KUBEREKA MWANZERU, UNAKUBALA NDI CHIWEREGERO CHA ANTHU M'DZIKO:

Buku Lounikira Alangizi a Mabanja Achikatolika

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Mau Otsogolera

Kuyambira m'chaka cha 1901, Mpingo wa Katolika ku Malawi kuno wakhala ukugwira ntchito yachitukuko mogwirizana ndi Boma. Kudzera mu mgwirizano umenewu, Bungwe la Aepiskopi a Katolika, Episcopal Conference of Malawi (ECM), lathandiza kutukula dziko osati ku mbali ya uzimu wokha komanso pa umoyo wathunthu wa anthu m'dziko, pa chuma komanso makamaka pambali ya zaumoyo, maphunziro ndi ulamuliro wabwino m'dziko.

Masiku ano zakhala zikunenedwa kuti kuchulukana kwa anthu m'zaka zapitazi kukubwezera m'mbuyo chitukuko chofunikirachi. Malawi ndi dziko limodzi m'dera lino la Africa lomwe chiwerengero chake cha anthu chikukwera mofulumira kwambiri. M'zaka makumi anai zapitazi chiwerengero cha anthu m'dziko lino chaonjezereka kupitirira katatu, ndipo chikuyembekezeka kuwonjezereka kupitirira katatunso m'zaka makumi awiri ndi mphambu zisanu zikudzazi.[1] Kukwera kwa chiweregero cha anthu mofulumira kumeneku kukupereka malingaliro ofunika kwambiri makamaka poona kulumikizana kwa kuchuluka kwa anthu ndi mmene Amalawi angathe kupezera zinthu zofunikira pa moyo wao monga zakudya, pogona, chipatala ndi sukulu.

Pamene anthu akukambirana za kukwera kwa chiwerengero ndi za chitukuko cha dziko chonchi, ndikofunikira kuti Akhristu Eniake aunikiridwe ndi maphunzitso olondola a Mpingo pa nkhani za kuchuluka kwa anthu m'dziko, kusintha kwa nyengo, chitukuko, za banja, kubereka ndi unakubala wanzeru.

Bungwe la Aepiskopi a Katolika ku Malawi (ECM) likufuna kuthandiza Akatolika ndi anthu onse akufuna kwabwino kuti akhale ndi maganizo oyenera pa nkhani ya kubereka mwanzeru. Kabukuka kalembedwa kuti kathandize Akatolika kumvetsa bwino za kukwera kwa chiwerengero ndi za kulera motsogozedwa ndi chikulupiriro chawo. Ndi udindo wa Mpingo kukhala ngati 'mchere wa dziko ndi nyale yowalira dziko lonse' komanso ndi cholinga cha Mpingo kuti ukhale wodalirika pamene ukuthandizana ndi Boma pa nkhani ya kulera.

M'kalata yomwe Aepiskopi analemba pa 2 March, 2013, iwo adaona kuti m'zaka zapitazi pakhala pakuchitika misonkhano yosiyanasiyana yokhudza kukwera kwa chiwerengero cha anthu komanso za kulera mwanzeru kuno ku Malawi. Pa chifukwa ichi Mpingo ukuwona kuti nkofunika kuti akhristu athandizidwe kukambiara za nkhani imeneyi moyenera potsatira chikhulupiriro chao Chachikatolika.

* Ministry of Finance and Development Planning. RAPID: Population and Development. Lilongwe: Ministry of Finance and Development Planning and Ministry of Health, Reproductive Health Unit, 2012.

Alangizi a mabanja a Katolika ndi ofunika kwambiri pa nkhani zimenezi. Mu Mpingo wa Katolika, Alangizi a mabanja atha kuthandiza achinyamata, anthu omwe ali pabanja, iwo amene akuganizira zolowa m'moyo wabanja komanso atumiki onse mu Mpingo amene amakhudzidwa ndi nkhanizi kuti athe kumvetsa bwino za kuchulukana kwa anthu ndi za kulera mogwirizana ndi maphunzitso a Mpingo.

Kuti akwaniritse udindo wao, Alangizi amabanja ayenera kuti aunikiridwe, pakulandira maphunziro komanso zida zowathandiza pa ntchito yawo. Koma vuto limene lilipo ndi kusowa kwa zida. Mwachitsanzo:

- Zida zambiri zomwe zikugwiritsidwa ntchito mu m'dayosizi ndi zakalekale zoyenera kukonzedwanso kuti zigwirizane ndi mmene zinthu ziliri masiku ano monga nkhani za chiwerengero cha anthu, kulera, unakubala wanzeru ndi chitukuko.
- Pali kusiyana pa nkhani ya zida zomwe Alangiziwa ayenera kugwiritsa ntchito m'madayosizi onse asanu ndi atatu m'dziko muno.
- Pafupifupi m'madayosizi onse, maphunziro amene Alangizi a mabanja ayenera kulandira sakuchitika motsata ndondomeko yokhazikika.

Pofuna kuti Mpingo ukwaniritse udindo wake, ndipo makamaka polemekeza moyo ndi ulemerero wa munthu, Aepiskopi a Katolika akukhulupirira kuti kabuka kathandiza kwambiri kuchepetsa vuto lomwe lilipoli. Kabukuka cholinga chake ndi chakuti kathandize Alangizi a mabanja Achikatolika kupereka uphungu kwa akhristu moyenerera maka pa nkhani za ubereki, za kulera ndi unakubala wanzeru.

Mpingo ukuthokoza Unduna wa boma wa Zachuma, Mapulani ndi Chitukuko, ndi mabungwe ena onse omwe athandizira ndi luso lao komanso ndi ndalama kuti kabukuka kalembedwe ndi kusindikizidwa. Tikuyamikira magulu a anthu omwe adapatsidwa ntchito yofufuza mfundo za kabukuka omwe ena mwa iwo ndi akhristu Eniake, a Bungwe la Mabanja Achikatolika (Catholic Family Movement) ndi Bungwe la Amai Achikatolika,(Catholic Women Organization), komanso Alembi a m'Dayosezi oyang'anira za moyo wauzimu (Pastoral Secretaries), a ku Likulu la Katolika ku Lilongwe (Catholic Secretariat) ndi onse omwe ali pa ntchito za upangiri pa zaumoyo a Health Policy Project omwe anathandizidwa ndi ndalama zochokera ku bungwe la United States of America International Development Aid (USAID). Tikuyembekera ndi kukhulupirira kuti mgwirizano umenewu upitirira.

Mmalo mwa abale anga Aepiskopi anzanga a kuno ku Malawi, ndikupempha Alangizi a mabanja a Katolika ndi ena onse omwe amakhudzidwa ndi za ulaliki kuti ayesetse kugwiritsa ntchito kabukuka mu Mpingo wa Katolika m'Malawi muno.

Mulungu Wamphamvu zonse adalitse khama lathu pamene tikusenza udindo wa utumiki wa dziko ndiponso ngati athandizi a Mulungu pakulenga.

Arkiepiskopi Thomas Luke Msusa
Wapampando wa Episcopal Conference of Malawi (ECM)

September 2015

Zam'katimu

Kuthokoza.....v

1. Mau Oyambirira.....1

2. Ntchito za Alangizi a Mabanja a Katolika Masiku Ano.....3

3. Zomwe Mkatolika Aliyense Ayenera Kudziwa za Banja.....11

4. Unakubala Wanzeru.....18

5. Kulera.....22

6. Njira Zakulera.....30

7. Mau Otsiriza.....47

Mabuku ndi Zikalata Zomwe Tagwiritsa Ntchito Polemba Kabukuka.....49

Kuthokoza

Bukuli linatsindikizidwa ndi a Health Policy Project (HPP) ndi thandizo la ndalama kuchokera ku bungwe la United States Agency for International Development (USAID), ndinso bungwe la Maepiskopi a Mpingo wa Katolika ku m'Malawi (ECM). Bukuli linalembedwa ndi bambo Andrew Kaufa *smm* mounikiridwa ndi Bambo George Buleya. Upangiri pa za kutsindikiza bukuli anapereka ndi a Rebecca Mbuya-Brown, a Laston Mteka, a Olive Mtema, a Erin McGinn, ndi a Carol Miller.

* Missionaries of the Company of Mary (Montfort Fathers)

1 Mau Oyambirira

Bungwe la Aepsikopi a Mpingo wa Katolika ku Malawi (ECM) lili ndi udindo wokonza ndondomeko, kuyendetsa ndi kuyang'anira ntchito zokhudza moyo wauzimu wa akhristu ao ndi za chitukuko cha anthu m'dziko lino. Bungweli limachita izi mounikiridwa ndi Malembo Oyera komanso maphunzitso a Mpingo wa Katolika.

Pogwira ntchito za chitukuko, Bungwe la ECM limathandizana ndi Boma makamaka pa za maphunziro, umoyo ndi ntchito zina zothandiza munthu. M'chaka cha 2013, Boma la Malawi, kudzera mu Unduna wa Zachuma, Mapulani ndi Chitukuko lidakonza Ndondomeko ya Dziko pa za Chiwerengero cha Anthu. Ndondomekoyi ikuwonetsa kuti dziko la Malawi likukumana ndi zipsinjo pa nkhani ya chitukuko ndi chuma chifukwa cha kukwera mofulumira kwa chiwerengero cha anthu.[1]

Ndondomekoyi ikusonyeza kuti chiwerengero cha dziko la Malawi chakwera kuchokera pa 4 million m'chaka cha 1966 kufika pa 13.1 million m'chaka cha 2008; ndipo pofika m'chaka cha 2013, chiwerengero chinali chitakwera kufika pa 15.3 million. Izi zikusonyeza kuti ngati chiwerengero chipitira kukwera motere, ndiye kuti chidzakhala chitafika pa 40 million pofika chaka cha 2050. Kukwera kwa chiwerengero cha anthu kotere, kukubweretsa zipsinjo zingapo monga:

- Kusowa kwa zinthu monga malo, chakudya ndi madzi.
- Kuperewera kwa sukulu ndi zipatala.
- Kuperewera kwa chisamaliro m'sukulu ndi m'zipatala za Boma.
- Kusowa kwa ntchito makamaka pakati pa achinyamata.

