ARCHDIOCESAN THEME:

"We the baptised, let us journey together in communion, participation and mission." **(Eph.4:1-16)**

GOD IS MY HELPER

By Rev. Fr. Dr. Hillary Munyaneza

St. Mbaaga Ggaba Major Seminary

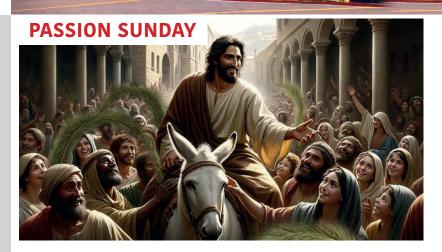
Dear brothers and sisters in Christ today we begin the celebrations of the greatest week in our Catholic life and faith. It is the week that has the three major events of our salvation and these are the Suffering, Death and Resurrection of our Lord Jesus Christ. These three form the Paschal Mystery. Our Lord Jesus Christ goes through all the events of this week because of us. Even if you had been the only person remaining in this world, still Jesus Christ would have suffered, died and rose from the dead because of you, one single person. "Why all this?" It is Love. In Sacred Scripture we read,

"For God loved the world so much that He gave His only Son, so that everyone who believes in Him may not die but may have eternal life" (John 3:16).

Today, we celebrate the glorious indeed triumphant entry of our Lord Jesus Christ into Jerusalem. It is in Jerusalem that the Suffering, Death and Resurrection of Jesus Christ take place. He is the King who is not ridden on a horse which is glorious and majestic but rather on an ass (one of the simplest animals). Jesus Christ who has God as His helper entered Jerusalem the great city, on an ass can do great things through you who thinks or is indeed lowly. The glorious/triumphant entry thus shows communicating directly with you but still follows you on social media, watches your stories, or likes your posts, essentially keeping themselves in your orbit without re-engaging in meaningful contact. our very lives: from the simple lowly earthly life to the glories of heaven which is the new and everlasting Jerusalem.

The Lord God is our helper who comes to our rescue in moments of difficulty and distress. We too should ever make ours the words of

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GOSPEL A reading from the holy Gospel accord-

ing to Luke 19:28-40

"Blessings on him who comes in the name of the Lord."

Jesus went on ahead, going up to Jerusalem. Now when he was near Bethphage and Bethany, close by the Mount of Olives as it is called, he sent two of the disciples, telling them, 'Go off to the village opposite, and as you enter it you will find a tethered colt that no one has yet ridden. Untie it and bring it here. If anyone asks you, "Why are you untying it?" you are to say this, "The Master needs it." ' The messengers went off and found everything just as he had told them. As they were untying the colt, its owner said, 'Why are you untying that colt?' and they answered, 'The Master needs it.'

So they took the colt to Jesus, and throwing their garments over its back they helped Jesus on to it. As he moved off, people spread their cloaks in the road, and now, as he was approaching the downward slope of the Mount of Olives, the whole group of disciples joyfully began to praise God at the top of their voices for all the miracles they had seen. They cried out: 'Blessings on the King who comes, in the name of the Lord! Peace in heaven and glory in the highest heavens!' Some Pharisees in the crowd said to him, 'Master, check your disciples but he answered, I tell you, if these keep silence the stones will cry out.' *This is the Gospel of the Lord.*

FIRST READING

"I did not cover my face against insult I know I shall not be shamed."

A reading from the prophet Isaiah 50:4 -7

The Lord has given me a disciple's tongue. So that I may know how to reply to the wearied he provides me with speech. Each morning he wakes me to hear, to listen like a disciple. The Lord has opened my ear.

For my part, I made no resistance, neither did I turn away.

I offered my back to those who struck me, my cheeks to those who tore at my beard; I did not

Monday English | Tuesday Luganda | Wednesday English | Thursday Luganda | Friday English | Saturday Luganda

SUNDAY MASS PROGRAM: 07:00 a.m Luganda I 08:30 a.m English I 10:00 a.m English I 11:30 am Luganda | 1:00p.m English | 5:00p.m English

cover my face against insult and spittle.

The Lord comes to my help, so that I am untouched by the insults. So, too, I set my face like flint; I know I shall not be shamed. *This is the word of the Lord*.

RESPONSORIAL PSALM

Response: My God, my God, why have you forsaken me?

SECOND READING A reading from the letter of St Paul to the Philippians 2:6-11

"He humbled himself, but God raised him high." His state was divine, yet Christ Jesus did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are, and being as all men are, he was humbler yet, even to accepting death, death on a cross.

But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the

Father. This is the word of the Lord.

