

**HOLY CROSS
FAMILY MINISTRIES**

Helping Families Pray Together

FAMILY CONNECT

HC FM EAST AFRICAN NEWSLETTER | Volume I | Issue 01 | APRIL 2021



*Editor's
corner*



HC FM
East African Newsletter

THE FAMILY FULLY ALIVE

I saw a billboard which said, “exhale 2020, Inhale 2021.” Friends, as we thank God for taking us through 2020, we look forward with hope for 2021. If you are looking for a positive, life-changing, transforming way of being Family in 2021, this may be just the invitation for which you yearn. This message invites you to choose the following major goal for the new year 2021: **BUILD MY FAMILY INTO A FULLY ALIVE DOMESTIC CHURCH.**

The basic ingredient that is needed for making our families fully alive is: Prayer. God wants our families to be prayerful. Why? Because prayer is the most powerful force in heaven and on earth. Prayer changes things. Venerable Patrick Peyton said, “The Family that prays together, stays together.”

Cont... pg.3

It is a pleasure to introduce to you our Newsletter named: “Family Connect HC FM East African Newsletter”. This publication will be out quarterly. It is primarily intended to inspire, promote and foster the prayer life and spiritual well-being of families.

Cont... pg.2



The Children



Family Life & Marriage



The Youth



Prayer & Counseling



The Media



VENERABLE PATRICK PEYTON

Prayer for the Beatification of Venerable Patrick Peyton

Dear Jesus, Father Peyton devoted his priestly life to strengthening the families of the world by calling them to pray together every day, especially the Rosary. His message is as important for us now as it was during his life on earth. beg you, therefore, to hasten the day of his beatification so that your faithful people everywhere will remember his message that The Family That Prays Together Stays Together, will imitate him in his devotion to your Mother and ours, and will be inspired by his holy life to draw ever closer to you with childlike confidence and love, Amen.

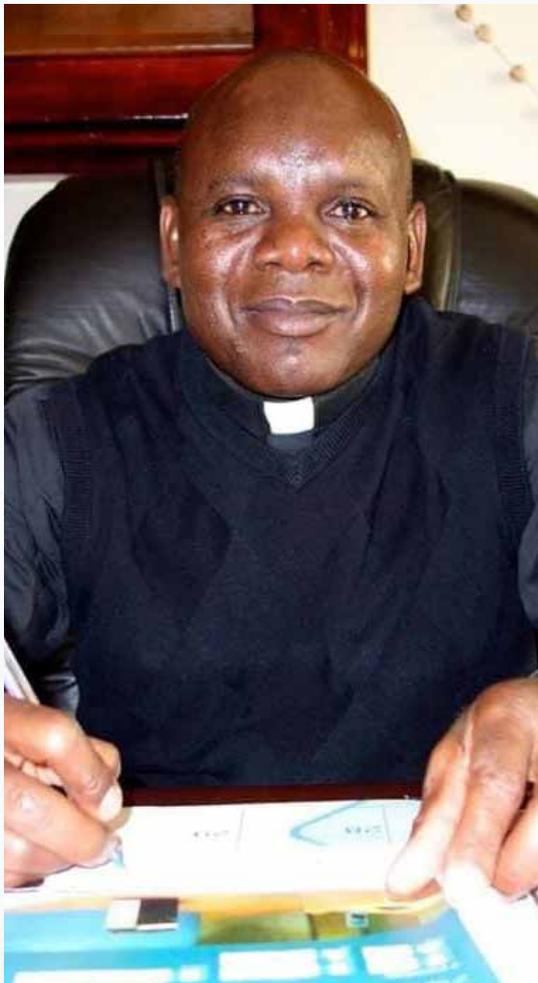
Prayer for a Favour through the Intercession of Venerable Patrick Peyton

God, our Father, your wisdom is displayed in all creation and the power of your grace is revealed in the lives of holy people, who inspire us to trust you more fully and to serve others more generously.

In a unique way, you blessed the life and work of your servant Father Patrick Peyton, C.S.C., and made him a fervent apostle of Mary, Queen of the Holy Rosary and Mother of us all. Through his intercession, we ask for this favour... Please grant it, if it is for your honour and glory, through Christ Our Lord. Amen.

We continue to Walk with you through our different Activities

Message from the Director



**Rev. Fr. Leonard Olobo, CSC
Director HCFM, East Africa**

As we are looking at the current situation, it's our responsibilities here at Holy Cross Families Ministries to strengthen your physical and spiritual well-being during this tough time.

Covid-19 brought more challenges in families, some families have lost loved ones, others lost jobs and many are struggling to earn a living, we continue to walk with you through our different activities.

Amidst these challenges we have patterned with Serenity Centre, Bwebajja through our Radio Programs on Radio Sapientia 94.4 FM here in Kampala to address the different challenges in families as a result of the pandemic.

Serenity Centre creates awareness to the people who have gone into addiction, we encourage you to listen to the programs and also contact for more help.

At the moment we have no out reaches so we are more on digital media up to when the situation normalizes so that we continue our work as we used to, we are reaching through counseling and few visits at our offices.

Cont from... pg.1

This *Newsletter* will include all the activities from our different local offices in East Africa, our upcoming events, articles, testimonials and the future plans we have in East Africa pertaining strengthening the prayer life and spiritual well-being of families.

We shall be sharing this Newsletter on all our different media platforms to target families since we are also in the digital World. However, some copies will be printed out to allow those that cannot easily access the internet and are good at reading. On the other hand, this will also help many families to keep it in their archives for references pertaining spiritual and prayer life.

It is our sincere prayer embedded in hope that what we shall be sharing in this *Newsletter* will continue to strengthen the prayer life and Spiritual well-being of families in East Africa and the World at large.

I am grateful to all the people who have dared to participate in the production of this first volume; special thanks to those who have written articles and shared photos. Your efforts have made this first print a class of masterpiece.

I wish you a nice reading.

ANGELLA NDAGIRE
Editor in Chief



We help families pray daily.



Be inspired by the Peyton Story



**To write in the Family Connect
HCFM East Africa Newsletter**

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The Family Fully Alive

Cont from... pg.1

Here's the good news, Father Peyton also said, "If families give Our Lady 15 minutes a day by reciting the Rosary, I assure them that their homes will become, by God's grace, peaceful places." Let's make a clear choice to pray as a Family at a specific time every day. This daily prayer is essential for deepening our Family's joy, faith, hope, and love.

A good way to rethink Family prayer is to place Christ at the center of your Family life rather than trying to squeeze Him in among the gaps in your busy schedule. "Christ is the Center of this Family." We see these very words on plaques in many homes. Remember, if you include your prayer as an afterthought to "more important" activities in your schedule, your prayer will become perfunctory, dry and dull. Invariably this leads to abandoning prayer altogether. However, when you fully integrate prayer into every aspect of family life, everything the Family does becomes prayerful. This includes playing, praying, working, and talk-ing. All of these will be filled with God's love and become acts of prayer. Before you know it, your Family will be fully alive as a Domestic Church.

