



THE PROPHETIC WITNESS

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Editorial >>>



Immaculate Tusingwire, MMS
ARU Communication Manager

Dear friends,
I can't find a better greeting than **"Peace be with you"** since we are still within the grace-filled Season of the Easter.

One of my best Easter Scripture texts is the Emmaus story. The disciples on the road to Emmaus, after encountering the Risen Lord, asked one another: *"Did not our hearts burn within us?"* Luke 24:13-35. Through the breaking of the bread, the Disciples' eyes were opened. At the same time, scripture shows us the disciples encountering Jesus in different ways; sometimes dramatic, sometimes quiet, but always transformative.

Another encounter is the one by the sea, after some disciples return

to fishing, Jesus comes to them. At his command, they cast the net, and this time, their nets are full, and their eyes are opened. They encounter the risen Christ in the very midst of their work, in a moment of failure turned into abundance. Take Mary Magdalen, her encounter with Jesus is deeply personal, Jesus calls her by her name and she recognizes the voice of the one she deeply loved. The one we know as doubting Thomas is another one, he encounters the risen Jesus by touching His wounds. And the disciples behind the locked doors, afraid and confused, but Jesus comes and greets them with Peace, and in this greeting, they recognize him.

In all these encounters, the Risen Jesus meets His disciples where they are; in despair, in fear, in doubt, in grief, in work, and in hiding. It is very consoling that the Risen Christ is not confined to extraordinary experiences, he meets us in the very fabric of our daily life, often when least expected.

We are pleased to share these stories of hope, transformation and encounter in this edition; signs that the Resurrection is alive among us. It is our sincere hope that as you read these stories, your own heart will burn anew, with faith, with hope, with courage and with a renewed commitment to our shared

mission.

Enjoy reading among others our feature story of the Discalced Carmelite Nuns, whose hidden life of prayer continues to fuel the mission of the Church and to remind us that it is from a deep, burning love for God that all authentic service flows.

We remind you of the ARU Radio Maria Program;

The Beatitude Hour

which airs every Saturday Live on **103.7 FM at 5:00 - 6:00PM** animated by the different ARU networks and programs, showcasing their diverse ministries and service across the country.

You are invited to contact us at aru-communication2@gmail.com or at **+256744177533**, if you have a story you wish to share with others.

May our hearts, like those of the disciples, continue to burn within us, inspiring us to be living witnesses of hope, peace, and transformation in our communities. Let us carry these encounters into our daily lives, trusting that even in uncertainties, Christ is present, calling us by name, nourishing us, and sending us forth to share the joy and peace of the Resurrection with the world.

Peace be with you all

Religious Superiors Convene for a Seminar Led by a Vatican Delegate



Fr. Anton Paul Padinjarathala, S.D.B., giving a Seminar to the Superiors at ARU Secretariat

*By Sr. Jane Yatuha, OLCG
Secretary General, ARU*

A delegate from the Dicastery for Evangelization of peoples in Rome, Fr. Anton Paul Padinjarathala, S.D.B., gave a one-day Seminar to the Superiors General of Associations IN ITINERE (communities that are “on the journey” towards becoming formal, recognized Religious Institutes) and Institutes of Consecrated Life of Diocesan Right.

The Seminar was initiated through the Uganda Nunciature by Fr.

Georges Kwami Kouwonou, who currently oversees the affairs of the Apostolic Nunciature and spearheaded by the ARU President, Fr. John Bosco Kamoga, C.S.Sp.

The Seminar was held at the ARU Secretariat on the 18th April 2026. Eight (8) Superiors of Men and women Institutes of Diocesan Right and Fourteen (14) Superiors of Public Associations in Uganda attended.

It was a significant opportunity for the superiors to have this

engagement with such a key person in the functions of our Institutes, who guided participants in deepening their understanding of the canonical and procedural norms governing Consecrated Life.

The workshop was an enriching experience, enhancing awareness and strengthening the superiors’ knowledge for the more effective and responsible exercise of their offices.

Participants expressed deep appreciation for the clarity and practical insights offered.



Fr. Anton Paul Padinjarathala, S.D.B., the Secretary General and the Asst. Secretary General of ARU together with the Superiors pose for a group photo shortly after the Seminar.

