



THE ANGLICAN CHURCH OF TANZANIA DIOCESE OF MARA


# NEWSLETTER

March 2023 | Issue No. 05

## QUARTERLY INSIGHT




### CONTACT US:


 Bishop of Mara  
Dr. George Meshack Okoth  
Postal Address  
PO Box 131, Musoma, Tanzania

 [communication@actmaradiocese.or.tz](mailto:communication@actmaradiocese.or.tz)

 [www.actmaradiocese.or.tz](http://www.actmaradiocese.or.tz)

## VISION AND MISSION

 Vision: Lives transformed through the power of gospel.

 Mission: To be best Christian provider of spiritual and development services.

# MESSAGE FROM BISHOP



Bishop Dr. George M Okoth  
with Rev. Patti Ricotta  
planting tree at Mugumu  
safe house .

Dear brothers and sisters in Christ,  
I am writing to you with great joy as we celebrate the resurrection of our Lord and Savior, Jesus Christ. I send my warmest Easter greetings to all our partners, and pray that this message finds you well and filled with the love of Christ.

Through this newsletter we were connected to life Together which ran a seminar for the diocese which you will read about in the newsletter,

As we celebrate Easter, let us reflect on the sacrifice that Jesus made for us on the cross, and the incredible love that he showed us by laying down his life for our salvation. Let us also remember that he rose from the dead on the third day, and that because of his victory over death, we have the promise of eternal life with him.

May the joy of Easter fill your hearts and homes, and may you experience the love and grace of Christ in all that you do. Thank you for your continued prayers God bless you all.

Yours in Christ,

**Bishop Dr. George M Okoth**

## TABLE OF CONTENTS

**3**

Conference held at  
Mugumu safe House

**4 / 5**

FGM cripples the  
Biology of Love

**6**

ACT School News

**7**

Pastor's Seminar

**8**

GOMAD

**9**

Hospitality in  
Mara

**10**

Technology  
comes in  
Tanzania

# CONFERENCE HELD AT MUGUMU SAFE HOUSE



## STORY BY MELINA GALIBONA

In February 2023 the Diocese of Mara with her friends from USA, Dr. Larry Young and Rev. Patty Ricotta held a conference at the Safe House about Biblical and Biological basis of Love and Bonding. The conference aimed at making people aware of the God's Creation and Love in family as the vital tools to help people live happily and hence stop cutting girls and all bad practices (traditions) that are harmful to a human's body and dignity. The conference was attended by the vicars and their wives, government officials, village leaders and traditional leaders from Serengeti and Butiama District.



On behalf of the Diocese of Mara, I would like to extend our hearty gratitude to our friends Dr. Larry and Rev. Patty for volunteering their money, time and skills to teach and share with us about the importance of love and bonding to avoid the bad traditional practices of FGM and early marriage. We really appreciate their professionalism and commitment, we pray for God's blessings in your daily life.

# FGM CRIPPLES THE BIOLOGY OF LOVE

PROF. LARRY YOUNG

It was with great pleasure that I visited the Mara Diocese and the Safe House Mugumu where Reverend Patti Ricotta and I held our conference on the Biological and Biblical Basis for Love and Bonding on February 2-3. This was the last of four conferences across Uganda, Kenya and Tanzania and I believe that this conference was the most impactful of all, thanks to the leadership and organizational skills of Bishop George Okoth, Maximilian Lyamsema and the other staff helping with this conference.

I was pleased to see such of diverse group of community leaders, including clergy, government officials, tribal chiefs, as well as other stake holders of FGM in the audience. And best of all, most came with their wife or husband. It was also wonderful to speak and play football with the children at the Safe House. We started the conference by dividing attendees into groups, with husbands and wives in separate groups, and asked them to discuss, then report to the conference, their top 5 answers to 3 questions.

## WHY FGM IS IMPORTANT FOR

- Girls and Women
- For Men
- For society

The group answers were very enlightening for us. We were eager to learn the culture of the Mara region of Tanzania. They taught us and that made us better teachers.

The next day I gave my lesson on the biology of love and bonding with an emphasis of how FGM disrupts Nature's way of creating loving bonds between husband and wife, which can disrupt the whole family relationships and well-being!

I am a brain scientist, not a clergy. I learn from Nature. Even as a child I loved animals, which is one reason I love Africa! At Emory University in Atlanta, USA I research the chemistry in the brain that causes bonds between mothers and their babies, and between husbands and wives.

To do this I study animals, which can help us learn about ourselves. I spoke about "oxytocin," which is a hormone in our body that causes mothers to give birth and to nurse their babies, but also to love their babies more than anything. This bonding chemical also creates the bond between husbands and wives under the right conditions. When a couple look into each other's eyes, touching each other in a loving way, listening to each other, or especially having loving sex, oxytocin released in the brain creates an incredibly strong bond between the partners. If maintained, these bonds will not be broken.

While sex is important for oxytocin to create a bond, it MUST be pleasurable sex.



Pleasure in our brain comes from another chemical called “dopamine.” When a couple interact lovingly and have passionate sex where both the husband and wife feel pleasure, the oxytocin and dopamine interact to create a glue that bonds the couple together very strongly. That couple become better parents, creating a peaceful environment for their children.