Family Activities

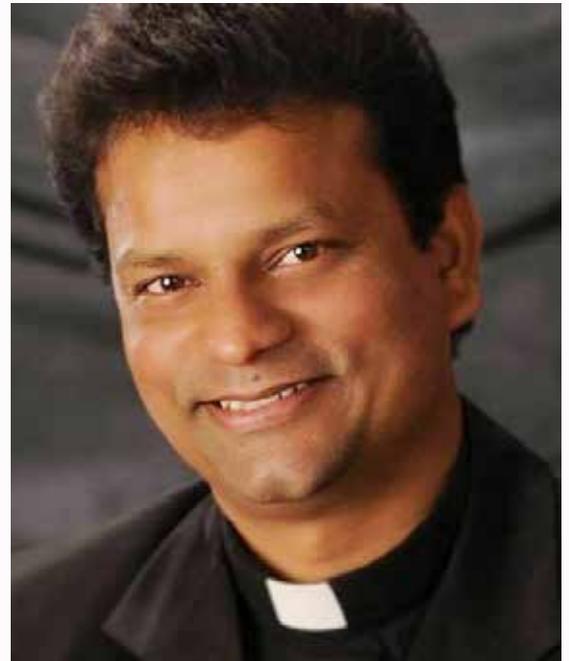
Create a "prayer corner" in the home if you don't have one. Along with the Bible, Rosaries, and prayerbooks, place a statue or picture of the patron saint of your children with a candle in front of it. Encourage children

to learn about their Patron Saints and pray through their intercession. It is helpful to invite the children to light the candle as a sign that the Family is at prayer.

Another practical way to enrich the prayer experience for the whole family involves a Prayer Pilgrimage through the house while praying the Rosary. For example, the Rosary might begin at the "prayer corner" in the living room with the Sign of the Cross, Apostles Creed, Our Father, Three Hail Marys and Glory Be. This introduction might be led by the parents or an adult guest. Then the family moves to the Kitchen for the First Decade of the Rosary led by the Mother, to the Playroom or Den for the Second Decade led by one of the children, to the Master Bedroom for the Third Decade led by the father, to the girls' bedroom for the fourth Decade led by a daughter, and the boys' bedroom led by a son. The Concluding prayers and Litany of Loretto could be led by a teen.

Prayer Help from Holy Cross Family Ministries

To deepen the prayer experience consider using the newly released film PRAY, the story of Venerable Patrick Peyton. He pioneered the mission to inspire, foster and promote the prayer



life and spiritual well-being of families throughout the world. Second, join the PrayFest campaign which has set itself the goal of touching the lives of 1M+ people around the globe by promoting Family & community prayer. PrayFest is actively praying for Healing and Renewal. It offers a new way to pray for our world as one believing community. You can participate in PrayFest by downloading the Familheey app and joining the PrayFest family. Here is the link: <https://share.familheey.com/page/groups/prayfest> On PrayFest and other Holy Cross Family Ministries social media platforms you will find daily messages that inspire, foster, and promote your prayer life and spiritual well-being.

FATHER PINTO PAUL, C.S.C. PH.D.

International Director HCFM

SHE WILL TAKE YOU THROUGH

By Fr. Fidelis Kibombo



We are blessed to have life once lived and experienced by our predecessors. Although the environment may change but essential aspects will always remain the same at all costs. When you are in a situation that someone once managed to maneuver through, you will always run to that person for advice to means and solutions to the challenges.

In the same way, Mother Mary will take us through family challenges and joys we experience every now and then:

- Luke 1:26-38. As Angel Gabriel was about to share the good news to Mary for the salvation of the world, Mary *listened* to what the angel was saying *presented her worries* and the angel explained to her, then she made a final decision *Yes* that led to the salvation of the world. In our families we need to have an ear that listens to God's message, take God through or challenges and then make a final decision according to God's will. We sometimes make wrong decision because we listen to wrong people.

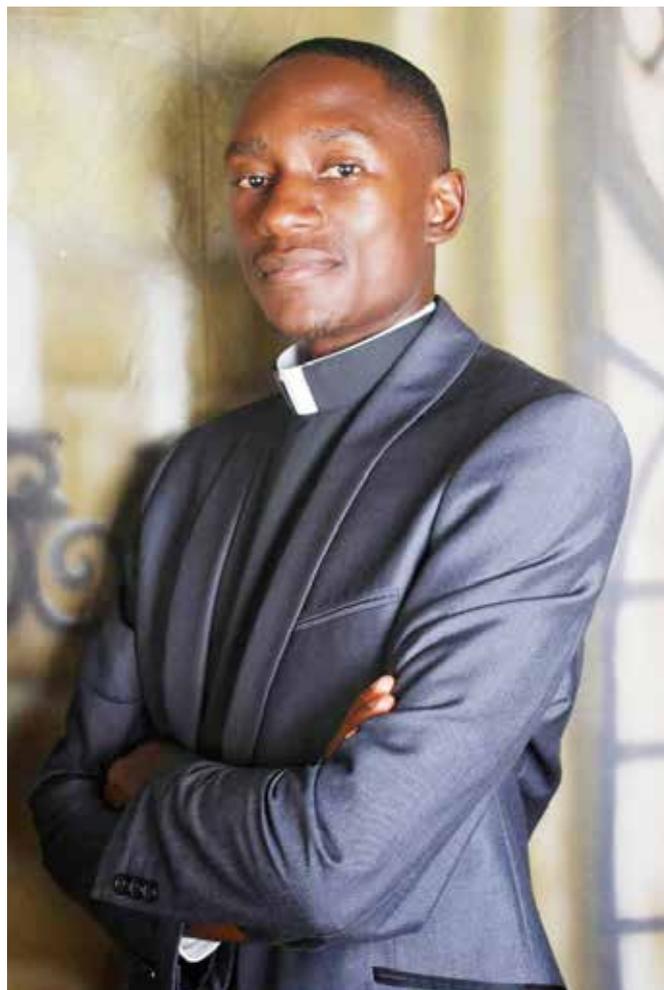
Turn to the Lord in prayer and let you *Yes* be a foundation for the salvation of your family, children and dependents.

- Luke 1:46-56. Mary expresses her joy in the mercy of the Lord. For anything good in our families, glory always should be given to God. This Canticle of Mary, expresses how God raised her from *lowliness* to the point of *all generations calling her Blessed*.

- Matthew 2:13-17. Many of our children are targets for harm. Many unborn are in danger of death by the jealous

people, through abortion and charm. Mary intercedes for parents whose children are in the danger of death. As she protected Jesus Herod, she is ready to help our families protected from malicious acts on our children. In 1531, Mary appeared to St. Juan Diego as Our Lady of Guadalupe. She left her image imprinted on his Tilma. The image clearly shows she is *pregnant*. She wears the black band around her waist that Aztec women wore when they were pregnant. She revealed herself as the mother of Christ and the mother of the Mexican people. She helped them break the bond of a false religion which involved the abominable practice of human sacrifice. Now we turn to Mary, under her title of Our Lady of Guadalupe to ask her to intercede again to break the bond of the culture of death in our society and especially to protect unborn babies in the womb.

- When the very essence of marriage between a man and woman is under attack and we find many that some propose the so-called marriage between persons of the same sex, we ask the intercession of the Blessed Virgin Mary to defend marriage as God designed it. We ask her intercession as the Seat of Wisdom to be able to help us teach and defend the true nature of marriage in a clear and precise way so that we will be well understood by all persons of good will.
- Luke 2:41-52. It is a challenge in our families still that children are lost from our reach, this has many unruly and rather disobedient, not only to the parents but to the world. Parents are the primary teachers of children in *all* aspects of life. As Jesus was found and He moved back home with His parents, **he advanced in wisdom and age and favour before God and man.** Let us invoke Mary's intercession for our lost children.

