



Centre for  
Pastoral  
Development

ARCHDIOCESE OF CAPE TOWN

UTHOTHO LWEENKONZO EZINE ZEMITHANDAZO  
KULUNTU OLUNCINCI LOKWABELANA NGOKHOLO  
LWE-PARISH

# Chrum Kwik

UMTHOMBO KUNYE  
NENGQUNQUTHELA  
YOBOMI BECAWA

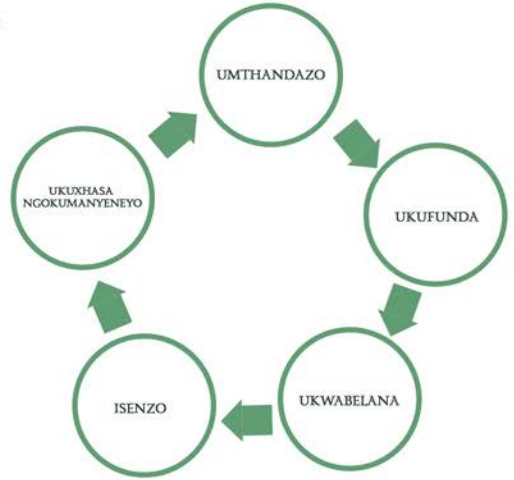
kwik chrum: Ubomi Bethu... Isazisi Sethu  
I\_seshoni Yesibini: Igama... Eucharist... Ubomi  
I\_seshoni Yesithathu: Isonka Esinye... chrum kwik  
kwik kwik: Ithemba Lethu... Uvuyo Lwethu



Igalelo elininzi kolu ngecelele livela kuthotho lokuqala lwe-Ecclesia olwenziwe  
yi-Centre for Pastoral Development kwi-Archdiocese yaseKapa.

## UKULUNGISELELA ISESHONI NGANYE

- ✦ Wamkelekile, udibane kwaye ubulise
- ✦ Ukuvula Umthandazo Nengoma
- ✦ Yazisa iseshoni ngokufunda isicatshulwa songenisiso
- ✦ Ukufundwa kweZibhalo kunye neengcaphuno zokucinga
- ✦ Ukucinga (ubuqu – imibuzo enikwa ukukhokela ukucinga komntu)
- ✦ Ukwabelana kunye neNgxoxo (ngaphakathi kweqela)
- ✦ Isenzo (kwiveki ezayo)
- ✦ Chrum kwik chrum kwik



## YINTONI ULUNTU OLUNCINCI LOKWABELANA NGOKHOLO LWE-PARISH?

Yindibano yabantu abayi-6-12 abadibana ukuze bafunde kwaye bacinge ngezinto ezinikezelweyo. Iqela ngalinye elincinci lenziwe ngabantu abahlukahlukeneyo, banokuba ngabantu abaneminyaka eyahlukeneyo, iimvelaphi ezahlukeneyo kunye neentlobo ezahlukeneyo zomdla okanye banokuba liqela labantu abafana ne-Parish catechists, okanye oomama abahlala ekhaya, okanye abasandul 'umhlolokazi - abanomdla ofanayo. Iqela lokwabelana ngokholo libonelela ngendawo apho sinokuba nje thina

kwimeko ekhululekile, enobuhlobo - indawo apho sinokuzivuselela khona ngokomoya. Ukwabelana ngokholo ngamava omthandazo wokuphulaphula ilizwi likaThixo kunye neminye imibhalo evela eVatican II kunye neCatechism yeCawa yamaKatolika kwaye emva koko ukwabelana ngendlela oku kuphila ngayo kubomi bethu kunye nobomi babanye. Kwakhona yindlela enkulu ukuhlangabezana kwaye ukwazi abanye kuluntu lwakho parish.

# IZIKHOKELO ZE QELA ELINCINCI LOKWABELANA NGOKHOLO I-FACILITATORS

## GROUP FACILITATORS KULINDELEKE UKUBA:

- ✦ Qhagamshelana nawo onke amalungu eqela phambi kokuba iSeason iqale ukuqinisekisa ukuba ilungu ngalinye liyazazi iinkcukacha zokuba iintlanganiso ziya kuba phi kwaye nini.
- ✦ Lungiselela ngokucokisekileyo iintlanganiso nganye ngokuphonononga umbandela uze uqiniseke ukuba uqhelene nayo yonke imibhalo ecatsulwe phambi kwentlanganiso.
- ✦ Qinisekisa ukuba wonke umthathi-nxaxheba unekopi epheleleyo yezinto eziphathekayo zeseshoni.
- ✦ Ziqhelise ukufundwa kwegalelo (ukusuka kwiNtshumayeli). Le "mini-intshumayelo" oyinikayo kwaye kufuneka icengceleza kakuhle kakhulu.
- ✦ Ukuququzelela ingxoxo yeqela elincinci, ukugcina amalungu eqela agxile kwisihloko ngendlela ephilileyo
- nenomdla. Khuthaza amalungu eqela ukuba afune iindlela ezintsha zokuhlola nokuphuhlisa izinto eziboniswa kubomi babo nakwiimeko zabo
- ✦ Iingongoma ze-Action ezinikezelwe apha ziyimizekelo nje; iqela lakho lisenokuza nabanye.
- ✦ Thandaza ngokungaguquguqukiyo kubantu abakwiqela kunye nobunkokheli beParish.
- ✦ Khuthaza iqela ukuba lithandane ngeendlela ezithile nezibonakalayo, ukubona iqela elincinci njengoluntu oluxhasayo kumalungu alo, kunye nenxalenye ebalulekileyo yeParish Community enkulu.
- ✦ Tsalela umnxeba okanye ulandele kunye namalungu eqela angekhoyo - bayayixabisa inkathalo enjalo xa bengakwazi ukuya kwintlanganiso.

## EZINYE ZIKHOMBA UKUQAPHELA UKUCINGA NOKWABELANA KUNYE NENGXOXO

**Ukucinga ngokobuqu** nangasese, lixsha lokuba kunye noThixo kunye nomntu ongaphakathi.

**Ukwabelana** kuvakalisa iingcinga neemvakalelo zobuqu. Abaphulaphuli abafanele baphawula, bavumelane okanye bangavumelani, bamkele nje oko kuye kwabelwana ngako njengesipho.

**Ingxoxo** ixubusha ngentlonelo kwaye ixubusha imiba enxulumene nomxholo wentlanganiso.



# KWIK CHRUM UBOMI BETHU... ISAZISI SETHU

## 1. WAMKELEKILE, DIBANA KWAYE UBULISE

## 2. UKUVULA UMTHANDAZO

**Inkokheli:** Masize phambi kweNkosi ngomthandazo njengoko siqala isizini yethu yeenkonzo zemithandazo ngeli xesha loNyaka weNtlokoma:

**Konke:** Nkosi Yesu Kristu, umnqweno wethu kukufuna nokunithanda ngeentliziyo zethu zonke. Sizibophelele ekunilandeleni ukuba ngoobani iNdlela,

iNyaniso noBomi. Sifundise ukuthanda njengoko wenzayo, kwanokubeka ubomi bethu ngenxa yentsapho yethu kunye nabahlobo bethu. Yiba nathi njengoko sihamba kwindlela yabahambi ngezonzulo yethemba kulo nyaka, ukuze iintliziyo zethu zitshise ngothando nangovuyo. Uzuko lube kuBawo...

