

THE MOSHI SEMINARIAN

MARCH 2025



THE MOSHI DIOCESE
ORDAINS 15 NEW
PRIESTS!



On 9 January 2025, 15 diocesan and 3 religious priests were ordained to the Roman Catholic priesthood at Christ the King Cathedral in Moshi.

Congratulations and many thanks to the sponsor families!!

Padre	Sponsor
Father Agapiti Mahoo	Little Flower Bible Study
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Father Arnold Furaha	Jim & Joan Peck
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Father Richard Barnos	T.O. Bennett
Father Robert Ndumwa	Bob & Becky Moore
Father Salvatory Fadhili	Caroline Katigbak
Father Silvester Asifiwe	Joe & Cindy Rogel
Father Victor Zawadi	Liz Guarendi

A special thank you to our newest sponsors!!

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Pearl of Wisdom

Lent: A Journey of Hope

While Lent is a season of prayer, fasting and almsgiving, it is also one filled with hope. The ultimate purpose of Lent is to prepare our hearts for the joy of Easter. Just as Jesus' death on the cross led to the triumph of the resurrection, our sacrifices during Lent are meant to lead to spiritual growth and renewal. This season reminds us that in all things, there is hope for transformation, healing and redemption through Christ.

Frater Daniel Imani

2nd Year Theology at Segerea Senior Seminary
Sponsored by **Dan Szendrey and Julie Szendrey**



BE CATHOLIC AND BE VERY PROUD OF IT

There has never been and there will never be an individual (be it a Lay Faithful, a Catholic Priest/ Religious, a Bishop, a Cardinal, or even a Pope) bigger than Holy Mother Church (subsequent references will refer to “her”) as the longest most organized Institution ever in the history of mankind. The One, Holy, Catholic and Apostolic Mother Church is far bigger than what the human mental processes can fathom.

And thus with a loud voice I say unto you: Never be a Catholic just because the Holy Bible is in fact a Catholic Publication. Don't be a Catholic just because it is the most altruistic charitable institution ever in history of the universe.

Don't be a Catholic just because of the Pope, the Cardinals, Bishops, Priests or Deacons. They too are humans with blood in their veins and not engine oil. Hence, more blind and constructive criticism is being thrown at them by you, others and me; more prayers, support, encouragement and godly advice are needed for them through you, others and me.

Don't be a Catholic just because of her solemn Liturgical Prayers and Rituals that are biblical. Don't be a Catholic just because of her wonderful history in reshaping civilization. Don't be a Catholic just because you are born into a Catholic family or because your friends, relatives, and neighbours are Catholics.

Rather be a Catholic because: God meets us through her seven sacraments; because Jesus is truly present in the Holy Eucharist (in His Body, Blood, Soul and Divinity). Be Catholic because the Blessed Virgin Mary intercedes for us; because the blood of Holy Martyrs is one of her pillars; because Saints and Angels pray for us when we plead unto their intercession.

Be Catholic because it is guided by the Holy Scriptures, the Apostolic Traditions, the Learned Inspired Magisterium and the Holy Spirit. Be Catholic because her doctrines are heavenly; because it is One, Holy, Catholic and Apostolic; because Catholics are an Easter people and Alleluia is their song. Be Catholic because Christ Jesus has redeemed us in the Cross of Calvary; because we believe in One God; because we believe in the resurrection of the dead and in the life to come; because God forgives us when we come to Him in truth and in spirit through the Sacrament of Confession.

Hence, be Catholic because God the Father created us, God the Son redeemed us and because God the Holy Spirit sanctifies us. Be Catholic because God is with us in our daily challenges even when we seem not to feel His presence via our sensations and in our daily struggles. Be Catholic and be very proud of it, because it was the only Church founded by Christ Jesus the High Priest Himself, the second person of the Holy Trinity.

Frater Emmanuel Gideon Amani
3rd Year Philosophy
Ntungamo Major Seminary
Sponsor: **T.O. Bennett**



THE TIME WILL NEVER COME AGAIN

Pilots pass through a long list of checks before launching their aircraft. They have to test the flighty controls, undercarriage, jet engine, cowling, hold, fit, covers, and other components. Failing to do so could lead to disaster after takeoff.

