ka matendawa sichikugwirizana ndi thenda zina zatsopano, mwa ichi panafunikabe kuphunzitsa njira zopewera matendawa. Komanso angakhale chiwerengero cha wotenga matendawa chakhazikika, komabe ndi chokwera ndi 12% pakati pa anthu a zaka zapakati pa 15 kumafika 24 (NSP 2011-2016).

Maphunziro wokhuzana ndi kupewa ndi wofunika kwambiri ndi cholinga chofuna kuti pasapezekenso wotenga matendawa. Ntchito yaikulu yachitika ndithu yogawa makhwala wotalikitsa moyo kwa iwo amene anapezeka ndi HIV ndi AIDS. Ngakhale izi zili choncho chiwerengero cha iwo amene akulandira makhwalawa, anthu 250,000 ndi chaching'ono kuyerekeza ndi iwo amene sakulandira makhwalawa, anthu 1 miliyoni ndipo izi ndi zodetsa khawa (NSP 2011-2016).

Umphawi wadzawoneni ndi sankho zikukanikabe kutha pakati pa anthu ndipo izi zikuchedwetsa mathandizo kapena kukolezera kuti anthu asamapitirize kumwa makhwala wotalikitsa moyo, zimene zikupangitsa anthu kumakhala ndi mavuto wosiyanasiyana pamwamba pa matenda amene ali nawo kale. Izi zikufunika kutengapo gawo moyang'ana madera wotukula anthu pa chuma komanso chakudya chopatsa thanzi.

Bungwe la EAM likhala likulingalira zokhazikitsa chigawo chokongoza

ngongole zing'ong'ono madera amene bungweli likugwirako ntchito zake komanso kulimbikitsa mamembala ake kuti achite chimodzimodzi ndi cholinga chofuna kuchepetsa umphawi ndi kutukula miyoyo ya anthu makamaka akazi amene ali ndi kachilombo ka a HIV. Chachikulu pa nkhani yimeneyi ndiko kuphatikiza nkhani zokhazikitsa ntchito zokhudza kutukulana pa chuma ndi chakudya cha thanzi kuti tithe kumufikire munthu amene akudwala matendayo ndi kupewa kugwira ntchitozi palakepalake.

ZOTCHINGA ZIKULUZIKULU PA NKHANI YAKUYENDE TSA NDI KUFIKIRA THANDIZO LOKHUDZA NKHANI ZOGONANA NDI UCHEMBERE WABWINO

Bungwe la Evangelical Association of Malawi limazindikira ntchito yimene boma la dziko la Malawi pamodzi ndi magulu ena akugwira yositha miyoyo ya anthu pa nkhani za kugonana ndi uchembere wabwino kwa a Malawi onse pakati pa amai, ndi abambo. Bungweli limazindikiranso zovuta, zotchinga ndi mberewere zimene dziko lino likukumana nazo poyesayesa kupititsa patsogolo ntchito zokhudza kugonana ndi uchembere wabwino. Ndipo zina mwa zovutazo ndi izi:

Chikhalidwe chakudera

Mathandizo wokhudza zogonana ndi uchembere wabwino akukanika kubala zipatso zake chifukwa cha zovuta zokhudza chibadwidwe, kugonana ndi kubereka. Akazi ena amene ali

pa banja amakanizidwa ndi amuna awo kutenga njira zakulera pa zifukwa zosiyanasiyana. Madera ena mdziko muno samavomera kulandira zokhudza ubereki kuphatikiza njira zakulera chifukwa cha zikhulupiriro ndi miyambo miyambo ya zipembedo zawo, ziphunzitso komanso zikhaliidwe za deralo.

Umbuli pa mitundu ya mathandizo a zakugonana ndi uchembere wabwino ndi kusadziwa kokazipeza

Alipo anthu akumudzi komanso a mtauni amene samadziwa za ubwino wa nkhani zokhuza kugonana ndi mathandizo a uchembere wabwino kuphatikizapo njira zakulera. Ichi ndi chotchinga kuti afikire kumene kuli ntchitozo. Madera ena anthu ena samadziwa kumene mathandizo amenewa akupezeka.

Umphawi wa zipangizo

Dziko lino lidakali ndi umphawi wa zipangizo monga chimodzi cha zotchinga kuti anthu asafikire mathandizo wokhudza zogonana ndi uchembere wabwino kuphatikiza njira zakulera. Izitu zikukhudza zithu monga misewu yoipa, nyumba zogwiriramo ntchito zoipa, komanso maulalo woonongeka. Madera ambiri anthu amayenda mtunda wautali kuti apeze thandizo la za umoyo ngakhalenso njira zakulera. Pamwamba pa ichi madera ena ndi womvuta kwambiri kuti anthu afikeko ndi thandizo la za umoyo komanso njira zakulera.

Madera otsalira kwambiri pachitukuko

Kupeza chithandizo cha nkhani zakugonana ndi uchembere wabwino ndi kovuta madera ambiri a kumidzi chifukwa kagawidwe ka wogwira ntchito za umoyo amene ali ndi ukadaulo onse sikofanana pakati pa zipatala za kumudzi ndi za mtauni.

Kaperekedwe ka thandizo kosayenera

Malo amene aikidwa kuti mathandizo wokhudza nkhani zakugonana ndi uchembere wabwino komanso njira zakulera azipezeka komanso kuperekedwa kwa anthu onse, nthawi zina amatha kulephera kuthandiza anthu pa zifukwa zosiyanasiyana. Zina mwa zolepheretsazo zimatha kukhala monga izi; khalidwe la wogwira ntchito, kusasunga chinsinsi, kuthayitha kwa makhwala, kuchepa kwa wogwira ntchito, kutsekedwatsekedwa kwa malo chifukwa chakusowa kwa wog-

wira ntchito amene anapatsidwa dera limenelo.

Ngakhale boma lakonza zina ndi zina zokhudza maphunziro ndi machitidwe pa nkhani yoperekamathandizo wokhudza zogonana ndi uchembere wabwino komanso njira zakulera, malo ambiri wolandirilako mathandizo a za umoyo kulibe wogwira ntchito wophunzira bwino komanso amene ali ndi zipangizo zakuti akhoza kupereka njira zonse zamakono zakulera komanso amene akhoza kumasuka ndi achinyamata. Malo ambiri a za umoyo alibe zipangizo zakutha kuthandiza bwino pa nkhani zakugonana ndi uchembere wabwino komanso sidzimaperekedwa mofanana. Mayendedwe ndi kulumikizana zidakali zosasitha.

Kusowa kwa zipangizo zogwirira ntchito komanso makhwala wofunika ndi chipsyinjochachikulu.

— 2. M'MENE NDONDOMEKO YONSE YIDZIYENDERA —

2.1

MASOMPHENYA

M'Malawi aliyense wa thanzi komanso amene akhoza kupindulira dziko lino, akhale wosakhuzidwa ndi matenda komanso mavuto onse amene amadza kamba ka nkhani zogonana ndi uchembere.

2.2

CHOLINGA

Bungwe la Evangelical Association of Malawi likudzipereka kuwonetsetsa kuti pali kuthekera kwakuti aliyense afikire chithandizo chapamwamba, chovomerezeka, ndi chabwino chokhudza nkhani zogonana ndi uchembere wabwino.

2.3

TANTHAUZO LA MOYO WANGWIRO M'KUGONANA NDI UCHEMBERE M'DODOMEKO IYI

UNGWIRO M'KUGONANA

Pamene munthu moyo wake alibwino kumbali yathupi, zimene amamva, maganizo, chikhalidwe ndi uzimu wake kumbali ya zogonana wosangoyang'ana kuti alibe matenda, kusagwira bwino ntchito kwa thupi lake kapena chilema. Kugonana kwabwino

kumafunika kukhala ndi machitidwe a ulemu komanso abwino ku nkhani zokhudza kugonana ndi ma ubale wokhudza mwamuna komanso mkazi. Pamwamba pa izi, tiwonetsetse kuti kugonana kwathu ndi kokondweretsa komanso kotetezedwa, kumene kulibe kukakamiza ndi chiwawa. Kaya munthu asakha kuti azichita kapena asamachite nawo koma kugonana ndi mbali yimodzi yofunika zeedi pa moyo wake wa munthu. Kukhala womasuka pa nkhani yofotokozerana za m'mene ulili ndi kofunikanso kwa munthu kuti ukhoza kutenga nawo gawo pa chitukoko cha chuma, chikhalidwe komanso ndale.

UNGWIRO MU UCHEMBERE

Uchembere wabwino ndi pamene munthu moyo wake ulibwino kumbali yathupi, zimene umamva, maganizo, chikhalidwe ndi uzimu wako kumbali ya zogonana wosangoyang'ana kuti ulibe matenda, kapena chilema ndi kusagwira bwino ntchito kwa thupi lako kapena chilema kukhuzana ndi ziwalo zoberekerana ndi m'mene zimagwirira ntchito.

2.4

CHOLINGA CHA NDONDOMEKO YONSEYI

Kupereka upangiri kwa mipingo yonse imene imakhulupirira kuti Yesu

ndi mwana wa Mulungu komanso mabungwe amene ndi a Chikhristu mdziko muno kuti atengepo gawo kwathuthu lakuphunzitsa, kukonza ndi kuyendetsa zochitikachitika zokhuzana ndi mbali zonse za anthu, kugonana ndi kubereka zimene zingathandizire kusitha zotsatira za nkhani zakugonana ndi uchembere wabwino koma mogwirizana ndi ziphunzitso za chikhristu.

2.5

ZOLINGA ZA NDONDOMEKOYI KUMBALI ZONSE.

Zolinga za bungwe la EAM kumbali zonse za ndondomekoyi ndi izi:

2.5.1

Kupititsa patsogolo chidziwitso ndi maluso pakati pa atsogoleri ndi iwo amene sali atsogoleri mumipingo yosiyanasiana kwa onse pa nkhani za chibadwidwe, kugonana ndi uchembere wabwino.

2.5.2

Kutsogolera popanga ziganizo zoyenera, zabwino ndizothandiza pakati pa atsogoleri a zipembedzo amene amaphika ziganizo ndi amene amatso- golera ntchito zosiyanasiana zokhudza nkhani za kugonana ndi uchembere wabwino pa ziphunzitso komanso ndi amene amathandiza anthu.

2.5.3

Kupereka upangiri poyankha nkhani zokhudzana ndi zogonana ndi uchem-

bere wabwino pofuna kuwonetsera kuyenera kwakuchita chimene mpingo umakhulupirira kukhudzana ndi kupititsa patsogolo kukhala kwa mmoyo wabwino.

2.6

MIZATI YA NDONDOMEKOYI

Ndondomekoyi yakozedwa ndi bungwe la Evangelical Association of Malawi potsamira mizati iyi: Yagonera pa Baibulo, pa Yesu Khrist, za umoyo, komanso moyang'ana moyo wosatha.

2.7

MFUNDO ZOTSOGOLERA

Mfundo zotsogolera za ndondomeko iyi ya EAM zatsogozedwa ndi udindo umene bungweli lili nawo womema, kuyanjanitsa ndi kulimbikitsa mipingo mdziko lino la Malawi kuchita chitukuko chotheke komanso choyang'ana mbali zonse za moyo wake wa munthu. Fundo zimenezi ndi izi:

2.7.1 KUTENGA GAWO KWA ENI DERA

Kuonetsetsa kuti anthu amudera limene ntchito yikuchitikako, zipembedzo, andale ndi mafumu akutenga gawo pa chikonzero, kayendetsedwe, kuyang'anira ndi kufufuza ngati zili chonchodi ndi cholinga chofuna kulimbikitsa umwini ndi kupitirira kwa ntchitoyo.

2.7.2 KUTHANDIZANA NDI ENA

Kumangabe pa madziko amene ena anayamba wosati kuyika zina mopikisana ndi zimene zilipo kale mdziko muno pofuna kulimbikitsa ntchito za umoyo, mosamalitsa kwambiri kuti pasakhale m'nyalapsyo pa zimene timakhulupirira monga bungwe la EAM.

2.7.3 KUGWIRIZANA

Kupititsa patsogolo kugwirira ntchito pamodzi, kugwirizana ndi kuchitira limodzi ntchito zina monga wotsogolera magawo wosiyanasiyana komanso kufotokozera bwino ntchito zathu, pozindikira ubwino wofanana pa ntchito zina komanso popewa kupanga zimodzimodzi ndi kupititsa patsogolo kugwirira ntchito limodzi.

2.7.4 KUYENERA KWAKE

Ukhazikitsa pa kumvetsetsa bwino kwa zimene anthu ndi zipembedzo zamudera zimalemekeza, chidziwitso, machitidwe, m'mene awonera zithu ndi khalidwe mogwiriizana ndi ndondomeko iyi, kuphatikiza kusamalitsa za kusiyana kwa amuna ndi akazi ndi kuchitapo kathu.

2.7.5 KUSAMALA ZA KUSIYANA KWA PAKATI PA AMUNA NDI AKAZI

Kuzindikira kufunika kwakulemekeza ulemu ndi ufulu wa amuna koman-

so akazi popanga ziganizo komanso kupereka mwayi wofunika kwa akazi kuti liwu lawo limveke pa nkhani zonse zokhudza magwiridwe a ntchito zokhudza kugonana ndi uchembere wabwino.

2.7.6 ZOPITIRIRA

Pozindikira kufunika kwa ndalama zimene zimaperekedwa kulinga pa ntchito yoti yichitike komanso kulimbikitsa kasamalidwe ka chumacho pamene mipingo komanso onse wokhuzidwa amachita mbali yawo moyenera komanso mwabwino kuti pakhale kugwirizana kwa ntchito yimene yachitika ndi kupitirira kwa ntchito zokhudza kugonana ndi uchembere wabwino.

2.7.7 KUSAMALIRA

Kuwonetsetsa utsogoleri wochita motsozozedwa ndi mpingo ndi cholinga chofuna kutengapo magawo woyenera amene chikonzero chake ndi kachitidwe kake kadzakhala kogwirizana ndi zimene dziko linayika monga zofunika komanso monga mwa zosoweka za anthu.

2.7.8 KUCHITA CHIRICHONSE POYERA

Kupititsa patsogolo mtima wakusayi-wala udindo wakuyendetsa bwino zithu pa mulingo uliwonse wakukwaniritsa ndondomekoyi.

- 3. ZIGAWO ZOFUNIKA KWAMBIRI MU NDONDOMEKOYI -

3.1

UKWATI NDI BANJA

3.1.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO

Ukwati ndiko kulumikizana kwa mwamuna ndi mkazi movomerezeka komanso motsata pangano la ubale wodziwika ndi Mulungu. Izi zimachitika potsatira fundo zochokera m'baibulo komanso mogwirizana ndi m'mene zilili mumalamulo a dziko lino la Malawi amene amawuona ukwati monga chithu chomangika pa choonadi ndi kuti kugonana kuyenera kuchitika pakati pa mwamuna m'modzi ndi mkazins m'modzi mkati mwa ukwati.¹

Lamulo la ukwati la mu chaka cha 2015 lonena za kutha kwa ukwati ndi ubale wa banja², lamuloli limawona ukwati monga chithu chokhudza anthu awiri akuluakulu amene ndi wosiyana maliseche awo kapena ziwale zoberekera.³ Ukwati ndiwo malo woyamba mudera lililonse lokhalamo anthu, awa ndiwo malo abwino komanso woyenera kulereramo m'badwo wa mtsogolo.

M'banja ndiwo malo woyambirira komanso woyenera komanso alibe wofanana nawo, m'mene munthu amadziwika komanso kukuliramo kufika

ku ungiwiro. M'menemu ndi m'mene munthu amawumbidwira, kuphunziramo ndi kuyamba kutukuka. Kawirikawiri munthu amene wasemphana ndi zotere amakhala kuti wamanidwa zomufikitsa ku umunthu wanthuthu umene umamupanga kuti azitchedwa munthu.

Malamulo a dziko lino pofuna kuteteza ndi kusunga banja monga chithu chofunika, chachibadwidwe komanso chokhazikika mudera [Onani mumalamulo a dziko lino la Malawi, sekishoni 22(1), 13, 33], kuletsa kugonana kwa amuna wokhawokha komanso ukwati wa anthu wotere [Malamulo Mutu 7:01, sekishoni 153, sekishoni 156, ndi sekishoni 137A]. Komanso mukayang'ana, sekishoni 33 yimanena kuti; mwana aliyense ali ndi ufulu wakuleredwa ndi makolo ake, apa ndiye kuti malamulo akukaniratu mwamtuwagalu ganizo lililonse lakugonana kwa amuna kapena akazi wokhawokha komanso kuti mabanja wotere akhoza kumalera ana.

Zikhazikitso zimene ndi zofunika pa banja zikhoza kukwaniritsidwa pokhapo pamene mwamuna ndi mkazi azipereka wokha kwathuthu monga ukwati, anthu amene akukhala moyo wokondana komanso navomereza mphatso yatsopano mwakuberekana ndi maphunziro. Makolo amapereka nyumba kwa moyo wobadwawo, m'mene mwana uja amakula natukuka.

1 Laws of Malawi: the Penal Code, chapter 7:01, sections 153 (a) 154, (b) 156 (c), and the 2010 amended section 137A.

2 In spite of its numerous shortfalls such as endorsing permanent cohabitation as marriage (Marriage, Divorce and Family Relations Act).

3 Laws of Malawi: Section 14 of the Act further defined sex of a person as "determined at birth." Similarly, the Special Law Commission Report #16 on the Review of the Laws of Marriage and Divorce (2006).

Ma ufulu onse amene amafunika mwachibadwidwe kuti munthu akule monga munthu wathuthu nakhala weniweni m'banjamo komanso moyenera. Banja mwachikhalidwe chake limayenera kukhala pansu pa maufulu, maziko woyamba a dera lokhalamo anthu, komanso mphamvu yofunika kuti munthu akule monga munthu. Banja silingathe kukana nkhani yakufunika kwakuti banja lidzitha kulumikizana ndi zochitika pakati pa anthu. Ichi ndi china chimene chimasunga kufunika kwake, pakupita kwa nthawi mumbiri ya moyo wa anthu pali kusitha kwina ndi kwina kumene kwakhudza banja.

3.1.1.1 Ulemu ndi Umunthu

Munthu analengedwa mchifanizo ndi chikhalidwe chake cha Mulungu (Genesis 1:27) ndipo ndi wamtengo wake. Mulungu mwini wake amachifuna komanso kuchikonda chilengedwe chake pa chokha. Koteru munthu si chipangizo, kapena chinachake chimene mungathe kuchita nacho zimene mukufuna.

Zopangana ndi zogwirizana zokhudza dziko lonse lapansi zimatsimikizira komanso kuzindikira ulemu wobadwa nao umene anthu onse ali nao komanso kufanana kwa maufulu awo. Zopanganazi zimatsimikizira kuti ulemu uwu ndi wachilengedwe ndithu. Mwaichi, izi zimawonetsera kufunika ndi uzimu weniweni wa munthu wosati zimene munthu anachita kupanga pa yekha; si zotsatira za zofuna za ulamuliro wa anthu, kapena zochokera ku-

miyambo kapena zochitika mu mbiri ya anthu ayi.

Mu zopangana izi za dziko lonse lapansi, ulemu wa munthu anayikidwa pa chifukwa chachikumbumtima chimene munthu amabadwa nacho, chimene chimamupatsa ufulu wakusankha.⁴ The Encyclical *Pacem in Terris* (1963) nawonso amatsimikizira za ichi. Apa tsopano tikhoza kunena kuti ulemu wa umunthu si chithu choyenda mmagazi amtundu wa munthu, kapena chithu wamba ayi koma chithu chatanthauzo monga m'mene analembera mu zopangana za dziko lonse: kuti, ulemu ndi udindo wa aliyense amene ndi munthudi kuti akwaniritse ufulu wake, wosati monga chithu chomangochinena koma monga mwamuna kapena mkazi, bambo kapena mai, mwana kapena kholo.