*Sicula kunye: (enye isiqwenga somculo sinokusetyenziswa)*

Apha kule ndawo, ukukhanya okutsha  
kuyasasaza,  
Ngoku ubumnyama bunyamalale.  
Uyabona, kwesi sithuba, uloyiko  
lwethu kunye namaphupha ethu,  
Iziswe apha kuwe ekukhanyeni kwale  
mini.  
Sihlanganise ngaphakathi,  
abalahlekileyo nabalahlweyo,  
Sihlanganise ngaphakathi, iimfama  
neziqhwalala;  
Biza kuthi ngoku kwaye siza kuvuka,  
Siya kuvela ngesandi segama lethu.

Siselula – ubomi bethu buyimfihlelo,  
Singabantu abadala – abalangazelela  
ubuso bakho.  
Siye saculwa kuyo yonke imbali,  
Ukubizwa ukuba kube lula kuluntu lonke.  
Sihlanganise ngaphakathi, izityebi  
nekratshi,  
Sihlanganise ngaphakathi, abanekratshi  
nabanamandla;  
Sinike intliziyo, ilulamile kwaye iphantsi  
kangaka,  
Sinike isibindi sokungena kule ngoma.

Ikhonkco le-YouTube kule ngoma:  
<https://www.youtube.com/watch?v=mGxrL83mocQ>

### 3. IGALELO (*ukusuka kuthotho lwe-Ecclesia*)

UMthendeleko usembindini woKholo lwethu lwamaKatolika kunye nobunikazi bethu. NjengeCawa, singabantu be-Eucharistic kwaye kufuneka sihlale sizigqala njengoko kunjalo. Ngelishwa, oku akusoloko kuyindlela esizibona ngayo okanye esiziqonda ngayo. Ngokwemvelo yakhe, iCawa i-sacramental, ityhila uYesu kwaye imenza abekho kwaye akukho ndawo le nto icacileyo kune-Eucharist.

KuMthendeleko apho sibhiyozela ukuba singoobani kuYesu kwaye, kwangaxeshanye, sikhule sibe nguye kunye nendlela yakhe yokuphila. Ukubeka ngamanye amazwi, i-Eucharist yindawo ephakamileyo apho wonke umsebenzi weCawa ulawulwa khona kunye nenqanaba apho onke amandla akhe ahamba khona njengomthombo omkhulu - incopho kunye nomthombo wobomi bethu kuKristu. Obu bomi busoloko bungokaBawo nangabanye.

Ngokuyimfuneko, uMthendeleko konke malunga nokuzincama - umbingelelo ogqibeleleyo kaYesu owenziwe ngoku kunye nokuzincama kwethu okudityaniswe kweyakhe. Ngoko yintoni imibingelelo yethu? Zizo zonke izinto esizenzayo eluthandweni, uYesu asicela ukuba sizenze – sithandane, sixolele iintshaba zethu kunye nabo basinika ixesha elinzima, ukuzisa ukuphiliswa noxolelwaniso kubudlelwane bethu kunye noluntu lwethu, ukunyamekela

amahlwempu nabasweleyo, ukuguqula ihlabathi elisingqongileyo. Kwangaxeshanye ukuzincama kwethu kukuzabalazela kwethu ukuthanda, ukunqula, ukuhlonipha uThixo, ukuzithoba kwethu ubomi bethu kunye nemiyolo yethu kuye, ukukhula kwethu kubungcwele kuye. Ngenxa yoko oko kusibuyisela ekubeni singoobani kwabanye. Ukubhiyozela ngokwenene uMthendeleko kukuba sizithobe size sibingelele konke kuThixo.

Ngoko ke amaxesha amaninzi kwenziwa isikhalazo sokuba abantu abafumani nto kwiMisa – kakuhle inyaniso kukuba asisoze sikhuphe nantoni na de sifake into, kuba yile nto yonke le nto. Xa siyiqonda le nto, ngoko sibhiyozela uMthendeleko njengonqulo lukaThixo (imibingelelo yethu kwidini likaYesu elinika uzuko kuThixo) kwaye kwangaxeshanye senziwe singcwele - ngoko oko kubuyela kuthi kuxhomekeke ngokupheleleyo koko sikubeka kuthi kuMthendeleko.

Kuyo yonke into, ubomi bethu bufanele buzukise uThixo (unqulo nendumiso) ekubeni yonke into esinayo nesiyiyo ivela kuThixo. NguMthendeleko odibanisa onke amaxesha nezenzo zobomi bethu kwizenzo esinye esikhulu sonqulo esingaphaya koko sinokukugqala njengento engabalulekanga nengabalulekanga. Hayi indlela ekumangalisa ngayo ukuba ubomi bethu, ngokufuthi obuncinane nobulinganiselweyo, bufanele bube yinxalenye yento enkulu ngakumbi kunathi.



Kungenxa yokuba siqonde ukuba kuMthendeleko siza phambi koThixo size silungiselele kuye ngobomi kanye esibubeka kwidini likaYesu.

Ngokucacileyo ukusuka kule nto, akwanele ukuba siye nje kwiMisa okanye sifezekise imbopheleleko (oku kunokuba yindawo yokuqala kuphela) - kufuneka sijoyine omnye nomnye ekubekeni ubomi bethu bonke

kuMthendeleko, kuYesu kunye nedini lakhe eligqibeleleyo. Ngokuya sisanda, sifanele sinikele ngakumbi nangakumbi kuThixo, siphulukane naye, sibe nguMthendeleko.

Ngamana uMoya oyiNgcwele angasikhuthaza ukuba sithande uMthendeleko ngokwenene ubomi bethu kuYesu kwaye ngamana singakhula kunye njengabantu boMthendeleko.

#### 4. UKUFUNDWA KWEZIBHALO KUNYE NEENGCAPHUNO ZOKUCINGISISA

ROMA 8:28 – 36

Siyazi ukuba ezintweni zonke uThixo asebenzela okulungileyo nabo bamthandayo, ababizwa ngokwenjongo yakhe. Thina ngokuqinisekileyo kuba ngumthwalo kuba yintoni bethu Iintshukumo ingaba. Nabo wabamisa kwangaphambili wababiza; nabo wababizayo wabathethelela; nabo wayebathethelela naye wabazukisa. Siza kuthini ke kule nto? Ukuba uThixo ngowathi, ngubani na ochasene nathi? Lowo ungamsindisanga uNyana wakhe kodwa wamnikela ngenxa yethu sonke, akayi kusinika nazo zonke izinto kunye

naye? Ngubani oya kuzisa nasiphi na isityholo nxamnye nabanyuliweyo bakaThixo? NguThixo othethelelayo; ngubani oza kugweba? NguKristu Yesu na, owafayo, ewe, owavuswa kwabafileyo, osesandleni sasekunene sikaThixo, osithethelelayo ngokwenene? Ngubani na oya kusahlula eluthandweni likaKristu? Ngaba imbandezelo, nokuba yimbandezelo, okanye intshutshiso, okanye indlala, nokuba bubuze, nokuba yingozi, okanye ikrele? Njengokuba kubhaliwe kwathiwa, Ngenxa yakho sibulawa imini yonke; sithathwa njengezimvu eziza kuxhelwa."