Dear Brothers, the main concern in our Priesthood journey should be witnessed on the culture of spiritual reading as our pre-flight checklist before we launch to ordination. One reason for a habit of daily culture of reading is to grow in wisdom.

There are different kinds of reading. Sometimes we read to gain knowledge. Sometimes we read to learn new skills. Sometimes we read for pleasure. Spiritual reading includes elements of all these but primary it is to grow in wisdom.

As many philosophers have proven, everything in the intellect comes to us through the senses. Reading supplies an object for our intellect. Spiritual reading, however, has this qualification: The object in some way nourishes our interior life and draws us into a deeper relationship with God. That is wisdom.

Reading good books will open our minds to new ideas and new ways of looking at our lives. It illuminates the things of God as well as the things of this world. It makes our apostolate more attractive by widening our horizons. Spiritual books help our preaching by furnishing us with fresh ideas. Also it has great impact in ministering to souls, because if we have not read much on ourselves, we will have little advice to offer others as we will be their spiritual fathers.

Pope Benedict XVI's writings on His Encyclical, *"Deus Caritas Est,"* often emphasized the importance of spiritual reading as a way to encounter God's love in the Scriptures. He placed strong emphasis on deepening spiritual understanding through reading the Bible and the writings of the Church Fathers. Also, St. Hugh of Lincoln said to his spiritual sons that *"Spiritual books are their arms in time of war, their occupations in time of peace, their support in time of trial, and their remedy in time of sickness."*

Spiritual reading is not a difficult habit to form, but we do have to make it a priority. Spiritual reading does not need to take much time. Where you do your spiritual reading is also a personal judgement. So, it's better to organize a place where you can focus without too many distractions.

Lastly, how to do the spiritual reading? St. Alphonsus Liguori says *"That we should be like a bee that does not go from flower to flower but rather pauses until it has gathered all the honey from one flower."* It is a unique kind of reading. It advises that while reading one should dive deep into one book at a time and write down some notes to bring to meditation later on. Trust that spending some time every day with good spiritual reading will change your life.

Frater Victor Raphael Tumaini

2nd Year Philosophy
Peramiho Major Seminary

Praying to have a sponsor





Left: "Behold, how good and how pleasant it is for brethren to dwell together in unity!" It was a pleasure to me and to our parish community (St. Matthew the Apostle-Kirokomu) that my family made us a surprise on January 1 by paying a visit to us. **Frater Dennis Ajuayemungu**, 3rd year Theology in pastoral year, is sponsored by **Peter and Babette Murphy**

THE UNIQUENESS OF ST. ANTHONY OF PADUA

St Anthony of Padua remains a symbol of faith in action. His life and teachings remind us that true spirituality is reflected in our actions towards others. He also, spoke of the power of our actions where we should let our lives be a testimony to our faith. St. Anthony's uniqueness lies in his remarkable blend of intellect and empathy. He was not only a gifted orator but also a devoted servant of the needy. His teachings often emphasized the importance of living a life with the virtues of humility and charity.

He is also known for his miracles, including the recovery of lost items, which has led to his reputation as the patron saint of lost things. His legacy continues to inspire countless individuals to seek a deeper relationship with their faith and to act with kindness and generosity. His speeches and works encourage us to embody love and understanding in our daily life, making the world a better place to live.

The Memorial of St. Anthony of Padua is celebrated on June 13th.

Frater Renatus Lawrence Riziki

2nd Year of Philosophy
Ntungamo Major Seminary

St. Anthony, please find Frater Renatus a sponsor



IMPORTANT

Seminarians hoping for a sponsor can be found here:

<https://www.kmho.org/sponsorships/seminarian/>

Or Contact T.O. Bennett at 330-497-6149 (landline)

FACTICITY

Facticity in existentialism, is a state of being in the world without any knowable reason. Facticity involves the existence, or being in a particular state or affairs which one has no control over.