Zopangana za dziko lonse lapansi zimatsimikizira komanso kuzindikira kufunika kwa munthu wina aliyense⁵, mwaichi zopanganazi zimaletsa sankho kapena kuyika malire pa ufulu umene munthu ali nawo poyang'ana "mtundu, khungu, mwamuna kapena mkazi, chinenero, chipembedzo, gulu la ndale kapena ganizo lake, dziko lochokera, mtundu wake, katundu wake, chilema, kapena mulimonse m'mene alili."⁶ Kufanana kotere kumawonekanaso bwino pamene tikuzindikira kuti munthu aliyense ali ndi kuyenerezedwa pa nkhani ya maufulu pa mulingo

4 Cf. Universal Declaration of Human Rights, art. 1.

5 Cf. Universal Declaration of Human Rights, art. 1.

6 Cf. Universal Declaration of Human Rights, art. 2

uliwonse umene iye akudutsamo monga munthu.

Chirichonse chimene chikunena za ulemu wake wa munthu, ufulu ndi ntchito zonsezi ndi zofanana kwa mwamuna komanso mkazi. Ulemu wa mwamuna komanso mkazi ndi kusithana kwawo ndi chitsimikizo chokhazikika cha ulemu wao wokwanira. Kusithanaku kumatathauza kuti palibe chokhazikika komanso kusiyanita pakufanana pakati pa mwamuna ndi mkazi kapena chosatheka kusithidwa komanso chimene sichingathe kuyanjanitsidwa pavuto lakusiyana kwake.

Ndikoyenera kuzindikiranso zimene bambo ndi mai amachita pakati pa anthu mudera limene akukhalamo. Zimene mai amachitira banja lake komanso mudera lake ndi zofunika kuziyang'ana ndi chidwi. Izi zapereka chidwi china kwa anthu ena woganiza pakati pathu munyengo ino. Gawo ili la umai limawoneka makamaka pa nkhani yakulera ana, thanzi, maphunziro, chipembedzo ndi zina zimene zimathandizira kuti banja likhale banja labwino. Mwachikhalidwe zimene amai amachita sibwino kuti zimphimbe zimene bambo amachita, podziwa kuti onsewa amathandizana.

Mogwirizana, pa banja, mwamuna komanso mkazi amachita zithu zawo pamodzi mothandizana wina ndi mnzake ndi cholinga chofuna kukwaniritsa moyo wao wakugonana monga banja komanso kulera ana. Pozindikira kuti kukhala bambo komanso mai ndi mphatso yina yapamwamba yimene

Namalenga anapereka kwa anthufe. Udindo wotere umatchedwanso kuti, kugawa kwa moyo, ndi bwino kuti dongosolo lakumadera komanso malamulo a dziko aziwonetsetsa kuti pali ndondomeko zothandizira akazi kukwaniritsa udindo wao monga amai pa ntchito yakulera ana.

Monga malo woyamba wokhalamo anthu mwachilengedwe, banja ndi malo a chitsanzo pa nkhani ya umodzi. Pa banja anthu amazindikira ulemu wao, ndikuzindikiranso udindo wao komanso kuphunzira kuoneka kufunika kwa ena. Umodzi pa banja umakula kudutsa mwamuna ndi mkazi wake, chikondi ndi ubale zimasefukira pakati pa makolo ndi ana, dzidzukululu komanso mibadwo yakutsogoloko.⁷

3.1.1.2 Mgwirizano pakati pa abambo ndi amayi
Mgwirizano weniweni wa umodzi umamangika pakuthandizana kwa kuzindikira kusasiyana pakati pa mwamuna ndi mkaziyo. Amuna ndi akazi amagawana zabwino ndi zovuta za umodzi wao mofanana.

Iwowa ndi wothandizana: “Mulungu ndipo adalenga munthu mchifanizo chake, mchifaniziro cha Mulungu anamulenga iye; adamlenga iwo mwamuna ndi mkazi” (Genesis 1:27). Pofuna kuwonetsa kuti anthu analenga mchifanizo cha Mulungu amene ali m'modzi, ayenera kumakhala mogwirizana ndi magawo awiri wothandizana: monga mwamuna komanso monga

⁷ Cf. Holy See, Charter of the Rights of the Family, 241183, articles 9 and 10.

mkazi. Kukhala kwa anthu akuyenera kumakhala mogawana chikhalidwe cha Mulungu chimene ndi chiyanjano cha chikondi.

Monga anthu, amuna komanso akazi timafanana mu zinthu zochitika komanso zofunika kwambiri. Mwa chirichonse cha icho, angakhale kuti zofunikazo zimasiyana mumphamvu zake, zokonda ndi kutsindika kwake. Kusiyananso kotere ndiye gwero la chilimbikitso. Chifukwa cha ichi, umodzi pakati pa mwamuna ndi mkazi umatheka kwathuthu pamene akazi ndi amuna agwirizana ndi kuthandizana pa ubale wao.

3.1.2 M'MENE BAIBULO LINENERA

Ukwati ndi chikhazikitso changwirowo cha anthu mwakugonana ndi zonse zimene zifunika mkatimo (kuberekana, ubale, komanso kugonana) zimene zikuchitika moyenera polemekeza udindo wakugonana. Muchikhazikitso cha ukwati, moyo wa kugonana kwa mwamuna ndi mkazi wake umachitika mu njira yoonadi ya umunthu komanso monga mbali yimodzi ya chikondi pamene mwamuna komanso mkazi amazipereka kwathuthu kwa wina ndi mnzake kufikira wina atatsikira kulichete.

Tikawerenga pa Genesis 2:23 mpaka 25, timamva kuti Mulungu ndi amene anakhazikitsa ukwati pakati pa mwamuna ndi mkazi, ndipo zimafunika kuti pakhale kuzipereka pakati pa mwamuna ndi mkazi. Monga mwachikonzero cha Mulungu, ukwati

umayimirira pangano limene limat-simikizira chikondi chachiyanjano chimene matupi a mwamuna ndi mkazi mololera amalumikizana namakhala mwachikondi m'moyo wao monga Mulungu mwini anafunira. Monga m'mene zilili m'baibulomu, mchitidwe wogonana m'banja ndi chimodzi cha zoyenera mupangano lachiyanjano cha chikondi, si chithu chimene tikhoza kuchiona monga chosayenera kapena chongoponyedwa pa anthu.

Iwo amene akwatirana, mwamna ndi mkazi amalumikizana wina ndi mnzake ndi kupanga thupi limodzi. Kotero sakhalanso awiri koma m'modzi. Chifukwa cha ichi, chimene Mulungu walumikizitsa, munthu asalekanitse (Mateyu 19:6). Mwaichi nkhanu ya kugonana ndi uchembere wabwino yiyenera kuwonedwa mogwirizana ndi m'mene Mulungu anakhazikitsira ukwati.

3.1.2.1 Chisankho chambali ya umunthu m'kugonana

Chisankho chambali ya umunthu m'kugonana chimakhudza zimene munthu akumva mthupi mwake, chikondi, komanso kuwutsana mudyo pakati pa iwo amene ndi wosiyana maliseche awo kapena ziwalo zoberekera. Pamwamba pa chikhalidwe cha umunthu wakugonana pakati pa mwamuna ndi mkazi palinso zikhalidwe zina zokhudzana ndikugonana.

Titsindike pano kuti kufikira lero lino palibe mawu aliwonse amene anzathu a luso lakuganiza mwakuya

(sayinsi) atulutsa lonena chifukwa chenicheni chimene chimamupangitsa munthu wa mwamuna kumasilira mwamuna mnzake m'malo mosilira mkazi. Ena mwa iwo amati, izi zimachitika chifukwa chakuti munthuyo ngati ali wamwamuna ndiye kuti muchibadwidwe chake anabadwa ndi zina za mkazi mwa iyeyo kapena ngati ali wa mkazi ndiye kuti alinso ndi zina zachimuna mwa iyeyo. Pamwamba pa izi iwo amakhulupiriranso kuti malo amene munthu akukhala ndi zimene akukumana nazo zimathanso kumpanga kuyamba kumasilira munthu mnzake wofanana naye ziwalo. A sayansi amakonda kugonerera kwam-biri kumbali yokhuza chibadwidwe zimene zimalunjika machitidwe a chibadwidwe kapena makolo ake a munthu ndi chikhaliidwe.

M'mene Mulungu amalenga anthu, anawapangiratu kuti wina akhale mwamuna ndipo wina akhale mkazi, nawapatsa kuthekera komasilirana, kukwathirana ndi gawonso lakutherana mangawa (kugonana) monga banja. Ganizo lililonse la sayansi, kapena la umunthu limene lingayime motsutsana ndi chilengedwechi silingathe kumpanga cholakwika kukhala cholondola (Levitiko 16:22, 20:12; 1 Akolinto 7:1-4; 6: 9-10; Aroma 1:26-27).

3.1.2.2 Kudzigona (Kugunjumula) monga njira yothetsera chilakolako

Kudzigona mwini (kugunjumula) ndi njira yimene anthu amasewera ndi maliseche awo ndi cholinga chakuti

nyere zikwere (atote) kufikira pamuyeso wakuturutsa umuna kapena chikazi kumene. Iwowa amachita izi monga njira yofuna kuti amve bwino komanso kuthetsa chilakolako chofuna mwamuna kapena mkazi.

Pamwamba pofuna kumva bwino anthu ena amene ndi wosakwatira kapena amene mzawo wabanja sakutha kugonana nawo, amachita izi chifukwa chakukhalitsa asanagone ndi mwamuna kapena mkazi ndipo amafuna kupungula muyeso wachilaolako chawo.

Mchitidwe wakuzigona wakhalala ukuwonedwa monga mpanduko komanso chizindikilo chowonetsa poyera kuti maganizidwe ndi uzimu wake wa munthu sukuyenda bwino.

3.1.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kugwirizitsa ndi kusamalira chikhaliidwe cha ukwati ndi banja monga pangano pakati pa mwamuna ndi mkazi, polemekeza chimene Mulungu anachikhazikitsa.

3.1.4 CHOLINGA CHA NDONDOMEKO IYI

3.1.4.1

Kuwunikira kamvetsetsedwe koyenera ka ukwati ndi banja monga m'mene Mulungu anakhazikitsira kuti tikhale ndi dziko labwino.

3.1.4.2

Kupititsa patsogolo moyo wa ukwati ndi banja labwino kwa mwamuna, mkazi ndi ana.

3.1.4.3

Kuwunikira mchitidwe wabwino pa ndondomeko za chikhalidwe pa ukwati komanso banja.

3.1.4.4

Kuwunikira ndi kumanga dziko lokhala ndi makhalidwe komanso mchitidwe abwino pa nkhani zogonana.

3.1.5 MAWU WONENETSA PA NDONDOMEKO IYI

3.1.5.1

Pangano la ukwati pakati pa mwamuna ndi mkazi lidzayenera kuchitika moyenera, mwa umulungu komanso mogwirizana ndi m'mene chilengedwe chinenera monga mwa tanthauzo lake la ukwati.

3.1.5.2

Mpingo udzayendetsa nkhani ya ukwati monga mwa lamulo pa nkhani ya zaka zokwatirira, kotero kukwatitsa kapena kumanga ukwati ndikololedwa kwa wokhawo amene mwachibadwidwe ndi mwamuna ndi mkazidi; amene ndi woyenera monga mwa zaka zokhazikitsidwa ndi malamulo a dziko.

3.1.5.3

Mwamuna komanso mkazi amene akufuna kuchita pangano la ukwati adzalimbikitsidwa kuti atsatire chilangizo choyenera kuchokera kwa makolo ake komanso ku mpingo monga ndondomeko zoyenera kutsatidwa kuti achite mapangano.

3.1.5.4

Kumvomereza kwa makolo kapena aliyense amene akukhala ndi munthu amene akufuna kulowa m'banja ndi kovomerezedwa pamene zaka ndi ma ululu wokhudzana ndi kulowa m'banja sanaphwanyidwe mwadala.

3.1.5.5

M'chitidwe uliwonse wokhala ndi mwamuna wina kapena mkazi wina, pamene uli ndi mwamuna kale kapena mkazi kale ndi wolakwika kwam-biri komaso siwabwino. Mwa ichi mchitidwewu ndi wosamvomerezeka pa ubwenzi, ukwati komanso banja.

3.1.5.6

M'chitidwe ulionse pa nkhani yakugonana umene ndi wotsutsana ndi njira yimene Mulungu anayika pa nkhani yakugonana ndi wosavomerezeka kotheratu komanso si wabwino pa ubwenzi ulionse, pa ukwati komanso pa banja.

3.1.5.7

Mwamphamvu zedi, mpingo uku-yima motsutsana ndi mchitidwe komanso chikhalidwe chimene chilimbikitsa kugonana kwa amuna wokha-wokha kapena akazi wokha-wokha. Mpingo sudzatenga nawo gawo lirilonse pa nkhani yopititsa patsogolo kapena kuvomereza lamulo lovomereza kugonana kwa amuna wokha-wokha kapena akazi wokha-wokha; mdziko muno komanso dziko lonse lapansi.

3.1.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.1.6.1

Kulimbikitsa komanso kuphatikiza nkhani iyi mu zochitikachitika zazikonzero zokhudza misonkhano, ziphuzitso komanso chilangizo cha iwo amene sanalowe m’banja komanso iwo amene ali pabanja, monga mbali yimene mipingo ndi mabungwe amene ndi a chikhristu azichita.

3.1.6.2

Kuwonjezera luso ndi ukadaulo wa chidziwitso pakati pa atsogoleri a mipingo pa nkhani za Chilangizo cha iwo amene sanalowe m’banja komanso iwo amene analowa kale m’banjamo, kupyolera mumisonkhano ya ziphuzitso monga zochitikachitika mumpingo madera onse.

3.1.6.3

Kulumikizana ndi boma pofuna kukhazikitsa lamulo loyang’ana mulingo wa maphunziro amene M’busa woyenera kumamanga kapena kudalitsa ma ukwati akuyenera kukhala nawo, wosangoti aliyense ayi.

3.1.6.4

Kulimbikitsa, kulumikizana ndi kugwirira ntchito pamodzi ndi magulu ena amene tifanana nawo masomphenya ndi maganizo kupyolera mumisonkhano ndi ntchito, pa nkhani za kulangiza iwo amene sanalowe m’banja ndi amene analowa kale.

3.1.6.5

Kulumikizana ndi boma pofuna kukhazikitsa malamulo ndi ndondomeko zopititsa patsogolo umunthu, chikhalidwe ndi machitidwe abwino kukhuzana ndi nkhani zachibadwidwe, kugonana ndi ukwati.

3.1.6.6

Kulumikizana ndi boma pofuna kudziwitsa mafumu malamulo amene amakhudza ukwati ndi kutha kwa ukwati mdziko lino la Malawi.

3.1.6.7

Kupereka upangiri ndi umphungu kwa onse amene akukhuzidwa ndi mchitidwe wozigona wokha kapena wogona ndi mwamuna mzawo kapena mkazi mzawo, monga mbali yimodzi yokonzanso ndi kuyanjanitsa iwo amene anasokonekera kumbali yimeneyi.

3.1.6.8

Kuyetsetsa kupititsa patsogolo maganizidwe a umunthu woyenera pakati pa anthu komanso kugwira ntchito ndi magulu ena wolimbikitsa chikhalidwe chabwino.

3.2

KUBEREKA NDI KULERA MWANA

3.2.1 M’MENE ZIMAKHALIRA

Ntchito yoti mwana abadwe kunjalo kuno yimayamba ndi kulumikizana kwa umuna (ukala) ndi dzira la mai,

izi zimachitikira muthumbo la mai mwachilengedwe. Kamphonda ndiko kamayambika ndipo kamphondaka kamakhazikika mchiberekero mpaka kukula kukhala mwana ndithu wokhala ndi ziwalo zonse za munthu. Pa nthawi yimene mwanayu akukula mkati mwachiberekelo ndi nthawinso yimene mayere amai amayamba kupanga mkaka, kukonzekera ntchito yoyamwitsa mwanayu akadzabadwa. Yikakwana miyezi yisanu ndi yinayi, mwanayu amaturuka mchiberekelo cha mai wake kukayamba moyo kunja kwa thupi la mai wake.

Chakudya chabwino kwambiri kwa mwana pamene wangobadwa kumene mpaka kumafika miyezi yisanu ndi umodzi ndi mkaka wa m'mayere umene umapereka chitetezo komanso chakudya chothandizira kuti mwana uja akule pamene zakudya zina zowonjezera zisanayambe kuperekedwa kwa iye.

Pakadutsa zaka ziwiri mwana uja amaletsedwa kuyamwa. Kusakhalira pamodzi mwamuna ndi mkazi wake pamene mwana wangobadwa kumene, monga muja zikhalira pamene mkazi ali mumsambo ndi chizindikilo chachikondi komanso ukhondo monga banja. Nthawi yimene mkazi amakhala akukha kapena kutaya magari ngakhalenso kumva maululu wosiyanasiyana pamene wangobereka kumene siyimakhala yofanana kwa akazi onse.

Kutaya magari kapena kukha pamene mai wachira ndi njira yinanso yimene yimamupatsa mai uja mwayi

wakutha kuthandizika ku matenda ena ndi ena amene amabwera chifukwa cha zovuta zakubereka. Kugonana ndi mkazi pa nthawi ngati iyi kumabweretsa matenda amene amayika moyo wa mai pachiswe. Iyi ndi nthawi yomuthandiza kuti asamve maululu wosiyanasiyana komanso kuthandizira kuchira kwa chiberekelo makamaka pamene mwamuna apewa kugona naye mai pa nthawi yotere.

Chitsimikizo cha ulemu kwa munthu aliyense chili ndi zotsatira zake ndipo chotsatira chachikulu ndiwo ufulu umene unalembedwa pa chitsimikizo chonena kuti, "Aliyense ali ndi ufulu wokhala ndi moyo, kumasuka ndi chitetezo"

Anthu ali ndi ufulu uwu kuyambira pa nthawi yimene moyo wao ukuyambika, kuyambira pamene mai wao atenga mimba wosati pamene abadwe pokha ayi.

Choyambirira munthu ali ndi ufulu wokhala ndi moyo, uwu ndi ufulu umene uli pamwamba pa maufulu onse, monga ufulu wofunika kwamabiri komanso wotetezedwa mwanjira yinayiriyonse, ufulu uyu sumatetezedwa ndi malamulo ndi ndondomeko za boma lokha ayi komanso chikhalidwe chathu.

"Choipa chirichonse chimene chimachitika molimbana ndi ulemu wake wa munthu aliyense sichidzatengedwa monga chopanda pake."⁸

8 Cf. Pope John Paul II, Respect for human rights: The Secret of true peace, art. 4.

3.2.1.1 Chitetezo cha munthu ali m'mimba ya mai wake komanso atabadwa

Zolembedwa ndi zopangana za mu chaka cha 1948, zimati “Munthu aliyense ali ndi ufulu wakukhala ndi moyo.” Ndongomeko iyi yinalembedwa pa zogwirizana pa nkhani ya ufulu wa mwana, ndipo yinavomerezedwa ndi bungwe la United Nations General Assembly pa November 20, mu chaka cha 1959, pamene anati “Popeza mwana amakhala wosakhwima nthupi komanso m'maganizo amafunika chisamaliro ndi chitetezo chapaderadera, kuphatikizanso chitetezo chake asanabadwe komanso atabwadwa.”

Chiganizo ichi chinalembedwanso mu mawu woyambirira pamene amalemba za msonkhano wa ufulu wa ana, amene anavomerezedwa ndi United Nations General Assembly pa November 20, mu chaka cha 1989. Iyi yikuyenera kuwonedwa monga fundo yaikulu muchikhazikitso cha chitetezo cha maufulu a ana padziko lonse lapansi (ius cogens⁹) popeza yinaikidwa muchikumbumtima cha wina aliyense padziko lapansi. Mwa ichi lamuloli likutsimikiza fundo yimene mpingo wa Chikatolika unakhazikitsa mu zolembe zawo kuti munthu amene sanabadwe ndi munthu ndithu.