*Quote apho ucinga ngayo:*

ST JOHN VIANNY (1786 – 1859)

"Ukungayi kuMthendeleko kufana nomntu ofa ngenxa yokunxanwa ecaleni kwentwasahlobo"

#### 5. UKUCINGISISA

Ukucinga komntu ngamnye malunga noku kulandelayo:

✦ Ukuba ukubhiyozelwa koMthendeleko kuyimbonakaliso yombulelo wethu kuThixo, yintoni endiyibulelayo namhlanje?

✦ Yintoni ekufuneka ndiyifake ekubhiyozeleni uMthendeleko ukuze ibe nentsingiselo ngakumbi kum?

## 6. UKWABELANA NGEQELA KUNYE NEENGXOXO

## 7. ISENZO SEVEKI EZAYO

Iindlela zokuphila ngaphandle kwempendulo yethu yokwabelana, umz.

Phambi kokuba uye eMthendelekweni kule Cawa, thatha ixesha lokwenza umbingelelo ngengqondo ebomini

bakho uze ubeke loo mbingelelo esibingelelweni xa ubhiyozela iMisa kwixesha elizayo.

## 8. CHRUM KWIK

**Inkokeli:** KwiSidlo sokugqibela, uMsindisi wethu waphathisa iCawa yakhe isikhumbuzo sokufa nokuvuswa kwakhe, ukuba sibhiyozelwe ngonaphakade. Masimthande sithi ...

**Konke:** Ngcwalisani abantu benu abakhululwe ngegazi lenu

**Inkokeli:** Kwiimvavanyo zabo zenza ukuba abantu bakho abathembekileyo babelane ngothando lwakho kwaye ngoko batyhile ebomini babo amandla akho okusindisa ...

**Konke:** Ngcwalisani abantu benu abakhululwe ngegazi lenu

**Inkokheli:** Uzithobe ngokuthobela nokuba wamkele ukufa emnqamlezweni, unike bonke abakukhonzayo izipho

zokuthobela kunye nokunyamezela ngomonde ...

**Konke:** Ngcwalisani abantu benu abakhululwe ngegazi lenu

**Inkokheli:** Nika iNkosi ukuba, kanye njengokuba sihlaziywa sisidlo sangokuhlwa soNyana wakho kweli xesha langoku, nathi singanandipha isidlo sakhe ngonaphakade...

**Zonke:** Ngcwalisani abantu benu abakhululwe ngegazi lenu. UBawo wethu osemazulwini ...

**Inkokheli:** (Ngelixa usenza uphawu lomnqamlezo)  
Ngamana iNkosi ingasisikelela, ingasigcina kwingozi ize isizise kubomi obungunaphakade. Amen.

*Sicula kunye: (jonga ikhonkco ngasentla)*

*Apha siya kuthatha iwayini namanzi,  
Apha siza kuthatha isonka sokuzalwa  
okutsha.*

*Apha uze ubize oonyana bakho  
neentombi zakho,*

*Sibize ngokutsha ukuba sibe yityuwa  
yomhlaba.*

*Sinike ukuba sisele iwayini yemfesane,*

*Sinike ukuba sidle isonka esikuso;*

*Sondle kakuhle kwaye usifundise  
ifashoni*

*Ubomi obungcwele kunye neentliziyo  
eziyinyani.*

*Hayi ebumnyameni bezakhiwo  
ezivaliweyo,*

*Hayi kwezinye ezulwini, iminyaka  
ukukhanya kude, kodwa*

*Apha kule ndawo, ukukhanya okutsha  
kukhanya,*

*Ngoku buBukumkani, ngoku lusuku.*

*Sihlanganise ngaphakathi uze usibambe  
ngonaphakade,*

*Sihlanganise uze usenze eyakho;*

*Sihlanganise kuzo zonke izizwe,*

*Umlilo wothando enyameni yethu  
nasemakhanjeni ethu.*

**CHRUM KWIK**



# I\_SESHONI YESIBINI IGAMA... EUCHARIST... UBOMI

## 1. WAMKELEKILE, DIBANA KWAYE UBULISE

## 2. UKUVULA UMTHANDAZO

**Inkokheli:** Nkosi Yesu Kristu, usinike uMthendeleko njengesikhumbuzo sentlungu nokufa kwakho. Ngamana ukunqula kwethu le sakramente yomzimba negazi lakho kungasanceda

sifumane usindiso oluphumeleleyo kuthi noxolo lobukumkani apho uhlala khona noBawo noMoya oyiNgewele.

**Zonke:** Amen

Uzuko lube kuYise nakuNyana ...

*Sicula kunye: (enye isiqwenga somculo sinokusetyenziswa)*

*Nguwe lo umzimba wam,  
owaphukileyo ngenxa yakho,  
ukuzisa yonke into, ukukukhulula.  
Yithathe uyidle, naxa usenza,  
yenze ngothando kum.  
Ligazi lam eli eliniphalazwe ngenxa  
yenu,  
ukuzisa ukuxolelwa, ukukukhulula.  
Yithathe uyisele, naxa usenza,  
yenze ngothando kum.  
Ukubuyela kutata kungekudala ndiza  
kuhamba.  
Musa ukundilibala; emva koko uya  
kubona*

*Ndisenawe, kwaye uya kwazi  
usondele kakhulu kum.  
Uzaliswe nguMoya wam, hayi indlela  
oza kukhula ngayo!  
Nina ningamasebe am; Ndingumthi.  
Ukuba uthembekile, abanye baya kwazi  
uyaphila kum.  
Thandanani - ndinithandle,  
kwaye ndikubonise indlela  
yokukhululeka;  
Khonzani omnye komnye, naxa  
nisenjenjalo,  
yenze ngothando kum.*

Ikhonkco le-YouTube kule ngoma:

<https://www.youtube.com/watch?v=D3xwGEFXcNw&t=37s>

## 3. IGALELO (*ukusuka kuthotho lwe-Ecclesia*)

Ngalo mbono we-Eucharist njengobomi bethu kunye nobunikazi bethu phambi kwethu, kufuneka siqwalasele uhlobo

Iwesakhiwo sokubhiyozela uMthendeleko, ofuna ukuthatha inxaxheba kwethu, ukuze umbono ube yinyani kuthi.