These are the constants that remain true regardless of time, circumstance, or individual's perspective. For instance, death, is a universal truth. No matter our beliefs, actions, or hope; then mortality is a shared human experience. Similarly to that the bonds of families, the connection to our parents, and the act of birth itself, are foundational realities that shape our existence.

Acknowledging these unchanging truths, can provide solace, perspective, and a deeper understanding of our place in the world. It allows us to appreciate the preciousness of life, the importance of relationships, and the enduring impact of our actions. In a world that often focused on changes and progresses, recognizing these realities, can offer a grounding force, reminding us of the fundamental truths that bind us all. Though it is hard to accept these things which cannot change, but through the serenity prayer, God will give us courage and wisdom to accept them.

SERENITY PRAYER

Oh God grant me the serenity to accept the things I
cannot change, the courage to change those I can,
and the wisdom to know the difference.
Amen.

Frater Renatus Lawrence Riziki

2nd Year of Philosophy
Ntungamo Major Seminary

Ready to start offering prayers for his sponsor



Children who received the sacrament of confirmation in the parish of Saint Andrew Apostle - Kikavu Chini—pose for a picture with Frater Alfred Mageuzi.

Frater Alfred Mageuzi

3rd Year Theology in Pastoral Year
Segerea Senior Seminary

Sponsored by Don and Louise Nguyen

FAITH AND WISDOM

Episode 1: The Power of Gratitude

"Gratitude is not only the greatest of virtues, but the parent of all the others."
Cicero -

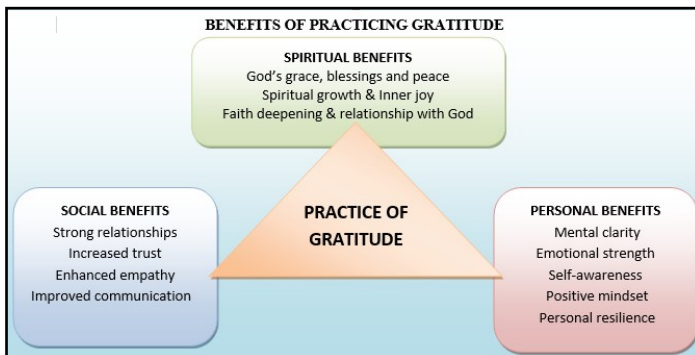
Gratitude has the power to change our lives. Cicero called gratitude **"the parent of all virtues"** because it forms the foundation for other virtues to grow, such as kindness, humility, and generosity. When we practice gratitude, we begin to notice and appreciate the good things in our lives no matter how small. Whether someone does something good or bad to us, simply saying **"THANK YOU"** gives them a moment to reflect and see life differently. This simple act of saying **"ASANTE"** can bring peace, joy, and healing to our hearts and our relationships.

St. Paul reminds us to **"Give thanks in all circumstances"** (1Thes. 5:18). My fellow Christians, gratitude is for both happy times and difficult moments. It helps us trust God and find peace even when life is hard. When we thank God and others, we invite His love into our lives and strengthen our bond with Him and our brethren.

According to Oppland, "writing gratitude letters or notes for the people who have felt our source of inspiration has also shown to increase levels of happiness and gratefulness while making us to feel more connected to others." Therefore, my fellow Christians, when we show gratitude, we make others feel valued which encourages the spread of love and kindness.

This year, let us make gratitude a part of our daily lives. Let us end each day with reflection thanking Jesus for His love and guidance, others for their acts of kindness, and ourselves for our daily activities. There is a Swahili saying, **"Kushukuru ni kuomba tena,"** meaning gratitude invites more blessings. When we thank God and others, we open doors for greater love, favor, and opportunities in our lives. There is another Swahili saying, **"Moyo usio na shukrani hukausha mema yote,"** meaning an ungrateful heart dries up all goodness. When we fail to give thanks, we lose the joy of recognizing blessings and risk closing doors to future favors. My dear friends, even in tough times, let us try find something to be thankful for - at least three things every day.