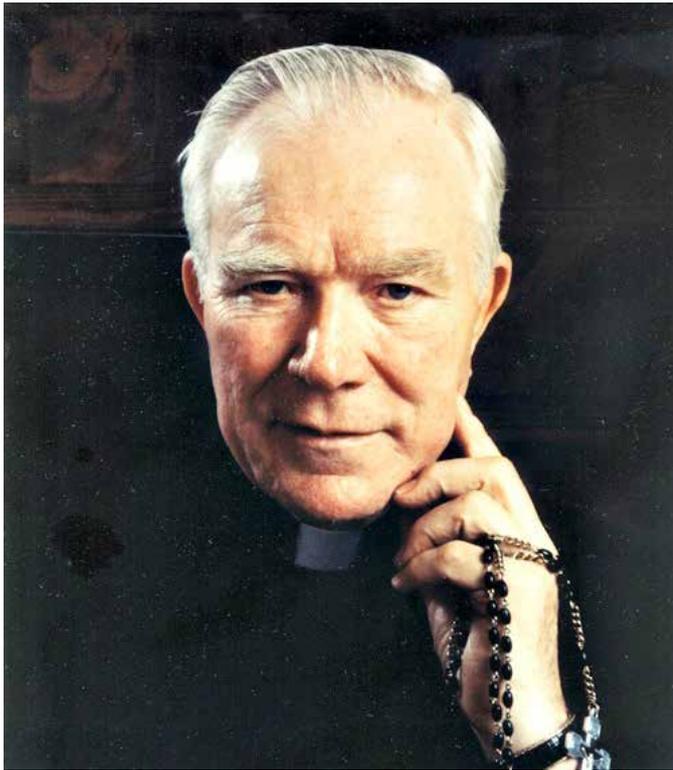


Not only lost in physical presence but also in morals, spiritual aspects and human behaviors.

In the protection of the Blessed Virgin we place our total confidence and hope. Inspired by the *Memorare* of St. Bernard we express our assurance that if we seek her protection, implore her help and pray for her intercession we will never be left unaided.



The Story of Venerable PATRICK PEYTON



Venerable Patrick Peyton

Fr. Peyton was born **January 9, 1909** in County Mayo, Ireland, and for 51 years he dedicated his life as a Holy Cross priest to Mary, the Mother of God. He is known as the “**Rosary Priest**” who tirelessly promoted the powerful prayer of the Rosary.

Across the globe, many of his Rosary Rallies attracted hundreds of thousands, including a gathering in Manila with over a million people in attendance.

At the time of his death he had preached to more people in person than any other Catholic. It was he who first proclaimed the phrases

*“The family that prays together stays together”
and “A world at prayer is a world at peace”.*

Fr. Peyton’s faith was first nourished in the family. Both he and his brother Tom, who also became a Holy Cross priest, were dedicated to the Sacred Heart of Jesus by their father and entrusted to the care of Our Lady by their mother when they departed Ireland for America. Only later as a seminarian did Peyton discover the providential truth that all Holy Cross priests are dedicated to the Sacred Heart.

He writes: *“Not in our wildest imaginings did my parents or my brother or I dream what Our Lord had in store for us in America. He called my brother to the priesthood from the coalmines of Scranton. He called me from being the janitor in St. Peter’s Cathedral. In the fall of 1929, we entered the seminary at Notre Dame, Indiana. There, we continued the family Rosary with our new family, the priests and our fellow seminarians”* (All For Her: The Autobiography of Father Patrick Peyton, CSC).

After a miraculous healing from tuberculosis that he attributed to the intercession of the Blessed Mother, Fr. Peyton dedicated himself to spreading the practice of the family rosary. Divine Providence had great plans for Fr. Peyton and he responded with zeal for the work!

He was a pioneer in harnessing the power of the media for service to the Gospel.

His Rosary Rallies were broadcasted around the world via radio. He convinced celebrities such as Bing Crosby, Grace Kelly, and Raymond Burr to lend their fame to the promotion of the rosary through radio, television, and film.

Fr. Peyton understood naturally what it means to be a man with hope to bring.

He laboured with the rich and the poor, the famous and the ignored, to promote prayer in our world. This continues today through [Holy Cross Family Ministries](#) which includes [Family Rosary](#) and [Family Theater Productions](#).

Fr. Peyton died on June 3, 1992, at 83 years old. His final words were: “Mary, my Queen, my Mother.”

In June of 2001 the formal Cause of Canonization was introduced at the Vatican and on December 18, 2017, Pope Francis declared Fr. Peyton Venerable, the second of the four stages to Sainthood. The next stage will require a miracle to be officially attributed to him. His priestly example engenders in us the desire to be loyal sons of Our Lady, seeking her motherly intercession as we are prayerfully attentive to the needs of our Church and our world. Work continues on Fr. Peyton’s cause through the Archdiocese of Baltimore.

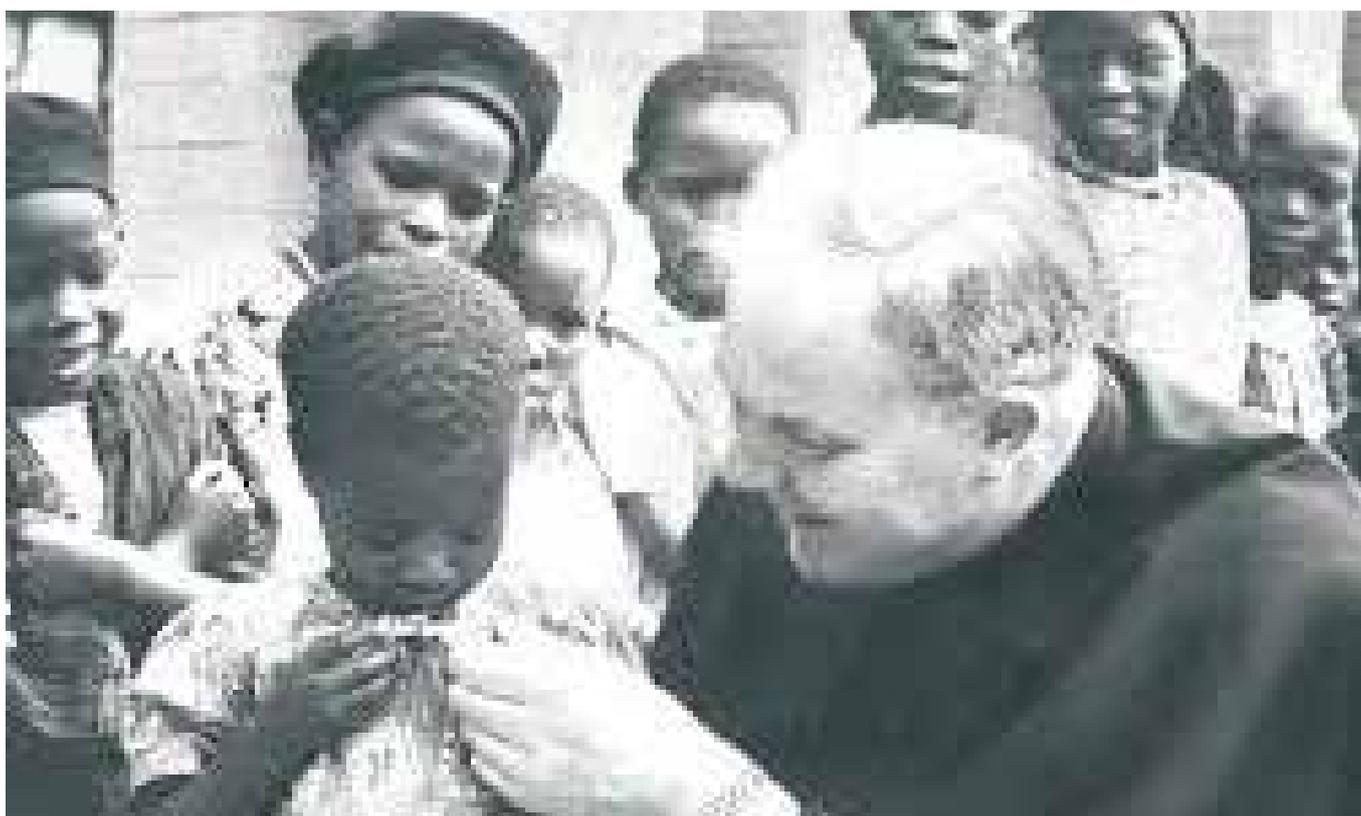


To learn more about Father Patrick Peyton, the “Rosary Priest” or to join the Father Peyton Prayer Guild to pray with others around the world for his canonization:

Check out the [website](#) devoted to promoting his cause.