I-Eucharist yenziwe ngeetafile ezimbini ezilinganayo - itafile okanye inkonzo yeLizwi kunye netafile okanye inkonzo ye-Eucharist. LiLizwi eliba nguMthendeleko yaye uMthendeleko uyaqonda kuthi uLizwi. Oku kuthetha ukuba iLizwi noMthendeleko baxhomekeke ngokupheleleyo omnye komnye kwaye enyanisweni bayinyani enye. Ngelixa sibeka ugxininiso kwinkonzo yoMthendeleko (sigxile ekuzinikeleni kwaye mhlawumbi nangakumbi kubudlelane), kufuneka siyixabise indawo yeLizwi kulo mbhiyozo omnye wenkanuko, ukufa kunye nokuvuswa kukaYesu.

Masiqale ngenkonzo yeLizwi. Le yincoko phakathi kukaThixo nathi – incoko yothando phakathi kukaThixo nabantu bakhe. Oku kubeka umngeni wokuqala phambi kwethu – ngaba siyamthanda ngokwenene uThixo kwaye sifuna ukuba nale ncoko? UThixo uthetha yaye sisabela sisebenzisa kanye amazwi asinike kona. Isakhiwo yiTestamente Endala (uThixo ulungiselela indlela kaYesu) kunye neNdumiso ye-responsorial. Emva koko kukho ukufundwa kwiiLeta zeTestamente eNtsha (iCawa ephilayo uYesu) kunye ne-acclamation ephendula kwaye ilindele iVangeli. Ekugqibeleni, sifumana iVangeli ngokwayo, oko kukuthi uYesu uthetha nathi apha nangoku. Impendulo yethu kwiVangeli ilula kwaye ithe ngqo – Dumisani iNkosi uYesu Kristu apho siyavuma ukuba siyazi ukuba nguYesu othetha nathi.

Umngeni ongakumbi ulapha kuthi – iLizwi kufuneka libhengezwe ngenkalipho kwaye kufuneka simamele ngengqalelo nomnqweno wokufumana iLizwi ezintliziyweni nasezingqondweni zethu kunye nokuzimisela ukuphila eli Lizwi njengabantu bakhe. Ukongeza ekubandakanyekeni kule ncoko, kufuneka sibone unxibelelwano phakathi kwethu kunye neLizwi njengento ephilayo kuthi - ukumisela thina kunye nobomi bethu ukuze iLizwi likhuthele kwaye liphilwe kwisenzo. Kulapho i-homily idlala indima ebalulekileyo, iingcambu zeLizwi kwinyani yethu yobomi njengabantu ngabanye kunye noluntu.

Le ncoko ikhokelela kwiimpendulo ezingakumbi - ukholo lwethu (ndiyakholwa), ukuthembela kwethu kunye nokuzithemba kuThixo kwimithandazo yokuthethelela esiyiphathisa kuye (iNkosi isiva ngobubele) kwaye ekugqibeleni ekunikezeleni kwethu ngokupheleleyo njengombingelelo kwidini eligqibeleleyo likaYesu - iLizwi liba nguMthendeleko - njengoko sifumana kwiTafle yeLizwi, ngoko sizibophelela eLizwini size sizinikezele kuMthendeleko etafleni yoMthendeleko olandelayo. Kwinkonzo yoMthendeleko, uYesu kwidini lakhe wenziwa ukhona (iLizwi noMoya) – lo nguMzimba wam; eli liGazi lam kwaye kulo mbingelelo sizibeka. Kwakhona sicelel ' umngeni ngokwe-mibingelelo yethu enikelwa kuKristu. Njengoko uBawo esamkela kuKristu,



ngoko usabela ngokusinika ubunyani boMthendeleko kuKristu. Oku kusinika amandla okuphila ngaphandle kweLizwi esizibophelele ukuba siphile nalo kwaye siye sazinikela ngokuzincama. Eneneni uLizwi uye waba nguMthendeleko noMthendeleko, njengombingelelo nesidlo, uye waba liLizwi lobomi ebomini bethu nasekuphileni kwethu.

#### 4. KWIK KWIK

LUKA 24: 13-35

Kwangaloo mini ababini kubo babesiya kwidolophana egama linguEmawusi, malunga neekhilomitha ezisixhenxe ukusuka eYerusalem, bethetha omnye nomnye ngazo zonke ezi zinto zenzekeyo. Ngoxa babethetha yaye bexubusha kunye, uYesu wasondela waza wahamba nabo. Kodwa amehlo abo ayengamqondi. Ndandizibuza, "Yintoni endiyenza ngokuhlukile? Kwaye bema ngxi, bekhangeleka bebuhlungu. Waphendula omnye wabo, ogama linguCleopas, wathi kuye, Nguwe na umtyeleli waseYerusalem ongaziyo izinto ezenzekileyo khona kule mihla? Ndandizibuza, "Yintoni endiyenza ngokuhlukile? Bathi kuye, Ngokuphathelele uYesu waseNazarete, obengumprofeti onamandla ngezenzo nangelizwi phambi koThixo nabantu bonke, nendlela ababingeleli bethu abakhulu nabalawuli abamnikela ngayo ukuba agwetywe ukufa, ambethelele emnqamlezweni. Kodwa sasinethemba lokuba nguye owayenokukhulula amaSirayeli. Ewe, kwaye ngaphandle

Ngamana singahlangabezana nemiceli mngeni enzulu yokuthatha inxaxheba ekubhiyozeleni uMthendeleko, ukuze kube njalo kuthi sonke ubomi bethu kwaye siqonde njengabantu bakaThixo kuYesu uMsindisi wethu - Eucharist ingqungquthela kunye nomthombo wobomi bethu.

kwayo yonke le nto, ngoku lusuku lwesithathu ukususela oko kwenzeka oku. Ngaphezu koko, amanye amabhinqa enkampani yethu asimangalisa. Babesengcwaba ekuseni, abazange bawafumane umzimba wakhe; babuya besithi bade babona umbono weengelosi, ezithi uyaphila. Inkonde yabanathi yaya engcwabeni, yafumana kanye njengoko babetshilo abafazi; kodwa yena abazange bambone." Wathi kubo, Owu madoda aziziyatha, nizeka nkqwa yintliziyo, ukuba nikhulwe kuko konke abakuthethayo abaprofeti. Ngaba kwakungeyomfuneko ukuba uKristu abandezeleke kwezi zinto aze angene eluzukweni lwakhe?" Ukuqala ngoMoses nabaprofeti bonke, wabatolika ezibhalo zonke izinto eziphathelele yena. Ngoko basondela kwidolophana ababesiya kulo. Wabonakala eqhubela phambili, kodwa bamnyanzela, besithi, Hlala nathi, kuba kungokuhlwa kwaye imini ngoku isetyenziswe kude. Ngoko wangena ukuze ahlale nabo. Ke kaloku, akufika etafileni nabo, wasithabatha isonka, wasisikelela, wasiqhekeza, wabanika. Amehlo abo avuleka, bamqonda; wanyamalala



emehlweni abo. Bathi omnye komnye, Iintliziyo zethu azitshisanga na ngaphakathi kwethu ngoxa wayethetha nathi endleleni, esivulela izibhalo? Bavuka kwangaloo lixa, babuyela eYerusalem; Bafumana abalishumi

elinanye behlanganisene ndawonye nabo babekunye nabo, abathi, INkosi ivukile okunene, yabonakala kuSimon. Bandula ke babalisa ngoko kwenzekileyo endleleni, nendlela awaziwa ngayo kubo ekuqhekeni kwesonka.

