

Editorial

Warm greetings from the L'Arche Uganda community sending you sunshine from Africa.

After a long period of silence we are back with our news letter. I like to begin with the words of Dorothea, who came as volunteer from L'Arche Gouda/Netherlands for 3 months: "Uganda and L'Arche Uganda are just like any other place on this earth ; full of little stories." L'Arche Uganda indeed has lot of stories to tell and each of these stories is important as we learn more about eachother's life and how to use these stories to be more mindful and respectful with eachother. George Kabuye tells us about his long term commitment to L'Arche and how he is now able to look after his elderly mother : a success story as people with disabilities in Uganda usually don't have the chance to look after their family financially or take the story of George Ngaiza, who teaches us how to be more loving. I have included more pictures in this issue, because pictures often speak more than words. We wish you a happy reading and please send us your comments and suggestions and don't forget to forward our news letter to your friends.

Blessings from L'Arche Uganda

Mandy Liedke

My Story: The story of George Kabuye

"There is peace in L'Arche."



George (standing) with his friend Tom

Today we are happy to share the story of George, who came to L'Arche when he

was 12 years old and now he is 29 years old that makes 17 years as living out member of L'Arche Uganda. He is a hard working, loving and gentle person, always ready to do extra work. In fact he has been working so hard, especially on the farm, that in 2009 the community decided to pay him a higher allowance equal to the salary of a first year living in assistant. Now he is able to contribute to the rent of his mother's house.

Here is what he says about himself:

I came a long time ago to L'Arche. Before that I stayed in Makayi with my mother, who is called Nalubega Bena. My father left us, when I was still small and has another family, so I have step brothers. At the time my mum had a job with the City Council and could support us. I am a Muganda by tribe and I speak Luganda, but I am learning English. When I came to L'Arche I went to the school and I learned how to count. Then I worked on the farm looking after the cow and chicken. I moved on to work in the candle sector making candles by myself. But I liked the farm, so I went back there and now I am responsible for feeding and cleaning the pigs and chicken. I also help watering the crops in the garden. I like working with Herman (farm leader) at the farm. Since last year I have more money and support my mother at home. I also fetch water for other people, so they give me money and I buy food for her.

I trained several times with "Special Olympics". I never earned a medal, but I don't give up. In 2005 I travelled with Beatrice to Ireland to visit the L'Arche communities. I was able to see my friend Thomas, who had helped me financially to go there. What do I like about L'Arche? That there is peace. Some things in L'Arche should be pushed more; others run smoothly, so it can be pretty confusing around here. I like prayers and parties.

My favourite things

Activity : playing football

Food : Matooke (Cooking banana)

I like : listening to the radio and travelling by bus or air plane to see new places

George was interviewed by Augustine Cobohwa B. and Mandy Liedke

"I am fine."



Christine, George, Mandy & Thadeo

A few months ago we received a new living in core member all the way from Tanzania called George Ngaiza, who has been a wonderful addition to our L'Arche house as he warms our hearts with his big loving heart and he is always ready to give hugs to people telling us: "I am fine." He was very keen to share with us his experience in L'Arche; he gave us a quick inside about his family:

My name is George Ngaiza. I am 19 years old. I come from Dar-Es-Salaam/ Tanzania, where my brothers and sisters stay, but one of my sisters lives in Canada. I came with my mum by air plane to Uganda. I like my mum and my dad. A relative from Canada told me about L'Arche, so when I entered the air plane I thought I was travelling to Canada, so I was surprised when we arrived in Uganda. I like Kampala. It is like Dar-Es-Salaam. In L'Arche I met Augustine first, who speaks Swahili like me, which is my language, but I am learning English now.

I like L'Arche Uganda. Sometimes I miss my mum, and then Augustine helps me to call her. In the house I wash clothes; I clean and sweep the floor. I have learned to sing the ABC and I made friends with Kakooza, Samson, Ronald, Bosco, Monica, Christine and Esther.

In fact every body is my friend.

My favourite things

Activities : watching TV, listening to music with Tom and playing foot ball with the watchman

Food : Patatote chips

Drink : Juice

I love : dancing and drumming

George Ngaiza was interviewed by Augustine Cobohwa B. and Mandy Liedke

"I am in a moment of prayer."

Emmanuel Nsubuga

Core members retreat in Jinja

On the 15th July 10 core members accompanied by 10 assistants went on a spiritual retreat to Jinja for 3 days. We stayed at the guest wing of "The little sisters of Saint Francis". We had the pleasure to have Ndoodhe Peter from Emmaus Centre as our facilitator. He had prepared two themes for us to look at: "The way God created everything." and "God's love".

We were divided in four groups to explore these themes deeper. Our core members expressed their opinions through drawing, for example Nsubuga drew fruits, animals, plants and people on the theme: "The way God created everything". Before that we all had gone for a walk at our retreat place to look deeper into "God's creation". Everyone was very attentive, especially Nsubuga, who smiled for 3 days non stop. One day he decided to stay alone in the conference room in order to pray. He knelt down for over three hours and whoever was asking him to come for lunch, he would reply: "I am in a moment of prayer." We all were touched by his devotion. On another occasion we talked about how we conduct ourselves in the community followed by a bible reading. After a period of reflection all of our core members wanted to confess to their wrong doings and promised to change. They talked also about respecting assistants and to be honest with people. It was a very inspiring moment for us assistants, who were confronted with so much openness and readiness to change. We all learned our lessons. During the retreat we also remembered the people who have passed and lit candles for them. We all had a very special time and came back inspired.

