Focussing on the Light That Jesus Brings to us.
A Warm Welcome at St John’s Church, Studley

After months of planning, praying and waiting, February finally saw the arrival of Bishop Abdul and Bishop Hassan, from the Sudan, in the Deanery. Among their various engagements were the Ash Wednesday Service at Salisbury Cathedral, an evening ‘gathering’ at St James’, Trowbridge, a supper at Broughton Gifford with members of the Sudan Link Group, hosted by Chris and Ann Fielden and, on Sunday 14th, a Bring and Share lunch, hosted by the congregation of St John’s Church, Studley, following their 10am Parish Communion Service.

At the Service Bishop Hassan participated in a question and answer session led by Dave Lewis, of the Deanery Link Group. Members of the congregation asked Bp Hassan 10 questions about himself, his life and his diocese, as well as what challenges they face in the Sudan, how they tackle these challenges and what their hopes are for the future. Questions also covered topics such as the Mothers’ Union and relationships with other churches and religions.

Bp Hassan gave a brief history of himself, from his conversion to Christianity (from Islam) at the age of 11/12, his Priesting and finally his Ordination as Bishop. He described his Diocese, life in the Nuba Mountains and the 5 years of suffering life under the war. He spoke of how life was very hard for a “broken community”, but that “they will never give up”. He said one of the main challenges was the poor, hungry and sick who come to them every day for help. He described the difficulties of moving from place to place but said they “never look back”, they do their best to give encouragement and to share in their suffering, remembering always “God is with us”. He talked about his involvement in the refugee camp where over 1000 people worship. He described how they have no one to “look after them” and that “life is uncertain…they don’t know what happens tomorrow”.

Bp Hassan described, in brief, how the Mothers’ Union support, not only women and families but also the clergy. He went on to tell how his house, office and church building had been destroyed.

On a positive note, he spoke of the good relationships between, not only the different churches (Catholic, Anglican, Church of Christ, etc) but also between Christians and Muslims, going on to explain how his own family were both Christian and Muslim, his parents still being Muslim.

In response to the question, Bp Hassan expressed their hopes for the future, one of which is to provide Grinding Machines for Kadugli and Dilling, with the hope of generating funds towards both Leadership and Medical Training.

Finally, he thanked Dave Lewis for all his hard work keeping the Link alive. He said he could not express how much it meant to them in the Sudan. He said they do not think of it as “them and us” but that “we are one body in Christ”. He quoted from Romans 8 v31 – “If God is on our side, who is against us?” He went on to say “the Lord is with us…we believe and trust in Him…He will provide”.

At the end of the Service Bp Hassan was presented with two handmade stoles and ‘crosses in pockets’ by Helen Cash of Mothers’ Union, before giving the congregation his blessing.
After the Service Bp Hassan and Bp Abdul joined members of St John’s and friends for a lunch, during which Dave spoke again on the Link and future plans to raise funds for the Grinding Machines. Dave explained that this would be a Deanery ‘project’, approved by the Rural Dean, requiring funds to be raised in the region of £13,000. He went on to announce that following the Service that morning, £2000 had already been pledged.

Bishops Abdul and Hassan were due to travel to Bradford, Yorkshire the following day for the remainder of their time in England.

Bishop Hassan with Mr Christopher Fielden and his wife Rev Mrs Ann Fielden, two prominent members of the Bradford Deanery Link Group that hosted Bishop Hassan during his stay in the Salisbury Diocese, they are from St Mary’s Church in the town of Broughton – Gifford, a most kind parish.
Tabaldi ( baobab) life pharmacy in the Nuba mountains. ( part 1).

By samir Kowa

The electronic newsletter of Kadugli diocese has given the name of the most important and Perennial tree in the area which is ( Tabaldi) baobab.

The most common name in the world is Baobab. As it known in Sudan and some Arabic countries with Tabaldi tree. It's Scientific name is Adansonia digitata, named in honor of French botanist Michel adanson who described Baobab tree.

There are local names for this tree by local languages in the home of Baobab. For example (Wara) in Moro language one of the tribes of the Nuba mountains and this language taught in schools with a majority of the tribe.

It has been argued that the common name Baobab is originally an Arabic word (bu hibab) because the fruit contains a lot of edible grains and pressed for edible oil.

Baobab (Tabaldi ) is the largest perennial tree in the Nuba mountains.

Researchers say that this tree grown in 32 African Countries and some parts of Australia. In Sudan it is found in the Nuba mountains and other parts of the country.