Lamulo lirilonse limene lilimbikitsa ufulu wochotsa mimba kapena kuthana ndi moyo wamwana amene sanabadwe, lamulo lotere ndiye kuti likulimbana ndi lamulo limene linak-

hazikitsidwa kale pa dziko lonse lapansi. Lamulo lotere likufunsidwa kuti liganizire za ufulu wakuti mwana abwere ku dziko lapansi, mwanjira yomweyo ateteze mwana amene wabadwa kumene, makamaka atsikana atetezedwe ku mulandu wakupha ana wosabadwa. Kuwonetsetsa kuti iwo amene alibe kuthekera, athandizidwa kuti atukule maluso awo, komanso kusamalira iwo amene akudwala ndi wokalamba.”¹⁰

M'mene aliyense alili, ana wolumala nawonso ndi woyenera kutetezedwa komanso kulandira chithandizo mogwirizana ndi m'mene alili. Mwa ichi boma lithandize mabanja kulandira ndi manja awiri iwo amene anabadwa ndi ulumali, awonetsetse kuti nawonso ndi mbali yimodzi ya anthu ndi kuti nawonso akupindula ndi mathandizo woperekedwa poyang'ana m'mene alili ndi cholinga chofuna kuti nawonso amve kukoma pa maufulu wokhuza iwowo.¹¹

3.2.1.2 Ufulu wa mwana amene ali m'mimba ya ami wake

M'banja ndimo malo woyambirira pa chitetezo cha maufulu a ana. Chifukwa cha ichi mphatso ya moyo yikuyenera kuzindikiridwa kupyolera muchikhaldwe ndi bambo ndi mai, potengera ndi chilamulo cholembedwa pa umunthu wao komanso mugwirizano wao. Ubale wa pakati pa mai ndi mwana amene iwo akuyembekezera komanso ndi udindo

10 Cf. Pontifical Council for the Family, *The family and human rights*, 4. The right to life, 4.2 Protection before and after birth, art. 34

11 Cf. *Convention on the Rights of the Child*, art. 23.

9 Cf. *Vienna Declaration and Program of Action*.

wa bambo umene wina sangathe kulowa m'malo mwao, izi zimathandizira kuti mwana wosabadwa uja alandiridwe m'banja muja mogwirizana ndi lamulo lachilengedwe komanso kupezeka kwa bambo ndi mai.

Bambo pamodzi ndi mai monga banja, komanso ndi chikhalidwe chimene iwo ali, chimabadwitsa ndi kulera mwana. Mwa ichi mwana ali ndi ufulu wolandiridwa, kukonedwa komanso kidziwidwa m'banjamo. Chifukwa cha ichi, zokambirana pa ufulu wa ana zikutibweretsera poyera zimene tikuyenera kutsatira.

Ndikoyenera kuzindikira kuti kuyambira pamene moyo wayambika muchiberekelo cha mai, moyo wa munthu umakutidwa ndi ulemu wapaderadera komanso moyowo umakhala ukudalitsika ndi maufulu wosiyanasiyana monga m'mene ukudutsamo pakukulira kwake.

Kuyambira asanabadwe, munthu ndi woyenera kukhala ndi moyo komanso kutetezedwa monga munthu. Kuyambira pamene moyo wake wayambika munthu ali ndi ufulu wowerengedwa monga munthu komanso pokhala pake monga munthu, ndi zonse zomuyenereza monga munthu. Munthu amene sanabadwe ndi "mwana" pozindikira komanso ndi zikhalidwe zimene kukumana koyang'ana maufulu a ana anakhazikitsa.

Mwana amene sanabadwe ali ndi ufulu ku lamulo limene likumupatsa mpata wakukhala ndi moyo komanso kutukuka kufika pa muyeso umene an-

gathe. Dongosolo kapena chikonzero chokhudza chiwerengero cha anthu chimene chibweretsa chiwopsyezo pa moyo ndi thanzi la mwana, chi-yenera kutengedwa monga chotsutsana kwathuthu ndi ufulu ndi ulemu wa moyo wa munthu.

Mwana amene sanabadwe ali ndi ufulu ku lamulo lomuteteza ku chirichinse chofuna kuyeserera pa moyo wake monga munthu, ngakhalenso ku makhwala amene adzaperekedwa mwachindunji kwa iye koma wopanda ndondomeko za chitetezo pa umoyo wake.

Pamwamba pa izi ganizo lofuna kumayerekezera kupanga ana mwa sayansi komanso mchitidwe ulionse umene ubweretsa chiwopyesezo pa ulemu wa mwana wosabadwa ukuyenera kuletse-dwa: Moyo suyenera kupeputsidwa ndi kuwoneredwera pansu pa muyeso wowufanizira ndi chithu wamba ayi. Mwana amene sanabadwe ali ndi ufulu wodziwidwa ndi makolo ake, ku chilo-wa chake, izi zimuyenereza kutetezedwa ku chimene ali.

Mwana amene sanabadwe ali ndi ufulu wokhala pa muyezo wa moyo woyenera kuti akule bwino mu uzimu, kuthupi komanso mchikhalidwe, ngakhale kutachitika kuti ukwati pakati pa mai ndi bambo ake ake watha. Makolowo akuyenera kutenga udindo wosamalira ana awo kufikira pa muyeso umene anawo aphunzira ndipo afika poziyimira wokha monga anthu, kumbali ya uzimu komanso chikhalidwe. Pofuna kukwaniritsa

ichi, malamulo komanso ntchito za boma zikuyenera kugwirizana popereka thandizo lokwanira ku mabanja.

Pogwirizana ndi fundo yothandizira mbali yimene sangathe makamaka pamene banja silingathe kuteteza mwana amene sanabadwe, boma lidzakhala ndi udindo wochitapo kathu, mwapadera kumuthandiza maiyo asanabadwitse mwana komanso mwanayo atabadwa. Momwemonso boma lidzalowerera pa moyo wabanja pamene ulemu ndi ufulu wa mwana uli pa chiwopsyezo chachikulu, posamalitsa “chimene chikufunika kwa mwanayo kwambiri,” mopanda sankho lililonse.

Ntchito yodzamitsa tathauzo la ufulu wakusunga mwana amene sunabereke ndi iwe lizawonedwa pa lokha, pamene nthawi zonse tikuganizirabe “tidzasamalitsa kwambiri chimene ndi chofunika kwa mwana,. Popanda kuphatikiza ichi ndi zina zimene ndi zofunikanso monga m'mene tingaziwonere. Poyang'ana ichi chimene ndi chofunika kwambiri, kukanitsitsa kwamtuwagalulu kukhalepo pamene wofuna kulera mwana amene sanabereke ndi iwowoyo atakhala banja limene ndi anthu amene ndi aziwalo zofanana banja la amuna kapena akazi wokhawokha. Pamalo wotere moyo mwanayo udzakhala kuti wasokozedwa kowopsya.^{12 13 14 15 16}

3.2.1.3 Ufulu wa mabanja ndi kuchepa mphamvu kwao

Chikhazikitso cha dziko lonse lapansi chimavomereza mwamuna ndi mkazi kuti akhoza kukwatira ndi kukhala ndi banja.¹⁷ Mogwirizana ndi chiphunzitsosochi cha msonkhano waukulu wachikatoika ku Vatican, Pope John Paul II anatsindika kuti banja “ndilo kagulu koyamba pakati pa anthu kapena mudera.” Chikhazikitsocho chinatsimikiza kuti “kagulu koyamba kachilengedwe”¹⁸ aka ndikoyenera kutetezedwa wosati ndi boma lokha komanso ndi anthu onse. Chikhazikitso ichi chinafuna kutsindika kufunika kopititsa patsogolo banja pakati pa magulu ena wopezeka pakati pa anthu.

3.2.1.4 Banja, mphunzitsi woyamba

Chikhazikitsochi chikuwonetsanso kufunika kwa ufulu wakukhala ndi katundu wosati kungoyang'ana za munthu pa yekha komanso mogwirizana ndi ena.¹⁹ Chikhazikitsochi chimalemekezanso ufulu wachipembedzo, kuphatikiza kuti wokhulupirira ena akhoza kukhalanso ndi anzawo pa chipembedzo komanso maphunziro.²⁰ Pomaliza chikhazikitsocho chinatsindika kufunika kuti makolo ayeneranso kukhala ndi ufulu wosakha ndi kupereka umphungu kwa ana awo kumbali ya maphunziro.²¹ Ndikoyenera komanso kwabwino kuti tizindikire

12 Cf. Convention on the Rights of the Child, art. 8.

13 Cf. Convention on the Rights of the Child, art. 27.

14 Cf. Convention on the Rights of the Child, art. 17 and 18.

15 Cf. Convention on the Rights of the Child, art. 20.

16 Cf. Convention on the Rights of the Child, art. 21.

17 Cf. Universal Declaration of Human Rights, art. 16, 1.

18 Cf. Universal Declaration of Human Rights, art. 16.

19 Cf. Universal Declaration of Human Rights, art. 17, 1.

20 Cf. Universal Declaration of Human Rights, art. 26, 3.

21 Cf. Universal Declaration of Human Rights, art. 26, 3.

kuti cholinga cha makolo pa nkhani ya maphunziro chimathandizana bwino ndi zolinga za magulu amene amayendetsa za maphunziro.

Makolo “amagawana zolinga za maphunziro ndi ena komanso magulu wokhuzidwa, monga mpingo ndi dziko. Koma cholinga cha maphunziro chiyenera kuyendera limodzi ndi fundo yakuchepekedwa mphamvu kwa makolo.”²² Chisamayiwaliwe kuti ena amatenga gawo ndi udindo wao mu ndondomeko ya maphunziro mu dzina lakuti ndi kholo, mwakuvomereza ndi mphamvu zao kulekeza pena pake.”²³

Mwachilengedwe monga maphunziro ambiri wophunza ana amanenera kuti, zaka zoyambirira za moyo wa mwana ndi zimene zili ndi gawo lalikulu lakuwumba chimene mwanayo adzakhale monga munthu. Mwa ichi, pamene makolo apititsa mwana ku sukulu yakufuna kwao, izi sizimachitira ubwino mwana yekhayo komanso anthu apadera.

Ngakhale zili choncho, monga mwazitsanzo za m'mene zilili mumayiko ena kuphatikiza maiko wotukuka, njira yimodzi yowonongera banja ndiyo kulimana banjalo mphamvu yake pa maphunziro pobisalira ku mawu wonena kuti tifuna kupereka mwai wofanana kwa onse.

Poyang'ana izi, “Ufulu wa ana” umachokera moyang'anizana ndi ufulu

wabanja. Boma kawirikawiri limalowerera madera amene ndi wokhuzidwa banja mu dzina la demokalase yimene yimayenera kulemekeza fundo ya wochepea mphamvu. Timapezeka kuti tili pamaso pa iwo amene ndi mphamvu komanso wopezeka paliponse. Boma komanso magulu ena amatha kutenga umwini pa ana nayamba kulakhula m'malo mwa anawo, nawachotsa m'banja lawo. Mwatsoka yilo monga m'mene zakhala zikukhalira m'mbuyomu komanso panopa, china chimene chingapangitse kukhala ndi ulamuliro wa mphamvu ndiko kukhala ndi ana wopanda mabanja. Kuchita kulikonse kofuna kuti mabanja asakhalepo kwakhala kukulephera ndithu.

3.2.1.5 Tetezani ulamuliro wa banja

Lero banja likufunika chitetezo chapaderadera ndi iwo akukhala ndi ulamuliro. Nthawi zina banja limatha kupanikizidwa ndi boma, zimachitikanso kuti banja lomwelolimathanso kukumana ndi zokhoma kuchokera ku magulu ena amene si a boma, magulu wolumikizana ndi magulu akunja kwa dziko lino ndi ena. Boma liri ndi udindo woteteza ulamuliro wa banja chifukwa banja ndi limene limamangilira mudzi. Pamwamba pa ichi, kuteteza ulamuliro wa banja kumathandizira kuteteza ulamuliro wa dziko. Lero mudzina lolemekeza maganizo a magulu moga Malthusian, hedonist ndi utilitarian, banja lasauka ndi nkondo zosiyanasiyana mpaka kufika

22 Cf. Letter to families from Pope John Paul II. *Gratissimam Sane*, I. The civilization of love, art. 16.

23 Cf. Letter to families from Pope John Paul II. *Gratissimam Sane*, I. The civilization of love, art. 16.

pa muyeso womafunsa chiyambi chake cha banjalo. Magulu wosiyanasiyana akulimbikitsa zopatula banja kucholinga chake chakugonana ndi kubereka na nachepsya mphamvu ya banja.

Mu maiko ambiri, zaka zokhala pa ukwati zawonjezereka ngakhale msinkhu umene mkazi akuyenera kubereka mwana wake woyamba. Chiwerengero cha mabanja amene akutha chafika podabwitsa.²⁴ Mabanja “amene anatha komanso amene analumikizanso” ndi amene ana amavutika kwambiri komanso amakhala pa umphawi ndi kusolidwa. Pali kusiyana pakati pa chimene chizindikirika koyambirira ndi udindo umene banja likuyenera kulingalirapo (zofunika kwambiri mukafukufuku), kukanidwa ndi zovuta zimene banja limakumana nazo mu zigawo komanso maiko ena.

3.2.2 M'MENE BAIBULO LINENERA

Pa Genesis 1:28 pali mawu awa, “Mulungu ndipo anadalitsa iwo, ndipo adati kwa iwo, Mubarane, muchuruke, mudzadze dziko lapansi, muligonjetse: mulamulire nsomba za m'nyanja, ndi pa mbalame za m'lengalenga, ndi za moyo zonse zakukwawa pa dziko lapansi.” Wolemba salimo adati, “Tao-nani ana ndiwo cholandira cha kwa Yehova: chipatso cha m'mimba ndicho mphoto yake” (Maslmo 127:3). Mwana amayembekezera kusiya kuyamwa pakatha miyezi makumi awiri ndi yinayi, zikatero aperekedwe ku utumiki wa

Yehova. Pamene mwana uja akukula, pa nthawi iyi, ndi udindo wa makolo onse awiri kupitiriza kulera mwanayo, kumusamala, kuphunzitsa ndi kumpatsa chakudya cha thanzi ndi zonse zoyenera kuti akule monga kuyenera magawo onse a moyo wake wa munthu. (Deuteronomy 6:7, Miyambo 22:6, Aefeso 6:13).

3.2.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kumanga mabanja a mphamvu wokhala ndi udindo waukulu pa ana awo komanso banja lonse mogwirizana ndi Namalenga pa udindo wa ubereki ndi ukholo.

3.2.4 ZOLINGA ZA NDONDOMEKOYI

3.2.4.1

Kupititsa patsogolo udindo wobereka ndi kulera ana moopa Mulungu m'mabanja onse ndi madera onse mdziko lino la Malawi.

3.2.4.2

Kupereka ndondomeko yomveka bwino komanso kumvetsetsa koyenera pa nkhani za m'mene nkhani za umoyo zilili pogwirizana ndi kubereka mwana ndi kumulera.

3.2.5 MAWU WONENETSA PA NDONDOMEKOYI

3.2.5.1

Kuperekedwa kwa chisamaliro choyenera komanso chokwanira kwa akazi amene ali ndi pakati pa nthawi yoyem-

²⁴ In some countries, this proportion reaches one-third.

bekezera komanso pamene achira udzakhala udindo wa mabanja onse.

3.2.5.2

Mpingo udzalimbikitsa chikhalidwe ndi mchitidwe wosakasaka chisamaliro choyenera komanso chokwanira kwa akazi amene ali ndi pakati pa nthawi yoyembekezera komanso pamene achira.

3.2.5.3

Mpingo udzalemekeza komanso kudandaulira amai woyamwitsa kuti aziyamwitsa ana awo mwakathithi kwa miyezi isanu ndi umodzi yoyambirira, komanso kuti apitirize kuyamwitsa mwanayo kwa chaka ndi theka, ngati palibe vuto lililonse kwa mai kapena mwana; apitirize kuyamwitsa ndithu kwa zaka ziwiri zathuthu.

3.2.5.4

Mpingo udzaphunzitsa ndi kudandaulira pa ndondomeko zonse zokhudza matenda a HIV ndi AIDS komanso zonse zokhudza kuyamwitsa kuti azithandizanso mai amene anakhuzidwa ndi HIV.

3.2.5.5

Mwamuna komanso mkazi asasiye kugonana monga banja pokhapokha patakhalala zina zokhudza umoyo wa matupi awo kapena vuto lina limene likhoza kukhudza mkazi kapena mwamuna kapenanso mwana amene sanabadwe, ngati atamagonana monga banja.

3.2.5.6

Kuyamwitsa mwakathithi kwa miyezi isanu ndi umodzi yoyambirira, komanso kuti apitirize kuyamwitsa mwanayo kwa chaka ndi theka, ngati palibe vuto lililonse kwa mai kapena mwana; ndikuwonjezerapo zakudya zina zofunika kuti mwana akule ndi thanzi.

3.2.5.7

Mpingo udzadandaulira komanso kupititsa patsogolo chisamaliro cha akazi amene ali ndi pakati, kubereka kwao komanso pamene angochira kumene ndipo izi adzathandizidwa ndi azamba amene ali ndi ukadaulo komanso luso pa nkhani zotere.

3.2.5.8

Tidzadandaulira mabanja kuti akhale ndi banja la ana wosapitirira anayi monga yimodzi ya njira zoperekera chisamaliro ndi chithandizo cha ana, kuphatikizapo maphunziro, chakudya chabwino, malo wokhala ndi zina zofunika pa moyo wake wa munthu kuti akule bwino.

3.2.5.9

Makhwala aliwonse amene ndi wopaka pa liwombo, pa mchombo, zomangilira mchiwuno, mkhosi, m'miyendo ngakhale m'mabondo ndi zosaloledwa pa thupi lamwana chifukwa umenewu ndi utchisi komanso chikunja.

3.2.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.2.6.1

Kukuza chidziwitso cha Abusa ndi At-

sogoleri a mipingo pa nkhani za kubereka ndi kulera ana.

3.2.6.2

Kulumikizana ndi Boma ndi magulu ena wokhuzidwa kuti pakhale kusitha pa ntchito za umoyo ndi malo amene amagwirirako ntchito yopereka thandizo la za umoyo kuti aliyense azitha kufikako angakhalenso ku malo amene ndi wovuta kufikako.

3.3

KUCHOTSA MIMBA

3.3.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO

Kuchotsa mimba ndiwo mchitidwe wodulizira mimba yisafike poti mwanayo abadwe, izi zimachitika mwakuchotsa mwana wosabadwa mokakamiza kuchokera mchiberekele. Zoterezi zimatha kuchitika magawo awiri, chigawo choyamba chimachitika mwangozi ndipo uku kumatchedwa kupititsa padera. Chigawo chachiwiri chimachitika mwakufuna ndithu kuti akufuna kuchotsa mimba.

Ngati mchitidwe wotere wachitika pamene nthawi yoti mwanayo abadwe yinakwana, umatchedwa kuchotsa mimba koma mochedwa. Makono kuli njira komanso mankhwala amene akumatha kuchotsera mimba mwakufuna kwa munthuyo. Mankhwalawa ndi amphamvu ndithu ndipo amagwira ntchito monga m'mene munthu angathandizikire pamene akuchira.

Bungwe lowona za umoyo pa dziko

lonse lapansi (The World Health Organization) limalimbikitsa kuti ndi bwino thandizo lakachotsedwe kamimba kotere kamene sikakhala ndi vuto lililonse litamaperekedwa kwa akazi onse pa dziko lonse lapansi. Kuchotsa mimba kopanda kutetezedwa kukuchititsa kuti akazi wosachepera 47,000 azimwalira komanso akazi 5 miliyoni azigonekedwa mchipatala chaka ndi chaka dziko lonse lapansi.

Mimba zosachepera 44 miliyoni zimachotsedwa chaka chirichonse pa dziko lonse lapansi ndipo theka la mimba zochotsedwazi zimachotsedwa mobweretsa vuto kwa wochotsayo. Mimba zimene zimachotsedwa mwakufunazi zimachotsedwa mu njira zosiyanasiyana pogwiritsa ntchito makhwala a zitsamba, zida zakuthwa, mwakudzudza thupi, ndi njira zina zachikhalidwe. Pena ndi pena kuchotsa mimba kumachitika pa zifukwa monga izi: kugwiriridwa, mvuto limene mwana wosabadwayo ali nalo, mavuto a chikhalidwe ndi chuma kapena pamene moyo wa mai uli pachiwopysesozo.