Kukwera kwa chiwerengero cha anthu kotere kukubwezeretsa m'mbuyo ntchito zimene Boma limachita kuti anthu alandire chisamaliro chokwanira pa nkhani ya maphunziro, umoyo komanso chakudya. Kukwera kwa chiwerengero kotereku, kukuchititsa achinyamata ambiri kuti akhale paulova. Kukwera kwa chiwerengero cha anthu mofulumira kotere, kumaongetsa zachilengedwe kotero kuti anthu amayambapo kukanganirana malo ndi zina zotere.

Cholinga chachikulu cha Ndondomeko ndi Mfundo za Boma nkuti moyo wa anthu m'Malawi upite patsogolo. Cholinga chimenechi sichingakwaniritsidwe popanda kuchitapo kanthu pofuna kuthetsa zipsinjo zomwe zimabwera chifukwa cha kukwera kwa chiwerengero cha anthu mokhudzana ndi:

- Ntchito zamaphunziro.

- Ntchito zaumoyo.
- Ulimi, kasamalidwe ka malo ndi kapezedwe ka chakudya chokwanira.
- Za chuma, kapezedwe ka ntchito ndi kasamaliridwe ka antchito.

Kuberekana mochuluka kwa anthu m'dziko muno komwe kumachititsa kuti mabanja azikhala ndi ana ambiri ndi komwe kukuchititsa kuti chiwerengero cha anthu m'dziko lino chizikwera motere. Izi zikutanthauza kuti Amalawi ayenera kuzindikira ndi kuyamba kutengapo mbali pa ubereki wanzeru.

Mpingo wa Katolika, mounikiridwa ndi Malembo Woyera ndi maphunzitso ake, umakangalika pa nkhani zopititsa patsogolo ulemelero wa munthu. Choncho Mpingo ngokhudzidwa kwambiri pamene kukwera kwa chiwerengero cha anthu kukubwezeretsa m'mbuyo moyo wa anthu. Nchifukwa chake poona m'mene zinthu zilili, Alangizi a mabanja Achikatolika ayenera kumvetsa bwino za kulumikizana kwa ubereki ndi unakubala ndiponso kukwera mofulumira kwa chiwerengero cha anthu. Atamvetsa, Alangizi a mabanja aphunzitse makamaka chinyamata, omwe akukonzekera banja komanso omwe ali kale m'banja za nkhanizi.

Pa chifukwa ichi, Aepiskopi anaona kuti ndi kofunikira kuti aunikire alangizi a mabanja Achikatolika pofuna kuti athandize akhristu moyenera za m'mene ayenera kuchitira ngati Akatolika pankhani ya kuchulukana kwa anthu m'dziko lino komanso kubereka ndi unakubala wanzeru - Ichitu ndiye cholinga cha kabukuka.

Ndemanga

1. Government of Malawi. National Population Policy. Lilongwe: Ministry of Finance, Economic Planning and Development, 2013.

2 Ntchito za Alangizi a Mabanja a Katolika Masiku Ano

Mpingo wa Katolika umawona kuti kukhala malo amodzi kwa mwamuna ndi mkazi, banja ndi ukwati ndi zinthu zofunika kwambiri. Alangizi a mabanja amagwira ntchito yofunikira yaikulu pothandiza akhristu kumvetsa maphunzitso a Mpingo pa mfundo zitatuzi ndi m'mene angazikwaniritsire.

Nkofunika kuti Alangizi a mabanja asamangodzitenga ngati anthu ozimitsa moto pamene mavuto alowa m'banja. M'malo mwake Alangiziwa amayenera kuwathandiza mabanjawa kupewa mavuto omwe angabwere. Pa nkhani ya kuchuluka kwa anthu m'dziko, Alangizi a mabanja ayenera kukhala ndi upangiri woyenera komanso kuti adziwe bwino maphunzitso a Mpingo kuti athe kuphunzitsa anthu a magulu osiyanasiyana madzi asadafike m'khosi. Izi zimasowa kukumana pafupipafupi ndi achinyamata, amene akukonzekera za banja ndi omwe ali kale pabanja pofuna kukhazikitsa ubale ndi chikhulupiriro pakati pa wina ndi mnzake.

Alangizi a mabanja ayenera kuthandiza anthu osakwatira—osakwatiwa ndi omwe ali m'banja kuti akhale ndi moyo wangwiro mogwirizana ndi chikhristu chao komanso mogwirizana ndi maphunzitso a Mpingo. Alangizi a mabanja angathe kukwanitsa izi pakuchita zotsatirazi:

- Kulangiza achinyamata asadagwirizire ukhoswe—kuwathandiza kumvetsa zofunikira ndi zolinga za Ukwati Wachikhristu ndiponso maphunzitso a Mpingo pa zakuchulukana kwa anthu, ukwati ndi pa nkhani yogonana. Pakuchita izi ndiye kuti tikuwakonzekeretsa moyo wa banja.
- Kuthandiza omwe ali pa chitomero kukonzekera ntchito ndi maudindo a ukwati, kuphatikizirapo kukambirana za kulera komanso zakuti adzakhala ndi ana angati. (Uku ndi kukonzekera ndiye kukonzekera atatsala pang'ono kulowa m'banja)
- Kupereka chithandizo mosalekeza ndi kuunikira a m'banja pofuna kuthandiza kuti akhale okondana, ndipo makolo athe kulera ana ao mwa ulemu kuti akhale moyo wachimwemwe.
- Kuthandiza makolo kuunikira ana awo kuti akule ndi mtima wolemekeza maphunzitso a Mpingo pa za kuchuluka kwa anthu komanso pa nkhani yogonana m'banja. (uku ndiye kuyendera limodzi pakati pa alangizi ndi a mabanja)

2.1 Nchifukwa chiani Alangizi a Mabanja Ayenera Kukamba za Kulera?

Anthu ena ali ndi maganizo akuti Mpingo wa Katolika umalimbikitsa anthu kuberekana kwambiri mpaka kuti adzaze dziko lonse (Gen.1:27). Maganizo awa ndi olakwika. Zoona ndi zakuti Mpingo sufuna kuti anthu azingoberekana pongufuna kukwaniritsa zilakolako zathupi kapena ngati chinthu chongochitika mwatsoka, ai. Nkhani za kulengedwa kwa dziko m'buku la (Gen 1-2) zimatiphunzitsa kuti Mulungu adalenga munthu (mwamuna ndu mkazi) m'chifaniziro chake. Izi zitanthauza kuti munthu adalengedwa kuti akhale mthandizi wa Mulungu pa ntchito yosamalira chilengedwe. Pa chifukwa ichi, pamene tikukamba za makolo kupereka moyo kwa ana, Msonkhano Wachiwiri wa Vatican, m'buku lotchedwa *Gaudium et Spes (GS)*, unanena momveka bwino kuti makolo amathandizana ndi Mlengi mwini amene amapereke tanthauzo la chikondi chenicheni pakati pa mwamuna ndi mkazi pa nkhani ya ubereki. Buku la *Gaudium et Spes* limati:

> *Anthu apabanja ndi makolo achikhristu ayenera kutsata njira zabwino zowathandiza kuti akhale oyera mtima pokhala ndi chikondi chokhulupirika. Makolo ayenera kuphunzitsa ana mwachikondi ngati mphatso zochokera kwa Mulungu, maphunzitso achikhristu komanso chikhalidwe chogwirizana ndi zimene timapeza mu Mthenga Wabwino. Pakutero, makolo amakhala mboni ndiponso athandizi a Mulungu mu Mpingo. Pakukhala moyo wotere, mabanja ndi makolo achikhristu amakhaladi chizindikiro pa dziko komanso amatenga nao mbali pa moyo wachikondi chimene Khristu adasonyeza pokonda Mpingo ngati mkwatibwi wake mpaka kudzipereka yekha ngati nsembe. (GS. No. 41)*

Choncho Mpingo wa Katolika umapempha anthu kuti azilemekeza lamulo la Mulungu pamene akukambirana za kubereka, za unakubala ndi za kuchuluka kwa anthu pa dziko. Pa chifukwa ichi, Alangizi a mabanja ayenera kutsindika kuti makolo akuyenera kuganiza ndi kupanga chisankho cha ana omwe angafune kubereka m'banja mwao. Pokamba za kulera ndi kachulukidwe ka anthu, Mlangizi wa mabanja ayenera kulongosola momveka bwino kuti makolo amene ali ndi udindo wakulera m'njira imene ingawathandize kuti adzathe kukwaniritsa udindo wao ngati anakubala. Makolo ali udindo woonetsetsa kuti akukwaniritsa kusamalira banja ndi ana zosowa zao zonse.