"Give thanks to the Lord, for He is good; His love endures forever." (Psalm 136:1)



FAITH AND WISDOM

Episode 02: The Power of Meditation

“Meditation is the first step to devotion; if a person perseveres in it, God will lead them to contemplation.” St. Teresa of Avila

This quote highlights the importance of meditation as the foundation of a deep spiritual life. Meaning that, through consistent meditation, one moves beyond mere thinking into contemplation, where God takes over and the soul experiences His presence in a profound way. Meditation is a sacred practice that allows us to quiet our hearts and listen to God’s voice. Unlike simple reflection, meditation involves deep spiritual engagement, where we open ourselves to divine truths. Meditation is not just an occasional practice but a daily necessity for spiritual growth. By meditating on God’s word, we draw strength, wisdom, and peace into our lives.

According to Rev. Fr. Nziku (Spiritual Director), the fruits of meditation are many. Spiritually, it deepens our relationship with God, guiding us to live in His presence. It also purifies our hearts by revealing our sins and helping us seek forgiveness. Meditation enlightens us, allowing the Holy Spirit to reveal deeper meanings of Scripture and strengthen our faith. Scientifically, meditation reduces stress, improves focus, and enhances emotional well-being. Just as physical exercise strengthens the body, meditation strengthens the soul, keeping us spiritually healthy and resilient.

To meditate effectively, we need a quiet place, a willing heart, and a chosen focus, such as Scripture, our union with Christ, our vocation journey, and the call to holiness. The practice of “Lectio Divina,” which involves reading, meditating, praying, and contemplating, is a powerful method for engaging with God’s word. Whether through silent prayer, repeating a short phrase, or imagining ourselves in a Gospel scene, meditation should lead us closer to God. It is important to set aside time daily, whether ten minutes or an hour, to enter into this sacred encounter with the Lord.

Brethren, meditation transforms not only our prayer life but also our actions. As we meditate, we are called to live out what we learn to becoming more patient, compassionate, and like Christ. By making meditation a daily habit, we cultivate a heart that listens, a mind that understands, and a soul that loves God more deeply. All the best.

“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord.” (Psalm 19:14)

Frater Josaphat August Kessy

2nd Year Philosophy
Kibosho Senior Seminary

Hoping to apply his prayer and meditation to a sponsor soon



LENTEN SEASON _5th March, 2025.



A 40-day of penance,
Demanding deeper life reflection,
Covering Body and Spiritual dimension,
Aiming to Past Life transformation.

Ash Wednesday the first day of Lent,
Calling every baptized to repent,
Since the Old Testament,
Maintained through the ages to the present.

Ash cross is imposed on faithful's forehead,
A way of the cross to be followed,
An invitation to be embraced,
For anyone one to be saved.

Reminds us we're dust,
in it we shall return at last,
Time slowly or fast may elapse,
Get ready to face the facts.

Three pillars for its practicing,
Seeking justice toward God by praying,
Justice towards self by fasting,
Justice towards neighbors by almsgiving.

Humbleness is a welcome tone today,
Act of contrition it's okay,
Tears of true remorse to pay,
Sins to be wiped away.

Praying for compassion,
God's loving hands an ever reception,
Act of faith is its foundation,
For the best desirable destination.

Fasting is required,
The sick are excused,
Below or above the age are also allowed,
If and only if are not proscribed.

Abstinence is mandatory,
above reasoning age is direct-participatory,
Below that is technical-Explanatory,
Its outcomes are self-Confirmatory.

Our modern society is corrupted,
Morality seems old fashioned,
Modesty is being outdated,
Liberty is being upheld.

Time to wake from sleep,
Don't delay to make a step,
Door is thin to escape,
Train smart to fit the shape.

Casting off deeds of darkness,
Putting armor of lightness,
Hell is a damn stress,
Heaven is real just trust the process.

Day is now far spent,
Struggle is real just be resilient,
Its possible to be a saint,
At the end rewards are plenty.

Always be docile,
Go an extra mile,
Pull a friend to make a pile,
By Grace make a clean sheet file.