3.3.2 M'MENE BAIBULO LIMANENERA ZA NKHANIYI

Madera ambiri a dziko lapansi pali mt-sutsano waukulu poyang'ana umunthu, kuyenera, komanso lamulo lakuchotsa mimba. Iwo amene amatsutsa nkhanu yakuchotsa mimba amakhulupirira kuti kamphondaphonda (mwana wosabadwa) kaja ndi munthu ndithu ndipo ali ndi ufulu wakukhala ndi moyo

ndipo kuchotsa mimba ndi kupha basi. Moyo wa munthu umayambika pamene umuna (ukala) wakumana ndi dzira la mkazi ndipo Mulungu mwini amatenga gawo pa mulingo uli onse umene mwana akudutsamo pakukula kwake mkati mwa mimba ya mai wakewo (Masalmo 139:13-16, Yeremiya 1:5). Kulumikizana kwa mphamvu zochokera kwa mai ndi bambo kumabweretsa moyo wina umene umakhala ndi mtundu wake (mwamuna kapena mkazi). Kuyambira apapa kathuko kamakhala molumikizana ndi ma ubale ena; monga chipatso cha mai ndi bambo komanso monga mphatso ya Mulungu Namalenga. Kamphondaphonda kamakhala kathu ka moyo, kamene kamakhala pa dongosolo loti kakule molumikizana ndi mai ake, uku kakudutsa mwambiri kuti kakule mkati mwa chiberekelo kenako kunja kwa chiberekelocho. Malo wosiyanasiyana kugwiritsa ntchito zinthunzi zosiyanasiyana, malemba amaperekeranso umboni pa nkhani ya ntchito yimene Mulungu amagwira mkati mwa mimba mwana asanabadwe.

Mulungu amalenga ziwalo zathu zamkati, nazilumikiza pamodzi motilemekeza (Masalmo 139:13-16), amatiwumba monga dothi, natيسانula monga mkaka wotetha, natisanganiza monga chakudya, natimveka ndi khungu ndi mnofu (Yobu 10:8-11), amatipatsa mpweya ndi moyo, naika zonse mwa ife, natumiza mpweya mkati mwamafupa tili m'mimba (Mla-

liki 11:5), natitsitsimutsa ndi mzimu wa moyo. Tisanaumbidwe m'mimba ya mai wathu Iye anatidziwa. Ngakhale tisanabadwe Iye anatipatula (Yeremiya 1:5). Malemba amatiwonetsera kuti maitanidwe a Mulungu, komanso kuwatchula ndi kupatula kwa iwo amene anawasankha kunachitika anthuwo adakali m'mimba ya mai wao.

Mpingo nthawi zonse udzakhazikikabe polemekeza moyo wake wa munthu kuyambira pamene umayambira "Ulemu pa moyo wa munthu ukuyambira pamene chikhazikitso chonse chokhudzana ndi kuyambika kwa moyo chachitika mkati mwa mimba ya mkazi. Podziwa kuti sikungatheke kathuko kukhala munthu pamene sikanali munthu poyamba."²⁵

Chipangano chatsopano chimatsimikizira za ichi kupyolera mu chimwemwe chimene Elizabeti ndi Mariya anali nacho, komanso pakati pa ana awiri amene iwo anali nawo m'mimba zawo. Mwana ameme anali m'mimba ya Elizabeti anakondwera chifukwa anamudziwa mwana amene anali m'mimba ya Mariya amene ndi Yesu. Mwana amene adakali m'mimba mwa mai wake ayenera kusamalidwa, kutetezedwa ndi kusangalala ndi ufulu wakukhala ndi moyo monga munthu.

Mpingo uli ndi udindo umene Mulungu anawupatsa ndiko kulakhulira anthu amene sangathe kudzilakhulira pawokha kuphatikizapo ana wosabadwa (Miyambo 31:8-9). Mwazi

²⁵ Cf. Sacred Congregation for the Doctrine of the Faith, Declaration on procured abortion, art. 12.

ndi miyoyo yimene yataika chifukwa chakukanika kwa mpingo pa udindo wao udzafunsidwa pa mutu pa mpingowo ndipo mpingo udzalangidwa chifukwa chakusamvera kwake. Anthu wonse a moyo kuphatikiza ana wosabadwa ayenera kupatsidwa mwayi wosangalala komanso kukhala ndi ufulu wakukhala ndi moyo. Poyang'ana zimene mawu a Mulungu akunena, ndi ntchimo lalikulu kukhetisa mwazi wa munthu amene sanalakwe mwakuchotsa mimba ndipo ndizosavomerezeka ndi mawu a Mulungu. Mkwiyi wa Mulungu umabwera pa dziko chifukwa cha zisankho kapena ziganizo zimene maiko, magulu ndi anthu apanga.

3.3.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kugwiriziza ufulu wakukhala ndi moyo kwa anthu onse kuphatikiza ana amene sanabadwe.

3.3.4 CHOLINGA CHA NDONDOMEKOYI

3.3.4.1

Kuteteza ndi kusungabe moyo wa ana amene sanabadwe ndi kugwiriziza ufulu wakukhala ndi moyo kuphatikiza iwo amene sangathe kuzilakhulira.

3.3.4.2

Kukhazikitsa dziko limene anthu ake akhoza kukhala nacho chikumbumtima cholemekeza moyo wa munthu kuyambira pamene moyowo umayambira ndi kuvomera kuti udindo

wochotsa moyo ukhale m'manja mwa Namalenga yekha.

3.3.5 MAWU WONENETSA PA NDONDOMEKOYI

3.3.5.1

Mpingo ukuyima mwaphamvu kututsana ndi khalidwe lochotsa mimba, mwa njira yina yiriyonse yimene yikhoza kugwiritsidwa ntchito mwachindunji ndi cholinga choti mimba yichoke, kaya ndi ya makhwala kaya njira za chipatala ndi zina zotero.

3.3.5.2

Mchitidwe uliwonse wochotsa moyo kuphatikiza kuchotsa mimba mwakufuna, mpingo udzakutengabe monga mchitidwe wochotsa moyo.

3.3.5.3 Kuchotsa mimba ndi zotsatira zake

Anthu onse amene akukhuzidwa ndi mchitidwe wophwanya malamulo pa nkhani yakugonana, kuphatikizapo kugwirira adzayenera kulandira chilango chowayenera.

3.3.5.4

Kugwiriziza chikhalidwe chimene chiteteza mchitidwe woipa pa nkhani yakugonana monganso chozembera china chimene anthu amagwiritsa ntchito pofuna kulungamitsa mchitidwe wochotsa mimba mwakufuna kwao ndipo iyi yidzakhala njira yimodzi yoteteza kuchotsa mimba chisawawa.

3.3.5.5

Akazi amene akhoza kutenga mimba

kupyolera mu njira yogwiridwa kape-
na kunyengereredwa, azafunsidwa kuti
asachotse mimbayo koma akhale nayo
mpaka atabereka mwanayo pofuna kule-
mekeza ufulu woti mwanayo akuyenera
kukhala ndi moyo komanso kulemekeza
moyo wa mwana wosalakwayo.

3.3.5.6

Chisamaliro choyenera, thandizo ku-
phatikizapo chikondi zikuyenera ku-
perekedwa kwa atsikana komanso
amai amene ufulu wao waphwanyidwa
ndi mwina zotsatira zake ndi kutenga
mimba yosakonzekera.

3.3.5.7

Mpingo udzachita chotheka kutsati-
ra njira zonse, kuphunzitsa njira zo-
pewera mimba zosafunika komanso
zosakonzekera monga njira yimodzi
yochepetsa imfa za uchembere zimene
zimabwera chifukwa chochotsa mim-
ba chisawawa.

3.3.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.3.6.1

Kuthandiza Abusa ndi atsogoleri a mi-
pingo pa nkhani zokhudza kuchotsa
mimba mofuna.

3.3.6.2

Kuphunzitsa, kulalikira pafupipafupi
za mchitidwewu ndi kuipa kwake pa-
kati pa iwo amene ali pabanja komanso
amene sanakwatire ndi cholinga cho-
funa kupewa mimba zosakonzekera.
(Deuteronomy 6:4-7).

3.3.6.3

Kukambitsana nalo Boma la dziko
la Malawi, Mafumu komanso ena
wokhuzidwa kuphatikizapo atsogoleri
andale kuti asavomere lamulo lochotsa
mimba mdziko muno.

3.4

KUSABEREKA

3.4.1 M'MENE NKHANIYI YILILI

M'DZIKO MUNO

Kusabereka ndi mchitidwe umene
umakhudza anthu, mitengo kape-
na nyama pamene mwachilengedwa
sizingathe kubereka kapensa kuturutsa
chipatso. Kumbali ya anthu, kusabere-
ka ndi pamene munthu wamkazi san-
gathe kutenga mimba kapena pamene
akukanika kusunga mimbayo mpaka
mwana kubadwa. Kumbali ya mwa-
muna, kusabereka ndiko kulephera ku-
pereka mimba kwa munthu wa mkazi.
Kusabereka kutha kuchitika pa moyo
wa munthu pa zifukwa zosiyanasiya-
na monga izi: zotengera ku mtundu
wanu, chibadwidwe cha ziwalo zanu,
matenda wopatsirana, zowopsya zina
zimene zinakuchitikira ndi zina zotero
zimene zinazo zimatheka ndi makh-
wala pamene zinazo sizimatheka.

Nkhani yakusabereka, pa anthu 100
aliwonse amene samabereka, anthu 40
amakhala kuti ndi amuna, pamene 40
ena amakhala kuti ndi akazi, ndipo
anthu 20 zimachitika chifukwa cha
zovuta zimene zikukhudza mwamu-
na kapena mkazi. Kusabereka kuli

mitundu pawiri, koyamba kapena kwachiwiri.

Kusabereka kwa gulu loyamba ndi pamene munthu wakhala ndi mkazi kwa chaka chathuthu koma mkaziyo wosatenga mimba, pamene kusabereka kwachiwiri ndi pamene onse awiri anaberekako m'mbuyomo koma iwo-wa atakumana kwa chaka chathuthu popanda kugwiritsa ntchito makhwala akulera akukanika kuti apatsane mimba. Makono ntchito zachipatala zaturukira sayansi yokhudza kubereka yimene akuyitcha kuti makhwala a mvuto lakusabereka, amene akulowa m'malo mwa njira yachilengedwe yakutenga mimba komanso ndi njira yimene yimapatula mwamuna ndi mkazi pa nkhani yakugonana nawona mwana mwachibadwidwe. Njira iyi siyimadalira kugonana kwa mwamuna ndi mkazi mwachilengedwe kuti atenge mimba, ndi njira yimene popanda mwamuna ndi mkazi wake kugonana mkaziyo amatengabe mimba.

Zina mwa izo ndi izi: kubayidwa kwa mkazi ndi jekeseni amene watenaga umuna wa mwamuna wina amene amabereka ndipo wathiridwa mthupi la mkazi amene mwamuna wake sabereka (muja tichitira ndi ng'ombe, tikafuna kuti yitenge bere la ng'ombe yachizungu). Kusamutsa kamphondaphonda malo ena ndi kukayika mwa mkazi amene sabereka. Izi ndi njira zimene amagwiritsa ntchito zofuna kuti munthu abereke koma mopanda kutsata njira yachikhalidwe yimene ndi kugonana kwa mwamuna ndi mkazi.

3.4.2 M'MENE BAIBULO LINENERA

Mpingo umayiwona nkhani yakusabereka ndi chithunzithuzi cha uzimu pozindikira kuti kusabereka chimatha kukhala chifuniro cha Mulungu pa banja la munthu kwa nthawi yimene Mulungu wafuna kuti banjalo lidutsemo monga mwa nkhani zija za Abrahamu ndi Sarah, Yakobo ndi Rakele. Komanso ndi zotheka kuti kusabereka kumachitika monga zotsatira zakusamvera Mulungu monga mawu anena pa Deuteronomy 28:18. Pamwamba pa izi, yiliponso nthawi yimene Mulungu amafuna kuwonetsera ukulu wake, monga m'mene anachitira ndi Rakele potseka mimba yake ndi kutsegula ya Leya (Genesis 29:31).

3.4.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kubweretsa chiyembekezo, moyo wokhutitsidwa ndi kuyamika Mulungu mu zonse monga banja pamene pali kuthekera kwa kutenga mimba kapena ayi.

3.4.4 CHOLINGA CHA NDONDOMEKOYI

3.4.4.1

Kupititsa patsogolo chikhalidwe ndi mchitidwe umene udzateteza kusabereka kwa mtundu woyamba komanso wachiwiri mwa njira yina yiriyonse.

3.4.4.2

Kupititsa patsogolo khalidwe lovomereza chimene anthu ali monga banja pa nkhani yakusabereka atatha

kuchita chirichonse chimene akanatha kuchita kuti akhale ndi mwana.

3.4.5 MAWU WONENETSA PA NDONDOMEKOYI

3.4.5.1

Munthu amene wangobadwa kumene mdziko, amabadwa kuchokera ku chiyanjano cha mwamuna ndi mkazi wake (kugonana), kuchokera muchiyanjano chotere munthu amene wangobadwa kumene amalowa mdziko, munthu wotere amakhala kuti watenge chifanizo cha Mulungu mwini.

3.4.5.2

Mabanja amene ali ndi mvuto lakusabereka adzalimbikitsidwa kuti akawunikidwe ndi a chipatala, kuti mwakutero akadziwe chimene chinakhotetsa nyani mchira, komanso akadziwe ngati akhoza kuthandizidwa kapena ayi.

3.4.5.3

Chimene Mulungu anayika pa nkhani ya kugonana kwa anthu sichidzatheka kusithidwa ndi maganizo a anthu pa kunyalapsya ntchito yakubereka ana monga mwa chifuniro cha Mulungu chifukwa cha sayansi.

3.4.5.4

Ngakhale zikuwoneka ngati zoyenera pa zifukwa zina, sichololedwa kusiya kugonana pa nthawi yimene mai akutetera (pamene akhoza kutenga mimba mosavuta, pamene ali pafupi kulowa mumsambo) chifukwa chofuna kulemekeza nzeru zina za sayansi.

3.4.5.5

Kutenga mimba ndi kubereka ndi dalitso lochokera kwa Mulungu, motero zonse ziwiri zidzalandidiridwa ndi mayamiko kwa Mulungu.

3.4.5.6

Mpingo udzapereka thandizo ndi chisamaliro chonse chofunika ku mabanja amene akudutsa m'moyo wotere ndi cholinga chofuna kuti banjalo limve kulandidiridwa mu banja la mpingo.

3.4.5.7

Kulimbikitsa chikhalidwe ndi machitidwe woyenera, yidzakhala njira yimodzi yotetezera zimene zimayambitsa mvuto la kusabereka.

3.4.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.4.6.1

Kuthandiza Abusa ndi atsoholeri a mpingo kuti akhale ndi chidzwitso chokwana pa nkhani za kusabereka.

3.4.6.2

Kukambitsana nalo Boma ndi magulu ena wokhuzidwa pa lamulo lokhudza makhwala ndi zina zothandizira pa mvuto la kusabereka.

3.5

AMAI NDI MOYO WA MWANA

3.5.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO

Mdziko muno chiwerengero cha ana amene amamwalira akangobadwa

kumene chafika 439 pa ana wokwana 100,000 amene amabadwa (Malawi DHS 2015-16). Kulowa pansi kwa ntchito za umoyo ndilo gwero lalikulu lakukwera kwa chiwerengero chosalandirika chotere cha imfa zamakanda mdziko muno. Zinthu gati izi zikukolezera kutenga mimba pa msinkhu wosakhwima, kukwera kwa chiwerengero chobereka mowirikiza chomwe chiri pa mlingo wa ana anayi pa mai aliyense, mateda obwera mayi akan-gobereka, kusalekeza kutaya magari mayi akangobeleka, kutha kwa magari mthupi chifukwa cha malugo ndi kusowa kwa zakudya zopatsa thanzi.

Ngakhale zipatala za amayi a pakati zili paliponse mdziko lino, pa akazi 10, akazi 9 amakachilira mzipatala za Boma, pamene enawo amakachilira kwa azamba m'midzi kapena kwa asing'anga. Pamene pali kuyetsetsa kuti akazi onse amene atenga mimba azikachilira ku zipatala za Boma m'manja mwa azamba wophunsitsidwa bwino, komabe ndi gulu lochepa limene likuthandizidwa ndi azamba wodziwa ntchito yawo. Choono chake ndi chakuti, kupezeka kwa azamba amene ndi wodziwa ntchito yawo ndi kumene kungathandizire kuchepetsa chiwerengero cha imfa za ana ongo-bandwa kumene komanso matenda. Zovuta zimene zimakhudza makanda mdziko muno zimachitika pamene mwana uja wangobadwa kumene chifukwa chakuchepa kwa ntchito zothandiza mai ndi mwana akangochira kumene ndipo imfa zotere zikufika pa ana 42 pa

ana 1,000 amene angobadwa kumene. Amai wosachepera 42 pa amai 100 aliwonse mdziko muno ndi wokhawo amene amatha kulandira chithandizo choyenera kuperekedwa kwa mai akangochira kumene pasanathe masiku awiri (Malawi DHS 2015-16).

3.5.2 M'MENE BAIBULO LINENERA ZA NKHANIYI

Mau a Mulungu mu Chipangano Chakale pa Yeremiya 15:9, baibulo likuti, "Mkazi amene anabala asanu ndi awiri walefuka; wapereka moyo, dzuwa lake laowa usana ulipobe ..."

Mawu awa amatsindika pakufunika kwa moyo wa thanzi wa mai monga chofunika kwambiri poyang'ana chiwerengero cha ana ndi maberekedwe ake. Pa Eksodo 1:16, Mulungu anawona chisamaliro ndi chithandizo chimene azamba wodziwa ntchito yawo amapereka kwa akazi woyembekezera mu nthawi yawo yakuchira.

3.5.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kuthandizira kuchepetsa chiwerengero cha imfa za amai pochira komanso imfa za makanda ndi matenda.

3.5.4 CHOLINGA CHA NDONDOMEKOYI

3.5.4.1

Kupititsa patsogolo ganizo lakuti mpingo uzitengapo gawo pa nkhani zokhudza umoyo wa amai ndi ana ndi cholinga chofuna kusintha nkhani za umoyo wa amai ndi ana kuno ku Malawi.

3.5.4.2

Kulimbikitsa, kusintha pa kagwiridwe ntchito ka za umoyo kumbali ya amai ndi ana, mwakutenga gawo kwa onse amene akhuzidwa ndi nkhanayi.

3.5.6 MAWU WONENETSA PA NDONDOMEKOYI

3.5.6.1

Anthu wodziwa ntchito yao, malo woyenera amene amai amalandirirapo chithandizo cha ntchito za uchembere ndi wofunika kwambiri pa nkhani ya moyo wa thanzi wa amai, bambo ndi mwana.

3.5.6.2

Kulembetsa mwana akangobadwa kumene kudzalimbikitsidwa monga njira yimodzi yodziwira ana amene abadwa.

3.5.6.3

Nthawi zonse komanso mosasosa makolo azipita ku chipatala pamene ali ndi mwana monga njira yimodzi yowonetsetsa ndi kulimbikitsa moyo wa thanzi wa mai ndi banja lonse.

3.5.6.4

Zipatala komanso malo onse wochilirako amai adzayendetsa ndi anamwino wodziwa bwino tchito yawo, pamwamba pa ichi zipangizo ndi malo wogwirirako ntchito za umoyo akuyenera kukhala abwino ku thanzi la mwana, bambo ndi mai yemwe pamene akuchira komanso atachira.

3.5.6.5

Kupereka kwa thandizo loyenera komanso zipangizo za pamwamba ndi wogwira ntchito wokwana amenenso ali ndi ukadaulo pa ntchito yawo yothandiza akazi pamene akuchira ndi zofunika kwambiri pa moyo wabwino wa mai, mwana ndi bambo yemwe.

3.5.6.6

Mankhwalala onse azitsamba amene amaperekedwa nthawi yimene mai ali woyembekezera komanso pamene mai wachira ndi zosaloledwa.

3.5.6.7

Mpingo udzatenganso gawo loyendetsa nawo ntchito zokonzekera chirichonse chakugwa mwadzidzidzi chimene chingachitike mudera kukhudzana ndi mai woyembekezera kapena mwana amene wangobadwa kumene.

3.5.6.8

Banja la mulingo wabwino monga mawu anena pa 1 Timoteo 5:8, banja limene munthu angathe kusamala ana ake kuthupi, ku uzimu, mumaganizo komanso ku umunthu. Kutengera pa zimene bungwe la EAM lakhala likuchita ndi mamembala ake, ambiri a iwo akunena kuti mulingo wabwino wa ana pa banja limodzi ndi ana anayi basi.