See the work that continues in his name at [Holy Cross Family Ministries](#), [Family Theater Productions](#), and [Family Rosary](#).

Courtesy: *Congregation of Holy Cross, United States Province of Priests and Priests Website*



St. JOSEPH

Ite ad Joseph! Go to Joseph!

By: Father Willy Raymond, CSC President of Holy Cross Family Ministries

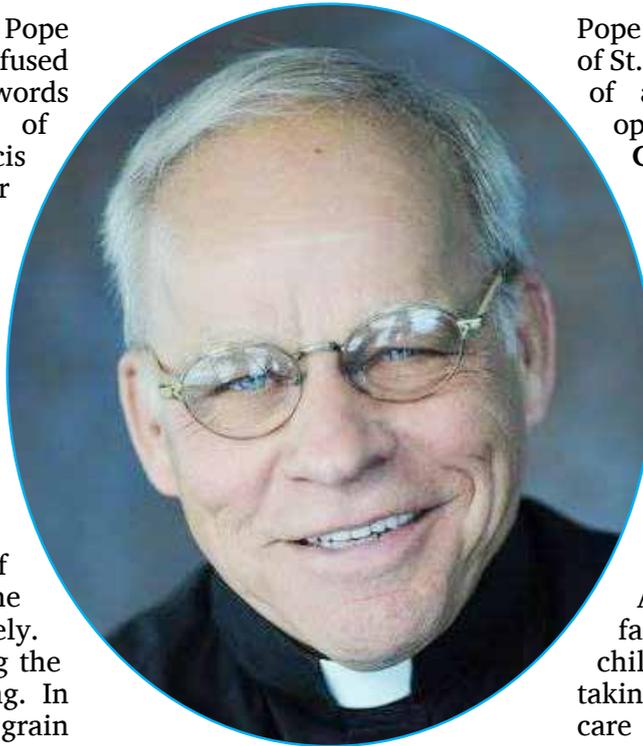
History and Pope Francis have infused these three words with layers of significance. Francis declared this the year of Joseph! March is the month of Joseph, and on March 19th we keep a solemn festival in honor of Joseph.

This is not your average Joe. He follows the Patriarch Joseph sold into slavery by his jealous brothers. Joseph attracts the attention of Egypt's Pharaoh because he interprets dreams accurately. This leads to his becoming the Chief Minister of the King. In this capacity he stores up grain against the coming famine.

When Joseph's brothers come to Pharaoh seeking grain to avoid starvation, the King says, "Go to Joseph." It all ends well when Joseph forgives them and embraces them saying, "I am Joseph, your Brother."

But the Joseph we honor today stands apart from all others. The Eternal Father chooses him out of all men of every age and place to be the Guardian, Protector and Earthly Foster Father of the Lord Jesus. What a singular mission and responsibility!

Like the earlier Joseph, this Joseph trades in dreams. But he is not an idle dreamer. Joseph's



dreams come bearing God's challenging mission not only to protect, guard, rear, educate, train, provide for and love Jesus; but also to be the loving husband of Mary, the Mother of God, and to be the head of the household of the Holy Family.

By tradition, we invoke him as the model of laborers, protector of the Church, patron of the suffering, hope of the sick, patron of the dying.

But here is what I really hope to share with you. Joseph is a model of how to love generously, humanly, fully.

Pope Francis says the chastity of St. Joseph is "The summation of an attitude that is the opposite of possessiveness. **Chastity is freedom from possessiveness in every sphere of life.**

Only when love is chaste is it truly love.... He never made himself the center of things. He did not think of himself; but focused instead on Mary and Jesus." Pope Francis reminds us that "fathers are not born but made. A man does not become a father simply by bringing a child into the world, but by taking up the responsibility to care for that child. Whenever a man takes responsibility for the life of another, in some way he becomes a father to that person." {*Patris Corde*}

The name "Joseph" means "increase." His fatherhood was directed totally to helping Jesus grow according to his humanity, and Joseph wants to help Jesus grow in all of us. The sure path to making that happen is through growing in devotion to St. Joseph, since Joseph's whole life points to Jesus. So, Friends, Go to Joseph! You won't regret it. ITE AD JOSEPH!

YEAR OF

December 8, 2020 to December 8, 2021

SAINT JOSEPH PRAYER

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted His only Son;
in you Mary placed her trust;
with you Christ became man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace,
mercy and courage,
and defend us from every evil.
Amen.



DOMINUS EST

KEEPING FAITH IN GOD amidst daily Challenges in Families

By: Joe, CSC

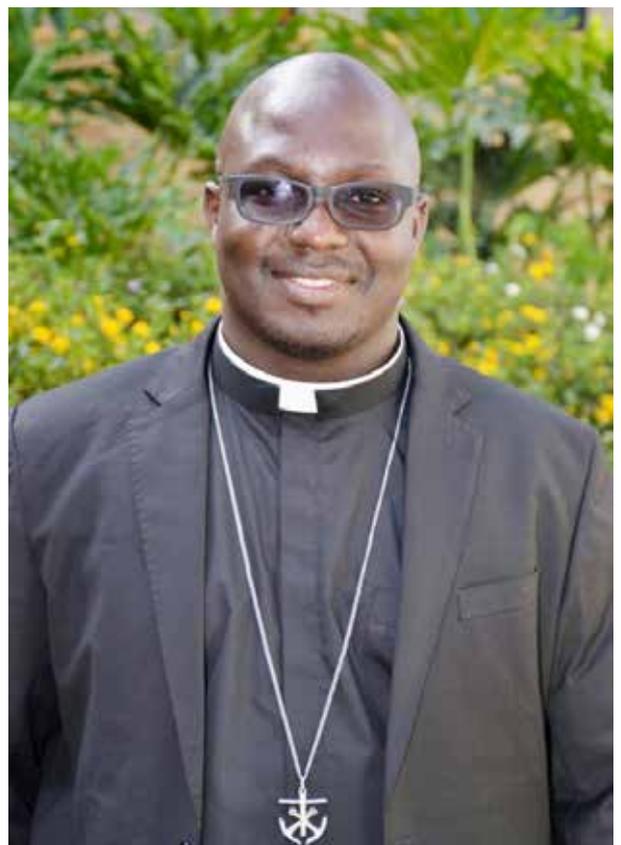
When one reads the letter to the Hebrews, especially chapters 6, 7 and 11 the writer encourages the Christian community to have faith in God amidst any challenges of life. He affirms that “Faith can guarantee the blessings that we hope for or even prove the existence of realities that are unseen” (Heb. 11:1).