Frazer Benigno Mapendo
1st Year Theology
Mwendakulima Seminary
Sponsor: **Joyce Stoneberg**



40 DAYS

What is Lent

Lent is a 40 days season of Prayer, Fasting, and Almsgiving in the desert, inviting us to grow in preparation for Easter.

It mirrors Jesus' 40 days in the desert, inviting us to grow closer to God

We observe Lent through:

Prayer

Deepening our relationship with God

Fasting

Sacrificing to grow in self-Discipline

Almsgiving

Serving those in Need

Lent isn't Just about giving things up

It's about growing in faith, repenting, and preparing our hearts for the Joy of Easter

What will you focus on this Lent?

FRT. MICHAEL ZAWADI
KIPALAPALA SEMINARY – 2ND YEAR THEOLOGY



Above: Last Saturday with my Catechesis Students at Sub-Parish of Epiphany - Nekale....Moshi-Kilimanjaro. They are feeling very happy. It was an amazing day. Communion Kids were starting their teachings, while Confirmation were continuing. It was a time after singing class.....after preparations of Sunday's songs.....then we took some photos like that. **Frater Gasper Raymond Masha**, in his pastoral year, is sponsored by **Val and Dave Rodenbucher**

LECTORSHIP

Lectorship is a role within the liturgical ministry in the Catholic Church where individuals are appointed and trained to proclaim the word of God during the liturgical services.

What are the obligations for the one receiving the ministry;

Lectors hold the responsibility of reading aloud the selected passages from the Bible during the liturgical celebrations, such as the readings from the Old Testament, the New Testament (excluding the Gospel), and sometimes the Responsorial Psalms. Lectors are expected to read the Scriptures clearly, reverently, and with understanding, fostering the communication of the Word of God effectively to the congregation.

Lectors often undergo training to improve their public speaking skills, pronunciation, and understanding of the Scriptures. They may receive guidance on the proper tone, pacing, and emphasis to use while reading the Word of God to enhance its meaning and impact.

Lectors are typically chosen by the clergy or liturgical coordinators based on their ability to effectively communicate the Word of God and their commitment to the ministry. In the Catholic Church, lectors may be formally instituted into the ministry of lector as part of the process towards ordination to the permanent diaconate or to priesthood.

Serving as a lector is not just about reading aloud but also about deepening one's understanding of the Scriptures and growing spiritually through the Word of God. Lectors often reflect on the readings they proclaim and seek to apply the teachings of the Bible to their own lives.

Lectors play a crucial role in the Liturgy of the Word, which is a central part of the Mass where the Scriptures are proclaimed, allowing the congregation to listen to and reflect on the Word of God. By proclaiming the Word, lectors help to create a sacred atmosphere during the liturgical celebrations and facilitate the encounter of the faithful with the living Word of God.

Overall, lectorship is a vital ministry in the Church that helps to bring the Word of God alive for the worshipping community, fostering a deeper understanding and appreciation of the Scriptures and nurturing the spiritual growth of both the lector and the congregation.

Frater Michael G. Zawadi
2nd Year Theology
Kipalapala Senior Seminary
Sponsors: **Eric and Cindy Karell**



KMHO
31st January 2025
Lectorship Day

Therefore, all must listen with reverence to the readings from God's word, for they make up an element of greatest importance in the Liturgy.

GIRM NO.55

www.lectormichaelg@gmail.com

THE JOY OF HELPING OTHERS

“Spread love everywhere you go. Let no one ever come to you without leaving happier.” Mother Teresa of Calcutta.

Helping others is a source of profound joy and fulfillment. We are encouraged to help those in need, as it is through helping we find joy and happiness. In Proverbs 19:17, we are told, “he who has pity on the poor lends to the Lord and he will pay back what he has given.” This is very joyous because there is a promise of divine reward. God loves a cheerful giver as St. Paul says in 2 Corinthians 9:7. Joyous giving is valued by God. Let us love not in word or in tongue only but in deed and in truth (1 John 3:17-18). In helping those in need, we are helping Jesus unknowingly. Jesus assures us of this in Matthew 25:40. Serving others is equated to serving Jesus himself, offering a profound spiritual fulfillment and joy. In this Lenten season together with prayer and fasting, we are also encouraged to give alms.