3.5.6.9

Mpingo udzalimbikitsa akazi onse amene ndi woyembekezera kuti akawuunikidwe kuti awone ngati ali ndi matenda amene amabwera chifukwa

cha mimba kuphatikiza matenda a HIV, ndi matenda enanso wopatsirana pogonana kuti ngati atapezeka ndi mvuto alandire umphungu woyenera, chisamaliro ndi makhwala ake.

3.5.7 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.5.7.1

Kuthandiza Abusa ndi atsogoleri a mipingo pa nkhani zokhudzana ndi uchembere ndi thanzi la mwana.

3.5.7.2

Kukambitsana nalo Boma ndi magulu ena wokhuzidwa pa nkhani yakufunika kwa mathandizo apamwamba komanso wokwana kumbali ya uchembere ndi ntchito zokhuza moyo wa ana.

3.5.7.3

Kuphunzitsa mpingo komanso anthu zakufunika kwakuwunika akazi woyembekezera pa matenda onse amene amadza kamba kakutenga mimba komanso ndi matenda ena wopatsirana monga a HIV, kuti alandire umphungu woyenera, chisamaliro, thandizo ndi mankhwala pamene ali woyembekezera komanso pamene achira.

3.6

MALEREDWE NDI NJIRA ZAKULERA

3.6.1 M'MENE NKHANIYI YILILI M'DZIKO MUNO

Kufunika kwa ntchito zakulera mdziko muno kukudza potsatira kukwera kwa

imfa za amai, ana ang'ono ndi matenda ena pamene mimba zikutengedwa mofulumira, pafupipafupi, zochuruka komanso mochedwa

Ngakhale pali kuyetsetsa kuti ntchito zakulera zifikire paliponse mdziko muno chiwerengero cha ana wobadwa chaka chilichonse chidakali chokwera. Potsatira lipoti la Malawi DHS la mu chaka cha 2015 mpaka 2016, likuwonetsa kuti mai aliyense akubereka ana wosachepera anayi. Posatengera kuti anthu akudziwa kwambiri za nkhani yakulera, pali gulu limene silinafikiridwe lomakwana 19% ndipo iwo amene akufunika thandizoli chiwerengero chawo chikufika 69%.

Kulera kumateteza ku imfa zosafunika, powalera amai kuti achedwe kubereka, pakhale mpata wabwino pakati pa mwana wina ndi mnzake, chiwerengero choyenera cha anawo, ndi kupewa mimba zosakonzekera ndi kuchotsa mimbazo. Akazi amene ndi a zaka za pakati pa 18 ndi 35 ndi amene ali pa chiwopsyezo chachikulu ndi mavuto amene amabwera chifukwa chakubereka kuyerekeza ndi akazi a misinkhu yimene tatchulayi. Akazi amene amatha kudikira zaka ziwiri asanatenge mimba yina ngakhale atakhala a zaka zomwe tatchula zija si kawirikawiri kubereka mwana namwalira atangobadwa kumene kapena pamene ali wang'ono kapena pamene akubereka.

Njira zimene zimagwiritsidwa ntchito pakulera, ndi njira zimene zimagwira ntchito yoletsa kuti mai asatenge mimba. Ngakhale njirazi ndi zosiya-

nasiyana komanso zimagwira ntchito mosiyanasiyana, koma chodziwika ndi chakuti njirazi zimaletsa umuna kuti usafike pamene pali dzira la mai ndikuyamba ntchito yopanga moyo mkatimo zimene zotsatira zake ndi kupangidwa kwa mwana. Pali njira zitatu zakulera zimene ndi zodziwika, zamakono ndi njira zokhazikika. Yiriyonse yiri ndi ubwino ndi kuipa kwake. Njira zoletsa kuti mkazi asatenge mimba zimagwira ntchito mosiyanasiyana monga:

- Njira zimene zimaletsa kupangidwa kapena kukhwima kwa dzira la mai, zimene zimapangitsa kuti umuna uja usowe dzira limene ukhoza kulongamo ndi kuyamba ndondomeko yakuti mimba yikhale. Zina mwa njira zotere ndi za: mapilisi, nyeleti (jekeseni) ndi nopolanti.
- Njira zimene sizimasokoneza kapena kulepheretsa kukhwima kwa dzira la mai koma zimakhala chotchinga pakati pa umuna ndi dzira koterokuti sidzingatheke kuti dzira lija lilandire umuna ndi kuyamba ndondomeko yoti mimba yikhale. Zina mwa izo ndi njira monga izi: Kutseka kwa amai, kutseka abambo, kondomu, kuchotsa chida cha mwamuna pamene nthawi yofuna kuthira umuna yafika, Dayafaramu, zachilengedwe ndi zina.
- Palinso njira zimene zimapereka mpata woti umuna ndi dzira zikumane ndikuyamba ndondomeko yakuti mimba yikhale koma ndi kuyisokoneza mkati mwandondo-

mekoyo. Njira monga lupu, yimene yinayamba mu chaka cha 1600 ndi Aluya woyendayenda mu chipululu cha Sahara, amene pofuna kuti ngamila zawo zisatenge mimba, iwo amayika mwala mkati mwachiberekelo cha ngamila. Akachita izi ngamilazo sizimatenga bele, kuchokera pa izi a a sayansi ya zachipatala anapeza kuti ndizothekanso kuyika lupu mwa mai ndipo sangatenge mimba. Njirayi yimagwira ntchito poletsa kuti kathu kamene kayambika kaja kasakakhale muchiberekelo cha mai.

3.6.2 M'MENE BAIBULO LINENERA

Pa 1 Timoteo 5:8, baibulo likuti “Koma ngati wina sadzisungiratu mbumba yake ya iye yekha, makamaka iwo a m’banja lake, wakana chikhulupiriro iye, ndipo aipa koposa wosakhulupirira.” Koterokuti pamene tili ndi ana ambiri m’banja mwathu ndi chodziwikiratu kuti sitingathe kuwasamala. Ndi chofunika kwambiri kwa makolo kukhala ndi chidziwitso cha ana amene tikufuna komanso m’mene tibelekere anawo ndi m’mene tichitire kuti tiwasamale.

Kulera kumathandiza kuti pakhale kusitha pa moyo wa ana ndi makolo omwe.

Izi zimathandiza kuchepetsa chiwerengero cha amai ndi ana womwalira adakali ang’ono. Mkatikati mwa njira zakulerazi, palinso kufunika kwakuyang’ana nthawi yoyenera kuti banja libereke mwana wina. Kuyika

nyengo yoyeneraku kumathandiza pakutukuka kumbali ya chuma cha banja komanso cha dziko. Izi zili choncho chifukwa pamene chiwerengero cha anthu chikukula pang'onopang'ono, makolo amakhala ndi danga loika chuma chawo pa nkhani za umoyo, chakudya cha thanzi komanso maphunziro a ana awo.

3.6.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kuthandizira pa kusintha kwa moyo wabwino wa banja, mudzi ndi chitukuko chogwirika cha dziko lonse.

3.6.4 CHOLINGA CHA NDONDOMEKOYI

3.6.4.1

Kupititsa patsogolo kuthekera kwakufikira anthu ambiri pa ntchito zakulera, komanso kuwonjezera chiwerengero cha iwo amene akutenga njira zakulera ndi kuchepetsa chiwerengero cha iwo amene sanafikiridwe ndi njirazi.

3.6.4.2

Kuwunikira njira zoyenera komanso kumvetsetsa pothana ndi maganizo wolakwika, zikhulupiriro zolakwikika, miyambi yonse yoti bii pa nkhani zakulera, njira ndi machitidwe ake.

3.6.4.3

Kutsogolera mipingo kuti yitenge gawo kwathuthu pa nkhani zakulera ndi zikonzero zake komanso ntchito zake.

3.6.5 MAWU WONENETSA PA NDONDOMEKOYI

3.6.5.1

Machitidwe ndi ganizo pa nkhani yakulera motsatira njira zimene zizagwiritsa ntchito makhwala amene adzateteza moyo wa mwana wosabadwa ndi zovomerezeka komanso zoyenera wokhawo amene ali m'banja kumagwiritsa ntchito.

3.6.5.2

Misinkhu yonse ya anthu amene akhonzakuyamba kukhala ndi ana, adzaloledwa kudziwa uthenga woyenera komanso wokwana bwino pa nkhani zakulera ndi cholinga chofuna kuti azipanga zisankho zoyenera pa nkhaniyi.

3.6.5.3

Nkhani za njira zakuleras zidakhala mbali yimodzi ya maphunziro wochitika pampingo mu nthawi ya chilangizo kwa iwo amene sanalowe m'banja ndi amene analowa kale.

3.6.5.4

Mpingo udzayetsetsa kutenga udindo wakudandaulira kuti njira zonse zakulera, zimene zimagwira ntchito nthawi yaitali komanso zimene zimagwira ntchito nthawi yaifupi zimene ndi zovomerezeka ndi achipatala kuti zipezekeponse. Komanso kuwonetetsa kuti njirazo sizikukhudzana ndi kuchotsa mimba mwakufuna monga njira yija ya lupu.

3.6.5.5

Mpingo udzatenga gawo pa ntchito yopereka uthenga woyenera komanso wokwanira wokhudza njira zakulera ndi cholinga chofuna kuthandizira akazi, amuna komanso mabanja kuti azipange zisankho zoyenera komanso kuzisankhira iwo eni njira zimene akufuna ngakhale njira zija zokhalitsa.

3.6.5.6

Mpingo udzaphunzitsa ndi kutsindika pakufunika kwa mimba zokonze-kera kwa iwo amene sanalowe m'banja komanso amene analowa kale.

3.6.5.7

Kuchotsa mimba mwadala sikudzatengedwa monga njira yimodzi yakulera.

3.6.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.6.6.1

Kuthandiza Abusa ndi atsogoleri a mipingo pa nkhani zokhudza kulera.

3.6.6.2

Kutenga gawo lakudziwitsa ndi kumema abambo kutenga gawo pa ndondomeko zokhuza kugonana ndi uchembere wabwino, kuphatikiza nkhani zakulera.

3.6.6.3

Kupangitsa misonkhano ya zakulera mtchalitchi komanso m'mudzi.

3.6.6.4

Kuchita kafukufuku pa ubwino wa njira zakulera ndi makhwala ake.

3.6.6.6

Kuphunzitsa aliyense chidzakhala chithu choyambirira.

3.6.6.5

Kukamba ndi Boma kuti lidzipereka njira zakulera za pamwamba zimene ndi zabwino kwa anthu onse kuphatikiza ana amene sanabadwe.

3.6.6.6

Kuphunzitsa aliyense chidzakhala chithu choyambirira.

3.7

KUKWERA MOFULUMIRA KWA CHIWERENGERO CHA ANTHU

3.7.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA

Kutengera chiyerekezo chimene bungwe la maiko a dziko lonse lapansi ayerekezera, iwo akuti chiwerengero cha nathu pa dziko lonse lapansi chinayenera kukhala 7 biliyoni mu chaka 2012, koma tsopano chikuyembekezeka kufika 9 biliyoni mu chaka cha 2050 ndipo chidzadutsa pa 10 biliyoni pomadzafika chaka cha 2100.

Chigawo chachikulu cha chiwerengerechi chikuyembekezeka kuchitika m'maiko amene akutukuka kumene, makamaka maiko amene ndi wosauka kwambiri pa dziko lapansi wosayiwala

chigwa cha chipululu cha Sahara mu dera la Afrika.

Chiwerengero cha anthu mumaiko awa ndi chokwera kwambiri kotero kuti chiwerengero cha maiko wokwana 58 chayikidwa mu gulu limene bungwe la maiko onse a dziko lapansi akulitcha kuti koberekana kwambiri, ndipo chiwerengerochi chikuyembekezeka kukwera kokwana katatu pomafika 2100.

Pamene maiko ambiri wotere akuvutika kuti achotse anthu awo munsinga za umphawi, kukwera kwa chiwerengero cha anthu kotere kudzabweretsa mavuto wochuruka pa nkhani ya chitukuko, kagwiridwe ka ntchito zofunika pa moyo wa anthu komanso chitukuko cha chuma mdziko.

Chiwerengero cha anthu mdziko muno chakwera ndi 15 miliyoni (mdziko muno munali anthu 737, 000 wokha mu chaka cha 1901) ndipo mu 2015 timakwana 16 miliyoni ndipo kuchokera pa nthawi yimene talandira ufulu chiwerengero chakwera katatu.

Monga tafotokoza kale kuti angakhale anthu akudziwa za nkhani yakulera komabe tili ndi gulu la anthu wosafikiridwa ndi nkhanayi womakwana 19% pamene onse amene akufunika atafikiridwa chiwerengero chawo chimakwana 69% monga mwa lipoti la (MDHS, 2015-16), komanso mai aliyense akumabereka ana wosachepera anayi. Chaka chirichonse mdziko muno chiwerengero cha anthu chimakwana ndi anthu wokwana 400,000. Izi zikupangitsa dziko lathu kukhala dziko

limene chiwerengero chake chikuthamanga kwambiri pa dziko lonse lapansi.

Kukwera kwa chiwerengero cha anthu motere zikuchititsa kuti zochepa zimene tili nazo zisatikwanire monga dziko, zimene zotsatira zake ndi ngozi zazikulu komanso zazing'ono. Kudula mitengo mwachisawawa kumene kukuchititsa kuti dziko likhale chipalamba, kulima malo wokwera, mupapiri komanso machitidwe wosiyanasiyana amene tikuchita ndi cholinga chofuna kupeza chakudya cha lero atibweretsera zovuta pa moyo wathu wa tsiku ndi tsiku komanso pa chitukuko cha dziko. Izi zakhuzanso nyengo ndi zina zotizungulira.

3.7.2 M'MENE BAIBULO LINENERA

Pachiyambi Mulungu analenga kumwamba ndi dziko lapansi ndi zonse zimene zili m'menemo kuphatikizapo anthu. Mulungu anapereke dziko lonse lapansi ndi zonse m'manja ake a munthu. Mulungu anamutenga munthu monga wolamulira zimene Iye anapanga ndipo Mulungu anamuwuzaza munthu kuti aziyang'anire zimezezo (Genesis 1:28; 2:15). Machitidwe ndi zisankho zonse zabwino za munthu zimene zimapangitsa zimene Mulungu anaziwona kuti zilibwino kumakhalabe zabwino, zimawulula kukhulupirika kwa munthu pa zimene Mulungu anamusiyira kuti aziyang'anira. Chiganizo chochepetsa kuberekana ndi cholinga chofuna kusamala zimene Mulungu anapanga kuti zitithandize pa chitukuko cha dziko

ndi ganizo lowonetsa kukwaniritsa udindo wathu wakuyang'anira zimene Mulungu analenga. Mulungu ayembekezera kumuona munthu akukhalirana bwino ndi zimene Iye analenga, anthu anzake komanso Mulungu mwini. Pamene tikukanika kuchita motere zotsatira zake ndi zowawa zokhazokha basi, matenda, kusoweka kwa chakudya, kusitha kwa nyengo ndi zina zotero. Mpingo uli ndi udindo waukulu wowonetsa chitsanzo chabwino pakusamalira zimene Mulungu analenga ndi kuyetsetsa kuthetsa zimene zingayambitse kutilepheretsa udindo waukulu wotere umene anati-patsa, ndipo chimodzi chofuna kuchitapo kathu ndiko kukwera kwa chiwengero cha anthu.

3.7.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kutengapo gawo pa ntchito yakuchepetsa ndi kupita patsogolo kwa zovuta zimene zikukhudza chitukuko zimene ndi zobwera chifukwa cha kukula kwa chiwengero cha anthu.

3.7.4 CHOLINGA CHA NDONDOMEKOYI

3.7.4.1

Kulimbikitsa mayendetsedwe a m'nzeru pa nkhani ya chiwengero cha anthu m'dziko muno.

3.7.4.2

Kupititsa patsogolo kusamalira ndi kuteza chilengedwe m'dziko muno.

3.7.5 MAWU WONENETSA PA NDONDOMEKOYI

3.7.5.1

Mpingo uli ndi udindo waukulu woonetsetsa kuti pali ubale wabwino pakati pa anthu wokhawokha, zowazungulira ndi chilengedwe.

3.7.5.2

Mpingo ukuzindikira kulumikizana kumene kulipo pakati pa kukwera kwa chiwengero cha anthu ndi kuwoonongeka kwa chilengedwe, zimene zapangitsa kuti pakhale mavuto ambiri pa zithu zokhudza moyo wa tsiku ndi tsiku, mavuto a za umoyo komanso zimene zikupangitsa chitukuko kukhala chosakhazikika.

3.7.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.7.6.1

Kudziwitsa anthu zakuyipa ndi zotsatira zakukwera kwa chiwengero cha anthu kunja kwa tchalitchi komanso mkati mwa tchalitchi, ndi zimene dziko lapansi liyembekezera kukumana nazo ngati palibe kusitha.

3.7.6.2

Kudandaulira anthu kuti akhale ndi mabanja a mulingo wabwino ngati kungatheke banja la ana wosapola anayi komanso pa zikhala mpata wa zaka zitanu mwana wina asanabadwe.

3.7.6.3

Kukhazikitsa ndi kulimbikitsa kuwonjezera kuthekera kwa mpingo pakukh-

ala ndi luso lakutha kuthandiza pa nkhani zokhuzana ndi kukwera kwa chiwerengero cha anthu, kusamalira chilengedwe ndi nkhani zakusitha kwa nyengo.

3.7.6.4

Kudandaulira ndi kuphunzitsa mipingo komanso midzi pa udindo wao wakusamalira ndi kugwiritsa bwino ntchito chilengedwe ndi kuchibwezeretsa monga m'mene chinalili.

3.7.6.5

Kukambitsana nalo Boma ndi magulu ena wokhuzidwa ndi nkhani yachitukuko kuti apange ndi kukhazikitsa ndondomeko zimene dzidzalimbikitsa ubale wabwino pakati pa anthu ndi chilengedwe kuphatikizapo kukwera kwa chiwerengero cha anthu komanso kusitha kwa nyengo.

3.7.6.6

Kulimbikitsa mpingo kuti umphunzitse anthu ake za njira zina zimene akhoza kumagwiritsira ntchito monga pophika komanso monga njira zowabweretsa ndalama kusiyana ndi kumadalira kuphikira ndi gulitsa makala.

3.8

ACHINYAMATA, ZOGONANA NDI UCHEMBERE WABWINO

3.8.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA

Achinyamata ambiri m'dziko muno

akukumana ndi zovuta zambiri chifukwa cha mchitidwe wogonana umene ndi wachilendo, m'chitidwe wa miyambo komanso zipembedzo zimene ndi zowononga, kugonana, chisembwere komanso kusoweka umphungu pa nkhani zakulera ndi mathandizo ake. Zimenezi ndi zimene zimawapangitsa kutenga mimba zosakonzekera, kuchotsa mimba mwakufuna, matenda wopatsirana pakugonana, ngakhalenso HIV. Pamwamba pa izi amakumana ndi mvuto lakumwa mowa mwa uchidakwa komanso kugwiritsa ntchito makhwala wosokoneza bongo ngakhalenso matenda wokhudza bongo wao. Achichepere ambiri amayamba nkhani zogonana ali ndi zaka zosachepera khumi ndi ziwiri (12). Khalidwe limene likuyika moyo wa achinyamata ambiri pachiswe lili pakati pa achinyamata a zaka za pakati pa 15 ndi 24. Kuno ku Malawi achinyamata ambiri amapeza uthenga wokhuza zogonana kuchokera kwa anyamata anzawo, ku sukulu komanso pa kanema, wailesi ndi zolembalemba.

Anyamatawa samathandizidwa malo amene chithandizo cha za umoyo chikuperekedwa, angakhale kuti iowa ndi amene chiwerengero chawo ndi chachikulu komanso ndiyo mphamvu ya chiwongolero chachitukuko m'dziko muno kuyerekeza ndi magulu ena. Pamene ntchito zokhudzana ndi nkhani yakugonana ndi uchembere wabwino zikuperekedwa, kawirikawiri samalandiridwa komanso samafikiridwa.

3.8.2 M'MENE BAIBULO LINENERA

Baibulo limanena kuti, ndizotheka kuti m'nyamata akhale moyo wangwiro komanso wachiyero ngati akhala moyo wakewo monga mwa Mawu a Mulungu (Masalmo 119:9). Achinyamata akulimbikitsidwa kukhala moyo wokonda Ambuye ndi kumukhulupirira Ambuyeyo ndi moyo wao onse, m'nzeru zawo zonse ndi kusadalira m'nzeru zawo.