Aepiskopi a Mpingo wa Katolika kuno ku Malawi adafotokoza kale zimenezi kudzera m'kalata yao yomwe adalemba m'chaka cha 2013 yotchedwa "Catholic Teachings on Human Sexuality, Abortion and Birth Control".[2] Choncho, chimene chikuyembekezeka tsopano ndi kuti alangizi a mabanja aphunzitse anthu omwe ali m'banja za ubwino wa kubereka mwanzeru. Iwo ayenera kuthandiza a m'banja kuti athe kumvetsa kulumizana kumene kulipo pakati pa kukwera kwa chiwerengero cha anthu ndi chitukuko cha dziko potsata maphunzitso a Mpingo pa za banja, kubereka ndi kukhalira malo amodzi mwamuna ndi mkazi.
Alangizi a mabanja ayenera kuphunzitsa anthu kuti amvetse udindo wao ngati akhristu pa nkhani ya unakubala. Atsindike mfundo zotsatirazi:

- Pali kulumikizana pakati pa kukula kwa mabanja ndi zosowa za moyo wawo ndi mavuto achitukuko omwe dziko la Malawi likukumana nawo (NGP, 2013).
- Mavuto amene akudza chifukwa cha kulumikizana kumeneku, akukhudza tonse ngati anthu a fuko limodzi kotero kuti Mpingo wa Katolika uyenera kuchitapo kanthu.
- Anthu adalengedwa kuti akhale akapitawo kuti asamalire dziko. Izi zitanthauza kuti, amuna ndi akazi ali ndi udindo wodzisamalira iwo eni komanso wosamalira zachilengedwe.
- Kuchuluka kwa ana m'banja ndi kutalikirana kwa kuchembeza kuli ndi zotsatira zosiyanasiyana pa chuma ndi pa moyo wa banja.
- Nkofunika kulimbikitsa njira zakulera zachilengedwe ndi kutsindika ubwino wa njirazi poyerekeza zakulera zogwiritsa ntchito mankhwala.

Mwachidule, alangizi a mabanja Achikatolika ayenera kulimbikitsa za kulera ndi kuwathandiza kumvetsa udindo wao ngati akhristu pa nkhani za kubereka, unakubala ndi chiwerengero cha anthu.

2.2 Kulangiza Achinyamata Za Moyo Wabanja, Za Kulera ndi Za Unakubala Wanzeru

Alangizi a mabanja ayenera kuyamba kuyamba kuphunzitsa achinyamata za moyo wa banja, za kulera ndi za unakubala wanzeru isanafike nthawi yoti alowe m'banja. Izi zingathandize kuti achinyamatawo azikula ndi maganizo oyenera kuyambira akadali achichepere. Pamene mnyamata ndi msungwana akukonzekera ukwati, alangizi a mabanja ayenera kusenza udindo wothandiza achinyamata kudziwa zinthu zotsatirazi:

- Cholinga ndi zofunikira zina za banja lachikhristu.
- Kufunikira kwa unakubala wanzeru.
- Ulangizi wa Mpingo pa za kulera.
- Kulumikizana kumene kulipo pakati pa kuchuluka kwa anthu am'dziko ndi kulera ndi chitukuko

Koposa apa, alangizi a mabanja akulimbikitsidwa kufotokozera zinthu monga zotsatirazi:

- Kudzigwira ndi kudziletsa
- Kukhupirika
- Chikondi
- Kudzipereka
- Kukhupirirana
- Njira za kulera.

Achinyamata, makamaka iwo amene ali m'sukulu ndi m'makoleji, alimbikitsidwe kuti asamalowe m'banja mofulumira ndi kuti aziika mtima pa maphunziro ndi ntchito zina za luso. Izi zidzawathandiza kumanga maziko abwino a tsogolo lao pa nkhani ya ukwati ndi unakubala; zidzachepetsanso mavuto a umoyo amene amadza chifukwa chotenga mimba mofulumira komanso zidzawathandiza kuganizira chiwerengero chabwino cha ana amene angakonde kudzakhala nawo m'moyo wao wonse.

Monga tanena kale, alangizi a mabanja Achikatolika sayenera kugwira ntchito yao pokhapokhapo ngati pali mavuto, ai. M'malo mwake azikhala limodzi ndi mabanja amene akusowa ulangizi, uphungu ndi kuphathana nawo limodzi pa ulendo wa banja. Nkosachita kufunikira kuti alangizi a mabanja akhale ozama m'maphuziro ndi a katswiri ochita kupitira ku sukulu zaukachenjede pa nkhani ya kupereka uphungu, ai. Komabe, kuti iwowa agwire ntchito yao bwino, ayenera kukhala ndi maphunziro owayenereza owasula kuti akhale ndi luso lokwanira kupereka uphungu ndiponso kuti adziwe Maphunzitso a Mpingo pa za kubereka, kulera ndi za chiwerengero cha anthu.

2.3. Zofunikira pa Ulangizi wa Mabanja

Chofunikira kwambiri kwa alangizi a mabanja ndi chakuti alimbikitse anthu kuchita zisankho pa za moyo wao. Izi zidzachititsa kuti akhale ndi ulemelero wa umunthu ndipo zidzawamthandiza kusunga zimene iwo amazikhulupirira. Mlangizi sayenera kuwasankhira anthu zoti achite ndi moyo wao, ai. M'malo mwake, mlangizi wa mabanja ali ngati munthu amene adasulidwa kuti akhale ndi luso loperekera uphungu ndi malangizo kwa amene akuwasowa.

Choncho, ntchito za Mlangizi wa mabanja Achikatolika ndi izi:

- Kuyendera limodzi ndi kuphathana nao achinyamata m'moyo wao.
- Kuwongolera achinyamata amene akuganizira zolowa m'banja.
- Kupereka malangizo kwa anthu omwe ali kale pabanja pamavuto omwe akukumana nawo.
- Kuunikira amene ali pa banja kuti athe kuzindikira mavuto ao, kuwafotokozera momveka ndi kuwathandiza kuti kupeza mayankho ake.
- Kulimbikitsa kuti anthu adziwe ndi kutsata maphunzitso Achikatolika pamene akukumana ndi mavuto nkhani za ubereki, kulera ndi kuchulukana kwa anthu.

Pa nkhani za kubereka, kulera ndi kuchulukana kwa anthu, Alangizi a mabanja Achikatolika ayendere limodzi ndi achinyamata ndi kumawapatsa malangizo pofuna kuwalimbikitsa kuthana ndi mavuto ao ndi kuchita zisankho zolondola m'moyo wao. Pakutero, achinyamata adzakhala ndi kuthekera kothetsa mavuto pa nkhani yokhudza moyo wa banja ndi chiwerengero cha anthu mounikiridwa ndi fundo zabwino za chikhristu zogwirizana ndi Maphunzitso a Mpingo.

2.4. Ubwino wa Malangizo a Ukwati pa za Kubereka Mwanzeru ndi Unakubala

Masiku ano, mabanja ambiri kuno ku Malawi ali ndi ana asanu kapena asanu ndi mmodzi. Malingana ndi nkhani ya kuchulukana kwa anthu yomwe ili mkamwamkamwa, anthu omwe amakangalika ndi za kuchulukana kwa anthuku, amati ichi ndi chizindikiro chakuti anthu akuberekana kwambiri potipirira muyeso. Ichi ndi chifukwa chake magulu amenewa amalimbikitsa anthu kuti azigwiritsa ntchito njira za kulera za ku chipatala (Contraceptives).[3]

Maphunzitso a Mpingo wa Katolika amatsindika pa za ubwino wokhala ndi ana. Kukhala ndi ana omwe kholo silingathe kuwalera bwino ndi tchimo lalikulu. Ulemelero wa moyo wa ana sikutengera kuti chiwerengero anthu ndi chochuluka

ndipo chikulirakulira monga zilili kuno ku Malawi, kapena chikutsika monga zilili ku maiko a ku Ulaya, ai. Komabe, kuberekana mochulukana kwa anthu kumatsutsana ndi chifuniro cha Mulungu ndipo sikugwirizananso ndi dondosolo labwino la makolo ndi ana makamaka pamene izi zidzetsa mavuto m'banjamo. Mpingo umazindikira kuti pali zabwino zambiri pamene mkazi ndi mwamuna komanso ana ao ali pa ubale wabwino pakati pa iwo eni komanso ndi Mulungu makamaka pamene akusenza udindo wao mogwirizana ndi maphunzitso a Mpingo.

Ndi udindo wa Alangizi a mabanja Achikatolika kuthandiza mabanja kuwona momwe zinthu zilili m'Malawi muno, osatengeka kwambiri ndi zokoma za m'dziko, koma kuyamikira zabwino zomwe zidzapindulira ana awo ndi mtundu wonse wa Amalawi. Kuwonjezera apo, mabanja amene adalandira uphungu wokwanira kuchokera ku Mabungwe a Mabanja monga Catholic Family Movement, Catholic Marriage Encounter, akuyamikira pa zomwe adadziwa zokhudza kubereka ndi unakubala.[4] Zina mwa zomwe adaphunzira ndi izi:

- Kuzamitsa chikondi
- Kukulitsa ubale ndi mgwirizano pakati pa mwamuna ndi mkazi
- Kulimbikitsa mtima wokambirana ndi woyendera limodzi ngati banja
- Kuthandiza kukhala ndi luso lomvetsetsana wina ndi mnzake
- Kuthandiza mabanja kupeza njira zochepetsera kusamvana pakati pao ndiponso kupeza njira zabwino zokhululukirana wina akakhumudwa.