Faith is the substance of things hoped for, and the evidence of things unseen. It is therefore clear from this encouragement that it is impossible to accomplish or realize anything or blessing without Faith. If it is true to say that “The family that prays together, stays together”, then indeed it is appropriate to state that the family that believes together, also stays together! From this progression, we can infer that indeed in a family common Faith inspires common prayer which in turn inspires communion of life! By extension therefore, the family that prays together, stays together and believes together.

In this article, the emphasis is laid on Faith in God as the master of all creation, wonderful counselor, Mighty God, Everlasting Father, the prince of Peace (Is. 9:6). It focuses on faith in God as the source of all

consolation and comfort. Faith is key in finding consolation in family challenges. But how can we poor and wretched souls who are earth bound keep faith in God amidst various contemporary family challenges?

These challenges may include: lack of education, lack of food, lack of shelter, marital dysfunctionality, marital Conflict, family Misunderstandings, Gossip, Lying, Theft, Rumor mongering, Birth of unprepared-for babies, Death, Sickness, Quarrels, sexual and moral Abuses, marital promiscuity, jealousy and envy, human disguise, forms of indignation, relationship breakups, loss of job, situations of defamation, lack of acceptance, family neglect, forced early marriages, early pregnancies, social isolation, rejections and separations based on culture, race and color; heart breaks and loss of beloved one to calamities of life like diseases and other sicknesses and finally, suicide.



These and other challenges may inspire a member of a given family to doubt the presence of God thereby leading to despair and even, to the worst state, loss of love and loneliness! Yet though it is part of human history to experience these moments and their effects in the family, St. Paul while writing to the Thessalonians, exhorts us saying “you brethren are not in darkness for this day (these moments) to take you like a thief” (Thes. 5:4).

Therefore, as Christians, we ought to anchor our faith in God. For Jesus tells us that, “Consider the ravens: They do not sow or reap, they have no storehouse or barn; yet God feeds them. How much more valuable you are than the birds! Who of you by worrying can add a single hour to his life? So if you cannot do such a small thing, why do you worry about the rest? (Lk. 12:24-26). We ought to learn to Trust in God amidst all these moments because he cares.

What shall help us along this path of faith in God? I would like to suggest the following ways to help us keep our faith anchored in God: Attend the Holy Mass and if possible share in the body and blood of Christ, have frequent reception of the sacrament of confession – there is a lot of healing and restoration to the harmony searched for; have a reliable spiritual director to encourage you on the path of faith matters; join a faith community at your church (it can be a Patrick Peyton Guild or a Small Christian Community or a lay apostolic community); do not miss out on weekly adoration



of the Blessed Sacrament there is more power in the activity without measure.

Finally, I would like to encourage the reader to develop a habit of praying the Most Holy Rosary while seeking intercession of the Blessed Virgin Mary. The meditation on the mysteries of the life, passion, death, resurrection and ascension of Jesus Christ and the life of Mary may and will always lead us to a deeper relationship with God and enhance our faith in God.

We can master and keep a stable sense of faith in God amidst all the challenges. And indeed, we need to always believe that God is always faithful even when we are at a loss, weak and unfaithful on our faith journey. Therefore, trust in Him always, there will not be any regrets.

The family that prays together, Stays together!



CHILDREN MINISTRY



Fr. Richard Sserugo, CSC posing with the children after Mass.

In the children ministry we aim at inspiring, promoting and fostering the spiritual wellbeing of the children in schools, communities and parishes

OBJECTIVE

To foster and strengthen personal prayer in the life of the children through practical work, visual aid, skits and dramas in so doing we believe children learn with feeling, touching and seeing.

ACTIVITIES

- School out-reaches
- Parish Out Reaches
- Children's Rosary Rally
- Gatechists Workshop

HOW WE DO IT

- Visual aid
- Talks
- Music
- Skits
- Drama



Children's ministry in Kampala, Uganda.



Children's ministry in Kitete, Tanzania.



Children's ministry in Fort Portal, Uganda.



Children's ministry in Kampala, Uganda.



Children's ministry in Fort Portal, Uganda.

YOUTH MINISTRY



OBJECTIVE

Involves carefully discerned outreach activities for youth in schools and parishes through seminars, recollections, counseling, movie screening to mention but a few.

ACTIVITIES

- School Out Reaches
- Parish Out Reaches
- Try Prayer! It Works! Contest

HOW WE DO IT

- Praise and worship
- Teaching songs
- Reciting the Rosary
- Prayer Ministry (Eucharistic Celebration) (Adoration)
- Screening of movies
- Counselling



Try Prayer in Fort Portal, Uganda.



Youth outreach in Kampala, Uganda.



Youth Seminar in Kitete, Tanzania.



Try Prayer in Kampala, Uganda.



Youth praying for each other in Mbarara, Uganda.

FAMILY LIFE & MARRIAGE MINISTRY



Bishop Wamika with a newly wed couple in Jinja.

OBJECTIVE

With regard to the family we are working hand in hand with local communities, individuals, couples, teachers, priests, religious, Diocesan executive members who volunteer as required to make arrangements for our ministry in Church communities.

ACTIVITIES

- Home Visitation
- Valentine's Day
- Premarital and Marital Counselling
- Formation Programs for couples
- Natural Family Planning Workshops
- Marriage workshops & seminars and retreats in parishes and at office.



Marriage workshop at Nsambya, Uganda.



Home visitation at Kiwamirembe, Uganda.



Couples dedicating thier marriage to Mother Mary.



A Couple professing their vows in Kitete, Tanzania.

PRAYER & COUNSELING MINISTRY



Fr. Richard Sserugo giving a family session in Kitete, Tanzania.

OBJECTIVE

Prayer is one of our core Values. Our major focus is to encourage families to pray together especially the Rosary and to maintaining a Spiritual and Faith deepening aspect in all Holy Cross Family Ministries Activities.

ACTIVITIES

- PEYTON PRAYER GUILDS
- ROSARY CRUSADES
- STAFF RETREATS AND RECOLLECTIONS

HOW WE DO IT

- Monday and Thursday Adoration
- Closing of the month of the Rosary
- Recollections for Staff & PPG members
- Praying for the dead
- Family Prayer day
- Pilgrimages



Peyton prayer guild in Kitete, Tanzania.



Children learning how to make a sign of the Cross in Kampala, Uganda.



Way of the Cross in Kitete, Tanzania.



PRAYER & COUNSELING - THE POWER OF RESTORATION

As we interact with people and situations, many things happen to us and we end up broken physically, emotionally, morally and spiritually, thereby changing our attitudes toward life.

We become wounded, hurt, traumatized, sick, confused, lonely, broken, all together blocked hence, incapable of relating with self, God or others. These challenges, problems, troubles or misunderstandings affect our behavior, attitude, feelings toward those we live with; family, workmates, colleagues, leading to self-rejection, sickness, anger, fear, anxiety, making life not worthy living due to loss of hope, shame, dejection and rejection.

Consequently, we develop a negative perception of life and situations to the point of preferring death to life plus a total loss of hope, faith, and rejection of God to the point that prayer will not be able to give hope or a solution in the challenges one faces.

Counseling and Prayer is the solution to recovery from all this as it will make life worth living again by restoring you to full life because it's a major weapon against all sorts of challenges.