EVANJIRI

Atenderezebwe oli ajja mu linnya ly'Omukama

Ebigambo by'Evanjiri ya Mukama waffe Yozu Kristu ebivudde mu Luka. (19, 28-40).

Mu budde buli, Yezu n'ayambuka e Yeruzalimu. Olwatuuka, bwe yali okumpi n'e Betfage, n'e Betania, ku lukooto lw'olusozi olwa Oliva, n'atuma abayigirizwa

be babiri, n'abagamba nti: Mugende mu kyalo ekibali mu maaso, munaaba mwakakiyingira, ne musanga omwana gw'endogoyi nga gusibiddwa, ogutannaba kwebagalwako muntu; muguyimbule, mugundeetere. Bwe wabaawo ababuuza nti: Muqiyimbulira ki? Mmwe munaamuddamu nti: Omukama aliko ky'agyagaza. Abaatumwa ne bagenda, ne basanga ng'eri awo nga bwe yali abagambye. Bwe baali basumulula, bannyiniyo ne babagamba nti: Abasumulula omwana gw'endogoyi mubadde mutya? Bo ne bagamba nti: Omukama agyetaaga! Awo ne bagireetera Yezu. Ne bassaako ebyambalo byabwe, ne beebagaza Yezu ku mwana gw'endogoyi. Yali agenda, ne baaliira engoye zaabwe mu kkubo. Bwe yali aserengeta olusozi lw'Oliva, ekibiina ky'abayigirizwa ne kisooka okutendereza Katonda n'essanyu lingi olw'okubeera ebyewuunyo byonna bye baalabanga, ne baaniriza n'eddoboozi eddene, nti Atenderezebwe Kabaka ajja mu linnya ly'Omukama: emirembe, mu ggulu: n'ekitiibwa waggulu awo! Abafarisaayo abamu mu kibiina ekyo ne bamugamba nti: Muyigiriza, koma ku bayigirizwa bo! Ye n'abagamba nti: Mbabuulidde: obanga basirika, amayinja ganaaleekaana. Ebigambo by'Evanjiri eno bikomye awo

ESSOMO I

Abankowoola sijja kubaggyako maaso gange.

Bye tusoma mu kitabo kya Yisaaya Omulanzi (50, 4-7).

Omukama Katonda yampa olulimi lw'abagunjufu nga njogedde ngumye abadde akooye. Buli nkya azuukuka, azuukusa okutu kwange, mpulire ng'abayiqirize.

Omukama Katonda yanzigula amatu era sajeema, sadda mabega. Amabega gange nnagalekera abankuba, n'emba zange nnazirekera abankunyuula ebirevu; amaaso gange saagakweka banjooga nga banfujjira amalusu.

Kubanga Omukama Katonda annyamba, kye nnava nnema okwekanga, kye nnava nzisaawo amaaso gange ng'ejjinja, era mmanyi sigenda kuswazibwa. *Ebyo Omukama y'abyogera..*

OKWEBUULIRIRA:

Zab. 21, 8-9, 17-18a, 19-20,23-24.

EKIDDIBWAMU: Katonda wange, Katonda wange, Lwaki okunjabulira?

ESSOMO II

"Yeetowaza, Katonda kye yava amugulumiza."

Bye tusoma mu bbaluwa Paulo Omutume gye yawandiikira ab'e Filippi. (2,6-11).

Yezu Kristu ye Katonda ddala: okuba ekyenkanyi ne Katonda tiyakaŋŋantiramu. Yeemaliramu ddala n'afuuka omuddu n'afaanana abantu, ng'afuuse omuntu yeeyongera okwessa ennyo n'awulira okutuuka okufa: Okufa ku musaalaba. ne Katonda n'amugulumiza n'amuwa n'erinnya erikira gonna amannya. Mu linnya erya Yezu byonna bifukamira: Mu ggulu, ne mu nsi, n'eyo mu magombe kiisi lulimi ne lwatula Yezu Kristu nti: ye Mukama; Katonda Patri n'afuna ekitiibwa. *Ebyo Omukama y'abyogera.*

Isaiah that foretell the suffering of Jesus Christ. What are those words? These words are, "but their insults cannot hurt me because the sovereign Lord gives me help. I brace myself to endure them. I know that I will not be disgraced" (Isaiah 50:7). One goes through a trouble but he or she does not get lost and overwhelmed by the trouble since he or she looks to God for help. God is our helper who makes a way for us where there is no way. He works wonders that we cannot understand no matter how intelligent

someone may be. His ways are not our ways and His thoughts are not our thoughts for He has the power to change a mess into a message, a victim into a victor and a test into a testimony. Such are the ways of our helper.