Featured Institute

The Discalced Carmelite Nuns: A Gift of the Holy Spirit to the Church



Carmelite Sisters in Mityana during evening prayer

*By Immaculate Tusingwire, MMS
and Benedict Mukoni*

In today's world, which is dominated by noise, it is difficult to imagine the quiet and prayerful life of the Carmelite Nuns that is almost completely hidden. Though the nuns are hidden, living apart from the busyness and noise of everyday life, their mission reaches far beyond their cloistered walls. This story takes a closer look at who the Carmelite Nuns are, their rich history, and how their presence continues to be a gift of the Holy Spirit to the Church and the world at large.

The word "discalced" means "barefoot" (or wearing simple sandals), symbolizing a life of

simplicity, poverty, and detachment from worldly comforts.

Who are the Discalced Carmelite Nuns?

There are different categories of Religious or Consecrated life in the church. The Discalced Carmelite Nuns belong to the contemplative religious life. More specifically, they are part of the cloistered monastic or contemplative orders, whose primary mission is to seek God and intercede for humanity through prayer. Thus, they dedicate their lives entirely to God through a vocation centered on prayer, silence, and contemplation. They do this through living a cloistered (enclosed) life, meaning they remain

within their monastery, praying for the Church and the whole world rather than engaging in active external ministries. This enclosure provides the Carmelites with the necessary solitude, evangelical self-denial, and determination to live for God, humankind, and the entire Community of life.

The Story of how the Discalced Carmelite Nuns came to be

The story of the Discalced Carmelite Nuns is rich and long. Here, you will get a glimpse of it. It begins in the 12th century on Mount Carmel in the Holy Land, where a small group of men hermits chose a life of prayer and silence, inspired by

the prophet Elijah and devoted to the Virgin Mary. Forced to leave the Holy Land because of the unrest in the region, they carried this way of life to Europe, where it slowly grew and took root.

As the years passed, women also began to live this same spirituality in monasteries. But with changing times, their way of life also changed. In the 16th century, St. Teresa of Avila felt called to renew this life, bringing it back to simplicity, deep prayer, and total trust in God. In 1562, she started a small convent, and with the help of St. John of the Cross, the reformed Discalced Carmelites were born. They lived in silence, poverty, and deep prayer. The name itself reflects their choice to live simply, even wearing sandals as a sign of detachment from comfort.

From there, the Discalced Carmelite Nuns slowly spread to different parts of the world. Despite challenges, their way of life attracted many who felt called to a deeper relationship with God. Today, the Discalced Carmelite Nuns are present across the world, including in Uganda. Though their life is quiet and hidden, their mission and impact remain strong.

Major Discalced Carmelite Saints

St. Teresa of Avila: Founder of the Discalced Carmelite reform and known for her writings on prayer and spiritual life, especially the 'Interior Castle' and 'The Way of Perfection'. She is also one of the women Doctors of the Church.

St. John of the Cross: Mystical theologian and reformer with St. Teresa. He is known for his mystical teachings, especially through his famous books: 'The Dark Night of the Soul' and 'The Spiritual Canticle'. John of the Cross is also a Doctor of the Church.

St. Thérèse of Lisieux, fondly known as the little flower. She is mostly known for promoting the 'Little Way' of simple trust and love of God. Thérèse is also a Doctor of the Church.

Other important Carmelite saints include St. Edith Stein (St. Teresa Benedicta of the Cross, who was killed in a concentration camp during the Nazi persecution in Europe), St. Elizabeth of the Trinity, St. Mary Magdalene de' Pazzi, and St. Teresa of the Andes.

Discalced Carmelite Nuns in Uganda

In the mid-1960s, the late Archbishop Joseph Kiwanuka travelled to Germany to request the sisters to establish their presence in Uganda. The discernment and process took long, and the archbishop died in 1966 before seeing their presence in Uganda. However, his successor, Archbishop Emmanuel Nsubuga, reinforced the request, leading to their foundation in Uganda in 1967, only one year after Archbishop Kiwanuka's death.

When they came to Uganda, they settled in the then-Great Kampala Diocese. Today, they belong to the Diocese of Kiyinda Mityana. Their convent is attached to the Diocese's Cathedral, quite hidden, just as their life is. The foundresses comprised eight members: Sr. Angelika, Sr. Renata, Sr. Klara, Sr. Bernadette, Sr. Celine, Sr. Agnes, Sr. Anna Maria, and Sr. Ulrike. It is now 59 years since the Discalced Carmelites came to Uganda. Their community, not known by many, is called Our Lady Queen of the Martyrs' Carmel - Mityana.