### *Quote apho ucinga ngayo:*

BLESSED TERESA WASECALCUTTA (1910-1997)

“Ubomi bakho bumele bulukwe ngenxa zonke kuMthendeleko. Qondisa amehlo akho kuye, Ngubani na uKukhanya; zisa iintliziyo zakho kufutshane kakhulu neNtliziyo yakhe yobuthixo; mcele ukuba ubabalo lumazi, ukuze umbutho wesisa umthande, ukuze abe nesibindi sokumkhonza. Funani ngolangazelelo.”

## 5. UKUCINGISISA

Ukucinga komntu ngamnye malunga noku kulandelayo:

✦ Yintoni ekufuneka ndiyenze ukuze ndiqonde ukuba nguYesu othetha nam xa ndisiva iLizwi livakaliswa eMthendelekweni?

✦ Ndiyenza njani incoko phakathi kwam noYesu ibe yinto yokwenene ebomini bam?

## 6. UKWABELANA NGEQELA KUNYE NEENGXOXO

### 7. ISENZO SEVEKI EZAYO

Iindlela zokuphila ngaphandle kwempendulo yethu yokwabelana, umz.

Thatha imiceli mngeni echazwe kwi-homily eMisa kule Cawa ezayo

kwaye uphile usuku ngalunye kwiveki elandelayo.

## 8. CHRUM KWIK

**Inkokeli:** UBawo useke kuKristu isiseko salo lonke ithemba lethu nomgaqo wovuko lwethu. Masivuyele ngoKristu sikhale kuye sisithi ...

**Konke:** UKumkani wozuko uva umthandazo wethu

**Inkokeli:** Nkosi Yesu ngovuko lwakho wangena engcweneni yezulu ukuze unikele ngegazi lombingelelo wakho, usikhokele nawe eluzukweni lukaYise...

**Konke:** UKumkani wozuko uva umthandazo wethu

**Inkokeli:** Ngovuko lwenu naluqinisekisa ukholo labafundi benu nabathumela ehlabathini, nesenza uBhishophu wethu Omkhulu, ababingeleli nabadikoni babe

UBawo wethu osemazulwini ...

**Inkokheli:** (Ngelixa usenza uphawu lomnqamlezo)

Ngamana iNkosi ingasisikelela, ingasigcina kwingozi ize isizise kubomi obungunaphakade. Amen.

ngabashumayeli abathembekileyo bevangeli...

**Konke:** UKumkani wozuko uva umthandazo wethu

**Inkokeli:** Wena uliLizwi noBomi, ngamana singafika kuBomi obungunaphakade njengoko sithatha inxaxheba kuMthendeleko...

**Zonke:** UKumkani wozuko ukuva umthandazo wethu.

*Sicula kunye: (enye isiqwenga somculo sinokusetyenziswa)*

*Yiba nangoku kwaye wazi  
ukuba ndinguThixo (x3)*

*Thula wazi ndingu  
Tixo (x3)*

*Yiba ngxi kwaye wazi  
ukuba nguThixo (x3)*

Ikhonkco le-YouTube kule ngoma (isiNgesi kuphela):  
[https://www.youtube.com/watch?v=AyDr9-Mpc\\_s](https://www.youtube.com/watch?v=AyDr9-Mpc_s)

**CHRUM KWIK**

# ISESHONI YESITHATHU ISONKA ESINYE... CHRUM KWIK

## 1. WAMKELEKILE, DIBANA KWAYE UBULISE

## 2. UKUVULA UMTHANDAZO

**Inkokheli:** Masithandazele kunye uluntu lwethu lwaseParish njengoko siqala ixesha lethu kunye namhlanje.

**Zonke:** UThixo onobabalo nonothando, siyakucela ukuba uthumele uMoya wakho oyiNgewele kwi-parish yethu ukuze usizalise ngothando. Senze izixhobo zothando lwenu kuye wonke umntu esidibana naye ekhaya, emsebenzini, kwiindawo esihlala kuzo nakwiindawo esihlala kuzo. Sebenza ngathi ukuze sikwazi ukuzisa inyaniso

yakho kwabo bakufunayo. Sincede sikhule sinombulelo ukuze sikwazi ukuqaphela nokubulela ngazo zonke izinto ezintle osinike ngazo. Sifaka imvakalelo enzulu yesisa ukuze sikulungele ukwabelana ngeziphopho zethu, iitalente zethu, ixesha lethu kunye nezibonelelo zethu zemali. Yenza nzulu umnqweno wethu wokulandela ukuthanda kwakho nokwenza zonke izinto ngenxa yembeko nozuko lwakho. Sibuzwa oku ngoYesu Kristu, iNkosi noMsindisi wethu. kwik Uzuko lube kuBawo...

*Sicula kunye: (enye isiqwenga somculo sinokusetyenziswa)*

*Ngesonka sikuzisela iNkosi,  
umsebenzi womzimba  
wethuKwiwayini sikunika inthungu  
yomoya wethu Asikubuzi, Nkosi,  
ngubani na ummelwane wam?*

*Kodwa yimani nimanyene ngoku,  
omnye kwi-beliefO silivile ngovuyi  
ilizwi lakho, ilizwi lakho elingwele*

*Kwaye ngoku ekuphenduleni, Nkosi,  
iziphopho zethu sizisaIintliziyo zethu  
zokuzingca zenza inyaniso, ukholo  
lwethu olusilelayo lobomi bakho,  
Nkosi yethu noKumkani*

*Isonka esikunikayo sisikelelwe kwaye  
siphukileKwaye kuba kuthi ukutywa  
komoya wethu Phezu kwendebe  
esiyizisayo, ilizwi lakho  
lithethwaUyilahle isiphopho sakho kuthi,  
igazi lakho eliphilisayoThabatha konke  
okubulaleka kwansuku zonke, ukutyala  
kumhlaba olihlwempu wentliziyo  
yethuThatha konke esikuqala  
nokukonakalisa, iphupha ngalinye  
linethembaIzithuba esiziphosileyo,  
ubabalo esiluxhathisayoLord,  
kuMthendeleko wakho, thatha kwaye  
ukhulule*

Ikhonkco le-YouTube kule ngoma:  
<https://www.youtube.com/watch?v=HTXPV0UftTg>



### 3. IGALELO (*ukusuka kuthotho lwe-Ecclesia*)

Le Seshoni iya kuphuhlisa ukuqonda kwethu unxibelelwano phakathi koluntu oluhlanganiseneyo kunye noMthendeleko kunye nemiphumo kuthi. Uluntu lubalulekile kwi-Eucharist kunye ne-Eucharist kuluntu, kuba ku-Eucharist ukuba umanyano loluntu luya lufezekiswa.