Ngati banja litsata dongosolo la uchembere wabwino, kulera ndi unakubala wanzeru mounikiridwa ndi Maphunzitso a Mpingo wa Katolika, pamakhala zabwino monga zotsatirazi:

- Zimathandiza mai kukhala ndi moyo wathanzi ndi kuchepetsa imfa ndi matenda okhudza amai ndi ana pa banja.
- Zimachulukitsa mwai woti ana asamwalire ali achipere.
- Zimathandiza kuti pasakhale kusiyana pakati pa amuna ndi akazi chifukwa asungwana ndi amai amakhala mwai wopititsa patsogolo miyoyo yao kudzera m'maphunziro ndi kutukuka pa moyo wao.
- Zimapindulira atsogoleri a Mpingo chifukwa anthu apabanja amakhala opanda nkhawa, osangalala ndiponso otha kudzipezera zosowa zao.
- Zimakomeranso Mpingo kuti makolo amakhala ndi nthawi yambiri yomagwira ntchito zosiyanasiyana zauzimu ndi za umunthu wao.
- Boma nalonso limapindula poti kangachepe komwe limapeza kamatukula umoyo wa anthu ndipo limatha kupereka chisamaliro chokwanira kwa anthu ake.

2.5. Ndondomeko za Ulangizi wa Mabanja

Mlangizi Wachikatolika wa mabanja ayenera kukhala munthu amene adalandira maphunziro okwanira kuti athe kukwaniritsa udindo wake wounikra ena, pakuwapatsa uphungu pa nkhani yokhudza nkhawa ndi mavuto ena okhudza moyo wao. Mwachidule, ulangizi uyenera kukhala ulendo wokambirana ndi kufunsana maganizo zomwe zimasowa kuti pachitike zotsatirazi:

- Kumvetserana wina ndi mzake.
- Kufufuza ndi kupeza vuto.
- Kufotokozera bwino za vutolo.
- Kupeza njira zothetsera vutolo.

Kwa mwamuna ndi mkazi amene akukonzekera kumanga banja mu Mpingo wa Katolika, ulangizi wao uyenera kutsata ndondomeko zotsatirazi:

- Kukumana koyamba pakati pa Alangizi a mabanja ndi omwe akufuna kumanga ukwati.
- Kufufuza ndi kukambirana za kukhalira malo amodzi asanalowe m'banja.
- Maphunziro okonzekerera banja.
- Maphunziro okhudza njira za akulera – makamaka njira zakulera zachilengedwe.
- Kukumana ndi Wansembe, Dikoni kapena ndi wina aliyense amene ali wovomerezeka ndi Mpingo kuti awalangize.
- Kupeza njira zopititsa patsogolo ulangizi pambuyo pomanga ukwati.

Kwa amene ali pabanja kale, ulangizi wao utsate ndondomeko yomweyi kupatula zoonjezera zina monga:

- Kukumana koyamba pakati pa Alangizi a mabanja ndi omwe akufuna ulangizi.
- Kukambirana za ukwati ndi ubale wao wa m'banja, kuphatikizapo za kuchipinda, za kukula kwa banja lawo ndiponso za njira zakulera zomwe amagwiritsa ntchito.
- Kupezera limodzi mavuto kapena zina zotsamwitsa zomwe amakumana nazo.
- Pakhale kumvetsetsa bwino za vutolo.
- Ngati ndi kosowekera, pakhale kukambirana kufunikira kopeza uphungu oyenerera kuchokera kwa anthu ngati ansembe kapena atumiki ena a Mpingo.
- Kupeza njira zopitila patsogolo.

Mau Otsendera

Alangizi Achikatolika a mabanja ali ndi udindo waukulu pakati pa achinyamata, kwa iwo amene akukonzekera kulowa m'banja ndi kwamene ali pabanja kale. Tikudziwa kuti anthu akamakula, amasowa ulangizi ndi uphungu wosiyanasiyana woyenereranso pa misinkhu yao. Ngakhale kuti ulangizi kwa a m'banja susowa kuti mlangizi akhale ndi ukadaulo wapamwamba kuti athe kuthandiza anthu, komabe ndi kofunika kuti asulidwe ndi kukhala ndi luso lokwanira kuti adziwe ndondomeko zoyenera popereka uphungu. Malinga ndi maumboni a amene adalandirapo malangizo ndi uphungu kuchokera ku mabungwe a Catholic Family Movement ndi Catholic Marriage Encounter, ulangizi wa za ukwati umalimbikitsa akhristu m'banja kuti akhale paubale wotsamira pa chikondi chomwe Mulungu ali nacho pa iwo ndi pa ana ao.

Ndemanga

2. Episcopal Conference of Malawi (ECM). Catholic Teaching on Homosexuality, Abortion, Population and Birth Control: A Pastoral Statement. Balaka: Montfort Media, 2013, p.16-17.

3. Episcopal Conference of Malawi (ECM). Sexual and Reproductive Health (SRH) Policy. Balaka: Montfort Media, 2013, p.7.

4. Ngakhale a Catholic Family Movement (CFM) sadachitepo kafukufuku wa zimenezi, chiganizochi chikutsamira pa umboni umene anapereka a Rodney Ngalande, amene ali m'modzi mwa mamembala a CFM, ndinso ozama pa nchito yophunzitsa alangizi a mabanja. Iwo ananena izi pa zokambirana zimene zinachitika ku maofesi a bungwe la Catholic Health Commission ku Dedza.

3 Zomwe Mkatolika Aliyense Ayenera Kudziwa Za Banja

Popeza kuti munthu sungapereke chimene ulibe, Mlangizi Wachikatolika aliyense wa mabanja ayenera kukhala amene adamvetsetsa za maphunzitso Achikatolika okhudza moyo wabanja, za kukhalira malo amodzi ngati banja ndi za kubereka. Maphunzitso amenewa ndiye thime la moyo wamabanja Achikristu kuti akhale ndi moyo wotsamila pa chikhulupiriro cha Chikatolika.

3.1. Cholinga cha Banja

Malingana ndi maphunzitso a Mpingo wa Katolika, "Ukwati ndi chipangano chomwe mwamuna ndi mkazi obatizidwa amakhazikitsa pakati pa iwo awiri kwa moyo wao wonse, kuti akhale ndi moyo wosangalala ndipo abereke ana ndi kuwalera moyenera" (Can. 1055) Chipanganochi chimamangidwa pa chikondi cha wina ndi mnzake monga chiliri chikondi cha Yesu pa Mpingo wake (Eph. 5:1ff). Pa chifukwa ichi, ukwati uli ndi cholinga chomwe chili m'magawo atatu (Onani buku la Vatican II gawo la *Gaudium et Spes* No. 41 ndiponso Gen. 2:18; 24 ndi Mt. 19:6):

- ***Ubwino wa onse a m'banja***
  Kudzera m'chikondi ndi mgwirizano weniweni, mwamuna ndi mkazi ayenera kukhala osangalala pakuti banja lao ndi mphatso yochokera kwa Mulungu.
- ***Kubereka***
  Ana ndi mphatso yochokera kwa Mulungu, zipatso za chikondi cha okhala m'banja. Kudzera m'kukhala malo amodzi kwawo ngati anthu a m'banja, awiriwo amatengapo gao pa ntchito ya Mulungu yolenga.
- ***Kusamalira ana***
  Banja ndi malo amene chikhulupiriro Chachikhristu chimaphukira. Motero, makolo ali ndi udindo wosamalira ana ao makamaka pa zauzimu ndi za thupi lomwe. Makolo ayenera kupezera ana ao zosowa zao ndi kuwaphunzitsa kukhala moyo wazama m'chikhulupiriro Chachikatolika ndi m'makhalidwe oyenera.

Nkofunikiranso kuti anthu apabanja amvetsetse bwino zimene Mpingo wa Katolika umaphunzitsa pa zolinga za banja zitatuzi. Ena adamvetsa molakwika maphunzitso a mpingo ngati kuti kubereka ndiye cholinga chokhacho cha banja. Malingana ndi maphunzitso a Mpingo wa Katolika, mwamuna ndi mkazi akhoza kukhala osabereka koma izi sizitanthauza kuti ukwatiwo ndi wosavomerezeka monga zikhulupiriro ndi zikhalidwe zina za anthu zimanenera.

Chifukwa cha ichi, alangizi Achikatolika a mabanja ayenera kuthandiza mabanja motere:

- Kumvetsa ndi kuyamikira banja ngati mphatso monga maphunzitso Achikatolika amanenera.
- Kulimbikitsa mabanja kuti azibereka mwanzeru.

Kwa mabanja amene pa zifukwa zosiyanasiyana sangathe kubereka ana, Alangizi a Mabanja awathandize motere:

- Avomereze kufuna kwa Mulungu.
- Apewe kulozana chala pa vutoli.
- Akondane ndi kulimbikitsana.
- Aganizire zolera ana a anthu ena.

3.2. Mfundo Zofunikira za Ukwati

Banja labwino lachikhristu liyenera kutsogoleredwa ndi mfundo zofunikira za ukwati zimene zili m'Malembo Oyera ndi m'Maphunzitso a Mpingo okhudza ukwati. Zotsatirazi ndi zina mwa mfundo zomwe zasankhidwa mokhudzana ndi nkhani yomwe tikukambirana pano.

Chikondi

Banja ndi chinthu choyera ndiponso ndi chipangano cha chikondi pakati pa mwamuna ndi mkazi.

- "Tsono popeza kuti ndinu ana okondedwa a Mulungu, muziyesa kumtsanzira Muzikondana, monga Khristu adatikondera, nadzipereka kwa Mulungu chifukwa cha ife. Adadzipereka ngati chopereka ndi nsembe ya fungo lokondweretsa Mulungu" (Aefeso 5:1-2).
- "Inu amuna muzikonda akazi anu, monga momwe Khristu adakondera Mpingo, nadzipereka chifukwa cha Mpingowo. Adachita zimenezi kuti aupatule ukhale wakewake atauyeretsa pakuutsuka ndi madzi ndiponso ndi mau ake"(Aefeso 5:25-26).
- "Mwa zonse mvalani chikondi chomwe chimalunzanitsa zonse mwamtendere" (Akolose 1:14).
- "Yemwe alibe chikondi sadziwa Mulungu, pakuti Mulungu ndi chikondi chimene" (1 Yohane 4:8).