“Moyo wotere umabweretsa thanzi ku thupi lawo komanso kulimbikitsa mafupa awo” (Miyambo 3:4-8). Kupatula kuti chiwerewere ndi ntchimo komanso kusamvera pamaso pa Mulungu, Mawu a Mulungu akunena poyera zotsatira zimene munthu zimatsata chifukwa cha moyo wotere.

Chimene mpingo umakhulupirira pa nkhani ya anyamata ndi kugonana chimachokera mu zimene Mau a Mulungu amaphunzitsa. Komabe mpingo umadziwa kuti chifukwa chakukula kwa chikunja, pali ma uthenga amene anyamata akukumana nawo amene ndi wotsutsana kwambiri ndi chimene mpingo umaphunzitsa ndi kukhulupirira. Zotsatira zake anyamata ambiri amapanga ziganizo pa wokha pamene akumana ndi zithu zina popanda kufuna upangiri woyenera.

Mpingo umakhulupirira kuti ntchito yakulera ana yili ndi mbali yimene makolo ali ndi kuthekera koyakha pa zofuna za banja lawo pamodzi ndi ana, zimene zimatheka kupyolera mu ziganizo zimene ndi zomangilira pa chimene makolo akudziwa kuti ndi

chabwino komanso choyenera monga mwa zimene iwo akufuna banjalo kuti likhale mderramo.

Chikonzero cha kaleledwe koyenera ka ana chili ndi zotsatira zimene zimakhudza chitukuko cha miyoyo ya anthu komanso chuma, kuyambira kwa anyamatawo, m'banjamo kumalizira mdziko limene akukhalamo.

3.8.3 ZOTSATIRA ZA NDONDOMEKOYI

Kuthandizira pa ntchito yopanga anyamata kukhala a thanzi, wopindula komanso woopa Mulungu amene angathe kufikira ndi kulipanga dziko kukhala la thanzi komanso la mphindu.

3.8.4 CHOLINGA CHA NDONDOMEKOYI

3.8.4.1

Kupititsa patsogolo mzimu ndi maganizo wokhala anyamata womadziwa udindo wao kotero kuti akhoza kuthandizira pa chitukuko chokhazikika.

3.8.4.2

Kupititsa patsogolo chikhalidwe chenicheni chokwanira cha moyo wachikhristu komanso maphunziro wokhudza zogonana kuti tipitse patsogolo moyo wakudziletsa ndi kukhulupirika. Akhale nako kuthekera kwakupanga ziganizo zothyakuka pakati pa anyamata zokhudza mwamuna komanso mkazi, kugonana ndi uchembere wabwino kuphatikiza nkhani zakulera.

3.8.5 MAWU WONENETSA PA NDONDOMEKOYI

3.8.5.1

Bungwe la Evangelical Association of Malawi limamuwona m'nyamata monga munthu amene ndi wachichepere, mwamuna kapena mkazi, wapakati pa zaka khumi (10) mpaka zaka makumi atatu ndi zisanu (35). Gulu ili limagaw-idwanso pangapo motere:

- Achichepere a zaka za pakati pa 10 ndi 19.
- Apakalisesere a zaka za pakati pa 20 ndi 25.
- Anyamata koma wokulirapo a zaka za pakati pa 26 ndi 35.

3.8.5.2

Mpingo udzaphunzitsa ndikudandaulira chikhazikitso cha ma ukwati a mphamvu m'mene ana adzaleredwa, kusamalidwa ndi kuthandizidwa ndi makolo onse awiri ndi cholinga chofuna kupititsa patsogolo chitukuko, kukhalirana kwa bwino komanso makhalidwe amene adzakhala wovomerezeka m'banja, m'mudzi komanso m'dziko.

3.8.5.3

Mpingo udzapititsa patsogolo chikhali-dwe chabwino chozikika mumachitidwe a bwino pa nkhani ya chibadwidwe cha mwamuna komanso mkazi ndi kugonana.

3.8.5.4

Mpingo sudzavomereza mchitidwe, miyambo ndi zikhulupiriro zonse za

zipembedzo zimene zimapititsa patso-golo kufala kwa matenda wopatsirana pogonana kuphatikizapo HIV, ukwati wa kapwacha ndi mimba zotenga ana wosakhwima.

3.8.5.5

Mpingo udzalimbikitsa mwa anyamata mzimu wokhala ndi cholinga chabwino komanso kukhala womatukuka madera onse.

3.8.5.6

Mpingo udzalimbikitsa achinyamata kutenga gawo kwathuthu mkati mwa tchalitchi komanso kunjja, powonetsetsa kuti zosoweka zawo pa nkhani ya za umoyo komanso ubereki zikukwaniritsidwa, pamene zikonzero zoyankha zosowa zawo zimene zikulunjika anyamata amene alibe mwai komanso wovutika zikayikidwa m'malo.

3.8.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.8.6.1

Kuyika zikonzero zimene ndi zophatikizika ndi zochitika za anyamata ndi cholinga chakuti alandire umphungu wokwana bwino pa nkhani zokhudza kugonana ndi uchembere wabwino kuphatikizapo nkhani ya kulera, kuyezet-sa magazi ndi kulandira umphungu, komanso kupeza zimene a chipatala amazitcha kuti njila za pagazi.

3.8.6.2

Kukhazikitsa malo kumene anyamata angalandire thandizo makamaka iwo

amene akukhuzidwa ndi mvuto loti ufulu wao pa nkhani yakugonana unaphwanyidwa (mwina anagwiridwa ndi zina) komanso amene mowa ndi makhwala wozunguza bongo anayambitsa mavuto ena pa moyo wao.

3.8.6.3

Kupititsa patsogolo kumasukirana kwa anyamata ndi makolo awo pa nkhani za chibadwidwe komanso kugonana.

3.8.6.4

Kubwezeretsanso mphunziro la Baibulo ku masukulu onse a pulayimale komanso sekondale monga njira yoyimbikitsira chikhalidwe chabwino ndi ungwiro pakati pa anyamata. (Masalmo 119:9).

3.9

MATENDA WOKHUDZA NJIRA YOBEREKERA, MATENDA WOBWERA CHIFUKWA CHA HIV NDI AIDS

3.9.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA

Njira yoberekera yili ndi matenda ambiri amene amayigwira amene akhala akukhudza moyo wa munthu, moyo wa tsiku ndi tsiku komanso nkhani ya chuma cha maiko ambiri kuphatikizapo dziko la Malawi. Matenda wopatsirana pogonana nawonso ali patsogolo kuphatikizapo matenda a HIV ndi AIDS amene iwowa ali pa mulingo wa 95 % pa nkhani ya matenda wokhudzana ndi uchembere.

Matenda amene amakhudza njira yoberekera amaphatikizapo matenda amene amabwera chifukwa cha kupezeka kwa tizirombo tobvomerezeka kukhala malo ena athupi koma takapezeka malo osayenera, kapena bvuto limene layambika kapena tizilomo timene tayambitsa matenda pamalo amene adokotala amagwirapo ntchito pofuna kuchinza matenda ena mthupi la munthu. Matenda amenewa anthu amatha kuwatenga pogonana ngakhalenso posagonana.

Matenda wokhudzana ndi njira yoberekera ndi chipysinjo pa nkhani ya chuma komanso matenda mdziko muno. Izi zimabweretsa matenda wosiyanasiyana kuphatikizapo matenda a mgonagona a kutupa kwa ziwalo za m'mima amene amagwira amai, kutsekeka kwa njira yokodzera mthupi la abambo, kupezeka kwa tizilomo toyamitsa mateda m'magazi, ndi matenda amene amagwira maso a ana amene angobadwa kumene ndipo amayambitsa khungu.

Izinso ndi zina zimene zimayambitsa mvuto lakusabereka kwa amai komanso abambo. Kupezekanso kwa matenda wopatsirana pogonana kwa wonjezeranso kufalikira kwa HIV.

3.9.2 M'MENE BAIBULO LINENERA

Matenda awa amene amagwira njira yoberekera amayambitsidwa ndi tizilombo ting'ono ting'ono timene sitingathe kuwoneka ndi maso athu kupyolera mwakugonana ndi amuna wochuruka kapenanso akazi ambi-

ri, kugonana kunja kwa banja ndi kukhalanso ndi zibwenzi pamwamba pa banja lako zomagona nazo ndi zina zimene zikukolezera matendawa.

Zaka zochuruka zapitazo, Yesu Khristu asanabadwe ngati munthu ku dziko lapansi, Mulungu anapereka makhwala ku nthenda zopatsirana zoterezi. Pa Eksodo 15:26, baibulo likiti “Ngati udzamvera mawu a Yehova wako, ndikuchita zoono pamaso pake, ndi kutchera khutu ku malamulo ake, ndi kusunga malemba ake onse, za nthenda zonse ndinaziika pa Aiguputo sindidzaziyika pa iwe mnena imodzi; pakuti Ine ndi Ine Yehova ndi ine wakuchiritsa iwe.”

Mfumu Solomo mwana wa Davide, pophera mphongo pa choonadi ichi anapereka langizo limene linalembedwa pa Miyambo 5:15-20 pamene iye akulimbikitsa kufunika kwa kukhulupirika kwa bwenzi limodzi, “Imwa madzi a m’chitsime chako, ndi madzi oyenda a m’kasupe mwako. Kodi magwero ako ayenera kumwazika kunjja, ndi mitsinje ya madzi m’makwalala?”

Pamwamba pa mawu awa, nayenso Mtumwi Paul pozindikira kuwopsya kwa kumanana pa nkhani yakugonana monga banja zimene zimathanso kuyambitsa kusakhulupirika pakati pa mwamuna ndi mkazi wake iye anati; “Musakanizana, koma ndi kuvomerezana kwana ndiko, kwa nthawi; kuti mukadziperekekwa kupemphera; nimukhalanso pamodzi kuti Satana angakuyeseni, chifukwa chakusadziletsa kwana” (1 Akolinto 7:5).

3.9.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kutengapo gawo pakuteteza kupitirira kwa kufala komanso kubwera kwa matenda ena wokhudza njira yoberekerera, matenda a HIV, ndi kuchepetsa zot-satira zake.

3.9.4 CHOLINGA CHA NDONDOMEKOYI

3.9.4.1

Kudziwitsa anthu za matenda wokhudza njira yachiberekelo komanso matenda a HIV ndi AIDS.

3.9.4.2

Kupereka upangiri pa zikonzero zimene zikukhudza kupereka mayankho pa mvuto la matenda wokhudza njira yoberekerera, kuphatikizapo matenda amene amagwira munthu chifukwa ali ndi HIV ndi AIDS.

3.9.5 MAWU WONENETSA PA NDONDOMEKOYI

3.9.5.1

Kudziletsa, kusungu chiyero, kukhulupirika ndi kusadziyipsya zili mundanda wa ndondomeko zoikika pakuziteteza ku matenda amene amagwira njira yoberekerera kuphatikiza kufalitsa matenda a HIV.

3.9.5.2

Kugwiritsa ntchito kondomu koyenera komanso kawirikawiri pamene mwamuna ndi mkazi akugonana kumachepetsa kufalitsa matenda

wokhudza njira yoberekerera kuphatikizapo matenda a HIV.

3.9.5.3

Kusiyana kwa nthawi ya matenda wokhudza njira yoberekerera ndi matenda wopatsirana a HIV ndi china chimene chimapangitsa kuti ndi koyenera kuti munthu ayeseedwe kuti awone ngati ali ndi matenda wokhudza njira yoberekerera komanso HIV, ngakhale atamawoneka wathanzi.

3.9.5.4

Kuyesedwa pamene mkazi ndi woyembekezera, chisamaliro ndi chithandizo cha matenda wokhudza njira yoberekerera ndi HIV zikuyenera kumachitika nthawi zonse monga mbali yimodzi ya ntchito zochitika ku sikelo, pa chipatala chirichonse kuno ku Malawi molimbikitsidwa ndi mpingo.

3.9.5.5

Anthu onse amene ali ndi matenda wokhudza njira yoberekerera, kuphatikizapo iwo amene ali matenda akudza chifukwa cha HIV, ali ndi ufulu monga munthu wina aliyense ndipo ayenera kupatsidwa mwayi wakutha kusangalala monga aliyense.

3.9.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.9.6.1

Kukhazikitsa, kulimbikitsa komanso kugwiritsa ntchito njira zosiyanasiyana zoperekerera mauthenga wokhudza kus-

itha kwa chikhalidwe pakati pa anthu a misikhu yonse.

3.9.6.2

Kulimbikitsa chilangizo chokhudza moyo wa banja chimene chikalunjika pa anyamata pa mpingo ndi cholinga chofuna kupititsa patsogolo moyo wodziletsa, kukhulupirika ndi chiyoero.

3.9.6.3

Kuchepetsa zovuta zimene zimadza chifukwa cha matenda wokhudza njira yoberekerera, HIV ndi AIDS, kupyolera mu ntchito zimene mpingo ungamachite pa nkhaniyi.

3.9.6.4

Kukambitsana nalo Boma ndi magulu ena wokhuzidwa kuti athandizire pa nkhani yakukhazikitsa malo amene anthu akhoza kumapita kukayezetsa kuti awone ngati ali ndi matenda wokhudza njira yoberekerera ndi HIV pa nthawi yimene akuchita sikelo.

3.10

KAMKODZO WA UCHEMBERE

3.10.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA

Matenda a kamkodzo wa uchembere ndi kulumikizana kosafunika komanso kosayenera kapena kutseguka kwa pakati pa ziwalo ziwiri kumene kumachitika mwakuvulala kwa ziwalo pamene munthu akulandira thandizo la chipatala kapena pamene wakumana ndi

zina zowopsya. Kamkodzo amene ndi wodziwika kwambiri pokhudzana ndi nkhani za kugonna ndi uchembere ndi kamkodzo wa uchembere. Matenda-wa amatchedwa vesico-vaginal fistula; ngati malo amene atsegukawo ali pakati pa njira yodutsa mkonzo ndi chiwalo chimene mai amagwiritsira ntchito pogonana ndi mwamuna.

Matendawa amatchedwa uretero-vaginal fistula; pamene malo amene atsegukawo ali pakati pa njira yokodzera ndi chiwalo chimene mai amagwiritsira ntchito pogonana ndi mwamuna.

Ndipo pamene malo wotsegukawo ali pakati pa chikhodzodzo ndi chibelekeri amatchedwa vesico-uterine fistula; koma pamene zili pakati pa njira ya chimbudzi ndi a chiwalo chimene mai amagwiritsira ntchito pogonana ndi mwamuna amatchedwa kuti recto-vaginal fistula.

Matendawa amapezeka kwambiri pakati pa amai achichepere ndipo izi zimayambika pamene mutu wa mwana wosabadwa watsamira mtsepha wofewa wamagazi wa maliseche a mai mokanikiza fupa la chikhodzodzo, izi zimachititsa kuti malo amene akhudzidwawo sakulandira magazi dipo zotsatila zake pamaola pali zonse zokhudzidwa ndipo pamatseguka. Zoterezi zimachitika kawirikawiri pamene mai watenga nthawi yaitali akudikira kuti abadwitse mwana koma mwanayo wosaturuka pamene nthawi yake yobadwa mwanayo yakwana.

Kamkodzo wa uchembere amapan-gitsa kuti chimbudzi ndi mikodzo

zizituruka pamodzi koma modutsa malo amene mai amagwiritsa ntchito pogonana. Ngakhale kuti matendawa ndi wochizika komanso ndi wopewe-ka, kuno ku Malawi akugwira akazi wochuruka chaka ndi chaka, pamene maiko ena wotukuka mvutoli anathana nalo kale.

3.10.2 M'MENE BAIBULO LINENERA

Ngakhale kuti ntchito yobadwitsa mwana, ndi yolemetsa komanso yow-awa, inayikidwa kuti idzikhala nyengo ya chimwemwe komanso yokhala ndi zotsatira zosangalatsa. Tikawerenga mau a Mulungu mu buku la Ekso-do 1:15-21, baibulo limatiwuzwa kuti Mulungu anadalitsa azamba kuja ku Aigupto powamangira mabanja awo monga mphotho chifukwa chole-mekeza ndi kuteteza miyoyo ya ana akhanda ndi mai wao.

Azamba awa anapereka chisamaliro komanso chithandizo choyenera kwa akazi amene anali ndi mimba pa nthawi yawo yakuchira. Pa nthawi iyi Mfumu Farao anali atapereka lamulo lakuti ana onse amuna a Heberi aziphedwa akangobadwa.

Uwu ndi umboni wooneka poyera kuti Mulungu amakondwera ntchito yobereka yikatha bwino kwa anthu onse awiri, mai ndi mwana wake.

Matenda a fistula ndi zovuta zina zimene zimabweretsa mavuto pa ntchito yakulandira mwana yimene yimayenera kutha ndi chisangalalo, ndi zotheka zovutazi kuzichepetsa komanso kutetezedwa ngati onse amene an-

apatsidwa udindo wothandiza akazi pochira atamagwira ntchito yawo mwa mnzeru, mosamalitsa komanso moopa Mulungu ndi kuyitenga ntchito yotere monga utumiki ndithu.

3.10.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kuchepetsa zochitikachitika zimene zimayambitsa matenda a fistula pakati pa amai muno m' Malawi.

3.10.4 CHOLINGA CHA NDONDOMEKOYI

3.10.4.1

Kudziwitsa anthu za matenda a obstetric fistula, m'mene anthu anga-tetezeredwe ku matendawa komanso kupezeka kwa thandizo lokhudza matendawa kuno ku Malawi.

3.10.4.2

Kufulumizitsa ndi kupereka mphamvu kwa mpingo muno m'Malawi kuti atenge gawo lowonetsetsa kuti matenda awa a obstetric fistula achepetsedwe komanso iwo amene akudwala matendawa alandire thandizo ndi chisamaliro chapamwamba komanso choyenera.

3.10.5 MAWU WONENETSA PA NDONDOMEKOYI

3.10.5.1

Mpingo udzayakhula ndi mphamvu pa nkhani yakufunika kotu mai aliyense amene ndi pakati azipita ku sikelo pamene ali woyembekezera komanso azikachilira ku chipatala.

3.10.5.2

Zipatala zonse zimene zimagwira ntchito yothandiza amai pa nkhani za uchembere zikuyenera kukhala ndi anthu wogwira ntchito amene ali ndi zowayenera pogwira ntchitoyo, a luso komanso wodziwa ntchitoyo.

3.10.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.10.6.1

Kuwonetsetsa kuti wogwira ntchitoyi ali ndi chidziwitso chokwana pa nkhani ya obstetric fistulas, kuyika njira zotetezera komanso malo amene wodwala akhoza kuthandizidwa.

3.10.6.2

Mpingo ndi anthu onse akuyenera kukhazikitsa njira zothandizira iwo amene zawagwera mwadzidzidzi mudera.

3.10.6.3

Kulimbikitsa zochitikachitika komanso chilangizo kwa anyamata ndi iwo amene ali pabanja makamaka poyang'ana pa nkhani iyi ya fistulas, mwa chitsanzo; kufunika kopita kuchipatala pamene mai ali ndi mimba.

3.11

KHANSA YOGWIRA ZIWALO ZOBEREKERA

3.11.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA

Mwa anthu 100 aliwonse amene an-

apezeka ndi matenda a Khansa, anthu 45 mwa iwo anapezeka ndi Kansa ya nkomo ya chiberekelo. Khansa ya khomo la chiberekero imayamba pamene khungu lomwe limakuta khomo la chiberekero limayamba kukula modutsa mulingo wake ndipo khansa imeneyi ndiyo yodziwika kwambiri pakati pa amai padziko lonse lapansi.

Kawirikawiri Kansa ya khomo lachiberekelo yimafalitsidwa ndi kachilombo kotchedwa Human papilloma virus (HPV) kamene kamafalitsidwa kupyolera mukugonana kosatetezedwa ndi munthu amene ali ndi kachilomboka. Kansa yachiberekelo ndi yimodzi ya nthenda zimene zimapha anthu mosavuta komanso mwachangu, matendawa akadziwika asanakhazikike kwa nthawi mthupi la munthu ndi wochizika komanso wopeweka. Kuno ku Malawi, akazi wosachepera 3,700 amawapeza nd matendawa chaka chirichonse. Mwa chiwerengero chimenechi akazi wosachepera 1,600 amamwalira ndi matendawa.