This tree is fully respected by the people in an area of its spread in Africa. They have considered this tree to be a tree of life, symbolizing fertility and tender. Therefore, the locals when they move from their village to another, they should take with them the seeds of the Baobab for tree planting in their new home. This respect stems from beliefs, legends and folk tales that tell about this tree.
Some Baobab tree, characterized by existence of internal cavities useful to save substantial amounts of water may sometimes reach dozens of barrel in one tree, and stay for long time without change in the properties of water or expose water to any kind of poison or disease. This water is useful for all purposes in the dry season. Its shadows also used for meetings, and classes in some villages.

Recent studies have shown that this tree has many therapeutic benefits, and the population of the Nuba mountains use the leaves, the fruits and seeds of this tree in the food, drink and treat some stomach ailments and diarrhea since a long time, Without understanding that it addresses many other serious diseases, which optimizes this tree to be living pharmacy.

Benefits of Baobab fruit:
Many scientific researches and laboratory results provide
evident that Baobab fruit has an important medical benefits as stated in the following:

-Nutritional value:

The fruit which dries naturally on the branch before harvesting, contains many seeds covered with white fibers that dissolves in water for producing the finest natural juices, a sugar can be added. This natural juice provides strong recovery.

- The small leaves are used as vegetables are eaten fresh, and most of the people in Nuba mountains used to make a mixture of leaves with sesame paste or peanut powder and add the salt and oil to offer the best types of food especially at marriage occasions. (This mixture has different names in local languages of Nuba mountains tribes. For example in Moro Language called: Ekathniang ).

- During the period of drought (famine) suffered by most of the inhabitants of the Nuba mountains in the late 1980s and early 1990s, the green unripe fruits used in eating to save the lives of many people from famine, where the green fruits boils with water and then grind as dough and made in the form of porridge. Some researchers say that the flowers are eaten fresh.

- The flesh of the fruit is also high in protein and carbohydrates and in many poorer countries it is considered to be a valuable food source, whilst oil extracted the fruit is edible and noted for its moisturizing and healing properties.

Baobab fruit ( powder) contains the following:

-Vitamin C and is six times the amount of vitamin C found in oranges fruit.

-Many important minerals such as calcium, potassium, magnesium, zinc, copper, iron, phosphorus, and sodium.

-Fruit of Baobab rich in pectin substance: Pectin is found in fruits gel, amorphous group of carbohydrates, and exists in mature fruits, or vegetables. Rich fruits with pectin are peach, apples and pears.

-Some organic acids (citric acid-malic acid-succinic acid). In addition to Nicotinic Acid, tartaric acid, thiamin-and some amino acids.
Health benefits:

It is known that the fruits of the tree of Baobab fruit powder used in treating many diseases such as diarrhea, dysentery, fever and malaria is also used in the treatment of scurvy (the shortage of vitamin C). The powder is added to the sour milk to treat Giardiasis and indigestion.

Recent studies and researches have demonstrated that this tree holds what is stunning in the world of combat and treat malignant and incurable diseases, because it contains a high level of pectin, and here are some of the evident results of such studies.

Pectin and cardiovascular disease:

Pectin fibers reduce the level of triglycerides in the blood and in particular cholesterol and thus contribute to the prevention of cardiovascular diseases, which considered to be a real health threat in all countries of the world.

Pectin and diabetes:

The pectin is very important for those who suffer from the disease, namely, diabetes, high blood sugar levels and thus sudden fluctuations between the rise and fall which is adversely affects, but fortunately, pectin can prevent this, because (pectin) slows down the absorption of glucose by the intestine, shove this way to the bloodstream in complete calm and organized insulin hormone secretion, which prevent sudden fluctuations in blood sugar levels.

Pectin and cancer:

Recent laboratory studies which has revealed by scientists from the University of Georgia, provided evident that develop pectin in contact with cells for prostate cancer led to the suicide of nearly forty percent of them, even those that are difficult to treat by using existing therapies. Also according to some researches, concluded that we can take advantage of pectin in the prevention of colon and lung cancers, as well as reduce stretch Octopus cancer to other body sites.

Pectin and constipation:

When pectin entered in the digestive tube it absorbs a lot of water and this contributes to increased faecal mass and size to facilitate its transit through Intestine reaches and this reduces the incidence of constipation.

Pectin and overweight:

Researchers say: for those who suffer from overweight, they should use a pectin as their weapon to fight this problem, because pectin bloats and cause expansion of stomach to give feeling of satisfaction even if the person has eaten small amount of food.

Pectin also creates difficulties for the absorption of nutrients, especially sugars and fats and thus slows the transit to the rotation. Raising the satisfaction and hinder the absorption of food these contribute to reduce calories consumed, and the result is losing some weight.