Poyang'anira zomwe zanenedwa pamwambapa, mfundo zotsatirazi ndi zofunikira:

- Chikondi ndi chofunikira pa banja lachikhristu popeza kuti ukwati umafanizira chikondi cha Khristu ndi Mpingo wake.
- Chikondi cha chikhristu chimachititsa mwamuna ndi mkazi kukhala ndi mtima wachikhristu kwa wina ndi mnzake.
- Ngati anthu, mwamuna ndi mkazi ayenera kuvomera zofooka za wina ndi mnzake ndi kumakhululukirana.

Mgwirizano ndi chiyanjano chokomera onse

Kuyambira pa chiyambi m'buku la Genesis 1-2, Baibulo likutiphunzitsa kuti ukwati ndi mgwirizano wa mwanuna ndi mkazi.

Mgwirizano

"Si bwino kuti munthuyu akhale yekha. Ndipanga, mnzake woti zimuthandiza" (Gen 2:18).

Apa, buku la Genesis likuonetsa kuti mgwirizano ndi chifukwa chimodzi chofunikira cholowera m'banja. Banja lachikhristu ndi mgwirizano wachikondi momwe mwamuna ndi mkazi amakhala pamodzi m'banja ngati anthu okondana, nkusamalana ndi kuthandizana pa zosowa zao za thupi ndi za mzimu.

Kusungana Mwachikondi

Ukwati umamangidwa pa chikondi—ganizo lakuti mwamuna ndi mkazi azithandizana ndi kusungana wina ndi mnzake molingana ndi mphatso za aliyense.

- Kusungana mwachikondi kumaonekera m'makhalidwe osiyanasiyana monga kunena zoona, kukhulupirika, kumasukirana pakuchita zinthu, kudzipereka ndi kumverana, kulemekezana ndi kulolerana, kupirirana, kumvetsana ndiponso kuthandizana wina ndi mnzake (Gen 2:24).
- Kuonjezera apa, mwamuna ndi mkazi ayenera kugawana mofanana zabwino za m'banjamo kuphatikizapo chuma.
- Pamene mwamuna ndi mkazi akhala ogwirizana mwa chikondi chotere, pa banja pamakhala mtendere ndi kulimbikitsana.

Kudzipereka

Banja ndi chinnthu chimene chimalira kudzipereka.

- Chikondi cha Mulungu chopanda malire ndi chosatha ndiye chitsanzo chabwino cha chikondi choyenera pa banja lachikhristu (John 3:16).

- M'Malembo Oyera, chikondi cha m'banja chili ngati chikondi cha Mulungu komanso kudzipereka kwake pakati pa Iye ndi munthu, kapenanso ngati chikondi chimene chilipo pakati pa Khristu ndi Mpingo wake (Akolose 3:19 ndi Aefeso 5:25 – 33).
- M'banja, mwamuna ndi mkazi amadzipereka kwathunthu pofuna kuti mnzake akhale pabwino.
- Aliyense amalolera kusiya moyo waundekha ndi wodzikonda nadzipereka ndi mphamvu zake zonse pofuna kuti awiriwo akhala moyo mosangalala.

Moyo Wopemphera

Baibulo limatiphunzitsa kuti, moyo wabanja umasowa kuti anthu amene akukwatirana akhale anthu okonda kupemphera chifukwa ndi Mulungu mwini amene adakhazikitsa banja. Pa chifukwa ichi;

- Kupemphera ndi njira imodzi yolumikizirana ndi Mulungu komanso ndi yochezerana wina ndi mnzake m'banja.
- Kudzera m'mapemphero, mwamuna ndi mkazi amacheza ndi Mulungu (Jeremiah 33: 3).
- Mwamuna ndi mkazi ayenera kumakambirana zonse zokhudza moyo wao kuphatikizapo nkhani za kukhalira malo amodzi ndi za uchembere.
- Mwamuna ndi mkazi ayenera kufunafuna utsogoleri mwa Mulungu. (Miyambo 16: 3)
- Mwamuna ndi mkazi alimbitse banja lao podalira chithandizo cha Mulungu pakuti ndi chaulere cha Mulungu chimene chimathandiza mabanja kuti asungike (1 Petulo 3: 7)
- Ubale wa Mulungu ndi munthu ndiwo chitsanzo chenicheni cha ubale wa anthu apabanja.
- Banja liyenera kukhala ngati ubwenzi womwe ulipo pakati pa Khristu ndi Mpingo wake (Aefeso 5:25).

Moyo Waubwenzi Weniweni

Moyo wapabanja umasowa kuti pakati pa mwamuna ndi mkazi pakhale ubwenzi pa zauzimu ndi zathupinso.

- M'banja, njira imodzi yomwe mwamuna ndi mkazi amasonyezera chikondi chawo ndi pakukhalira malo amodzi.
- Kukwaniritsana kumphasa ndiponso kumasulirana ndiye maziko a chikondi ndi chiyanjano cha m'banja. (1 Akorinto 7:3-5; Aefeso 5:1-33).
- M'banja ndi malo okhawo amene mwamuna ndi mkazi amaloledwa kuti azikhala malo amodzi popanda choletsa.

3.3. Cholinga Cha Kukhalira Malo Amodzi

Nkhani za kulenga zomwe zili m'buku la Genesis 1 mpakana 2 zili ndi mfundo zamphamvu zothandiza kumvetsa chifukwa chimene Mulungu adafunira kuti pakhale mwamuna ndi mkazi pa dziko lapansi. Kuchokera m'bukuli tikupezamo maphunzitso monga awa:

- Mulungu adalenga mwamuna ndi mkazi kuti azitha kukhala malo amodzi ngati am'banja. (Gen 1:26-27)..
- Chilakolako chofuna kugonana pakati pa mwamuna ndi mkazi m'banja ndi gawo lofunikira kwambiri pa moyo wa munthu. (Ndondomeko ya za umoyo ya ECM Policy p. 8) Chinali chifuniro cha Mulungu kuti zikhale choncho ndipo Mulungu mwini adaona kuti ndi chinthu chabwino.
- Kudzera m'chilakolako chofunana pakati pa mwamuna ndi mkazi, awiriwo amaonetsa umunthu wao kwa wina ndi mnzake.
- Kugonana kwa mwamuna ndi mkazi nkoyenera anthu amene ali pabanja ndipo kumaonetsa mtima wodzipereka kwathunthu othandizana ndi okondana.
- Poyang'anira mfundo zili pamwambazi, kugonana m'banja kumaonetsa kudzipereka kwathunthu komanso chikondi, kukwaniritsana ndi kudzikhuthula kwathunthu kwa wina ndi mnzake.
- Ukwati pakati pa mwamuna ndi mkazi ndi dongosolo limene Mulungu mwini adalikhazikitsa ndi cholinga chakuti ntchito yolenga ipitire.[5]

3.4. Kumvetsa za Kugonana M'banja Lachikhristu

Pamene anthu m'dziko masiku ano asokonezeka maganizo ndi kutayilira pa chikhalidwe chao, nkofunikira kuti alangizi a mabanja amvetsetse bwino za kugonana pakati pa mwamuna ndi mkazi. Ayenera kuzindikira kuti ndi zinthu zotani zimene zimaloledwa ndiponso zimene siziloledwa pa nkhani yogonana kwinaku akupereka uphungu wovomerezeka ndi wolondola wokhudza nkhani yogonanayi.

Pofuna kutambasula nkhaniyi, tiyenera kutsindika mfundo zitatu izi:

- "Kugonana kumakhala ndi tanthauzo lenileni pa umunthu wathu ngati mwamuna ndi mkazi achita izi ngati chizindikiro cha chikondi pakati pao ugonana ndi chizindikiro cha kudzikhuthula kwathunthu kwa wina ndi mnzake kwa 'Toto Moyo"[6]
- Mpingo wa Katolika umaphunzitsa kuti kugonana pakati pa mwamuna ndi mkazi amene Sali pabanja ndi tchimo.

- Sichilakolako cha kugonana chilichonse chimene ndi cholondola koma chokhacho chimene chimasonyeza chimwemwe ndi chikondi chenicheni pakati pa mwamuna ndi mkazi m'banja. Uku ndiye kugonana kuonetsa mtima wothokoza Mulungu amene ndi gwero la zabwino zonse.[7]

Palinso magawo ena awiri othandiza kumvetsa cholinga cha kugonana m'banja:[8]

a) Kusonyeza chikondi chenicheni ndi kulemekezana pakati pa mwamuna ndi mkazi m'banja ndipo pakutero, awiriwo amazamitsa chikondi chao kwa wina ndi mnzake.

b) Kubereka ana ngati ndi kotheka; ngakhale kuti kuberekako sikuyenera kutengedwa ngati chifukwa chokhako chokhalira m'banja[9] (Gen. 2:18).

Pa zifukwa zatchulidwa pamwambapa, kugonana pakati pa mwamuna ndi mkazi m'banja ndi chinthu chofunikira ndi chopambana pa moyo thupi ndi wauzimu wa munthu pa dziko lapansi.