Khansa ya mkati mwa chibelekero

Khansa ya mkati mwa chibelekero ndi khansa yimene yimagwira khungu la mkati mwa chiberekelo pamene pali zolakwika pakukula kwa nyama zina mkati mwachiberekelo zotchedwa endometiliyamu pachingerezi. Pamene misempha yina yaing'ono yachuruka mkati mwa thupi yimapanga chithu chimene timatchula kuti chotupa.

Misempha yotere yimene yimakhala ndi tizilombo toyambitsa Kansa

yimakhala ndi zochitikachitika zake zimene zimayipangitsa kukula mosachitira ubwino thupi la munthu.

Kansa yogwira bere

Kansa yogwira bere ndi kansa yimene yimakhudzana ndi mayere pamene yakula yimawononga bere, thendayi yimakhudza amuna komanso akazi adakali pakati pa zaka 20. Kansa ya bere ndi imodzi ya Kansa yodziwika dziko lonse lapansi ndipo ndi Kansa yachitatu mwa ma Kansa wodziwika kuno ku Malawi makamaka pakati pa amai ngati sanalandire thandizo. Kuchiza kwake kwa nthendayi ndi pamene berelo ladulidwa kapena kugwiritsa ntchito njira yotchedwa 'Chemotherapy', 'Mastectomy' kapenanso 'Radiotherapy'. Kansa ya bere yimatha kufalikira ku ziwalo zina za thupi ndipo yimapha ndithu.

Khansa 'Prostate'

Uwu ndi mtundu wa khansa yimene yimagwira chiwalo cha abambo chimene muchigerenzi chimadziwika ndi dzina lakuti 'Prostate' kamene ndi kathu kooneka ngati kamwala kamene kamakhala panso pa Kapamba mwa amuna makamaka iwo amene adutsa zaka 50 zakubadwa. Prostate cancer ndi nthenda yimene kawirikawiri yimagwira amuna pa dziko lapansi ndipo pakali pano kuno ku Malawi amuna wosachepera 250 anawapeza nayo nthendayi chaka chirichonse komanso amuna ambiri tili nayo koma siti madziwa. Ngati munthu sangalandire

thandizo pamene wapezeka ndi nthen-dayi, ndi pamene tsopano timisepha ting'onoting'ono timayamba kukula mpaka kupanga chotupa chachikulu ndipo chimakhala nako kuthekera kosefukira ku madera ena a thupi mpaka munthu amafa ndithu.

3.11.2 M'MENE BAIBULO LINENERA

Baibulo silimanena kwambiri makam-aka zokhudza matenda a kansa, pena limanena za matenda amene amafotokozeredwa monga kansa. Pa 2 Mafumu 20:6-8, baibulo likunena za Mfumu Hezekiya amene anali ndi “thudza” zimene zikhoza kukhala kuti yinali Kansa koma ya mtundu wina. Nthawi yimene Yesu anali pa dziko lapansi anachiritsa nthenda zonse zimene anthu anabwera nazo kwa Iye (apa ndi zodziwikiratu kuti Kansa nayenso anali momwemo), izi anazichita kuti a Yuda adziwe kuti Iyeyo ndi Mpulumutsi. Monga mpingo sitimakhulupirira kuti matenda onse amene anthu amadwala ndi chilango chochokera kwa Mulungu ayi. Matendawa ndi zopweteka ndi zot-satira zakuti tikukhala dziko limene ndi lolephera pamaso pa Mulungu koman-so dziko limene ndi lotembereredwa. Chodziwika ndi chakuti anthu okhu-lupirira komanso amene samakhulu-pirira tonse timadwala komanso nthawi yikakwana timafa (Luka 16:19-32). Chosangalatsa kwambiri ndi ichi kuti angakhale tikhala mdziko ili limene ndi lotembereredwa m'mene matenda ndi zipsyinjo ndi zosatha; komabe tili ndi chiyembekezo cha mudzi winawo

umene womanga ndi m'misili wake ndi Mulungu. Masalmo mutu wa103 ndi ndime yina m'baibulomu yimene yimatipatsa chitsimikizo kuti zonsezi zizatha ndithu. Musayiwale kuti Masalmo 103:1-4 amati, “Lemekeza Yehova moyo wanga ndi zonse za mkati mwan-ga zilemekeze dzina lake loyera. Leme-keza Yehova moyo wanga ndi kusayi-wala zokoma zonse atichitirazi; amene awombola mphulupulu zako zonse na-chiritsa nthenda zako zonse; amenea-wombola moyo wako ungawonongeke; nakuveka korona wa chifundo ndi nso-ni zokoma.”

Pamene wokonedwa kapena munthu wina womudziwa wapezeka kuti ali ndi Kansa yimakhala nkhani yodetsa khawa komanso yokhumudwitsa. Monga anthu kawirikawiri sitimadzi-wa cholinga cha Mulungu pa moyo wathu mu nyengo yowawa monga iyi, koma tiyeni tikhulupirire kuti Mulungu ali ndi chifukwa komanso cholinga polora zotero kutigwera ifeyo.

3.11.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kuthandizira pa ntchito yochepetsa zochitika, komanso zotsatira za matenda a Kansa yogwira ziwalo zoberekerwa kwa amuna komanso akazi.

3.11.4 CHOLINGA CHA NDONDOMEKOYI

3.11.4.1

Kudziwitsa anthu za mitundu yonse ya Kansa yimene yimagwira ziwalo zoberekerwa, njira zozitetezera

komanso kufunika kopita ku chipatala mwamsanga ndi cholinga chakuti nthendayo ngati yilipo yidziwike mwamsanga.

3.11.4.2

Kufulumizitsa ndi kupereka mphamvu ku mpingo kuno ku Malawi kuti atenge gawo kwathuthu poika ndondomeko zowonetsetsa kuti Kansa yokhudza ziwalo zoberekerana ndi zovuta zake ndi yotetezedwa komanso kuchizidwa.

3.11.5 MAWU WONENETSA PA NDONDOMEKOYI

3.11.5.1

Mpingo udzanena ndi kulakhula ndi magulu ena za kufunika koti nthawi zonse pazikhala ntchito zowunika matenda a Kansa kwa amuna ndi akazi onse a zaka zoyambira 15.

3.11.5.2

Mpingo udzaonetsetsa kuti atsikana onse amene adutsa zaka khumi akulandira katemera wa HPV .

3.11.5.3

Mpingo udzalakhula motsutsana ndi zikhulupiriro zonena kuti, Kansa siymachizidwa ngakhale munthu atamupeza nayo koyambirirakwake.

3.11.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.11.6.1

Kukhala ndi malo wowunikira matendawa ndi kukhazikitsa njira zotetezera

komanso kuwonetsetsa kuti magulu aphunzitsidwa za Kansa yokhudza kugonana ndi ziwalo zoberekerana.

3.11.6.2

Kukambitsana ndi iwo amene athandiza pa ntchito za umoyo komanso Boma kuti akhazikitse ndi kuwonetsetsa kuti ntchito zowunika Kansa yokhudza ziwalo zoberekerana ndi kugonana zikupezeka paliponse mdziko muno.

3.11.6.3

Kukambirana ndi Boma komanso iwo amene amagwira ntchito za umoyo kuti awonjezere mphamvu zawo ndi kutumiza wogwira ntchito za umoyo makamaka kumbali yowunika, kusamalira ndi kuchiritsa Kansa yokhudza moyo wogonana ndi ziwalo zoberekerana malo onse amene amagwirako ntchito za umoyo mdziko lino.

3.11.6.4

Kuwonjezera khama limene Boma komanso iwo amene amagwira ntchito za umoyo, posokhanitsa chuma kuti awonjezere mphamvu zawo powonetsetsa kuti ntchito za umoyo makamaka kumbali yowunika, kusamalira ndi kuchiritsa Kansa yokhudza moyo wogonana ndi ziwalo zoberekerana zikupezeka malo onse amene amagwirako ntchito za umoyo mdziko lino.

3.11.6.5

Kupititsa patsogolo ma uthenga kupyolera mu mgwirizano wa mipin-

go, wodziwitsa anthu m'madera onse za mitundu yonse ya Kansa wa ziwalo zoberekera, kupewa kwake ndi kuchizika kwake.

3.11.6.6

Kukambirana ndi Boma ndi magulu woyima pawokha ndi onse wokhuzidwa kuti alingalire zokhazikitsa zipatala zing'ong'ono ndi cholinga chofuna kuwonjezera malo amene anthu akhoza kumapeza chisamaliro, makhwala ndi chithandizo makamaka iwo amene anapezeka kale ndi matendawa.

3.11.6.7

Kuyetsetsa kuti pa maphunziro a suku lu pakhalenso phunziro limene lizine na za matenda a Kansa ndi cholinga chakuti iwo amene ali pa msinkhu wopita kusukulu akhale ndi chidziwitso chokwana cha zamatenda a Kansa.

3.12

KHANZA PA NKHANI ZA KUGONANA NDI KUPHWANYA UFULU WA AKAZI NDI ANA

3.12.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA

Machitidwe ena alionse amene akhoza kuchitika pa munthu wina aliyense motsutsana ndi chimene iye akufuna kaya mwamuna kuchitira mkazi, kaya ndi mkazi kwa mwamuna, kapenanso mkazi kwa mkazi mnzake chimodzimodzinso mwamuna kwa mwamuna mnzake, zimene zotsatira zake mun-

thuyo akhala wa mantha kapena kuvulazidwa mthupi kapena mumaganizo, mukavedwe ka thupi, uzimu wake.

Machitidwe kapena zochitika zo zikhoza kukhala monga izi, kugwiridwa, kukuyipsya, kukugonana koma mokuzunza, kuseweretsedwa thupi lako ndi munthu wosakhala wa msinkhu wako ndi cholinga chofuna kuti agone nawe, kukulowetsa mumiyambo yakugonana, chokolo, mitala, Fisi, mchitidwe wachipembedzo kapena chikhaliidwe umene kugonana kumakhala pachimake pa mwambowo.

Khazanso ndi machitidwensongawa: kugonana kogulitsa ndi cholowa, kumugulitsa munthu kuti azigwira ntchito ya uhule, kugwiritsa ntchito njira za makolo kapena zida zina kuti achepetsa ululu pakubereka kapena kuchotsa mimba, ndewu, mdulidwe kwa akazi, kugonana popanda chitetezo chirichonse pamene winayo ali ndi matenda wopatsirana koma sanamudziwitse mnzakeyo zamatenda akewo ndi mkhadza yina yiriyonse yimene yingachitike pogonana.

Mkhadza pogonana ndi pamene wina akufuna kugona ndimunthu wina momukakamiza kapena kunea ndemanga zosafunika pa nkhani zokhudza kugonana molunjika kwa munthu wina momuyalutsa kapena kumuchititsa manyazi, kukakamizidwa kulowa m'banja pamene sukufuna, kapena kumakhala ndi munthu amene sukufuna kukhala naye, kukana kugonana pakati pa mwamuna ndi mkazi wake popanda chifukwa chomveka,

kukana kapena kukamizidwa kugwiritsa ntchito makhwala akulera, kukana kutsatira njira zina zozitetezera ku matenda wopatsirana.

Anthu akhala akulemba komanso kufufuza malo amene khadza zimachitika komanso zimene zimayambitsa khanzazo, ndipo ena a malowo ndi monga awa, m'mudzi, malo a chipembedzo, malo wogwirako ntchito, ku sukulu, ndipo khadza amaziyambitsa ndi anthu amene ali pafupi kapena wodziwana ndi munthu wochitidwa mkhadzayo. Anthu womudziwa munthuyo kapena woyandikirana naye amakhala kuti ndi m'bale wake, mnzake, mwamunawake kumene kapenanso mkazi yemwe, makolo ake womubereka kapenanso womupeza, mphunzitsi wake yemwe, womugwirira ntchito zosiyanasiyana, anzawo a makolo ake kapena abale ake. Kuwonjezera chanzi kunukha, womuchita khadza amakhalanso iwo amene amapatsidwa ulemu wapaderadera kuti atsogoleri ake pa zinthu za uzimu. Kawirikawiri zimawonetsa kuti mphamvu ndi zimene zimakhala patsogolo kuti mchitidwe uwo uzichitikabe, iwo amene ali ndi mphamvu amakhala ndi kuthekera kochita chirichonse kwa iwo amene amawoneka kuti alibe mphamvu ngakhale pa nkhani yakugonana. Mphamvuzo zikhoza kukhala kuthekera kwao, chuma chimene ali nacho, ulamuliro kapena mpandowao pamalo a ntchito, pamene iwo ali monga mwa maulamuliro a pamalo, m'mene

zikhoza kukhalira pa nthawiyo kwa wopanda mphamvuyo ndi zina zotero. Penanso, miyambo ndi zikhulupiriro za chipembedzo zatenganso gawo lalikulu makamaka pamene wotsatira zipembedzodzo akhazikika pa zotsatira za zimene aphunzitsidwazo, mphotho yake kapena temberero ngati sangachite monga mwa chimphunzitsosho. Amuna komanso akazi, anyamata ndi atsikana omwe m'dziko muno akutsatira zithu monga zimene tikunenazi malo wosiyanasiyana ngakhale kuti mphamvu yake sitingathe kuyiona pakali pano. Pali umboni kuti akazi ambiri akumana nazo zoterezi kuyerekeza ndi amuna.

3.12.2 M'MENE BAIBULO LINENERA

Chiyanjano cha mwamuna ndi mkazi wake mwakugonana ndi nkhani ya ufulu komanso udindo wa iwo amene anakwatirana pamene aliyense wa iwo ndi wofunika monga munthu. Izi zimatathauza kuti kufunika kwa aliyense ndi kwachilengedwe ndipo kuyenera kuzindikirika ndi kulemekezedwa ngakhale kumbali yachiyanjano (kugonana monga banja). Polemekeza mawu a Mulungu, tonsefe tinalengedwa mchifanizo chake cha Mulungu, mwamuna komanso mkazi (Genesis 1:26-31). Anthu onse mosayang'ana chibadwidwe chake cha munthuyo, msinkhu, khungu lake, chinenero chimene amalakhula, mtundu wake, ulumali, chipembedzo, zimene ali, maphunziro, zikhulupiriro zake pa nkhani za ndale

komanso chipembedzo, tonse ndi ife wofanana pamaso pa Mulungu amene amafuna tidzilemekezana posatengera kuti uyu ndi ndani.

Kusamvera Mulungu ndi mawu ake komanso kukanika kukhalirana bwino munthu ndi mnzake ndilo gwero la mchitidwe wa mkhadza za mtundu uliwonse kuphatikizapo khadza zochitirana chifukwa cha chibabadwidwe.

Mawu a Mulungu amatiwuzza kuti tidzaiwona anzathu monga m'mene ife timadzikondera. Mawu womwewo amatiwonetseranso kuti ngakhale thupi limakhala ndi ziwalo zambiri koma zonsezo zimapanga thupi limodzi ndipo chiwalo chirichonse chili ndi ntchito yimene chimagwira (Yohane 13:34-35; 1 Akolinto 12:12-27).

Kusamvera ku ziphunzitso za Mawu a Mulungu zimapangitsa anthu kupanga chirichonse chimene akufuna kwa ena ndi ganizo lakuti akwaniritse zimene akufuna mopanda kuganzizira za ululu kapena kuvulala kumene winayo akhuzidwe nako.

3.12.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kupereka masomphenya kwa mpingo mdziko muno kuti utenge udindo wake woyenera wothana ndi mchitidwe uliwonse wa khadza.

3.12.4 CHOLINGA CHA NDONDOMEKOYI

3.12.4.1

Kuteteza mchitidwe wina uliwonse wa mkhadza.

3.12.4.2

Kubwezeretsa ndi kugwiriziza ulemu wa mtundu uliwonse wa munthu monga m'mene Mulungu anatilengera ndi udindo wathu monga anthu.

3.12.4.3

Kupititsa patsogolo chisamaliro choyenera, thandizo kwa onse amene anakhuzidwa mwa njira yina kapena yinzake komanso iwo amene akukhalabe koma atakumana ndi khadza.

3.12.5 MAWU WONENESA PA NDONDOMEKOYI

3.12.5.1

Mpingo ukuyima mwamphamvu kut-sutsa mchitidwe ulionse wa khadza.

3.12.5.2

Mpingo ukuyima mwamphamvu kut-sutsa mchitidwe wosakha mtundu wa mwana amene mukufuna mwanayo asanabadwe komanso mchitidwe wowumbadza (chinamwali chochotsa chiwalo china cha mtsikana) atsikana.

3.12.5.3

Zipembedzo komanso miyambo ya chikhalidwe yimene yimakolozera mchitidwe wa khadza zizathetsedwa.

3.12.5.4

Chikonzero cha Mulungu pa ndondomeko yakukula kwake kuphatikiza kukula kwake ku mbali ya nkhani ya ziwalo zake yiyenera kulemekezedwa wosati kuseweretsedwa ndi munthu

amene akufuna kukwaniritsa zofuna zake.

3.12.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.12.6.1

Kudziwitsa anthu machitidwe, ndi zikhulupiriro za mipingo zimene zimalimbikitsa mkhadza kunja kwa mpingo komanso mkati mwa mpingo.

3.12.6.2

Kuphunzitsa mpingo komanso made-ra za magulu amene ali pachiwopsyosyo pa nkhani za khadza, zimene zikuchititsa izi, malo ndi zochitika pa malopo kuti khadza zizichitika ndi zimene zikupititsa patsogolo mchitidwe wotere.

3.12.6.3

Kudziwitsa anthu za anthu amene akugwira ntchito yothandiza anthu amene achitidwa mkhadza, chisamaliro ndi thandizo limene lilipo kwa iwo amene achitidwa mkhadza komanso amene anachitidwa kale koma sakudziwa m'mene angathandizidwire.

3.12.6.4

Kuphunzitsa mpingo kuti akhazikitse zochitika ndi kuyendetsa ntchito zokhudza nkhani za khadza, makamaka poyang'ana gulu la anthu amene ali pachiwopsyeyezo mtchalitchi komanso m'mudzi ndi kumadziwitsa anthu woyenera pa zimene zikuchitika pa nkhani ya khadza.

3.12.6.5

Kuphatikiza pa zimene mpingo uku-chita mapologaramu wolimbikitsa umphungu kwa iwo amene sanalowe m'banja komanso chilangizo kwa iwo amene ali pa banja. Kukonza ziphunzitsosyo zimene zizifikira kwa anyamata, mamembala a mtchalitchi pa nkhani zokhudza mkhadza.

3.12.6.6

Kukambitsana nalo Boma ndi magulu ena wokhuzidwa pa nkhani ya maphunziro kuti aganizirensosyo zoyika nkhani za mkhadza mumaphunziro awo ku pulayimale komanso ku sukulu za uchenjede.

3.12.6.7

Kuchita kafukufuku pa zikhulupiriro ndi mchitidwe ulionse .

3.12.6.8

Kupangitsa misonkhano yodandaulira anthu ndi cholinga chofuna kuti anthu azilemekezana ndi kuthana ndi khadza za mitundu yonse.

3.13

AMUNA KUTENGAPO GAWO PA NKHANI YAKUGONANA NDI UCHEMBERE WABWINO

3.13.1 KUKULA KWA VUTOLI MAGAWO WOSIYANASIYANA

Chikhalidwe cha anthu amuna ndi maganizo awo zimene ndi zochokera ku chikhalidwe, miyambo komanso

zikhulupiriro za chipembedzo, zapan-gitsa amuna kumaona ntchito yak-usamalira mimba monga udindo wa akazi basi. Mchitidwe uwu wabweretsa zovuta zambiri pa ntchito yobereka ndi kulera ana. Kuno ku Malawi, mot-sogozedwa ndi zipembedzo, chikhalid-we, zikhulupiriro ndi machitidwe ena zapangitsa kuti nkhani zokhudza ku-gonana ndi uchembere wabwino, kuti zikhale zokhudza amai basi.

Ngakhale amuna ambiri amafuna aziwonetsa kuti amadziwa kwambi-ri za nkhani za kulera, kugonana ndi uchembere wabwino, komabe udin-do wao pa nkhanayi lidakali mvutobe. Iwo amene amakhuzidwa ndi kukonza madongosolo mdziko muno komanso iwo amene ndi wokhuzidwa ndi zochi-tikachitika zokhudza nkhani za kugo-nana ndi uchembere wabwino nawon-so akukhuzidwa pambali yakukolezera mvuto lakusapezeka kwa abambo pa nkhanayi, chifukwa muzikonzero zawo iwo amayang'ana kwambiri akazi pa nkhani za umphungu, kulera ndi uchembere wabwino.