Their lives are not only composed of prayer, which is both communal and personal, but also composed

of work, spiritual reading, and recreation as a community act.

For work, they sew vestments worn by catechists and Priests during liturgical celebrations. They bake hosts, which are used for consecration at Mass, and offer hospitality to people who are seeking recollection or prayer in their small, beautiful guest house. Each sister is expected to be concerned for all her sisters in the community. They carry out all their work in silence.

How one Becomes a Discalced Carmelite Nun

Becoming a Carmelite nun is a gradual and demanding journey:

- 1. Come and see 1 Year**
- 2. Postulance 1 year**
- 3. Novitiate 2 years**
- 4. Temporal vows 5 years**
- 5. Solemn Profession - For Life**

Like other religious sisters, they too profess the vows of **Poverty, Chastity, and Obedience**

To join the Discalced Carmelites, one needs to be a healthy Catholic female, possessing a sense of being called by God, having a desire to grow in intimacy with God, the capacity to live in the same community with different cultures and backgrounds, and successful completion of either S.4 or S.6 training and good knowledge of English.

Contact the Discalced Carmelite Nuns in Uganda

P.O BOX 260, Mityana, Uganda, East Africa

Email: mityanacarmelite@gmail.com

Tel: +256 772 467 646, +256 783 950 373

Featured Person

An Enduring YES: The Life and Mission of Sr. Janet Harbauer

By Immaculate Tusingwire, MMS

After 37 years of dedicated service in Uganda and 15 Years based in Kenya, Sr. Janet Harbauer, a Medical Mission Sister, now prepares to return to the United States, entering a new and unfamiliar chapter of life. This moment of transition offers a fitting time to reflect on her journey that began in Ohio and unfolded across continents in response to a deep missionary calling. Her story, shared here, is a gift, not only as a record of faithful service in healthcare, formation, and vocation animation, but as a witness to a life shaped by courage, adaptability, and an enduring “YES” to God. As she leaves behind a community she has served and loved for many years, her journey invites us to appreciate both the impact of her work and the quiet strength required to begin again.

Though it has been now 37 years in Uganda, Sr. Janet 1st came to Uganda 55 years ago. We know that her impact and story cannot be told in a few pages. But it still gives us a glimpse of the life of service and dedication she has lived. As we read her story below in her own words, may it inspire us on our own life journey.

Early Life and First Encounters with Faith

I was born in 1946 and grew up in a small town in Ohio, USA, and the first born of four children. The first religious sister I ever saw was when I was in first grade (P.1) when I went to Sunday school. In my eyes, the sister wore clothes that were very strange and scary. My father had driven me there and I was crying and refused to get out of the car. However, her kindness in approaching me afterward changed my perception. With my father’s support, I returned the following week and gradually became comfortable. That small moment marked the beginning of a lifelong openness to religious life.

By fourth grade, I transferred to St. Rose Catholic School, where I discovered a deep love for learning, especially in religion. I excelled in the subject and even scored 100% on a diocesan religion exam. From an early age, I felt that understanding faith and spirituality came naturally to me.

In 7th grade, our teacher promoted religious life by giving a name and address of a congregation to each boy and girl. I was assigned to learn about the Medical Mission Sisters. Their response, including a letter from Sr. Mary Janet, who decades later was the one who received my perpetual vows.



Sr. Janet Harbauer - MMS

A Growing Calling

Another experience towards my missionary vocation was in eighth grade when a missionary priest showed a film about the Divine Word Missionary work in Papua New Guinea. I thought that was the most extreme type of religious life and if I were ever a sister, I would have to be a missionary in a far-away land because I thought that if I loved Christ and gave my life to Him, I would have to give the most.

I wanted to be a marine biologist since I liked science, especially biology. From investigating the requirements, one had to have a master's degree in marine biology. I didn't even know if my family would have the money for the university let alone a masters in a faraway university on an ocean coast. Instead, I enrolled at Ohio State University to study physical therapy. While university life offered many freedoms, I chose to deepen my faith, attending daily Mass at the Newman Center.

During my second year, a decisive moment came while studying French. I was translating a passage about the North American Martyrs when the word "missionary" struck me deeply. I could not continue studying. As I walked back to my residence, I made a decision: I said "yes" to God. I would become a missionary; I would join the Medical Mission Sisters.