There are many other benefits of Baobab tree, I will address them in the next article including: Industrial, commercial, social, and security benefits.
The enlargement in the heavenly Kingdom and an increase in the Clergy of Anglican Church.

By Samir Kowa

On 14/2/2016, Sudanese congregation at St. Michael's Anglican Heliopolis church, whose members are more than 1200, received more than thirty members, joining the church officially. Where Confirmation of 27 and Baptism of 13 people, young and old, took place. This great spiritual ministry was crowned by Ordination of three Deacons and one Lay reader. And this is considered to be enlargement in the heavenly kingdom and an increase in the Clergy of Anglican Church.

The rector Dean Rev.Dr. Jos has posted on his Facebook page that "I have three new colleagues at our church! Deacon Emmanuel Okmaien, Deacon Eisa Angelo and Deacon Daniel Idris; they will work with Rev Mattias Nima" the priest in charge of Sudanese congregation. (Sudanese congregation is one of the four congregations in this Church: two Egyptian congregations and English congregation, and all of them are under one Rector). This programme was attended by hundreds of Sudanese congregation and some friends from other denominations. The ministry was honoured by his grace Dr. Mouneer Bishop of Egypt and Archbishop of the Anglican Church in the Middle East, North Africa and the Horn of Africa.
More pictures of this event and other events can be seen on the Kadugli Diocese Facebook Page – see our website for more details.
Introduction:-
St Luke’s church of Uganda have celebrated with all Nubian candidates, 9 student in primary7 and 4 students in senior 4 who have passed their examinations successfully and also with high scores in the results between division one and two and the total number of the students is 12 students. The highest Mark was achieved by one of the primary students Fager Ramadan Ibrahim Shimela who got aggregate 4 Division 1 she is number one at their school and even at the level of Mukono District, and a senior 4 student also who got a high score was student Almango Phillip St Lawrence Secondary School also Division 1. We have received many guests the best of them was Rt Rev Bishop Hellary Garang Deng, Bishop of Malikal Diocese and the Guest of honor Miss/ Buthina Dinar SPLM/N representative in Uganda not to mention other VIP characters; Mr. Mubarak Ardol, the speaker in peace talks, Mrs. Jwahir, Mr. Albaba jouseph the Chairperson of Nuba Mountains Student Association in Uganda (NMSAU), Mrs. Awadia she is a Nuba community representative, and the all attendance was 112 various people

Secondary School Candidates they are four students as follow:

1- Almango Phillip.
2- Jacob Mustafa Trkash.
3- Miecha Morad Kuku.
4- Nikroma Daud John.

Primary 7 Candidates they are 8 students:
1- Fager Ramadan Ibrahim Shimela
2- Dalia David Kuku
3- Samson Jagod
4- Danforth David Kuku
5- Winnie Abdurahman
6- Chillia Phillip Mariam
7- Jabrader Mohammad
8- Abdulattef Hafiz
The Rev. Ibrahim Musa Mitshi patron of the Nuba congregation at St Luke’s church of Uganda, he started by thanking God because he is the one that helped our students and succeed in their exams without any different denominations, and interpreting the word from the Holy Bible book of Ezra 7:10 because he was successful in his life so we need you to be successful also. We thanked the students for their performance in the results and shown themselves among of Ugandan student as strong Nubian people. And by this ceremony we would like to remind the students about the importance of education and encourage them to continue in their success, and show the Diocesan office that we have successful students whom in very needs for the financial support, lastly our aims of this occasion is to extend our relationship between the church and others communities and show our leaders we are also scattered people from our homeland and we here as a refuges.

Name: fager Ramadan Ibrahim Shimela Saeed
School: Kwagalakwe Primary School
Aggregate: 4
Division: 1
Challenges: School Fees
Promises: Continuing with the struggle of excelling in my studies and raising the name of the Nuba Mountains higher and higher. Encouraging all my fellow students to work hard for the Nuba Mountains so that we make joy for our parents.
Name: Almango Phillip
School: ST’ Lawrence Secondary School
Division: 1

I thank God for our exams really it is not easy to pass the exams without prayers and hard reading throughout day and night. Our parents They are struggling to get the school fees for us so we have to do our part and succeed in our exams, people are fighting in our homeland now tomorrow it is our fighting each of us has his way to participate with being responsible and diligent and a committed student to achieve your goal and parents dream. I am requesting the church leaders also to look for the ways to provide some scholarships through their partners.