Among other things it:

- Raises new hope in an individual.
- Builds a greater self-acceptance.
- Helps one look up to God for befitting solutions.
- Cultivates an esteem (self-esteem)
- Improves communication where relationships are broken.
- In case of dejection & rejection, it will improve self-image.
- Helps one acquire the ability to change those self-defeating habits
- Builds the endurance and understanding one needs to relate and bear with different personalities.

So please don't give up on life and relationships, count on God and one reliable friend - Counseling & Prayer will make your life worth living again, give it a trial.



*By: Elizabeth Hellen Mukisa,
Kampala office*

MEDIA MINISTRY



Fr. Jenga editing a radio program in Peyton studio in Kampala.

OBJECTIVE

Social Media (Facebook, Twitter, WhatsApp, Instagram, Familheey & Website)

This is a daily strategy done to publicize our activities as well as strengthening people's spiritual well-being through encouraging quotes and messages.

We have a total of 10k likes on Facebook page and 5000 friends on Facebook Accounts

HOW WE DO IT

- Share a daily prayer
- Live streams
- Respond to Faith, Prayer, Family Life and Marriage based questions from our followers in relation to our ministry.
- Share Ministry Activities
- Share interactive topics (life stories)
- Share the situations in the country and encourage them to pray.



Fr. Berry airing a radio program on Baba FM.



Radio program in Fort Portal on Jubilee FM.



Embracing our new identity in Arusha, Tanzania.



Radio program in Dandora, Nairobi.



Fr. Richard posing with participants during a recent activity in Kitete, Tanzania.

HISTORY



HOLY CROSS FAMILY MINISTRIES, EAST AFRICA

By: Fr. Fred Jenga, CSC

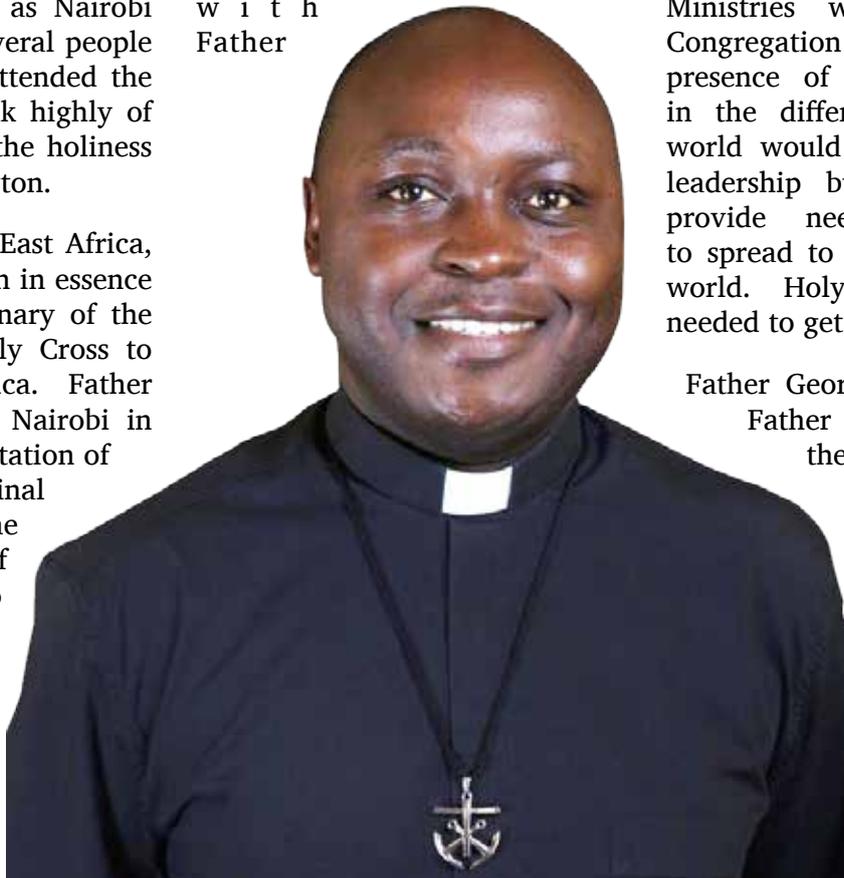
The beginnings of Holy Cross Family Ministries in East Africa can be traced to the visit of Venerable Father Patrick Peyton, CSC in 1955 in East Africa where he conducted several Rosary Crusades around the country.

There were rallies in Nakivubo Kampala, Butare in Bushenyi, Virika Fort Portal, and other parts of East Africa such as Nairobi Kenya. There are several people and religious who attended the rallies and still speak highly of the experience and the holiness of Father Patrick Peyton.

Arriving in 1955 in East Africa, Father Patrick Peyton in essence was the first missionary of the Congregation of Holy Cross to set foot in East Africa. Father Peyton later visited Nairobi in the 1990s at the invitation of Servant of God Cardinal Maurice Otunga the then archbishop of Nairobi who wrote to Father Peyton asking Father Peyton to establish a family prayer ministry in East Africa. This was not to happen until many years later.

Close to five years after the death of Father Peyton who belonged to the Eastern Province of the Congregation of Holy Cross, the then Provincial Superior of the Eastern Province Father Hugh Cleary visited East Africa that was under the leadership of Father George Lucas who was a member of the Eastern Province.

On the trip
w i t h
Father



Cleary was Fr. John Phalen, CSC who was the incoming President of Holy Cross Family Ministries. Fr John Phalen came to look into the possibility of expanding the work of Holy Cross Family Ministries to other parts of the world especially in areas where Holy Cross was present.

Fr Phalen's vision was that the growth of Holy Cross Family Ministries was tied to the Congregation of Holy Cross. The presence of the Congregation in the different parts of the world would not only provide leadership but it would also provide needed connections to spread to other parts of the world. Holy Cross religious needed to get involved.

Father George Lucas assigned Father James Rahilly as the first director of the ministry in East Africa who did the ministry part time. A house was rented in Southlands Langata as the operational base of the ministry. Some printed material that introduced the

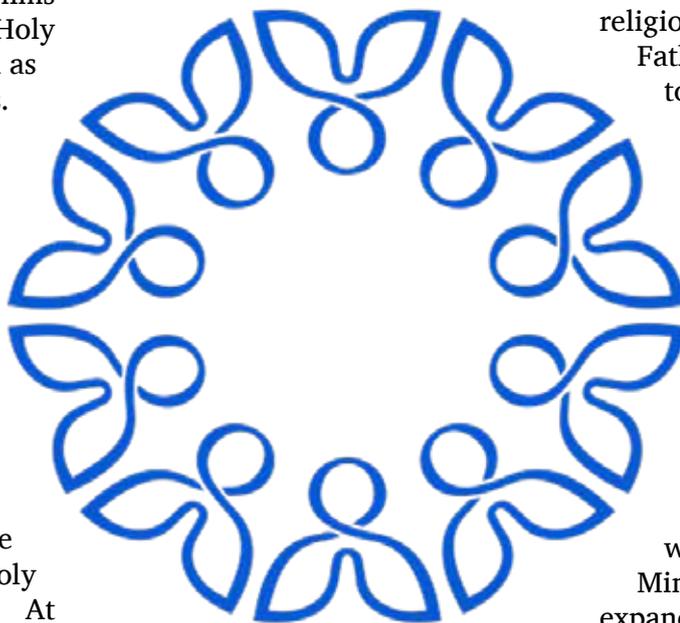
ministry and prayer cards in Swahili were produced during the time of James Rahilly. When James Rahilly was appointed as the director of the Holy Cross Mission Center at Notre Dame, the ministry was assigned to Fr Neil Ryan, CSC who lived in Fort Portal. Neil Ryan who was a popular sports coach and developer in Uganda divided his time between family prayer ministry and sports work in Uganda. Ryan's time so increased printing of promotional materials such as prayer cards and the beginning of the showing to groups of films that were produced by Holy Cross Family Ministries such as the Mysteries of the Rosaries.