Mission in Uganda

After completing my degree, I worked for a year in a Catholic hospital in Toledo to gain experience. In 1969, I entered the Med-

ical Mission Sisters, and in 1971, I was assigned to Kampala, Uganda, to work at Nsambya Hospital as its first physiotherapist. I was responsible for starting the department from scratch, a challenging but fulfilling task.

I quickly grew to love the Ugandan people and adapted well to the culture. Although I did not become fluent in Luganda, I learned enough to communicate with patients. These were the years of Idi Amin's rule, a time of instability and fear. I witnessed the expulsion of Asians and the departure of many professionals, which left major gaps in health-care.

After one year, I moved to Mulago Hospital, where I was urgently needed. As the only physiotherapist working across the wards, I treated many complex and unusual cases. This experience strengthened both my professional skills and my sense of mission.

Formation and Service in East Africa

Before taking my perpetual vows, I returned to the United States for further studies, earning a master's degree having studied theology, scripture, counselling, and Ignation spirituality. I was then assigned to Kenya, where I worked in Nairobi as Assistant Director of a formation program for religious sisters. The program aimed to deepen their spiritual and theological understanding.

However, the program was unexpectedly closed due to false rumors and misunderstandings. Though difficult, this experience taught me important lessons about leadership and the realities of working within

institutions.

Afterward, I dedicated many years to promoting vocations in East Africa. I traveled widely across Kenya and Uganda, speaking to girls in secondary and nursing schools. My message focused on helping them know Jesus, as I believed that a vocation begins with Him. I organized gatherings, created materials, and kept in contact with many young women. Over time, some joined and became strong members of the Medical Mission Sisters, helping to build a lasting foundation in the region.

A Lifetime of Service and a New Chapter

In 1992, I returned to Kampala and began working at Rubaga Hospital. Over the next 34 years, I served in many roles, responding to whatever needs arose. One of my final responsibilities was managing staff housing and overseeing the hospital's keys, which required me to be available at all hours.

Living within the hospital compound allowed me to serve closely and build lasting relationships with staff and patients. I witnessed many changes over the years and saw generations grow.

Now, at the age of 80, I am preparing to return to the United States, where many American Medical Mission Sisters live in retirement. I leave Uganda with gratitude, knowing that the mission has grown and that East African sisters are continuing and expanding the work.

As I begin this new chapter, I remain open to God's call, just as I was when I first said "YES" many years ago.

Home of Mercy seeks to Address the Growing Need for Adult Disability Support



Hon. Asamo (in African fabric wear) together with Missionaries of the poor, Home of Mercy administrators, other government officials and social workers pose for a group memorial photo, shortly after the meeting. **Courtesy Photo.**

By Benedict Mukoni

For years, Catholic Care for Children in Uganda (CCCU) has led efforts to transition abandoned children from Child Care Institutions (CCIs) back to families or into foster care. However, the situation is more complex at the Home of Mercy, run by the Missionaries of Charity.

Located in Namugongo, the Missionaries of Charity, Home of Mercy, in collaboration with the ARU-CCCU team, hosted the Minister in charge of Persons with Disabilities (PWDs), **Hon. Hellen Grace Asamo**, alongside officials from the Ministry of Gender, Labour and Social Development (MGLSD) on March 3, 2026.

The visit followed an invitation fa-

cilitated by Principal Probation Officer **Shafiq Butanda**, after the home raised concerns about the growing number of adults with disabilities who remain in its care without legal recognition.

The engagement aimed to better understand the situation of vulnerable persons with disabilities at the Home of Mercy, discuss legal and administrative challenges affecting the facility, explore possible government support and registration pathways, and identify sustainable solutions for both children and adults.

Currently, the Home of Mercy accommodates 48 residents, six children and 42 adults with disabilities. Many were admitted as children

but have remained at the facility for over a decade due to severe disabilities and lack of family support.

According to the home's social worker, residents are often referrals from the hospitals, police, communities, and institutions such as Naguru Reception Centre (NRC). Many have no known relatives and lack legal identification documents, which limits their access to essential government services.

During the meeting, the sisters highlighted a critical legal gap between childcare services and adult disability care, complicating the registration and regulation of facilities that serve both groups. Sr. Euphrasia Masika, DST, Director of CCCU, raised concern over the increasing number of children with

disabilities aging into adulthood within childcare institutions. Ministry officials echoed the need to separate facilities for minors and adults, with each ministry handling approvals under its mandate, and committed to addressing the matter promptly.