3.5 Banja ndi Unakubala

Mpingo umaphunzitsa kuti ulemelero wa kugonana pakati pa mwamuna ndi mkazi ndiponso mwai wotha kubereka ana zimayenera kuchitika m'nthawi ndi m'malo oyenera. Pa gao ilinso, nkofunika kumvetsetsa zotsatirazi:

- Ana ndi mphatso imene Mulungu amaipereka kwa mwamuna ndi mkazi m'banja. [Cf. Masalimo 127:3 – 5, 128: 3, Gen 46: 22, Yob 5:7, GS 50, *Familiaris Consortio no. 14*]
- Ngakhale kuti kubereka sicholinga chokhako cha Ukwati, kuberekaku ndi chipatso chimodzi cha moyo wam'banja (Genesis 1:28).
- Kubereka m'banja kumasonyeza mgwirizano wachikondi pakati pa anthu ndi Mulungu, motero, kubereka kuyenera kuchitika mwanzeru, moganizira bwino ndiponso mwaufulu.
- Pakubereka, mwamuna ndi mkazi amakwaniritsa gao limodzi lofunikira m'kuitanidwa kwao komwe kumawasandutsa athandizi a Mulungu pa ntchito yolenga anthu.
- Chifukwa cha mgwirizano ndi Mulungu pa nkhani yogonana, kugonana si nkhani yoyenera kuipeputsa ndi kumangobereka ana mwachisawawa, ai.[10]

Mau Otsendera

Alangizi a mabanja ali ndi udindo waukulu wothandiza Akhristu kuti amvetse za Maphunzitso a Mpingo wa Katolika pa za ukwati. Ukwati ndi chipangano chosamasulika pakati pa mwamuna ndi mkazi choonekera kudzera mkukondana kwao komanso chomwenso chimapereka mwai wotha kubereka. [Can.1055. Aefeso. 5:1 ff] Chifukwa cha ichi, Mpingo ukutsindika mfundo zotsatirazi:

a) Kugonana mwachikondi kuyenera kuchitika m'malo ndi panthawi zoyenera.

b) Mwamuna ndi mkazi m'banja ayenera kusamalirana wina ndi mnzake.

c) Banja lingathe kubereka ana ngati ndi kotheka.

d) Banja limene likubereka likwaniritse udindo wao wolera ana bwino.

Mwachidule, mb'anja ndi momwe chikhulupiriro Chachikhristu chiyenera kuyambira ndi kuphukira ndiponso ndi malo amene makolo ali ndi udindo wosamalira ana pa zosowa zao zauzimu ndi zathupinso. Choncho, banja la Chikhristu limangidwe pa chikhulupiriro chozama Chachikatolika ndi pa makhalidwe abwino.

Ndemanga

5. Episcopal Conference of Malawi (ECM). Catholic Teaching on Homosexuality, Abortion, Population and Birth Control: A Pastoral Statement. Balaka: Montfort Media, 2013, p.8, no.2.1.
6. ECM. Sexual and Reproductive Health (SRH) Policy. Balaka: Montfort Media, 2013.
7. Ibid, p.11.
8. Ibid, p.10.
9. Ibid, p.9, no.2.2.
10. Ibid, p.12

4 Unakubala Wanzeru

Maphunzitso a Mpingo amene ali m'buku la *Gaudium et Spes* ndi m'kalata ya Papa Paulo VI yotchedwa *Humanae Vitae* akutiunikira za kubereka ndi unakubala wanzeru. Pa nkhani yomweyi, Aepiskopi aku Malawi adalemba kalata m'chaka cha 2013 yokhudza maphunzitso a Mpingo pa za 'amuna kapena akazi okwatirana okhaokha, kuchotsa mimba ndiponso njira za kulera momwe udalankhulamo za unakubala wanzeru ndi njira zakulera. Aepiskopiwa adapempha akhristu onse kuti atsate maphunzitso olondola ndi osagwedezeka pa nkhani zimenezi. [ECM Uchembere wabwino No. 2.5].

4.1. Kodi Unakubala Wanzeru Utanthauzanji?

Malingana ndi maphunzitso a Mpingo Wakatolika, anakubala anzeru ndi ,

> *"Makolo amene pamoyo wao wabanja amaganizira ndi kukhala ndi ufulu wobereka moyang'anira ubwino wa ana amene adzakhale nawo potengera zinthu zofunikira pa moyo wao."* [11]

Mfundo yaikulu apa ndi yakuti, pamaso pa Mulungu, makolo adapatsidwa udindo waukulu m'mabanja mwao. Maphunzitso a Mpingo Wakatolika amatsindika kuti makolo ndi athandizi a Mulungu pa ntchito yolenga. Amatsindikanso kuti iwowo ali ndi udindo wochita chisankho pa za kuchuluka kwa ana amene angafune kubereka ndi ndikuwasamalira mogwirizana ndi Mulungu pa ntchito yolenga. (*HV* no. 10.1 Timoteo 3:5). Pachifukwa ichi, mfundo zitatu zotsatirazi ndi zofunika kuziganizira bwino:

- Ngakhale kuti Mulungu adalamula mwamuna ndi mkazi kuti abereke ana ndi kudzaza dziko lapansi, (Gen 1: 28), Mulungu yemweyo adapatsa makolo udindo wosamalira ana pa zosowa zao zathupi ndi zamzimunso (1 Timoteo 3:5).
- Makolo angathe kukwaniritsa udindo wao ngati chiwerengero cha ana pa banja chili chabwino ndiponso choti angathe kuchisamalira.
- Maganizo awanso ndi omwe Papa Francis adanena posachedwapa kuti makolo asamangobereka ana mopanda kuganizira bwino zinthu zomwe zingasowekere kuti awasamalire moyenera.

Motero, kubereka mwanzeru kutanthauza:

- Kubereka ana omwe adzakhale ndi ulemerero wa umunthu. Koma kubereka ana omwe sadzakhala ndi ulemelero wa umunthu, ndi tchimo. Mfundoyi siikutengera kuti chiwerengero cha anthu m'dziko lathu ndi chotsika kapena chokwera, ai. Mabanja achikatolika omwe akufuna kukhala ndi ana ayenera kukhala pansi ndi kukambirana za kulera m'mabanja awo.
- Mabanja Achikatolika azikambirana ndi kugwirizana za m'mene angatsatire njira za kulera.
- Banja likhale malo amene ana angakuliremo bwino ndi kutetezedwa.
- Makolo achitepo kanthu pa zosowa zathupi ndi zamzimu za ana ao ndi kuwathandiza kukwaniritsa maloto ao monga pa nkhani ya maphunziro ndi mwai wopeza ntchito.

Izi zikhoza kuoneka ngati zatsopano ndi zachilendo kwa Akatolika ambiri. Choyenera kudziwa ndi chakuti, Mpingo wakhala ukuphunzitsa kuyambira nthawi ya Msonkhano Wachiwiri wa Vatican pamene Aepiskopi anatsindika za udindo wachikhristu ndi wa umunthu pa nkhani za kubereka. (GS no. 41 ndi *HV* no. 7)

Ngati anthu amvetsa ndi kutsata bwino zimene Mpingo umaphunzitsa, unakubala wanzeru udzatha kubweretsa zotsatira zabwino monga chitukuko cha dziko pa chuma ndi kuchepetsa mavuto amene nzika zimakuna nao chifukwa cha kuchulukana mofulumira kwa anthu. Choncho, alangizi Achikatolika a mabanja ayenera kuthandiza achinyamata, amene akukonzekera kulowa m'banja komanso amene ali kale m'banja kuti amvetse za kufunika kwa kukhala anakubala anzeru.

Popeza munthu sangapereke kwa mnzake chimene iye alibe, ndiye kuti alangizi a mabanja ayenera kudziwa zotsatirazi:

- Akhale ozama ndi odziwa Mau a Mulungu ndiponso Maphunzitso a Mpingo.
- Athe kuonetsa kulumikizana pakati pa unakubala wanzeru ndi nkhani ya kuchulukana kwa anthu komwe kumakhudza chitukuko ndi moyo wa anthu m'dziko.[12]

4.2 Unakubala Wanzeru Umasowanji?

Unakubala wanzeru umasowa kuti poyamba, mwamuna ndi mkazi akhale ndi mtima wokonzeka kubereka. Izi zili chonchi chifukwa pobereka, makolo amasonyeza chikondi cha Mulungu pokhala athandizi ake m'ntchito yolenga (GS. 50). Mwa ichi, unakubala wanzeru umasowa zotsatirazi:

- Kuzindikira ndi kulemekeza ntchito ya ziwalo zoberekera zimene Mulungu adapatsa munthu.[14]
- Kukambirana ndi kugwirizana pakati pa mwamuna ndi mkazi za nthawi yomwe akufuna kubereka mwana.
- Azikambirana ngati banja za nthawi yoyenera kugonana pogwiritsa ntchito nzeru zaumunthu.
- Kudzifunsa aliyense mwa iwo cholinga chao chokhalira malo amodzi.
- Aliyense payekhapayekha azindikire cholinga cha Mulungu pa zakugonana podziwa kuti akuyenera kuchita izi molemekeza kufuna kwa Mulunguyo.
- Kukwaniritsa udindo wa unakubala mozindikira udindo wao ngati anthu komanso ngati akhristu (GS 50).

4.3 Nchifukwa Chiani Unakubala Wanzeru Uli Wofunikira Masiku Ano?

Dongosolo la kubereka analikonza ndi Mulungu. Dongosolo limeneli ndi lolumikizana kwambiri ndi zofuna komanso zilakolako zimene munthu amakhala nazo. Motero, munthu ayenera kugwiritsa ntchito kuthekera kwake kobereka mwanzeru. Mosatsutsana ndi zimene Malembo Oyera amaphunzitsa, Mpingo ukuzindikira 'zizindikiro za nyengo' masiku ano makamaka pa nkhani ya kuchulukana kwa anthu, kuwonongeka kwa chilengedwe, vuto la kuperewera kwa chuma komanso vuto la kusintha kwa nyengo.