Ngokubhaptizwa, sitsaleleka kumthendeleko kaBathathu Emnye kunye nobudlelwane omnye nomnye njengoluntu lweCawa. Ngenxa yoko imbambano yobudlelane bethu, kuBathathu Emnye nakuBathathu Emnye, ibaluleke kakhulu. Nangona sisoloko sizibona njengabantu abaphoswa ndawonye sisibakala sokuba sihlala kwindawo ethile yendawo kwaye ngoko siya kwi-parish enye, inyaniso yahluke kakhulu. Ukuba sizibona njengengqokelela engaqhelekanga yabantu ngabanye, ngoko sinokuzibeka ngokulula ngaphandle koluntu kwaye singabi nayo nayiphi na imvakalelo yoxanduva lwethu omnye komnye. Oku kukukhanyela ubunyani boBhaptizo lwethu kunye nokusilela komntu ngamnye wethu ukuqonda kunye inyaniso malunga noBhaptizo.

Singabantu abangamadlelane, sinxulumene ngokunzulu omnye komnye kuBathathu Emnye omanyansayo kwaye sinoxanduva lokuza omnye komnye ukuze asindiswe kuYesu. Thina kuqala kwaye foremost ubudlelane kwaye

kuphela ke abantu, ukuzisa zethu uniqueness kwaye giftedness ukutyebisa yonke.

IMisa lunqulo lukaThixo esidlangalaleni, olwenza kwangoko konke malunga noluntu. Uluntu oluhlanganiseneyo bubukho bukaYesu, ukuze kuye sinqule uBawo. Kwi-Eucharist, sineyona mbonakaliso igqibeleleyo yokunqula kwethu uThixo kwaye kwangaxeshanye senziwe sibe ngcwele njengoluntu. Ukukhula okunjalo kobungcwele konke malunga nokuba sibe mnye, sibe bubudlelane kwinqanaba elinzulu neligcweleyo.

KwiLiturgy yoMthendeleko kukho ukuzincama nobudlelane, nokuba ngamanye amaxesha sigxininisa ekufumaneni ubudlelane. Le yokugqibela ixhomekeke kwinyani yokuzincama – sibeka imibingelelo yethu kwidini eligqibeleleyo likaYesu elenziwe ngoku kwaye ngoko sizinikela thina kunye nobomi bethu kuYesu kuYise kwaye nayo uBawo ubuyisela oko sikunikelayo njengobudlelane - umbingelelo kwisidlo kunye nesidlo kwidini. Kwakhona imibingelelo yethu yiyo yonke into esizabalazela ukuyenza uBawo asinika yona kwaye oku konke malunga nokuba singoobani kuye kunye nomnye nomnye. Xa siphila le nyaniso yangaphakathi yoMthendeleko, ngoko ukufumana ubudlelane kuba konke malunga nobudlelane bethu.

Kwakhona oku kusicela umngeni ukuba sivume, sihloniphe, sixabise ukunyamekelana nokuhlonelana. Iyamkela umthandazo kunye nenkonzo omnye komnye njengokubonakalisa ubuni bethu njengoluntu lobudlelane, olubotshelwe kuthando sinako omnye komnye. Ngamazwi asebenzisekayo oku

kukuba novelwano, ububele, ulwazelelelo, ukukhathalela, ukuxolela, ukuqonda kwabanye nakwimisebenzi elula neyona iqhelekileyo, nto leyo ngokwayo ibonakala ingenamsebenzi kangako, kodwa ekhanyayo ngothando Lwakhe.

#### 4. KWIK KWIK

YOHANE 6:53 -58

Wathi ke uYesu kubo, Inene, inene, ndithi kuni, Ukuba anithanga nidle inyama yoNyana woMntu, nisele igazi lakhe, aninawo ubomi kuni; lowo uyidlayo inyama yam, asele igazi lam unobomi obungunaphakade, ndimvuse ngomhla wokugqibela. Kuba inyama yam kukudla okunene, negazi lam lisela

okunene. Lowo uyidlayo inyama yam, asele igazi lam uhleli kum, nam ndikuye. Njengoko uBawo ophilileyo wandithumayo, ndiphila ngenxa kaBawo, ngokunjalo nalowo undidlayo uya kuphila ngenxa yam. Siso esi isonka esahla sivela emazulwini, singadli njengooyise, safe; lowo utya esi sonka uya kuphila ngonaphakade."

*Quote apho ucinga ngayo:*

CHRUM KWIK

“Asiyiyo iCawa kuba sidibana kakuhle, okanye ngenxa yokuba kwenzeka ukuba siphelile kuluntu olufanayo lwe-parish, kodwa kunoko ngenxa yokuba kuMthendeleko sifumana uMzimba kaKristu kwaye siya siguqulwa sibe ngumzimba kaKristu”

#### 5. UKUCINGISISA

Ukucinga komntu ngamnye malunga noku kulandelayo:

✦ Ziziphi iindlela endibonakalisa ngazo ubudlelane bam noLuntu lwaseParish?

✦ Sifumana njani umanyano kwiParish yethu?

#### 6. UKWABELANA NGEQELA KUNYE NEENGXOXO

## 7. ISENZO SEVEKI EZAYO

Iindlela zokuphila ngaphandle kwempendulo yethu yokwabelana, umz.

Musa ukukhawuleza emva kweMisa  
kule Cawa. Hlala uncokole nomntu  
ongamaziyo.

Thatha inxaxheba kumsebenzi we-parish  
okanye inkonzo ngaphandle kweMisa

yempelaveki

Lungiselela i-Easter Triduum  
ngokuthandaza kwiZikhululo  
zoMnqamlezo.

## 8. CHRUM KWIK

**Zonke:** Thixo wendalo yonke,  
siyanibulela kwaye siyanincoma ngazo  
zonke iintsikelelo esizifumeneyo,  
ingakumbi isipho sothando lwenu  
olungenamiqathango, uNyana wenu,  
uYesu Kristu. Sijikeleze iintsapho zethu  
kunye nolu luntu .... [ Igama  
lePharish]ngamandla oMoya wakho  
oyiNgcwele. Someleza ngeendlela  
zokholo, ithemba, uthando, inceba,  
uxolo novelwano. Sazise imbopheleleko  
yethu yokunyamekela indalo yenu,  
ukufikelela kubazalwana noodadewethu  
abangamahlwempu nabasweleyo,

nokwenza ngokusesikweni nangothando  
omnye komnye kubomi bethu bemihla  
ngemihla. Kwabagulayo, nikani impilo,  
abakhathazekileyo, nizise ukuzola,  
nakwabo basentlungwini, uvuyo.  
UMariya, Wacingelwa ezulwini...  
thandazela us.St. [Parish Patron Saint]...  
sithandazele.

**Inkokheli:** (Ngelixa usenza uphawu  
lomnqamlezo)  
Ngamana iNkosi ingasisikelela,  
ingasigcina kwingozi ize isizise kubomi  
obungunaphakade. Amen.