By Christine Mbabazi

A wonderful smile



George Kabuye, Kayima & Dorothea

My name is Dorothea Jähne. I am originally from Germany and trained as a teacher for children with special needs. I live and work as an assistant in

L'Arche Gouda/Netherlands and I had the wonderful opportunity to go for three months to L'Arche Uganda. It is not easy to fit this adventure in a few lines, but I like to talk about the things, which left the biggest impression on me in Uganda as a country and the L'Arche community. Kampala is a very noisy and busy place to pass through, a frightening experience really, because there seems to be more chaos than structured traffic. When travelling by taxi you get stuck in regular traffic jams. I refused to use Border Borders (local motorbikes) as their driving style combined with the chaotic traffic seemed to me just dangerous. I remember the African ways of living like having separate bathrooms for men and women, washing clothes by hand, playing drums at prayer times, eating with hands, cooking on a fire stove typical food like Matooke (a cooking banana). At the street people would call « Mzungu » after me and I did not like all that attention. The climate surprised me, because I expected just hot days. But in between we had so many rainy days, that I felt like being in Europe sometimes. There were rough roads with many pot holes, that nobody in Europe would drive on. People speak Luganda, the local language around Kampala which was challenging for me. But I learned to greet and thank people. The African ladies looked beautiful in their colourful dresses. Uganda and L'Arche Uganda are just like any other place on this earth full of little stories. But one story touched me quite a lot.

Kayima is a very friendly and smiley person living in the L'Arche community. He is a very caring person too. One day I was standing in the living room, when Kayima walked towards me. He took my hand and looked at me in a "I know something that you don't know yet" way and led me to his room. There he stood in front of me with one hand hiding something and with the other one holding my hand. Kayima smiled his wonderful smile at me putting little sweets in my hand, just a few, but they meant a lot to me. Kayima doesn't have much, but when he gets some sweets from the shopkeeper for free, he keeps them and shares them with someone he likes without expecting something back.

One of my first thoughts when I came to L'Arche Uganda was: People have so little and still they seem to be happy and share freely. L'Arche Uganda is in need of so many things, starting with simple things like dish towels, scholastic materials, food as well as house repairs and petrol for the community bus. But still people keep smiling and sharing like Kayima. If you want to experience the spirit of sharing you should visit L'Arche Uganda, Kayima might keep some sweets for you.

By Dorothea Jähne

Our crafts sector

Interview with Eddy Ebokorait and Christine Mbabazi



Eddy, Samson & Christine

1. Please introduce yourself.

E: My name is Eddy Ebokorait. I come from the eastern part of Uganda of the Iteso tribe speaking Ateso and English. I am 30 years old and from a family of 7 siblings. My dad just past away. I've been in L'Arche for 4 years now.

C: My name is Christine Mbabazi and I am from central Uganda, Kampala area. I am a Muganda by tribe speaking Luganda and English. I am 29 years and also from a family of 7 siblings.

2. What is your role in the community ?

E: I am a living in assistant at the new house and since 2010 I am the leader of the crafts sector. I love being creative. We make jewellery, cards and started producing tie and dye fabrics, which are transformed into shirts by a tailor. I have a lot of responsibility overseeing the crafts sector.

C: I am the house leader of the second house taking care of the home with 5 core members and 4 assistants. I am also working in the crafts sector. Mandy Liedke taught me many jewellery designs.

3. What has touched you in L'Arche ?

E: Outside the community people with disabilities are often rejected with faces full of unhappiness, but in L'Arche their faces are usually full of joy. The core members make effort to speak in English with me as I don't speak Luganda. It makes me feel part of the community.

C: I am touched by the way core members welcome visitors and the way they communicate, for example Daniel and Nakintu use facial expressions and their hands to communicate. I learned a lot about myself in L'Arche.

4. What are the gifts you bring to L'Arche ?

E: I am able to use my creative skills in the community, for example I am always asked to produce cards for many occasions.

C: I am very creative in dance and drama, so I am able to contribute those skills at many community events.

5. We thank you for all the care and love you give to L'Arche Uganda.

Interview by Mandy Liedke

Important community events in pictures



Father Joe planting a tree at his Easter visit in April 2010



Tim Kearney's hot steps at his visit in May 2010



Nakanjako in friendly conversation with Chris Bemrose at his visit in May 2010



Receiving a donation from »Bannakizito«, where young children are encouraged to give to the poor



Participating in the « Day of the African child » in Old Kampala in July 2010



Crafts sector visits the pottery project of « Vision for Africa » in July 2010

We want to express our gratitude to all our friends, readers, donors and families who support us emotionally, spiritually, materially and financially. If you would like to find out more or have any comments and suggestions, please contact us :

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