Hon. Asamo acknowledged the challenge and commended the Missionaries of Charity for their dedication.

“I want to thank the Sisters for the great work you are doing and for inviting us. It is the responsibility of the government to check on such homes even without being invited,” she noted.

The Minister further recognized the legal gaps affecting institutions supporting persons with disabilities transitioning into adulthood. Key commitments from the visit included government support to register the children’s home, plans to establish a separate facility for adults with disabilities, and coordination

to secure national identification documents for residents.

The sisters were also encouraged to tap into government initiatives such as the Special Grant for Persons with Disabilities, which provides up to Shs10 million annually to support income-generating activities like weaving, crafts, hospitality, and agriculture. She cited St. Francis Cheshire Home in Soroti as a successful example, where a pig-gery project funded through the

grant has become sustainable. Officials emphasized the importance of recognizing persons with disabilities not merely as recipients of charity, but as citizens entitled to legal protection and access to social services.

Founded by Mother Teresa, the Missionaries of Charity have served in Uganda since 1988, supporting abandoned children, persons with disabilities, and other vulnerable groups.



Story of Hope

Paul Discovers His Lifelong Mission as a Talitha Kum Youth Ambassador



Mr. Paul Oloya, Talitha Kum youth ambassador, presenting to the audience, including the youth and adults during his on-site field campaign about Human Trafficking. **Courtesy photo.**

By Sr. Semerita Mbambu

Talitha Kum International is a global network of Catholic sisters, partners, and young people committed to ending human trafficking and promoting human dignity. Through its Youth Ambassadors Program, Talitha Kum empowers young leaders worldwide to become agents of change in their communities.

In Uganda, where human trafficking remains a significant concern, especially among vulnerable youth and women, the training of Youth Ambassadors has become a vital strategy in prevention and awareness

creation. These young ambassadors are equipped with knowledge, skills, and tools to educate their peers, raise awareness in schools and communities, and advocate against all forms of exploitation.

By engaging youth as active participants in the fight against trafficking, Talitha Kum International fosters a generation that is informed, compassionate, and committed to protecting the dignity and rights of every person. In the Ugandan context, this initiative strengthens grassroots efforts, supports community resilience, and contributes to a broader national and global move-

ment to end human trafficking.

In this issue's story of Hope, Mr. Paul Oloya shares his story of discovering his lifelong Mission as a Talitha Kum youth ambassador.

A simple call became a lifelong mission when I first encountered the reality of human trafficking not as a distant issue, but as a painful truth affecting the lives of young people in our communities.

My journey as a Talitha Kum Youth Ambassador began with a deep desire to be part of something meaningful, something transformative.

Talitha Kum, meaning “Little girl, I say to you, arise” (Mark 5:41), is more than just a name; it is a call to action, a call to restore dignity, hope, and freedom to those who have been silenced by exploitation.

At first, I did not fully grasp the magnitude of human trafficking. Like many young people, I thought it was a problem that existed far from us. But through training, community engagements, and listening to real-life stories, I came to understand that trafficking is present in subtle and dangerous ways through false promises of jobs, education, and better opportunities.

As a youth ambassador, I have had the opportunity to engage with fellow young people in schools, churches, and communities. One thing stands out clearly: awareness is powerful. When young people are informed, they become more vigilant, more confident, and less vulnerable. I have witnessed students who, after our sessions, begin to question suspicious offers and even educate their peers. That is where transformation begins.

However, this mission is not without challenges. There are moments of discouragement when the message

of resilience of survivors and the commitment of fellow ambassadors continue to inspire me. Each small step matters. Each life reached is a victory.

Being part of Talitha Kum has also shaped me personally. It has strengthened my leadership, deepened my compassion, and given me a stronger sense of responsibility toward my community. I no longer see myself as just an individual, but as a voice for the vulnerable and a bridge for change.

I express my deep gratitude to St. Bakhita Anti Human Trafficking Network Uganda, and the Association of Religious in Uganda, for creating platforms that empower young people to participate actively in addressing social injustices. Your commitment to safeguarding human dignity is truly inspiring.

As we move forward, I call upon fellow youth, religious leaders, and all people of goodwill to join hands in this mission. Let us be vigilant, speak out, and protect one another. Human trafficking thrives in silence, but together, we can break that silence. Let us rise and help others rise.