*Sicula kunye: (enye isiqwenga somculo sinokusetyenziswa)*

*Sibophe ndawonye, Nkosi, sibophe  
kunyeNgeentambo  
ezingenakwaphulwaSidibanisa  
kunye,  
Nkosi, sibophe kunyeKunye  
kuLuthando*

*Kukho uThixo omnye kuphela, Kukho  
uKumkani Omnye kuphela  
NguMzimba omnye kuphela, Yiyo loo  
nto sicula.*

*Lungele uzuko lukaThixo,  
Ithengwe yi-BloodBorn yakhe  
exabisekileyo enelungelo  
lokukhululekaJesus uloyiso luphumelele.*

*Siyintsapho kaThixoSisithembiso  
sobuthixoUmnqweno kaThixo  
okhethiweyoSiyiwayini entsha ezukileyo.*



Ikhonkco le-YouTube kule ngoma:  
<https://www.youtube.com/watch?v=ljXaoPAVJhs>

CHRUM KWIK

# KWIK KWIK ITHEMBA LETHU... UVUYO LWETHU

## 1. WAMKELEKILE, DIBANA KWAYE UBULISE

## 2. UKUVULA UMTHANDAZO

**Inkokheli:** Yiba ngxi kwaye wazi ubukho beNkosi apha kule ndawo, apha ezintliziyweni zomntu ngamnye wethu. (Nqumama ukuze uthandazele cwaka)

**Lilonke:** Nkosi Yesu, yiva umthandazo wethu wokuhlaziywa ngokomoya koobhishophu, abefundisi, abadikoni, abazalwana, oodade, abalungiseleli abangamarhamente kunye nabafundisi, ngakumbi abo be-arch diocese yethu. Siyakuncoma ngokunika iCawa ubulungiseleli babo. Zivuselele ngeziphho zoMoya wakho namhlanje. Wakha wazivula iZibhalo Ezingcwele kubafundi bakho ekuhambeni kwakho kulo mhlaba. Ngoku vuselela abamiselweyo

nabanyuliweyo bakho ngenyaniso nangamandla eLizwi lakho. E-Eucharist wanika abafundi bakho ubomi obutsha kunye nethemba. Yondla abazinikeleyo bakho ngomzimba negazi lakho. Bancede baxelise ebomini babo ukufa nokuvuswa abakubhiyozelayo ngeenxa zonke esibingelelweni Sakho. Banike inzondelelo ngeVangeli, inzondelelo ngosindiso lwabo bonke abantu, isibindi sobunkokeli kunye nokuthobeka enkonzweni. Banikeni uthando lwenu omnye komnye nangabazalwana noodade babo bonke abakuwe. Kuba uyabathanda, Nkosi Yesu kwaye siyabathanda kwaye sibathandazela ngeGama lakho eliNgcwele. Amen. Uzuko lube kuBawo...

*Sicula kunye: (enye isiqwenga somculo sinokusetyenziswa)*

*Yiba sebukho beNkosi, Lowo  
Ungcwele ulapha  
Yizani niqubude phambi kwakhe  
ngoku, ngentlonelo nangoloyiko  
Kuye akukho sono sifunyenweyo, simi  
kumhlaba ongcwele  
Yiba sebukho beNkosi, Lowo  
Ungcwele ulapha  
Hlalani nise ngenxa yozuko lweNkosi  
lukhanya ngeenxa zonke  
Utshisa ngomlilo ongcwele,  
Ngobungangamsha Uthweswe  
isithsaba*

*Hayi indlela eyoyikeka ngayo umbono  
uKumkani wethu oqaqambisayo  
wokukhanya  
Hlalani nise ngenxa yozuko lweNkosi  
lukhanya ngeenxa zonke  
Yiba nangoku kuba amandla eNkosi  
uyahamba kule ndawo  
Uza kuhlambulula, aphilise, Alungiselele  
ubabalo Lwakhe  
Akukho msebenzi unzima kakhulu kuye  
ngokholo owamkela kuye  
Yiba nangoku kuba amandla eNkosi  
uyahamba kule ndawo*

### 3. IGALELO (*ukusuka kuthotho lwe-Ecclesia*)

Njengoko siza kwiSeshoni yokugqibela yezi nkonzo zomthandazo, kufuneka sidibanise konke esikufumeneyo ukuza kuthi ga ngoku – UMthendeleko bubomi bethu kwaye uvakalisa ubuni bethu. Lo mbhiyozo usitsalela eLizwini nakwiLizwi sibe nguMthendeleko. Sidibana noKristu okhoyo ngokupheleleyo kuthi kwaye kuye abe luluntu lobudlelane, esenza oko sikwenzayo kuMthendeleko ukuze siqonde usindiso lwehlabathi, zonke izinto ezixolelanisiweyo kwaye zibuyiselwe kuYesu. Yaye ngoku kukuba siqonde ukuba eli lithemba novuyo lwethu lokwenene.

Indawo ephakamileyo yoNyaka weNkonzo yeCawa kukubhiyozelwa kwe-Easter Triduum okanye iintsuku ezintathu ezinkulu - uLwesine oyiNgcwele, uLwesihlanu oLungileyo kunye noMgqibelo oyiNgcwele. Le yinkonzo enye ngezigaba ezintathu, ingena kanye kwimizuzu yokubandezeleka, ukufa nokuvuswa kukaKristu, nto leyo engundoqo kukholo lwethu. Incopho yezi ntsuku zintathu yi-Easter Vigil, apho sivuselela izithembiso zoBhaptizo lwethu kwaye siqalise amalungu amatsha kwiCawa.

Rhoqo ngeCawa ke i-Ista encinane, ibhiyozela uSuku lokuvuswa kweNkosi. Njengoluntu olukholwayo lweCawa,

sihlanganisana ukubhiyozela iCawa njengokufezekiswa okuqhubekayo kokuqaliswa kwethu kobuKristu kwaye oku kwenziwa ngokubhiyozela uMthendeleko. Ngoko ke, uMthendeleko kukubhiyozelwa kokubandezeleka, ukufa nokuvuswa kukaYesu kunye neendlela esikhula ngayo ekuqaliseni kwethu, usindiso lwethu. Ngobulumko bakhe, iCawa ibeka kuwo onke amaKatolika imbopheleleko yokubhiyozela uMthendeleko ngeeCawa.

Ngokucacileyo ukubhiyozelwa koMthendeleko kufuneka kube ngaphezu kokuzalisekisa nje imbopheleleko ekubeni uMthendeleko ufuna ukuba sibe nenxaxheba kokubini kwiLiturgy yeLizwi kunye neLiturgy yoMthendeleko. Ukuthatha inxaxheba okunjalo kufuneka kubandakanye wonke umntu kunye noluntu lwabantu bonke abahlanganisene kuYesu. Xa sifumana inxaxheba enjalo ekhuthuleyo nepheleleyo, sitsaleleka kubomi bukaYesu ovusiweyo. Oku kuthetha ukuba uMthendeleko weCawa ukwathetha ngokubhiyozela ukukhula kwethu kuvuko lwethu kuYesu okanye usindiso lwethu. Le yinto yokwenene yangaphakathi – ukuba ngcwele kwaye ikhula ibe bubudlelane – kwaye ikhona njengezithembiso zakhe ezizaliseka kuthi.