Choncho, mounikiridwa ndi Malembo Oyera (monga 1 Timoteo 3: 5; 5:8) komanso ndi Maphunzitso a Mpingo, Aepiskopi a ku Malawi akulimbikitsa anthu za unakubala wanzeru pogwiritsa ntchito njira zakulera zachilengedwe (Natural Family Planning). Zomwe zanenedwa pamwambapa zikutsamira pa kumvetsetsa kwa Maphunzitso a Mpingo kwakuti:

- Makolo alemekeze ulemerero wa ana ao.
- Kusamalira ana ndi zinthu zachilengedwe ndi udindo wa munthu aliyense mosayang'anira kukwera kapena kutsika kwa chiwerengero cha anthu m'dziko.

Choncho, alangizi a mabanja amvetse kuti:

- Kugonona kwa anthu m'banja ndi chiitanidwe (vocation) ndi Mulungu kuti asanduke antchito ndi athandizi ake pa ntchito yolenga..
- Maphunzitso a Mpingo Wakatolika amafotokoza kuti mkhristu akhale ndi udindo pakati pa anthu pa nkhani zokhudza kubereka, kusamalira ana, ndi kukhala akapitawo pa zinthu zachilengedwe.

Mau Otsendera

Alangizi a Mabanja ayenera kumvetsa kuti, unakubala wanzeru uli ndi phindu, osati kwa ana okha, ai, komanso kwa makolo eniake, ku dziko ndi ku Mpingo komwe (onani gawo 5.2). Mwachitsanzo, chifukwa cha unakubala wanzeru:

- Ana amabadwira m'malo owathandiza kukula bwino pa moyo wao wauzimu, waumunthu komanso wachitukuko.
- Umathandiza makolo kukhala zitsanzo zabwino kwa ana ao powalera bwino kuti adzakhale nzika zodalirika zotha kupanga ziganizo zoyenera ndi kusanduka makolo abwino mtsogolo.
- Umalimbikitsa umodzi ndi mgwirizano pakati pa mwamuna ndi mkazi pamene akuyesetsa kukwaniritsa udindo wao limodzi.
- Unakubala wanzeru umathandiza kuti banja likhale lokhazikika, pakuti mwamuna ndi mkazi amatha kukambirana ndi kuthetsa mavuto ao mwantendere.

Ndemanga

11. ECM. Sexual and Reproductive Health (SRH) Policy. Balaka: Montfort Media, 2013, p.12.
12. Ministry of Finance and Development Planning. RAPID: Population and Development. Lilongwe: Ministry of Finance and Development Planning and Ministry of Health, Reproductive Health Unit, 2012. Refer also to Population Action International and the African Development Institute for Policy Research, 2012.
13. ECM. Sexual and Reproductive Health (SRH) Policy. Balaka: Montfort Media, 2013, p.11-12.
14. Ibid, p.10.

5 Kulera

Kulera ndi nkhani imodzi imene yakhudza kwambiri Mpingo wa Katolika kuno ku Malawi. Moyesetsa kusunga Maphunzitso olondola okhudza nkhani yogonana, anthu ambiri ali ndi maganizo olakwika akuti Mpingo wa Katolika sulola akhristu ake kutsata njira zakulera. Koma zoona zenizeni ndi zakuti, Mpingo wa Katolika sufuna kuti anthu atenge kubereka ngati chinthu choyendera zilakolako zokha kapena chochitika mwangozi, ai.[15] Maphunzitso a Mpingo wa Katolika pa zakulera amena momveka bwino kuti, kugwiritsa ntchito njira zakulera zachipatala, monga mapiritsi ndi njira zina, sikololedwa. Mpingo umaphunzitsa izi, chifukwa kugwiritsa ntchito mankhwala ngati njira zakulera, kumaonetsa ngati munthu sangathe kudziletsa ndipo wangosanduka kapolo wa chilakolako chake pankhani yogonana. M'malo mwake, Mpingo umalola ndi kulimbikitsa akhristu ake kuti azigwiritsa njira zolera zachilengedwe.

Masiku ano, pakuchitika ma kampeni ambiri amene akulimbikitsa anthu kugwiritsa ntchito njira zakulera zachipatala kotero kuti Akatolika ambiri akopeka ndipo akugwiritsa ntchito njirazi zomwe ndi zosavomerezeka potengera Maphunzitso a Mpingo. Apa tikuona kuti alangizi Achikatolika a mabanja angathe kuthandiza akhristu apabanja kuti azisankha kukhala anakubala anzeru mowunikirikidwa ndi Malembo Oyera ndiponso Maphunzitso a Mpingo.

Malinga ndi ndondomeko ya Zachiwerengero cha anthu ya Malawi, (NPP 2012) tikumva kuti:

- Mabanja ambiri ali ndi ana asanu kapena asanu ndi mmodzi m'Malawi muno.
- Amai 45 mwa amai 100 amatenga pathupi mwangozi kapena mosayembekezeka.
- Amai 46 mwa amai 100 amene ali pa msinkhu wobereka, akugwiritsa ntchito njira zakulera zachipatala.
- Amai ochepera 16 mwa amai 100 ndiponso amuna ochepera 6 mwa amuna 100 ndiwo amadziwa za nthawi imene mkazi angathe kutenga pakati.[16]

Izi zikutanthauza kuti:

- Theka la mabanja m'dziko muno limatenga nkhani zakulera ngati zolaula ndipo safuna kuzikambirana.
- Anthu ochepa ndiwo amene amadziwa nthawi imene mai angathe kutenga pathupi.

Banja la chikondi kukambirana za kulera. Illustration by R. Chilemba

Zotsatira za kafukufuku zimenezi ndi zofunikira kwambiri pofuna kuthandiza anthu a m'banja kuti azitsata bwino njira zakulera zachilengedwe zomwe Mpingo wa Katolika umaphunzitsa. Ndi chachidziwikire kuti alangizi a mabanja ali ndi udindo wofunikira wothandiza anthu kumvetsa za m'mene nyengo za m'thupi la munthu wamai zimayendera.

5.1 Kodi Kulera Nkutani?

Kulera ndi udindo wa mwamuna ndi mkazi pamene akuchita chisankho pa za chiwerengero cha ana amene akufuna kukhala nawo ndiponso pa za nthawi imene ayenera kudzabereka mwana wina. Mabanja kuno ku Malawi aphunzire kuyamba kukambirana zofuna za banja lao pa nkhani ya kulera asanamange ukwati. Ayenera kupitiriza kukambirana za nkhaniyi pozindikira kuti zofuna za munthu zimatha kusintha pakupita kwa nthawi. Pamene akuchita chisankho choyenera pa za chiwerengero cha ana amene angathe kukhala nawo ndiponso m'mene angalerere

pofuna kuti ana asabadwe pafupipafupi, mabanja achikhristu ayenera kuganizira za momwe amapezera chuma chao, za ubwino wa ana ao ndiponso zaubwino wa dziko lonse lomwe ndi mai wathu.[17] Makolo aphunzitsenso ana ao za ubwino wotsata njira zakulera zachilengedwe ndi kuwakonzekera kukhala anakubala anzeru akadzakula.

Ndondomeko ya ECM pa za Uchembere Wabwino ikuti, pakati pa zaka 2000 ndi 2006, mabanja Achikatolika amene ankagwiritsa ntchito njira zakulera zachilengedwe, adali ochepera 4 pa 100 aliyense pamene ogwiritsa ntchito njira zakulera zachipatala, chiwerengero chao chidakwera kuchoka pa 28 kufika pa mabanja 42 pa 100 m'chaka cha 2010.[18] Koma tsopano, mamembala ena a Catholic Family Movement akunena kuti, mabanja ambiri akupempha kuti aphunzitsidwe zakulera mwa njira zachilengedwe.[19]

Kuonjezera apa, kafukufuku amene akuchitika pa njira zakulera zachilengedwe, monga njira yoyamwitsa (LAM), njira yoyang'anira mikanda ndi njira yodziwunika kwa masiku awiri, akuonetsa kuti mabanja ambiri amathandizidwa akagwiritsa ntchito njirazo molondola ndi mosadukiza. (Amai 2 mpaka 5 pa 100 aliyense ndi amene sathandizidwa ndi njirazi koma ngati sizigwiritsidwa ntchito moyenera, amai 15 mpaka 25 mwa amai 100 sathandizidwa).[20] Kafukufukuyu akusonyezanso kuti pamene m'banja muli kulumikizana kwabwino pokambirana ndi polemekezana, njira zakulera zachilengedwe zimagwira ntchito mokwaniritsa cholinga. Mfundo izi zikusonyeza kuti ndi zoona ndi zomvetsa chisoni kuti anamwino ndi alangizi .[21] Achikatolika ndiponso atumiki ena a Mpingo, sadziwa mokwanira za njira zakulera zachilengedwezi kotero kuti iwo salabadira kuti njirazi ndi zofunikira pa utumiki wao.[22]

Pofuna kuthetsa mkhalidwe osafuna kuchitapo kanthu pa za njira zakulera zachilengedwe, nkofunika kuti anamwino ndi alangizi Achikatolika ndiponso atumiki ena a Mpingo aphunzitsidwe mokwanira za njirazi. Akatero, adzatha kuthandiza achinyamata, iwo amene akukonzekera kulowa m'banja ndi ena amene ali kale m'banja kuti adziwe za unakubala wanzeru ndi wabwino ndi kuti nawonso azitsata ndi kugwiritsa ntchito njirazi zomwe ndi zovomerezeka ndi Mpingo wa Katolika m'malo mogwiritsa njira za chipatala. Aziyesetsa kuunikira mabanja kuti azichita zisankho moyenera zogwirizana ndi Maphunzitso a Mpingo.