On the glorious entry of Jesus Christ into Jerusalem, St. John Chrysostom teaches us that, "...when He had given sufficient proof of His power, and the Cross was at the very doors, He revealed Himself more clearly." This revelation that St. John Chrysostom teaches us about finds its ultimate climax in the death of Jesus Christ on the Cross and in His resurrection. By means of the resurrection, Jesus Christ triumphed over sin and death and so revealed Himself as "Lord."

Having God as our helper gives us confidence and strength to go on

in life. Our helper is always with us and

He has power over all situations and circumstances of life no matter how shameful, how shocking or terrible they may be. He is our helper in moments when we feel helpless, a friend in moments of loneliness and isolation.

Let us participate fully and actively in this holy week. It is a very special time of God's mercy towards us; therefore, let us have this moment yes this season of grace to come closer to God as we look forward to celebrating Easter joy and victory. The chief means of preparation is by receiving the Sacrament of Reconciliation so that we may have our sins buried so that when Jesus Christ rises from the grave, we too may rise with Him leaving our sins in the grave.

ANNOUNCEMENTS

- We have celebrated Passion Sunday. Thank you for your active participation
- This week, our 7:00am and 1:00pm Mass will be on Monday, Tuesday and Wednesday. On Holy Thursday 17th April 2025, we shall not have the 7:00am and 1:00pm Masses. The Mass will be at 5:30pm in the evening with the washing of feet and keeping vigil which will be done the communities and departments.
- On Good Friday 18th April 2025, we shall not have Mass. We shall instead have the way of the cross starting at 12noon. We shall move through Ntinda trading centre, Ntinda II RD (St. Kizito community), Stretcher Rd, Ntinda Rd, Police station and conclude here. At 3:00pm, we shall start the Divine Mercy Novena and end with the Good Friday Service.
- The booklets for the Holy week program are available for sale outside at Ugx 5000/= each.
- On Saturday 19th April 2025, the vigil Mass will begin at 8:00pm with Baptism of Catechumens. Please remember to come with a candle and wax guard.
- On Easter Sunday 20th April 2025, we shall have all the Masses,7am, 8:30am, 10am, 11:30am and 5pm.
- Easter Monday 21st April 2025, we shall have two Masses, 8am and 10am with Baptism of infants. We shall resume our 7am and 1pm Masses on Tuesday 22nd April, 2025

PALM SUNDAY

Catholics celebrate Palm Sunday to commemorate Jesus' triumphant entry into Jerusalem, which marks the beginning of Holy Week, the final week of Lent leading up to Easter.

Biblical Event: Palm Sunday recalls the event described in the Gospels (like Matthew 21, Mark 11, Luke 19, and John 12), where Jesus entered Jerusalem riding a donkey. Crowds greeted him by laying palms and cloaks on the ground, shouting "Hosanna!" as a sign of honor and recognition of him as the Messiah.

Symbolism of Palms : Palms represent victory, peace, and triumph. In ancient times, they were a symbol of royalty and celebration. The crowd using palms symbolized their hope in Jesus as a savior.

Start of Holy Week : Palm Sunday kicks off Holy Week, which includes Holy Thursday (Last Supper), Good Friday (Crucifixion), and Easter Sunday (Resurrection).

Mass and Procession : At Palm Sunday Mass, Catholics often receive blessed palm branches, and some churches hold processions that reenact Jesus' entry into Jerusalem.

It's a mix of celebration and a somber reminder that this triumphant moment is just days before Jesus' suffering and death—making it both joyful and deeply reflective.

READINGS AND SAINTS OF THE WEEK: 14 th APRIL - 20 th APRIL, 2025					
MON 14 Th APR	TUES 15 [™] APR	WED 16 [™] APR	THUR 17 [™] APR	FRI 18 [™] APR	SAT 19 [™] APRIL
St. Valeria	Sts. Basil & Anastazia	St. Mary Bernadette	St. Benedict	St. Amadeo	St. Olive
Isaiah 42:1-7	Isaiah 49:1-6	Isaiah 50:4-9a	Exodus 12:1-8, 11-14	Isaiah 52:13—53:12	Genesis 1:1—2:2
John 12:1-11	John 13:21-33, 36-38	Matthew 26:14-25	1 Corinthians 11:23-26	Hebrews 4:14-16; 5:7-9	Luke 24:1-12