Mr. Oloya and colleagues doing sensitization about Human Trafficking on Radio Pacis.



From Streets to Self-Reliance: CCCU partnering with CRS to support the Vulnerable Youths

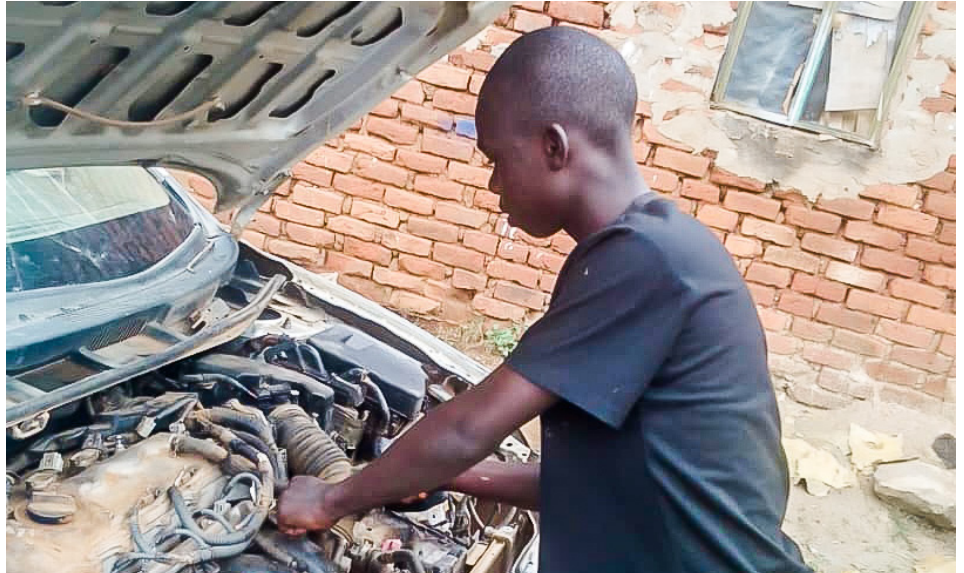
Caroline Nasukusa S. ARU CCCU

For many young people, the streets of Mbale City used to be their home. Today, a different story is unfolding.

Through an initiative and partnership between the Catholic Care for Children in Uganda (CCCU) and Catholic Relief Services (CRS), since 2022, over 50 vulnerable youths have experienced a life-changing journey toward independent living. Some of these are taken from street life, and others are aging out of children's homes with nowhere to go or call home.

Experts emphasize that independent living goes beyond earning an income. It is about rebuilding self-worth, reducing vulnerability to exploitation, and preventing a return to the streets. And this is what the initiative is about, restoring dignity. For many care leavers in Uganda, the transition to adulthood is abrupt and unforgiving. Without family support, foster care, or financial stability, survival often becomes the only priority. CCCU's program is stepping in to bridge that gap with the generous support of CRS.

Rather than applying a one-size-fits-all approach, participants identify their areas of interest and receive personalized training. Options include mechanics, welding, hairdressing, barbering, music, and small-scale production. Tuition,



The youth undergoing mechanical training in Mbale City.

tools, and, in some cases, start-up capital are fully covered through CRS funding.

Because follow-up is critical, the probation and Social Welfare Officers from Mbale's Industrial and Northern Divisions closely monitor progress, ensuring that the youths remain on track and well supported. The result of this initiative has been encouraging.

Recently, CCCU team did a follow up during their field trip of 10 vulnerable youths enrolled in November 2025. While these individuals are still undergoing training, there are already signs of hope.

Early results are promising at a local garage where a young mechanic under training, once uncertain about his future, can confidently handle tools. His trainer describes him as disciplined and committed.

He can already identify adjustable spanner sizes, use a jack, and assist with wheel repairs under supervision.

In a barbershop in the same Mbale City, two trainees are steadily building their craft. They now execute popular styles like Shaolin and brush haircuts with growing confidence. "They are consistent and eager to learn," their trainer notes. At a hairdressing center, on the other hand, two young women are quietly transforming their lives. They have mastered intricate plaiting styles such as Buswahili and Bututwa (East African hairstyles that involve creative plaiting techniques for natural hair). They are beginning to practice hot combing as well. Their trainer calls them "focused, fast learners with real potential."