Then I also spoke about the “healing power of love” where studies show that couples that are in love, not just living together, have stronger immunity, less heart disease and depression and even can fight cancer better than those without such a bond.



I also spoke about our research showing that when parents nurture their child the child builds better relationships as adults, and childhood trauma in girls reduces oxytocin in their brains when they become adults. Following my lesson, Reverend Patti showed that the same teachings that I provided from science can be found in the Bible. Science and the Bible are consistent on this point and we should embrace what nature and God intended

## What does this have to do with FGM?

FGM reduces the ability of women to experience the pleasure (dopamine) of sex with their husband. Without pleasure, oxytocin is suppressed. Sex is no longer the experience that nature intended to create strong faithful bonds.

FGM destroys the brain’s “glue” that bonds couples together in a loving relationship. The healing power of love is lost. Domestic violence increases. Children see parents fighting which causes stress in the family. Based on the science, strengthening that bond between husband and wife will increase how long couples live, increase their happiness, and increase the success of their children and the next generation of society. Unfortunately, sometimes cultural practices destroy nature’s way of creating peace, harmony and well-being. This is what FGM is going.

I believe the conference attendees appreciated that message! I hope that they spread that message throughout churches and communities, and slowly marriages will strengthen, families will strengthen, and communities will thrive.



# SCHOOL NEWS

## EDUCATION SECRETARY

The Anglican Church of Tanzania Mara Diocese was founded with the purpose of addressing all the spiritual, physical, social, economic, educational, religious, environmental athletic and cultural conditions to make community thrive. Through the concept, the church has succeeded in having educational institutions that provide training and quality education for the curriculum of private schools in Tanzania those schools are :-

- ACT-MARA PRIMARY SCHOOL,
- ACT-SHALOM PRIMARY SCHOOL,
- ACT-NYABANGE PRIMARY SCHOOL
- ACT-BUNDA GIRLS SECONDARY SCHOOL
- ACT-ISENYE SECONDARY SCHOOL.

Our schools are very good in academics they have good teachers who specialised in various fields as well as good environment which are friendly to students.

We thank God through these results our schools have managed to increase the number of new pupils this year 2023.



Therefore last year our schools held national exams for Primary (standard four and seven) and Secondary (form two and four) and the results came out as follows:-

### DIVISION PERFORMANCE SUMMARY FOR ACT-BUNDA GIRLS SECONDARY SCHOOL.

FORM TWO	DIVISION	I	II	III	IV
		10	10	12	0

FORM FOUR	DIVISION	I	II	III	IV
		13	27	12	0

### DIVISION PERFORMANCE SUMMARY FOR ACT-ISENYE SECONDARY SCHOOL.

FORM TWO	DIVISION	I	II	III	IV
		10	10	12	0

FORM FOUR	DIVISION	I	II	III	IV
		16	20	21	0

### SUMMARY FOR ACT-MARA PRIMARY SCHOOL RESULTS 2022

STANDARD FOUR	GRADES	A	B	C	D
		10	10	12	0

STANDARD SEVEN	GRADES	A	B	C	D
		16	20	21	0

### SUMMARY FOR ACT-SHALOM PRIMARY SCHOOL RESULTS 2022

STANDARD FOUR	GRADES	A	B	C	D
		18	10	0	0

# CHRISTIAN EDUCATION DEPARTMENT



**Contributed by Canon Yona Masinde**

The Department of Christian Education is one of the departments in the Diocese of Mara. This department oversees all the teaching of Christian Education in our diocese.

The main goal of this Department is to teach people the Word of God so that Christians can continue to grow and be spiritually strengthened. In order for the church to flourish, it is necessary to value education for the well-being of all mankind. Christian religious education is provided in families, churches, schools and colleges in order to prepare people to respond to the call to serve God in their lives.

Christian education is the foundation of life for a Christian. The department oversees all teachings related to the Christian faith. Included in this is baptism teachings, confirmation, and various seminars including leadership seminars for church elders to know the responsibilities of the church and for ministers.

The Department of Christian Education under the leadership of Bishop Dr. George M. Okoth recently conducted various seminars on the concept of “Church Independence.” In order to implement this mission in practice, the Department of Christian Education conducted two seminars on an Integrated Plan for the Church and Society. The main goal of the seminar was to make pastors and lay people from the Central Archdeaconery, Bunda, Mwibara and Cathedral to be economically independent. The first seminar was held from 24 to 27 February at Bunda Bible College and the second was held at Buhemba from 24-27 March and over 100 clergy and lay people attended these seminars. As a result of the first seminar a community group has already commenced and others will follow.

The seminars were supported by the St Augustine Foundation UK and topics covered Micro Credit, Entrepreneurship, Bible Studies on Nehemiah - challenges and how to overcome them and Environmental protection.

# GO MAKE A DIFFERENCE IN TANZANIA

## Story by Claire Andersen

Our charity, also known as Go M.A.D. is a UK registered Christian charity that has been linked to the Anglican Diocese of Mara since 2008. It developed out of a link with St Johns Blackheath in the UK, who helped design and build the Cathedral in Musoma.