Ganizo yili likhoza kulungamitsid-wa poyang'ana kuti ndi akazi amene amatenga mimba ndipo ndi iwowo amene amakumana ndi zokhoma komanso zowawa zonse zokhudzana ndi mimba komanso kubereka, ndi-po ndi iwowa amene akhoza kutenga gawo lalikulu pa nkhani za mimba ndi kubereka ana. Pamwamba pa izi, aka-zi ndi amene kawirikawiri amapezeka malo a za umoyo chifukwa cha udin-do wao woyang'anira umoyo wabanja

lonse komanso chisamaliro cha ana.

Komabe zaonetsa kuti muchikonze-ro cha ndondomeko ya zochitikachi-tika yimene yimakhala ndi chidzi-witso chofuna kuti amuna komanso akazi onse azitenga gawo pa zochiti-ka, wokhawo ndi amene ali ndi zot-satira zabwino. Mu nkhani zogonana ndi uchembere wabwino, zawonetsa kuti pamene abambo atengas gawo modzipereka kwambiri popanga nawo ziganizo pa nkhani zokhuza kugona-na ndi uchembere wabwino, zimal-imbikitsa umoyo wabwino komanso machitidwe abwino a banja lonse.

Kutengapo gawo kwa abambo pa nkhani za umoyo kwawonjezera ku-landiridwa kwa njira zakulera koman-so kagwiritsidwe ntchito koyenera komanso kupitiriza kwa njira zakulera zimene zabweretsa kusitha pa mavuto wobwera chifukwa cha mimba.

Kawirikawiri pa nkhani yogonana, amuna ndi amene amapanga chiganizo komanso chiwerengero cha ana amene akufuna. Amakhala ndi chidziwitso chochepe za ubwino wakulingalira za m'mene mkazi azitengera mimba komanso m'mene ana azibwadwira. Posoweka chidziwitso pa za ubwino wanjira zosiyansiyana zakulera ndi m'mene angazigwiritsire ntchito, amu-na ambiri amakana kutsatira njirazi komanso kagwiritsidwe tchito kake. Izi zimachitikanso chifukwa cha mau-thenga ena amene anamva wokhudza-na ndi nkhani zakulera kuti zikho-za kuwononga moyo wa akazi awo komanso zikhoza kupangitsa akazi

awo kuyamba moyo wachiwerewere.

Mwa ichi, kufikira amuna kuti nawonso atenge gawo kuphakizirapo akazi muzikonzero zokhuza kugonana komanso uchembere wabwino zikhoza kupititsa patsogolo kulandirika kwa nkhani za kugonana ndi uchembere wabwino kwa mwamuna ndi mkazi kumbali ya thupi lao, maganizidwe awo, ndi moyo wao wa uzimu.

3.13.2 M'MENE BAIBULO LINENERA

Mawu a Mulungu amatiwonetsera poyera kuti nkhani zokhuza kugonana ndi uchembere wabwino ndi zokhudza onse amai komanso abambo, popitiriza apo mawu a Mulungunso amatiwonetseranso kuti pamene udindo wa zotsatira zakugonana kwa mwamuna ndi mkazi wake wasiyidwa m'manja mwa mai yekha ndiye kuti bamboyo walephera udindo wake.

Poyambayamba Mulungu analenga mwamuna ndi mkazi nawapatsa udindo wakuti asamalirane wina ndi mnzake pa chirichonse chokhudza moyo wao.

Paulo polemba kalata yake yopita ku mpingo wa Aefeso ananenanso za udindo umene mwamuna komanso mkazi ali nawo wosamalirana nthawi; iye anati, “Momwemonso amuna inu kondani akazi a inu eni, pakuti iye amene akonda mkazi wake wakonda thupi lake lomwe” (Aefeso 5:20-33).

Apatu mawu a Mulungu akubweretsa mwamuna ndi mkazi pamodzi, mawu a Mulungu amatitsimikizira kuti onse awiri mwamuna komanso

mkazi wake adzasiya makolo awo nakhala thupi limodzi. Muchiganizo ichi chochokera m'baibulo, mwamuna ndi mkazi onse ali ndi udindo wosamalirana nthawi zonse pamavuto komanso pa mtendere kuphatikiza pa nkhani zogonana ndi uchembere wabwino.

Baibulo silikungonena za bambo kutenga gawo kumbali yokha ya zakugonana ndi uchembere wabwino ayi ndi kaleleredwe ka ana ayi, likukambanso zakufunika kwakuti mwamuna atenge gawo la moyo wa thanzi wa mkazi wake. Mu buku la Levitiko mutu 19 ndi 20, Mulungu akupereka langizo kwa amuna pa nkhani yokhudzana ndi nthawi yimene akhoza kugonana ndi akazi awo kapena sangathe kuteri, izi Mulungu akuziyakhula ndi cholinga chofuna kuteteza kufala kwa matenda.

3.13.3 CHOLINGA CHACHIKULU CHA NDONDOMEKOYI

Kukthandizira kukwaniritsidwa kwa zotsatira zazikulu pa nkhani yakugonana ndi uchembere wabwino.

3.13.4 ZOLINGA ZA NDONDOMEKOYI

3.13.4.1

Kuwonjezera mnzeru komanso luso pakati pa amuna ndi akazi pa nkhani yokhuza kugonana ndi uchembere wabwino.

3.13.4.2

Kupititsa patsogolo mchitidwe woti mabanja azipanga ziganizo ndi kusitha

pa nkhani yakuti amuna ndi akazi onse azikhala ndi udindo pa nkhani zakugonana ndi uchembere wabwino.

3.13.5 MAWU WONENETSA PA NDONDOMEKOYI

3.13.5.1

Mpingo umaphunzitsa komanso kukhulupirira kugwirira ntchito pamodzi kwa bambo ndi mai, kukondana wina ndi mnzake monga banja komanso ndondomeko zopititsa patsogolo moyo wao ziyenera kukhudza onsewa.

3.13.5.2

Mpingo umapititsa patsogolo ndi kumanga banja limene maziko ake ndi chikondi ndipo pa chimake pa zonse ndi pamene onse akumva bwino.

3.13.6 NJIRA ZOKWANIRITSIRA NDONDOMEKOYI

3.13.6.1

Kudziwitsa anthu komanso kuwanda-daulira pa nkhani yakufunika kwa

amuna kuti atenge gawo pa nkhani zonse zokhudza kugonana ndi uchembere wabwino.

3.13.6.2

Kukambitsana nalo Boma ndi magulu ena wokhuzidwa pa nkhani ya ntchito za umoyo kuti akhazikitse malo amene amuna akhoza kumatenga gawo pa nkhani zogonana ndi uchembere wabwino koma mosasuka.

3.13.6.3

Kuwonjezera ndi kuyika njira zoti zithandize amuna amene ali kunja kwa tchalitchi komanso mkati mwa tchalitchi pa nkhani zogonana ndi uchembere wabwino.

4. NJIRA ZIMENE ZITSATIDWE KUTI NDONDOMEKOYI YIKWANIRITSIDWE

Magulu onse amene amagwira ntchito ndi bungwe la Evangelical Association of Malawi adzatengapo gawo kuti ndondomekoyi yikwaniritsidwe ndi cholinga kuti zotsatira ziwoneke ndithu. Njira zokwaniritsirazo zizakhudza maderamonga awa, kulimbikitsa mipingo kupyolera mumaphunziro komanso kupereka thandizo la ukadaulo pa zina zofunika ukadaulo, kutsogolera pa ntchito yopanga ziganizo, kukonza, kuyika zinthu mu tchito ndi kulumikizana ndi ena amene ali ndi tchito ngati zomwezi, kugawana uthenga wofunika, kupereka maluso ndi ntchito za pamwamba, komanso kupititsa patso-golo ntchito yofikira kumathandizo a ntchito zokhuza nkhani yakugonana ndi uchembere wabwino.

4.1 OFESI YA EAM

Magulu onse amene amagwira ntchito ku ma ofesi a Evangelical Association of Malawi, kuyambira ku ofesi yaikulu ku Lilongwe, ma ofesi amene ali mu zigawo (ku mpoto komanso ku m'mwela) ma ofesi amene ali pa boma komanso amene amagwira ntchito malo wosiyanasiyana, adzawonetsetsa kuti mipingo ndi mabungwe a chikhristu amene ali pansu pa EAM akukwaniritsa kufikira

kwa iwo amene amapemphera nawo pamodzi komanso iwo amene akuthandizika ndi ntchito zawo. Adzachita izi ndi cholinga chotumikira anthu moyenera komanso mofunika kotero kuti cholinga cha ndondomekoyi chikwaniritsidwe. Bungwe la EAM lakonza dongosolo loti adzakwaniritsa izi mwanjira iyi:

4.1.1 KUPEREKA LUSO NDI CHIDZIWITSO CHOKWANIRA NDI CHOYENERA

Pazakhala ndondomeko zowonjezera kuthekera kwa mamembala a EAM mipingo komanso mabungwe a chikhristu kupyolera mwa maphunziro amene azichitika pamalo pamene ntchito yikugwirika, misonkhano ya maphunziro wolunjika ku nkhani zimene zaturuka ndi kukambidwa kuchokera mu ndondomekoyi. Ntchito yowonjezera chidziwitso yidzakhudzanso kupereka thandizo loyenera pa ukadaulo umene ukhoza kufunika, uthenga wofunika monga mwa nthawi yimene tikudutsamo kukhudzana ndi nkhani zakugonana ndi uchembere wabwino.

4.1.2 KUTSOGOLERA NDI KUYENDE TSA

Ofesi ya EAM yidzatenganso udindo wotsogolera pokonza ndi kuyendet-sa mapologaramu wokhudza nkhani zogonana ndi uchembere wabwino

komanso ndi ntchito zina zimene magulu, mipingo ndi mabungwe a chikhristu akugwira. Mu nthawi yoyendetsa zochitikachitika zimenezi ofesi ya EAM yidzakangalika kutenga gawo lolumikizitsa ntchito zonse ndi cholinga chofuna kuti pakhale mgwirizano wochitira zithu pamodzi pakati pa mipingo yimene yikutenga gawo pokwaniritsa zonse zimene zili mu ndondomekoyi.

Ofesi yidzachita chotheka kuti pali mgwirizano ndi kukambirana kokwana pakati pa magulu wokhuzidwa popanda kunyalapsya maziko a chikhulupiroo chathu ndi zimene mpingo umayimapo. Ofesi ya EAM yidzawonetsetsa kuti pali mabwalo wokwana amene azizakambirana nkhani zosiyanasiyana zokhudza kugonana ndi uchembere wabwino.

4.1.3 KUDANDAULIRA/KUYIMIRA ENA

Ofesi ya EAM, yidzakhala yikulumikizana ndi anthu akuluakulu ndi a ulamuliro mdziko muno komanso magulu ena wokhuzidwa ndi cholinga chofuna kudandaulira kapena kunyengelera pa magawo ena amene akukhudza mpingo pa nkhani zakugonana ndi uchembere wabwino motsogozedwa ndi ndondomeko yathuyi.

4.1.4 KUPITITSA PATSOGOLO MOYO WOGWIRIRA NTCHITO PAMODZI

Pokwaniritsa Ndongomeko iyi, udzakhala udindo komanso ntchito ya ofesi ya EAM kuchita chotheka pow-

onetsetsa kuti mipingo, mabungwe a chikhristu ndi magulu wochita zithu pamodzi ali ndi anthu wogwira ntchito wokwana, chuma chokwana, ndi zipangizo zina zofunika ndi mathandizo ena wokwana bwino. Ofesi yidzateganso udindo wakutha kulumikizitsa ena wogwira nawo ntchito ndi abwenzi ena amene akhoza kuwathandiza ku magawo a chuma ndi zipangizo.

4.2

M'MENE BUNGWE LA EAM LILIRI MONGA MWA MNDANDANDA WA ULAMULIRO WAKE

Bungwe la Evangelical Association of Malawi limatsogozedwa ndi General Assembly, National Executive Board, Regional Executive Committee ndi District Executive Committee. Pokwaniritsa Ndongomeko iyi, ndi udindo wa akuluakulu amene ali m'mwambamu kuwonetsetsa kuti Ndongomekoyi yikumasuliridwa ndi kugwiritsidwa ntchito monga mwa zotsatira ndi zolinga komanso chiyembekezo cha Evangelical Association of Malawi.

4.3

ONSE AMENE NDI MAMEMBALA A BUNGWE LA EVANGELICAL ASSOCIATION OF MALAWI

Mipingo ndi mabungwe amene ndi a Chikhristu amenenso ndi mamem-

bala a bungwe la Evangelical Association of Malawi, adzachita chotheke kuti Ndongomeko iyi yikafikire ali-yense. Kutheka kwa izi kudzapangit-sa kuti anthu azitha kupanga zigan-izo ndi zisankho zoyenera komanso zolondola kuti akhoza kumafikira ku mathandizo wokhudzana ndi nkhani zogonana ndi uchembere wabwino. Ndi udindo wa mamem-bala a EAM, kuonetsetsa kuti ndon-domekoyi yikutsatidwa powonetsera kufunika kwake mwakusitha kwa miyoyo ya anthu pa nkhani zogonana ndi uchembere wabwino mumadera amene ndondomeko yimeneyi yikug-wiritsidwa ntchito. Pokwaniritsa ndi kumachita zimene zili mu Ndongomeko iyi mamembala azatenga gawo motere:

4.3.1 KUPITITSA PATSOGOLO ZIKHULUPIRO ZA NDONDOMEKOYI, ZOCHITIKA NDI FUNDO ZAKE

Ndongomekoyi yikufotokozera zikhu-lupiro za mpingo, machitidwe ndi fundo zofunika popititsa patsogolo moyo wa thanzi ndi kuchita bwino pa nkhani za chibadwidwe, kugonana ndi uchembere wabwino. Kupyolera mukuphunzitsa, kulalikira ndi chilangizo, mamembala a EAM ali ndi udindo, komanso tchito yowonetsa poyera kuti izi ndi zoyenera pochita zimene zili mu Ndongomeko iyi.

4.3.2 KUKUZA CHIDWI PA NTCHITOYO

Ndongomekoyi yikuika poyera njira zoyenera, makhalidwe ndi ntchito

zimene zili ndi kuthekera pa kukhala ndi moyo wa thanzi pa nkhani za kugonana ndi uchembere wabwino. Chifukwa cha ichi, ndi udindo wa mamembala a EAM kuphunzitsa, kulalikira komanso kudandaulira kuti anthu ayambe kutsata zimenezi ndi cholinga chokhala ndi anthu ambiri amene azifuna thandizo ndi ntchitozi.

4.3.3 KUCHEPETSZA ZOVUTA PAKATI PA ANTHU

Ndongomekoyi ndi kalilore pa yokha komanso ndi yotsegula m'maso, kulephera kuchita kapena kuwuzana ena za njira ndi ntchito zake zikhoza kubweretsa mavuto ambiri wokhudza nkhani za umoyo ndi chikhalidwe zimene zizafunika kuti EAM ndi mamembala ake achitepo kathu kuthupi, ndi ku uzimu komwe. Pokwaniritsa zimene zalembedwa mu ndondomeko iyi ndiye kuti bungwe la EAM ndi mamembala ake akuyakhiratu zovuta zimene zikhoza kubwera kukhuza nkhani za umoyo ndi zokhudza anthu.

Izi zizakhudza kukonza ndi kukwaniritsa zochitikachitika zimene ndi zogwirizana komanso kupereka mathandizo. Ntchitozi zizakhudza chisamaliro, mathandizo, makhwala, kubwezeretsa ndi chilangizo. Mamembala nawonso ali ndi udindo mu Ndongomeko iyi kuti nawonso akonze ndi kukwaniritsa zochitikachitika zimene zizafikira ku zosowa ndi zovuta zimene dziko la Malawi likukumana nazo pakali pano kumbali ya zogonana ndi uchembere wabwino.

**KUYENDE TSA MASUKULU NDI SUKU-
LU ZA UKACHENJEDE**

Bungwe la Evangelical Association of Malawi ndi ena a mamembala ake ali ndi masukulu komanso sukulu za ukachenjede. Awanso adzafunsidwa kuti akwaniritse Ndongomeko iyi. Gawo lawo lidzakhala kuwonjezera kuthekerwa kwa aphunzitsi, ndi ana a sukulu

pa nkhani zonse zimene zili mu Ndongomeko iyi. Kuyika nkhani zimene zili mu Ndongomeko iyi mumaphunziro amene wophunzirawa amaphunzira ndipo zochitikachitika zokhudza nkhani zogonana ndi uchembere wabwino zizakhala mbali yimodzi yowonetsera kuzipereka kwawo pakutenga gawo pa ntchito yakukwaniritisa Ndongomeko iyi.

— 5. KUYANG’ANIRA NDI KUYESA KAFUKUFUKU —

Bungwe la Evangelical Association of Malawi kupyolera mu ntchito yake yoyang’anira ndi kuwona m’mene zikuyendera akhazikitsa njira zoti aziwona m’mene zithu zikuyendera, komanso njira ndi zida zimene zikulunjika pa zotsatira za ntchito, zizindikiro zowonetsa kuti zikuyendadi monga mwa zoyembekezera za bungweli.

Pophatikiza pa zimenezi, EAM yidzakhala yikuchita kafukufuku amene adzathandize kuwona ndi kuyesa zipatso za ntchito komanso kudziwa cholinga chachikulu cha ndondomekoyi, kuwonjezera ndi kuwonanso zimene zili mu ndondomekoyi. Kuwonanso maganizo ndi zimene anthu amaziwona monga m’mene zakambid-

wira mu ndondomekoyi.

5.1

KUYIWONANSO NDONDOMEKOYI

Ndondomekoyi yidzakhala yikuwonedwa kawirikawiri, izi ndi zothandiza kuwona m’mene yikuthandizira iwo amene woyigwiritsa ntchito, kuyenera kwake, mphamvu yake ndi kufunika kwake komanso ngati yikugwirizana ndi zosoweka za mipingo ndi mabungwe a Chikhristu amene ndi mamembala a EAM. Komanso kuvomereza kuyikamo nkhani zina zimene zingapezeke zokhudza nkhani ya zogonana ndi uchembere wabwino.

6. MAWU WOMALIZA

Mpingo ukuyiwona Ndongomeko iyi monga kalata yofunika pa udindo umene Mulungu anapereka ku mpingo, ntchito yogwiriziza ulemu wa munthu ndi kulemekeza moyo wake wa munthu.

Mpingo umakhulupirira kuti pamwamba pa luso ndi ukadaulo umene ulipo kumbali iyi, ndi bwino kulingaliranso za m'mene zithu ziyenera kukhalira wosayiwala ulemu komanso maziko a ufulu amene palibe munthu angawatsutse aliyense kuphatikiza iwo amene adakali achichepere pa msikhu wao. Mpingo ukupitira kunena poyera zakufunika kwa chitetezo, ulemu ndi umunthu zimene aliyense amazifuna.

Chiyembekezo cha Bungwe la Evangelical Association of Malawi, ndi chakuti ndondomeko iyi yizakhala cholumikizira mipingo yimene yimakhulupirira kuti Yesu ndi Ambuye,

kuti yizipereke pa ntchito yolemekeza moyo wa munthu komanso umunthu pa nkhani zokhuza kugonana ndi uchembere wabwino. Mipingoyi yidzakhalsanso yopititsa patsogolo nkhani yodziwitsa anthu za maudindo amene ali mu Ndongomekoyi.

Izi ndi zimene tiyembekezera kuti mipingo yonse yokhulupirira kuti Yesu ndi Ambuye komanso anthu onse akufuna kwa bwino adzazipereka kuchita kuti apititse patsogolo chikhaliidwe chatsopano cha moyo wofungatira movomereza zimene zalembedwa mu Ndongomeko iyi, potero mbambadi tidzapititsa patsogolo udindo umene Mulungu anatitsa wosamalitsa ulemu wa umunthu.

Inde, tiphunzitse izi, tikhale mu zimenezi komanso tizichita zimenezi kuti tikhale ndi moyo wa thanzi!



EVANGELICAL ASSOCIATION OF MALAWI

I pray that they will all be one » John 17:21