Mrs. Awadia Nuba Mountains refuges Community representative in Seeta Mukono District, I thank the church leader and the all Nuba Community in Seeta Mukono for their cooperation in any occasion they could gathered and celebrate as Nubian we don’t have diversity between us so keep this love and unity among our community so that we can do whatever we want to do, let us send the message to the whole world that we are Nubian we are not classified to Christians and Muslims.
Albaba Joseph the Chairperson of the Nuba Mountains Association in Uganda have encouraged the students to continue in their progress in the education and be united as one wherever they are, and they are not ignored by the Association but they still working with the Nuba Mountains refugees community in Uganda so that they can have the all statistics of Nuba students and then they van visit them frequently and encourage them and celebrate with them in their success.

Mubarak Ardol the Journalist and peace maker also thanked the church leader about the great occasion which we have organized to the Nuba students in Seeta and encouraged the students to keep moving forward, and also thanked the church because they are always standing beside the people in terms of peace, Humanitarian and various other assistance.
The guest of honour Mrs. Buthina Dinar SPLM/N representative in Uganda also thanked the church and Bishop Andudu Adam Elnail for his concern with peace in the Nuba Mountains by Participating in Peace talks and the good job he is doing through the church that wherever Nubian people are as refuges the Diocese of Kadugli opens their centres for praising the Almighty God and gathers the people. She also talked about the good discipline which is seen in the church committee and members of the Diocese. Lastly, she encouraged the Mother’s Union and all women especially in Mukono District to keep their morals and watch over their children closely in the absence of their Fathers, because now they acting as Fathers and Mothers at the same time.

The Guest of Honor Mrs. Buthina Dinar

Rev. Bishop Hillary Garang Deng Bishop of Malikal Diocese who has participated in the ceremony with his wife Mama Rebecca encouraged the Nuba congregation that the church is one whatever happened politically don’t let it influence in us negatively but it is just the temptations to the God’s people. Let us continue praying for the church leaders, political Leaders, our homelands of Sudan, South Sudan even Uganda for the peace.
The guest of honor and the candidates cutting the celebration cake

The Memory photo for the Candidates with awarding certificates given by the church
Some candidates with the guest of honour

The church youth at the entertainment session
Sunday school dancing

People are enjoying the dancing at the entertainment session
Conclusion:-
I requesting all of you to keep praying for Nuba Mountains so that God may answer our prayers and bring peace the homeland, people are suffering in many ways because they are scattered. most of us have been born in the war and we are still living in the war, we need at least to feel peace and know what kind of peace there is other than the conflicts and violence which is well known by us and we believe that it is just a matter of time, one day we will see the light of peace that is why we prepare our self and the generation of tomorrow.

By Silvaster Philip Mattar
Silvaminan@gmail.com
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14/ Feb / 2016
By Rev. Abud Jongdit.

As you can see the following photos of the 4 churches to have been burnt to ashes in Yida last month by unknown people, but we thank God that one man has been arrested and has acknowledged the crime. He also is said to have been sent from Kadugli. We don't know why he is doing this. The man said he is from a tribe called (Alhamar) which is one of the nomadic tribes in Sudan.
A call for help

To our people and readers:

As you know that our home country faces a lot of challenges and political crises, and we know that you are standing and supporting our diocese in all occasions.

Our Diocese and many members are targeted from the Sudanese regime and the headquarters was destroyed with all properties and people are displaced in Egypt, Juba, Uganda, Kenya and USA. As you know that we migrated to this countries because of war, discrimination and persecution that we faced. To be in contact with you we need communication facilities such as laptops to reach you and provide you with news and facts, from the Episcopal church of the Sudan Diocese of Kadugli, Nuba Mountains and Blue Nile state. Urgently we need this help.

Mr Temas Osman Abugisiam

Diocese of kadugli
The kind of peace we need in Sudan (Nuba mountains).

By Rev. Tingra

As we are all aware that peace is a situation when people are able to resolve their conflicts without violence, and can work together to improve the quality of their lives, but I am very sorry that this kind of peace is not there in Sudan.

Therefore, we need:

- peace so that everyone lives in safety without fear or threats of violence, and no form of violence should be tolerated in the law and practice.
- A peace that makes all people equal in front of the law, the system of trusted justice, fair and effective laws that protect people's rights.
- We need a peace where everyone has fair and equal access to the basic need for their wellbeing, such as food, clean water, shelter, education, health and a decent living environment.
- We don't want more killing of innocents.

Prayers

Please pray for:

- Peace in Sudan and also in the Nuba Mountains for all people.
- Education for all children and for adults that have never had the chance to learn.
- Healthcare for all people in the Nuba Mountains to provide for the sick and those injured by bombs.
- Training of new pastors and church workers to strengthen the efforts of the church in peace building.

Contacts

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For more information, visit: www.kadugli.anglican.org

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