When Father Ryan was transferred to Holy Cross Parish Dandora, the ministry was assigned to Father William Blum who was a lecturer at St Paul's National Seminary Kinyamasika Fort Portal.

Fr. Blum also had experience working with Marriage Encounter and he incorporated that within Holy Cross Family Ministries. At the opening of the first private FM radio station in Fort Portal and the whole Uganda –The Voice of Toro-- Fr Blum saw an opportunity to introduce faith programs on the air. Different groups were recorded praying the rosary and the programs broadcast every night before people retired to bed. Later Sunday reflections were added to the rosary programs to prepare people for Sunday mass. Priests preached on the Sunday readings and the homilies were run in the morning. At this time there were no permanent staff and Fr Blum relied on different people. One group that was popular on air

with the rosary was the prisoners of Katojo prison. The prayers of the prisoners moved other listeners who saw something deeper and beautiful in the lives of the prisoners beyond their life as prisoners. The family prayer ministry owned a computer, a printer, and a recording machine and some funds to help pay basic stipends and gasoline.

When Father Blum was sent to Holy Cross Parish Kitete Tanzania, Father Fulgens Katende was assigned as the new director. Fr Katende was



made a full time director with no other ministry given to him. He built onto the prior efforts of other Holy Cross religious that had worked in the ministry before him. Whereas situated in Kampala Uganda, Father Katende started working on establishing of teams of evangelizers within the different regions where Holy Cross is present. In Fort Portal he rented space in McCauley Hall near Virika for the team that would continue with the work of radio programs on Voice of Toro. In Kampala he had a team of different lay people trained in family life and

prayer who started producing radio programs on the Catholic-run Radio Sapientia. In Jinja he started a team that ran programs on Radio Empanga in Kamuli. Meanwhile in Nairobi Kenya he began programs on Radio Waumini run by the Catholic bishops of Kenya. Working with different lay teams, Father Katende also connected with different bishops and priests in different dioceses where the ministry did not have offices but regularly ran programs especially for married couples.

To include more Holy Cross religious in the ministry, Father Katende suggested to the District Council of Holy Cross in East Africa to assign a young Holy Cross religious for the pastoral year with Holy Cross Family Ministries in Fort Portal. Fred Jenga, CSC was the first young seminarian to be assigned in Fort Portal to work with Holy Cross Family Ministries. As the ministry expanded in the different parts of East Africa where Holy Cross is present, the tradition of assigning Holy Cross religious to regional offices of Holy Cross Family Ministries was continued and it has come with tremendous benefit to the ministry.

It was also during the time of Father Katende that the printing of promotional materials increased such as T-shirts, prayer cards, and calendars. It was during the same time that the "Try Prayer Contest" writing, art, and poetry contests for students were started in East Africa. Whereas the number of entries was small, teachers and

school chaplains came to know the contest and the numbers grew over time.

When Father Katende was assigned to be the director of Holy Cross formation program in Jinja Uganda, Father Fred Jenga was asked to run the ministry. Building on the efforts of his predecessors Father Jenga expanded the ministry in many ways. He established full time lay teams and offices in all the regions where Holy Cross is present and facilitated the teams with resources to promote the ministry in the different regions.

Each region had a Holy Cross religious as “regional coordinator” of the ministry who worked hand in hand with the lay teams. More radio programs were produced and effort on “outreach” in parishes and institutions was amplified. The ministry focused on the pillars of Faith, Prayer, Family/Marriage. Elements that defined Father Peyton’s work such as prayer rallies, retreats, and an extensive use of the mass media like radio, television and other digital forms were incorporated into the ministry.

Holy Cross Family Ministries came to be known for its creative and spiritually enriching programs for couples, the youth and children. The children’s rosary rallies were introduced in different regions, and the Try Prayer Contests exponentially grew; and so, did the number

of promotional materials such as calendars, t-shirts, caps, prayer cards. An online spiritual program was introduced that made available spiritually enriching material to Catholics who were looking for spiritually inspiring material. All the offices in Uganda had fulltime means of transport for outreach and arrangements were made to get greater facilitation for young offices in Nairobi and Kitete Tanzania. It was also during this time that radio programs were started in Tanzania on Radio Habari Njema run by the diocese of Mbulu.

It was also during this time that the ministry was registered as a legal entity in Uganda that could own property and enter into agreements. A two-tiered board was also established with the lower board including Catholics with expertise in media, law, business, etc and the upper board exclusively for Holy Cross religious that would ensure faithful protection of the mission of the ministry. It was also during this time that local Peyton Prayer Guilds were started in Kampala, Jinja, and Nairobi. And at the same time effort was made to build Holy Cross Family Ministries’ owned recording studios for ease of work. Recording equipment and spaces were created and training done to set the project on course.

Hundreds of young people used to attend the Try Prayer

Contests in the different regions, and hundreds more attended the annual regional Children’s Rosary Rallies that came with marching bands in the different regions. Married couples’ conferences and rallies were also made especially on the feast of the Holy Family in December and the International Day of the Family in May. The Archbishop of Kampala eventually asked Fr Jenga to coordinate other family life movements in the Archdiocese of Kampala which helped to focus the different groups to the needs of families in the Archdiocese of Kampala.

The showing of films and the possession of a live gospel band that had young people passionate about sharing the message of Christ especially about the power of prayer made Holy Cross Family Ministries a sought-after Catholic group for spiritually enriching programs for different groups.

More connections were established with bishops, priests and other lay groups that focused on deepening faith, prayer, and strengthening family/marriage life.

Larry & Desire

Our wedding almost never happened. Now we are 10 years in marriage

An inspirational story of a HCFM couple

It was getting dark on Friday, 21st January 2011 when a call came in informing us that according to some unresolved familial issues, the church was not going to hold the matrimonial celebration until they are resolved.

We were lucky to meet the Arch Bishop on short notice and he listened to all that we had to say. He stated clearly that the church could not okay a wedding when family members are still not agreeable to it.

We left that meeting without any hope. Our family, friends and us refused to give up, we fought in prayer. The following day, we arrived at the church as though the wedding was to happen and started praying.

Towards 5pm of Saturday 22nd January 2011, to our surprise when we arrived at Church, the Parish Priest made a declaration that the wedding should happen, we finally became husband and wife. At the time of our marriage, we both did not have permanent jobs and a steady income but God sustained us.

This year, 2021, we made 10 years in marriage and our

success is attributed to God, we are prayerful people, we fervently pray for all the challenges we encounter, through the intercession of Venerable Patrick Peyton to whom, up to this day, we proudly accredit for our wedding to happen.

We have a moment of prayer for both of us (couple prayer) where we pray for each other as well as a family prayer.

We have inculcated in our children the culture of family prayer; we pray for them and they too pray for us. This has enabled them to see our lives rooted in prayer.

Setting our values right in the order of God, Spouse, Children and Others, we have noticed that whenever this order has changed, we start to have challenges that seem difficult to resolve in our relationship. We strive to keep it as a standard, lest we walk ourselves into trouble.

Marriage formations and trainings have helped us to understand that there are challenges in marriage but when you stick to each other together, you overcome them. We are



able to react appropriately to them without causing damage to our relationship.