Ngoko ke, eli lithemba lethu novuyo lwethu. Asipheleli nje ekubeni nethemba losindiso, kodwa xa sibhiyozela uMthendeleko ngokupheleleyo, ithemba lethu liyazaliseka. Oku kuthetha ukuba ithemba liba yinto ebalaseleyo ebomini bethu xa sikhula sibe nguYesu, sinzulu ubudlelane bethu kwaye siyazi ukuba usindiso lunikelwa ngathi kubo bonke abantu. Ngoko ke, uMthendeleko lithemba lethu elivakalisiweyo nelifezekisiweyo.

Kwelinye icala oku kungunobangela wovuyo olunzulu - kungekhona into engaphezulu (ukubona i-Eucharist njengesiganeko esimnandi okanye njengendlela yokuzonwabisa) - kodwa kunoko uvuyo olukhupha i-radiates kuthi ngenxa yazo zonke izinto ezenzeka ngaphakathi kwethu ngokusebenzisa

i-Eucharist. Kungakhathaliseki ukuba singafezekanga kangakanani na, siyalwazi olu vuyo lokwazi ukuba sikhula sibe bubomi bukaYesu. Olu luvuyo olungenakoyiswa ziingxwabangxwaba, ukubandezeleka okanye imicelimngeni yobomi bethu - luvuyo oluvela kuYesu osele oyise konke oku kuthi.

Ngamana singafika sibone uMthendeleko njengeyona nto ibalulekileyo kubomi bethu nasekuphileni – ithemba novuyo lwethu – kwaye ngamana singakwamkela ukubhiyozelwa koMthendeleko njengeyona nto ibalulekileyo esiyenzayo ebomini bethu. Ngenxa yoko, ngamana le mvakalelo yoMthendeleko ingathetha ukuba sizinikela ngesisa nangokubalulekileyo ekubhiyozeleni uMthendeleko nasekuphileni ngenxa yabanye konke oko uMthendeleko ngowethu kwaye wenza kuthi.

#### 4. KWIK KWIK

YOHANE 6: 44-51

Akukho mntu unokuza kum ngaphandle kokuba uBawo owandithumayo amtsale; kwaye ndiza kumvusa ngosuku lokugqibela. Kubhaliwe kubaprofeti, kwathiwa, Bonke baya kufundiswa nguThixo. Wonk ' ubani oye weva waza wafunda kuBawo uza kum. Akunjalo ukuba nabani na umbonile uBawo ngaphandle kwalowo uvela kuThixo;

umbonile uBawo. Inene, ngokwenene, ndithi kuni, Lowo ukholwayo unobomi obungunaphakade. Ndim isonka sobomi. Ooyihlo bayidla imana entlango, bafa. Sisesi isonka esihla sivela emazulwini, ukuze umntu adle kuyo angafi. Ndilisonka esiphilileyo esingehla sivela ezulwini; ukuba umntu uthe wadla kwesi sonka, uya kuphila ngonaphakade; nesonka endiya kusinika ubomi behlabathi yinyama yam.

## *Quote apho ucinga ngayo:*

CCC 2657

UMoya oyiNgcwele, osiyalela ukuba sibhiyozele inkonzo silindele ukubuya kukaKristu, usifundisa ukuba sithandaze ngethemba. Ngokwahlukileyo koko, umthandazo weCawa nomthandazo wobuqu wondla ithemba kuthi. Iindumiso ngokukodwa, ngentetho yazo ephathekayo neyahlukeneyo, zisifundisa ukulungisa ithemba lethu kuThixo: "Ndalinda ngomonde uYehova; watyekela kum waza wakuva ukukhala kwam." Njengoko iNgcwele uPawulos yathandaza: "Ngamana uThixo wethemba anganizalisa ngalo lonke uvuyo noxolo ekukholelweni, ukuze ngamandla oMoya oyiNgcwele niphuphume ngethemba.

## 5. UKUCINGISISA

Ukucinga komntu ngamnye malunga noku kulandelayo:

✦ Yintoni endinika iThemba noVuyo oluvela kumsitho wam woMthendeleko?

✦ Ngaba rhoqo ngeCawa enye i-Ista ebomini bam?

✦ Yintoni etshintshileyo ebomini bam nasekubhiyozeleni kwam uMthendeleko ngenxa yolu ngecele lomthandazo?

## 6. UKWABELANA NGEQELA KUNYE NEENGXOXO

### 7. ISENZO SEVEKI EZAYO

Iindlela zokuphila ngaphandle kwempendulo yethu yokwabelana, umz.

Yenza i-Easter Triduum ikhetheke ngakumbi kuwe kunye nabathandekayo

bakho ngokuya kuzo zonke iinkonzo ngelo xesha.

## 8. CHRUM KWIK

**Konke:** Owu Thixo, usenze ngokomfanekiselo wakho waza wasikhulula ngoYesu uNyana wakho: Khangela ngemfesane kusapho lonke loluntu; susa ikratshi nentiyo eyosulela iintliziyo zethu; siqhekeze iindonga

esahlulayo; simanyane ngamaqhina othando; kwaye usebenze ngomzabalazo wethu kunye nokudideka ukufezekisa iinjongo zakho emhlabeni; oko, ukuba, ngexesha lakho elimnandi, zonke iintlanga neentlanga zinokukukhonza

ngemvisiswano etafileni  
yoMthendeleko; ngoYesu Kristu iNkosi  
yethu. Amen.

Thixo ongunaphakade, obukumkani  
bakhe obugqibeleleyo akukho krele  
litsalwayo ngaphandle kwekrele

UBawo wethu osemazulwini ...

**Inkikheli:** (Ngelixa usenza uphawu lomnqamlezo)

Ngamana iNkosi ingasisikelela, ingasigcina kwingozi ize isizise kubomi  
obungunaphakade. Amen.

*Sicula kunye: (enye isiqwenga somculo sinokusetyenziswa)*

*Owu Sacrament eyona ingcwele, O  
sakramente yobuthixo,  
Yonke indumiso kunye nayo yonke  
indumiso ibe ngumzuzu ngamnye  
we-thine. (Phinda ngesiBhulu  
nangesiXhosa)*

*O sakramente ingcwele kakhulu, O  
sakramente yolungiselelo*

lobulungisa, akukho mandla aziwayo  
ngaphandle kwamandla othando:  
thumela uMoya wakho, ukuze zonke  
izizwe zihlanganiswe phantsi kwebhanile  
yeNkosana yoXolo, njengabantwana  
bakaBawo omnye. Amen.

*Yonke indumiso kunye nayo yonke  
indumiso yeyakho umzuzu ngamnye.*

*Owu! Isakramente engcwele, Owu!  
Isakramente yaphezulu,  
Zonke izibongo nemiblelo, ngawo  
Onke amaxesha zezakho.*

Ikhonkco le-YouTube kule ngoma (isiNgesi kuphela):  
<https://www.youtube.com/watch?v=RbNENIa8Gew>

CHRUM KWIK