## OUR MISSION.

*“Go MAD aims to Make a Difference in rural communities in Mara Diocese, by giving volunteers from the developed world the opportunity of serving on our projects in Mara Diocese.”*

Approximately 1500 volunteers have made a difference in Mara Diocese with us.

Many of the volunteers experience a positive change in their lives and faith by being involved in our projects in Mara. One volunteer said, “I went out to change Tanzania and I found that it changed me. We have daily Bible Studies and pray together.”

Our projects partnering with the Diocese have included building churches, schools, water tanks, goat sheds, remote medical clinics and dispensaries. We run a menstrual health project and a malaria testing and treatment programme in government schools. There is a high rate of malaria infection in schools, with over 60% of the children we test are positive. Many girls don't attend school during their monthly period which limits their ability to finish school. We provide them with feminine products and health education. We raise money from a variety of sources in the UK and discuss and agree projects with Bishop Dr. George Okoth.

One of our larger projects recently is to plant 100,000 trees in partnership with local farmers and the Diocese. The Diocese has provided land on its Buhemba farm for tree planting by our charity. We are working together with the aim of growing 100,000 trees in the next 10 years which can be selectively harvested to provide an income for the Diocese and Go MAD. The timber will be processed to provide top quality timber for construction and this will store the Carbon that the trees have captured in the timber. We will continue to plant more trees than we harvest, providing a carbon sink, improve the microclimate and the biodiversity.

In Genesis 2 v15 the Lord God asked man to work the garden and take care of it. Unfortunately, mankind has often stripped the land of Gods wonderful creation and sold it or burnt it, leaving many hills devoid of trees. This leads to climate change, unpredictable rainfall, loss of habitat for God's creation and a depletion of a valuable income source for locals.

We have taught local farmers that they can grow their way out of poverty by growing even 100 trees on their farms. We mostly plant an indigenous Tanzania hardwood called Melia Volkensii which grows 3 to 4 metres a year.

If you want to find out more about our charity including how to volunteer then please look at [www.gomakeadifference.co.uk](http://www.gomakeadifference.co.uk) or email [graham@gomad.org.uk](mailto:graham@gomad.org.uk) or [claire@gomad.org.uk](mailto:claire@gomad.org.uk)





# HOSPITALITY IN MARA

Story by Business Manager

The Diocese of Mara operates a guesthouse in Musoma known as The Anglican Hostel. It provides single and double rooms in a comfortable and rustic environment. Visitors passing through Mara find the ambience typical of African hospitality. No TVs, distractions or annoyances of western life here. Simple, plain and very inexpensive.

A new hostel manager has recently been appointed and she is gradually renovating the bathrooms and guest rooms to attract more visitors. Adjacent to the hostel is a dining room which provides typical Tanzanian food. For those who need a western meal, adjacent to the hostel is the Rehema Cafe. Here you can be dazzled by the only western menu between Mwanza and the Kenyan border. Apart from burgers, fries, wraps and sandwiches, the Indian trained chef produces the best curries outside Pakistan and India. Avocado, mango and other tropical fruit juices are served here. Some comment that the juices here are a meal in themselves


Rehema also has a craft shop, selling locally made jewellery, souvenirs and clothes and you can be fitted for clothes by their tailor at excellent prices. Or just buy already made clothes in the shop.

Recently fifteen US college students from Goshen College, Indiana on a three month exchange program spent two periods in the guesthouse. They praised it as meeting their needs even though there is no hot water. But that is coming.

So if you plan to visit Tanzania, visit Mara and experience the welcome of your hosts in Mara. For bookings for the hostel contact Misoji Moses at [misojim@actmaradiocese.or.tz](mailto:misojim@actmaradiocese.or.tz)



Visitors from America getting a breakfast services at Anglican Hostel



Director of Christian Education  
Rev. Canon Yona Masinde receiving  
a computer from Lay Canon Eddie  
Ozols.

## TECHNOLOGY COMES TO TANZANIA

Since mid 2022, through the gifts of friends in Australia, Diocesan staff and others have been able to upgrade their computers to laptops. Most staff have been using desktops which date back to 2006 in some cases. Through friends such as Keiraville Anglican Church in Australia, Anglican Aid, Scripture Union NSW (Australia) and Bowral Anglican Church, preloved laptops have been provided to the bishop, Mothers' Union Secretary, Director of Christian Education, Director of Evangelism, Directory of youth, Link Officer, Education Secretary, Principal of Bunda Bible College, the ICT Manager and others to allow them to be more effective in their work and better able to communicate. Laptops were also provided to the bishops of Tarime and Rorya through our Australian friends.

Recently the diocese was able to install WIFI in the diocesan office after much research. This now allows staff to use the Internet especially when communicating with our friends across the world. We hope this improves our ability to stay in touch with our friends

©The Anglican Church Of Tanzania Diocese of Mara  
Newsletter 2023

Produced by the Diocese of Mara,  
Musoma Tanzania

Design and layout: Mwita Nguti

Editor: Business Manager

  @actmaradiocese

 [www.actmaradiocese.or.tz](http://www.actmaradiocese.or.tz)