For these youths, the change is not just economic, it is personal. "They

are not just learning skills, they are rebuilding their identity,” one of the program officers observed.

The success stories, however, highlight a larger, unresolved challenge. Across Mbale and beyond, many young people continue to leave care institutions without support. Some have no traceable relatives, while others face rejection from extended families. Without intervention, the risk of returning to street life remains high.

CCCU is eternally grateful for the partnership and support from CRS which has lit an incredible first path forward, even though it is now coming to an end.

While CCCU is more than willing to continue the initiative of supporting more care leavers transitioning into independent living, strengthen family-based care solutions, establish safe transitional support structures, scale up vocational training and start-up support, and build holistic, responsible, and empowered

young adults, it cannot do it alone.

Every support and contribution changes the story. Every partnership prevents a return to the streets. Every skill learned is a step toward dignity. Every young person given a chance, the outcome is clear: a life redirected.

Together, we can ensure that leaving care does not mean losing hope and that this initiative does not come to an end.



The young women undergoing Hairdressing training

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A success Story of ARU's Sister Led Youth Initiative Program in the West Nile

By Immaculate Tusingwire

It was all smiles and gratitude from Christine, when Sr. Caroline Bacia, the coordinator of Sister-Led Youth initiative (SLYI), a program under the Association of Religious in Uganda (ARU) went to visit one of the program's beneficiaries.

Sister Led Youth program focuses on vocational training, mentorship, and startup support, enabling beneficiaries to build sustainable livelihoods within their communities. Christine from Arua district, Northern Uganda, is among the many young people whose lives have been transformed through this program, with the support Conrad N. Hilton Foundation and Global Solidarity Forum (GSF).

SLYI enrolled Christine in a salon and hairdressing course at Flaminio Vocational Training Centre, where she completed her training in 2023. Later, the program supported her advanced skills at Divine Mercy Vocational Training Centre, graduating in 2025 with enhanced expertise in her field.

After completing her studies, Christine gradually built her experience through internship work before establishing her own salon business with support of the startup kits. Her dedication and quality service attracted a growing number of clients, earning her recognition within the community.

"ARU supported me to gain these skills, and now I am able to work, earn a living, and even train others," Christine says. "I started small, but customers kept coming because of the good work."

Her growing expertise opened further opportunities. She successfully trained one student over a three-month period and was later engaged by Muni University under the Refugee and Host Community Youth Empowerment



Christine while training other students in salon hairdressing under RETI program at Muni University. **Courtesy Photo.**

and Transformation Initiative (RETI). Through the three-month program, Christine trained ten students in salon and hairdressing.

The trainees were assessed through practical examinations under the Uganda Vocational and Technical Assessment Board (UVTAB) modular system and are expected to receive recognized certification.

Christine attributes her progress to ARU's Sister Led Youth Initiative continued support and emphasizes the importance of skills development among young people. Reflecting on her journey, Christine encourages fellow youth to take initiative and make use

of available opportunities.

"Do not be idle, make use of your skills and the tools you have."

Christine's story is only one out of the over 700 youths who have been supported with the help of Conrad N. Hilton Foundation, and the Global Solidarity Forum (GSF). Other youths have been trained in the areas of; Garment cutting and design, Motor Vehicle Mechanics and Motorcycle Repair, Catering and Hotel Management, Carpentry and Joinery, Building and Concrete Practice, Plumbing and pipe Fitting, Welding and Metal Fabrication and others. ARU is so grateful for GSF's incredible support, without them, this would not be possible.

Pictorial Highlights



ARU administrative Staff pose for a group photo with guests from AID to Church in Need International (ACNI), at ARU Secretariat during their visit to Uganda.



ARU in partnership with Centre for Research in Religious Life and Apostolate (CERRA-Africa), during a rapid assessment meeting for Formators at ARU Secretariat, Nsambya, Kampala. Photo by ARU.



ARU program staff share a light moment with ARU administrative staff shortly after the programs assessment meeting. Photo by ARU.



The administrative staff and ARU various Networks pose for a group photo shortly after their meeting in 2026. Photo by ARU.



Group Photo after the handover of the administrative secretary of Uganda Spiritual Formation Centre Namugongo (USFCN). Out-going Sr. Agnes Nanyonjo - DM (4th from right) and the in-coming, Sr. Scovia Kiconco - MMS (3rd from left)