MARRIAGE BANNS

- Kaggwa Sebiranda Andrew
 of Kisaasi son of Waddimba Ben Ssalongo and Waddimba Rose Nalongo of Gayaza
 wishes to marry Jane Golaguliza
 Musiitwa of Kisaasi daughter of
 Musitwa Charles Ssalongo and
 Musitwa Oliver Nalongo of Bulyanti-kayunga-bukolooto
- Taremwa Andrew of Ngaara son of Stephen Mugisha and Margaret Nakiganda of Mbarara wishes to marry Twesigye Racheal Asaasira of Kisosonkole daughter of Twesigye John Ntamuhiira and Nassiwa Juliet Twesigye of Nakawa
- **Paul Kalindi** of Najeera son of Late Tamale Emmanuel and An-

net Nabuuma of Buloba Kapeeka wishes to marry **Docus Atwiine** of Kyebando daughter of Tuhirirwe Anthony and Turyamureba Teopista of Ntungamo

- Joseph Kawuma Ddamulira of Mutungo son of Late Ssebuliba Henry and Late Maria Nabakooza of Kiteezi Kabangada wishes to marry Shantari Catherine Murekatete of Kikoko daughter of Late Nshiyimaana Bosco and Umugyiraneza Erinestine of Butogota
- Walter Latigo of Nsaasa son of Late Charles Latigo and Sabina Layet of Kitgum wishes to marry Brendah Akankunda of Nsaasa daughter of Boazi Musinguzi and Prosssy Musinguzi of Mbarara
- Atuhaire Gerald of Bulindo son of Late Anatoli Kakwenzire and Late Mary Josepher Kyakuhaire of Kashongi Nyabushozi wishes to marry Mutoni Annet of Bulindo daughter of Mukomeza Yosia and Nyirabahinde Jane of Kiboga
- **Emmanuel Mugoya** of Nkonge-bulimu son of Wabulimbo Patrick and Joyce Bulamu Namuwaya of Iganga wishes to marry Agaba Aneth of Nkonge-bulimu daughter of Micheal Kabona and Inid Kamujamo of Nyarushanje-rukungiri
- Tinkashaba Brian of Kyabuhiire son of Akampurira Alex and Tindimwebwa Annah of Kabale wishes to marry Asimwe Provia of Rwabahazi daughter of Twezirikye Erick and Twezirikye Lydia Mukyooli of Rukiga

Amount

28.308.300

8,263,400

4,536,500 30,000

1,015,000 190.000

190,000

484,000

841,000

335,000

10,000

260,000

1,365,500

857,200

20.000

20,000

200,000

3,012,500

2,197,000

\$ 1,100

\$ 2

WEEKLY FINANCES



MENTAL HEALTH SERVICES WE OFFER

BE:WELL: A TEEN MENTAL HEALTH WORKSHOP

Nsasa, Kira Opposite Juliana Junior School Near Muhika Schools

PROVENANCE

EALING & WELLNESS CENTRE

Alcoholism Individual Therapy, Couple Therapy, Marriage Therapy, Dementia Family Therapy, Child Therapy,

O

Tel /Online Therapy



Feeling Depressed?, Stressed?, Sad?, Worried?, Helpless? Reach out to us.

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Group Therapy

Participate in group therapy

understanding environment.

sessions to connect with

peers, share experiences,

and learn from others

in a supportive and

DRUG AND ALCOHOL TREATMENT PROGRAMS

Work with licensed

therapists to explore

underlying issues, set goals, and develop coping

strategies for managing

Involve your loved ones

in your recovery process through family therapy

sessions to improve communication, rebuild

trust, and strengthen relationships

cravings and triggers.

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Our medical team will provide safe and comfortable detox services to help you manage withdrawal symptoms and begin your recovery journey



Dual Diagnosis Treatment

If you have a co-occurring mental health disorder, our team will provide integrated treatment to address both addiction and mental health issues

> Minfo@phwug.org www.phwu.org

<u>🕅 +256 7893</u>10103 /+256 702649396 +256 708 626866



Medication-Assisted Treatment (MAT)

When appropriate, medication may be prescribed to help manage withdrawal symptoms, mental health symptoms (such as mood stabilization or anxiety reduction) and cravings under close supervision by our medical

Follow us Online

Trauma &

Stress

Parish Priest Fr. Edward Muwanga Tel: 0782952065

Asst. Parish Priest Fr. Brian Bruno Bugembe Tel: 0705449337

PARISH ADMINISTRATION Asst. Parish Priest

Tel:0708086910

Head Catechist Fr. Joseph Kirumira Lawrence Kayindu Tel:0777691286

Chairman of the Laity Eng. William Bakawa Tel: 0772200240

Parish Administrator Maria I. Nabagereka Tel: 0775 528957