Generosity always leads to personal enrichment and satisfaction. E. K. Gupta in his book, *How To Remain Ever Happy*, offers 128 ways of ever remaining happy. One of the ways is to help others. There should be no reservation in helping others. By helping others, our consciousness is uplifted and purified. We should be grateful to the other person who has given us an opportunity to do this divine act. By giving, you don't become short of anything. The more you give, the more you receive in return. The good deed you do today may benefit you or someone you love at an unexpected time.

Concerning this topic we cannot hesitate to mention **KMHO**. They greatly assist Moshi Seminarians spiritually and economically. Just think of the joy of being prayed for by those you help—would that not help you to succeed in your daily activities? There are also those who support various social services such as providing access to clean water in various places, particularly Tanzania. How great is the joy of seeing someone who used to walk more than 5 km to fetch water now getting it right at their doorstep.

“Yesterday is gone; tomorrow has not yet come. We have only today. Let us begin.” Mother Teresa of Calcutta.

DO YOU WANT TO BE JOYOUS? HELP OTHERS!!



Frater Aidan Shukuru
3rd year Philosophy
Kibosho Senior Seminary

Left: Frater Aidan shares his joy with some of the children from the Holy Name of the Blessed Virgin Mary - Mnazi Mmoja Designated Parish. **Will you make Frater Aidan more joyful by sponsoring him?**

THANK YOU TO OUR ROSARY MAKERS!!



THANKSGIVING POEM

The heart is grateful,
And soul joyful,
The hands are thankful,
For the gifts and prayers.

The sacramentals received,
Will be our great aid,
Leading souls to Mary,
By the rosaries received,
May you be always blessed!
We are welcoming you home,

To visit Tanzania our home,
The home of hospitality,
And hospitable people.
Come and be our relatives,
Our eyes can't wait to see you!

Poem written by **Rev. Father Arnold Furaha** (center picture) ordained January 2025 as he distributes rosaries to children at Kirima (St. Anne) Parish. Sponsors: **Jim & Joan Peck**



Above: Rev. Father Agapiti Mahoo ordained January 2025 also distributed rosaries at Umbwe (Exultation of the Cross) Parish. Sponsors: **Little Flower Bible Study**

FREEDOM TOWARDS HAPPINESS AND SUCCESS

Go placidly amid the noise and the haste and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly and listen to others, even to the dull and the ignorant; they too have their story. Avoid loud and aggressive persons; they are vexations to the spirit. If you compare yourself to others, you may become vain and bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your whole life, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Frater Emmanuel Gideon Amani

3rd Year Philosophy

Ntungamo Major Seminary

Sponsor: **T.O. Bennett**



**A very special
THANK YOU and
a wish for a
Blessed Easter
to all our
sponsors!!**



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The donation to sponsor a seminarian is \$1000/year.

Sponsorships can be shared; choose a full or half sponsorship.

To inquire about seminarian sponsorship, please contact:

T.O. Bennett kmho.tz@gmail.com 330-497-6149 (landline)

A Prayer for Seminarians

Lord Jesus,

I ask your special blessing on all young men preparing for the priesthood in our seminaries.

I pray that they will grow in faith, hope, and charity.

May their hearts overflow with your compassion, understanding, and generosity, and may their desire to serve you inspire others to answer your call.

Lord, give our seminarians the grace to follow you more perfectly. When they are lonely or discouraged, fill them with your peace.

Jesus, meek and humble of heart, make the hearts of our seminarians like yours.

Amen.

– *Archdiocese of Omaha, Nebraska*

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For comments or questions on the magazine, please contact:

Linda DiRuzza Ldiruzza@att.net 330-754-8205

Please remember KMHO in your will.

KMHO mailing address: PO Box 5125 Portland OR 97208

Asante sana!

Thank you for your continued support for the Moshi Diocese!