Having support groups has helped us to be grounded and to know that our challenges are not unique to us. We also have accountability partners who keep us in check, they have really helped us to stay focused.

Working with Holy Cross Family Ministries is giving us the opportunity to reach out to other couples, inspire them and strengthen them.

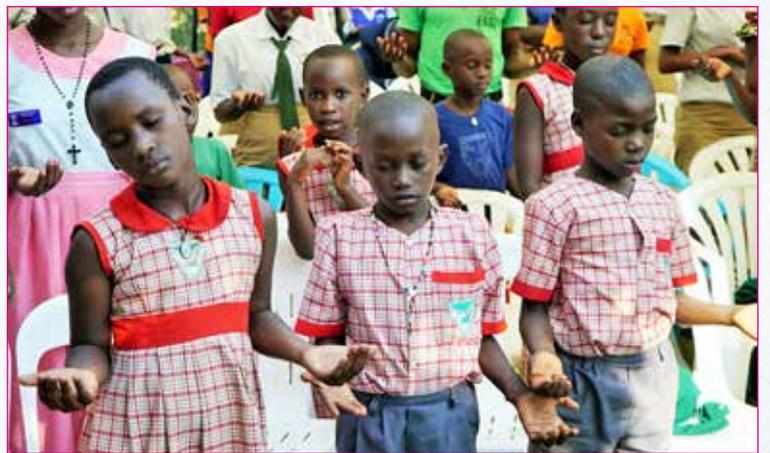
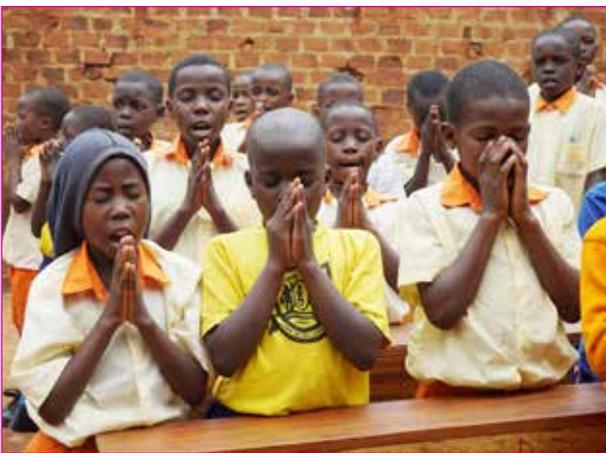
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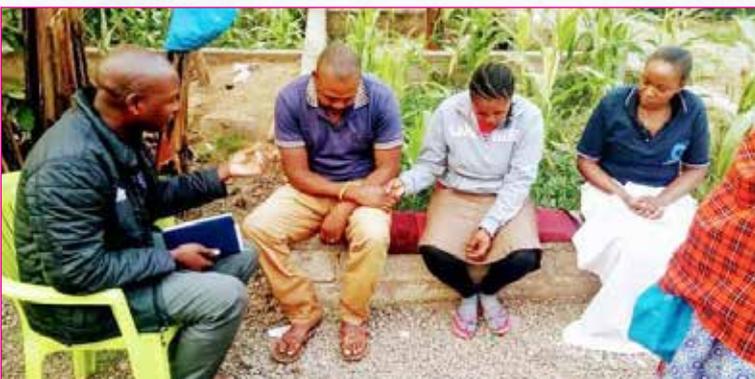
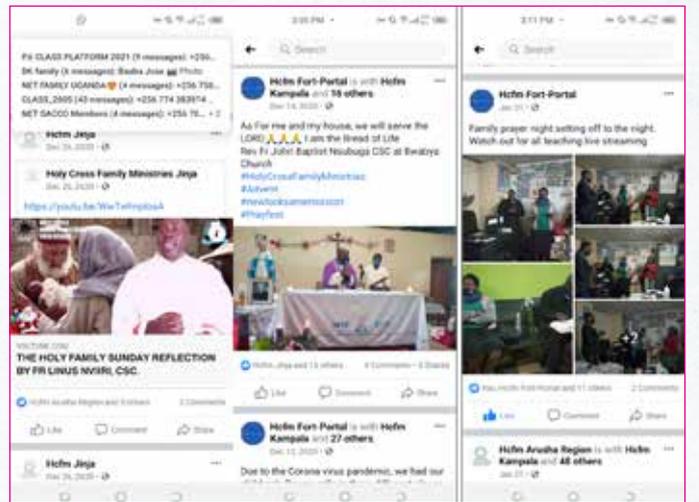
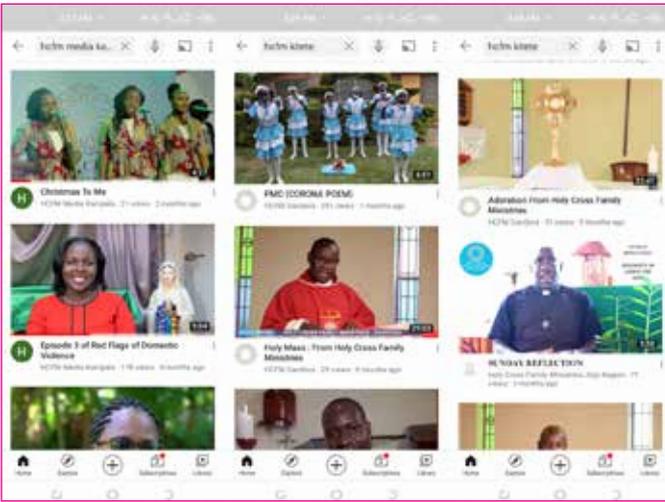
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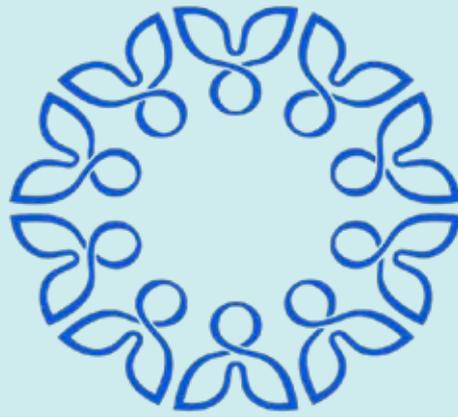
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A World at Prayer is a World at Peace...



HOLY CROSS FAMILY MINISTRIES

MISSION:

- Holy Cross Family Ministries is a family of Catholic ministries that inspires, promotes and fosters the prayer life and spiritual well-being of families throughout the world.

VISION:

- We strive to be a respected and reliable catalyst for inspiration, support and dynamic content on family life through focus on spirituality and prayer, especially the Rosary.

HCFM REGIONS:

- HCFM Kampala
- HCFM Jinja
- HCFM Fort Portal
- HCFM Nairobi
- HCFM Arisha
- HCFM Kitete

HCF MINISTRIES:

- Children Ministry
- Youth Ministry
- Family life and Marriage Ministry
- Prayer and Counseling Ministry
- Media Ministry

ACTIVITIES:

- School outreaches
- Parish Outreaches
- Children's Rosary Rally
- Catechists Workshop
- School Outreaches
- Parish Outreaches
- Try Prayer! It Works! Contest
- Home Visitations
- Valentine's Day
- Premarital & Marital Counselling
- Formation Programs for couples
- Natural Family Planning Workshops
- Marriage workshops, seminars & retreats
- Peyton Prayer Guilds
- Rosary Crusades
- Staff Retreats & Recollections

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