Kwenikweni chofunikira pokamba nkhani za kulera, alangizi a mabanja achite zotsatirazi:

- Kulimbikitsa ndi kuthandiza mabanja komanso amene akukonzekera moyo wabanja kuti azikambirana nkhani monga za kulera zimene ambiri amaona kuti ndi zolaula. Pokambirana nkhani zamtunduwu, kumasowa kuti awiriwo akhale olemekezana, omvetsetsana, ololerana, okhulupirika ndiponso odziiwala.

Illustration by R. Chilemba

- Kutsindika kuti pa nkhani za kubereka m'banja lachikhristu, ndi Mulungu Mwini amene amaongolera zonse. Choncho, ngati banja lilibe mwai wobereka mwana, ayenera kuvomera m'mene zinthu ziliri ndipo apitirize kukondana (Aroma 8: 28).
- Am'banja azikambirana za ubereki wanzeru ndi njira za kulera ndiponso unakubala wanzeru m'malo momangokambirana za m'mene angalephetsere mkazi kutenga pathupi.
- Kulimbikitsa a m'banja kuti asunge chikhulupiriro chao pa nkhani yokhudza chikhalidwe choyenera pa zogonana ndi pa zakulera

5.2 Ubwino wa Kulera

Mpingo wa Katolika suvomereza njira zakulera zachipatala zimene zimatsutsana ndi maphunzitso a Mpingowu. Nchifukwa chake Mpingo umavomereza njira zakulera zachilengedwe zomwe sizitsutsana ndi maphunzitso a Mpingo chifukwa kulera kuli ndi ubwino wake. Ubwino wa njira zakulera uli motere

Banja losangalala

- Banja labwino ndi maziko othandiza kukhazikitsa dongosolo loyenera pa za unakubala wanzeru. Momwenso, kutsata njira zakulera zachilengedwe, kumathandiza kuti banja likhale ndi moyo wathanzi pakuchepetsa nkhawa zomwe zingadze pamene makolo akuvutika kuti apezere ana ao zosowa zao.
- Kutsata njira zakulera kumalimbitsa mabanja kudzera m'kukondana ndi kulumikizana kwabwino pakati pa mwamuna ndi mkazi. Njira zakulera zisowa kuti pakhale kulumikizana, kugwirizana ndi kumamangira mfundo zabwino limodzi. Kugwiritsa ntchito njira zakulera zachilengedwe kungathe kuzamitsa chikondi ndi kulimbikitsa umodzi m'banja.

Banja la moyo wathanzi

- *Chakudya chopereka thanzi ndi chisamaliro cha ana:* Kukhala ndi ana ochepa kumathandiza makolo kuti akhale ndi chakudya ndi nthawi yokwanira yosamalira mwana aliyense.
- *Kuchepetsa imfa za ana :* Njira zakulera zimachepetsa imfa za ana zochitika chifukwa chobadwa pafupipafupi. Ana obadwa pasanathe zaka ziwiri chibadwire cha mwana wina, angathe kumwalira asanafike zaka zisanu poyerekeza ndi ana amene amabadwa mosiyana zaka zitatu kapena kuposera apo. Komanso ana amene mai ao amamwalira pobereka, amakhala pachiwopsezo chokhala ndi moyo wonyentchera ndi chomwalira msanga
- *Umoyo wabwino wa amai apakati*: Njira zakulera zingathe kuteteza imfa ya amai apakati. Mimba zosayembekezeka zimakulitsa chiwopsezo cha imfa, kulumala kwa amai ndi imfa za ana, makamaka pamene mtsikana atenga pathupi ali wamng'ono (asanafike zaka 18). Chiopsezochinso chitha kukhalapo kwa mai wotumbiza kawirikawiri kapenanso kwa mai obereka atakula kwambiri ndiponso amene amatenga pathupi kawirikawiri.

Kukhala ndi ndalama zokwanira pabanja

Njira zakulera zimathandiza banja kukhala ndi chuma chokwanira chimene kumachititsa kuti moyo wa pabanjapo ukhale wotukuka pa zifukwa zotsatirazi:

- Makolo amakhala ndi chuma chokwanira chosamalira banja lao.
- Makolo amakhala ndi nthawi yokwanira yosamalira ana ao pa moyo wauzimu ndi wathupi.

- Makolo, makamaka amai, amakhala ndi mpata wokwanira wochitira zinthu zina monga kupitiriza maphunziro, kucheza ndi kuyendera anzao kapenanso kuchita ntchito zamalonda (business).
- Ana a pa banjapo amathandizidwa ndikupatsidwa maphunziro oyenera ndi mwai wosiyanasiyana wokonza tsogolo lao.

Ubwino wa njira zakulera ku dziko

- Anthu m'dziko amakhala ndi moyo wamphamvu ndi wathanzi.
- Boma limatha kutumikira bwino anthu ake kuti akhale ndi moyo wabwino ndi wotukuka.
- Kubereka mwanzeru kumathandiza dziko kusunga ndi kuteteza zithu zachilengedwe.
- Kubereka mwanzeru kumachepetsa milandu ndi mikangano polimbirana zithu zofunika pa moyo monga minda.

5.3 Kodi Malembo Oyera Akuti Chiyani pa Nkhani Zakulera?

M'Chipangano Chakale, kubereka inali nkhani yaikulu ndipo m'Baibulo tikupezamo umboni wotsimikizira zimenezi makamaka m'buku la Gen. 1: 28 pamene Mulungu adadalitsa anthu ake nawauza kuti: 'mubereke ndi kuchulukana; mudzaze dziko lonse lapansi ndi kumalilamulira'..... Komabe, mavesi awa ndi mau ena m'Baibulo tiyenera kuwamvetsa potengera m'mene zinthu zidaalili panthawiyo. Pamene Mulungu adalamula Adamu ndi Eva kuti abereke ndi kuchulukana, chiwerengero cha anthu pa nthawiyo chinali chochepa kwambiri. Mavuto a kuchulukana kwa anthu omwe tikukumana nao masiku ano, kudalibe nthawi imeneyo. Alangizi a mabanja afotokozere bwino izi kwa amuna ndi akazi kuti amvetse Maphunzitso a Mpingo pa zakufunika kwake masiku ano kwa njira zakulera zachilengedwe.

5.4 Kodi Mpingo wa Katolika Umaphunzitsa Chiyani pa Nkhani ya Kubereka ndi Njira Zakulera?

Mpingo umalimbikitsa mabanja kuti akhale omasuka kwa Mulungu ndiponso kwa wina ndi mnzake kuphatikizapo kwa ana:

- Pali kulumikizana pakati pa kukhala ndi chilakolako chogonana ndi nkhani ya kubereka ana m'banja.
- Mpingo umalemekeza kufunika kwake kwa kubereka m'banja.
- Katekisimu wa Mpingo wa Katolika amaphunzitsa mabanja Achikhristu kuti azimasukirana ndi ana ao (CCC 1652 – 1654) chifukwa ukwati cholinga chake china nkubereka ndi kuphunzitsa ana.
- Mpingo umaphunzitsa kuti ana ndi mphatso yochokera kwa Mulungu (Gen. 1: 28). Pamene m'banja akuyembekezera mwana, amatengapo gawo pa ntchito yolenga ya Mulungu.

Mpingo umalimbikitsa unakubala wanzeru:

- Mpingo umalimbikitsa mabanja kuti azikhala ndi ana omwe angathe kuwasamalira bwino (GS. 50).
- Mpingo umazindikira kuti kukhala ndi ana ndi chinthu chofunikira kwambiri ndipo kubereka kuyenera kuwongoleredwa mwanzeru (ECM Pastoral Statement 2nd March 2103, nos 3.3.2).
- Mpingo umaphunzitsa akhristu ake kuti kubereka ana mosachembeza pafupipafupi ndi kukhala ndi chiwerengero cha ana chochepa, ndi chinthu chofunika kwambiri. Komabe, kuberekako kuyenera kuchitika mogwirizana ndi cholinga cha Mulungu pa nkhani ya moyo wabanja (Pope VI, HV, 1968).

Mpingo umalimbikitsa njira zakulera zachilengedwe :

- Njira zakulera zimene akhristu amaloledwa kugwiritsa ntchito ziyenera kulemekeza moyo wa munthu (ECM Sexual and Reproductive Health Policy, no. 2.6)
- Mpingo umaphunzitsa kuti moyo ndi mphatso yoyenera kutetezedwa ndi kulemekezedwa. Motero, Mpingo umalimbikitsa njira zakulera zachilengedwe ngati njira zokhazo zovomerezeka ndi Maphunzitso a Mpingo (Evangelium Vitae; ECM SRH, no. 2.6).

- Mpingo umalimbikitsanso kuti Akatolika azisankha njira zakulera zachilengedwe, osati njira zachipatala chifukwa njira zakulera zachilengedwe sizitsutsana ndi choona chimene a Mpingo umaphunzitsa. Izi zimathandiza kuti munthu asunge ulemelero wake wa umunthu pakati pa zolengedwa.

- Mpingo ukulimbikitsa kuti onse okonzekera kulowa m'banja aphunzire za njira zakulera zachilengedwe pofuna kuti azitha kuwerenga ndi kutanthauzira zizindikiro za m'thupi mwao zosonyeza kuti angathe kutenga pakati kapena ai pofuna kuti apewe mimba zosayembekezeka ndi kuchepetsa uchembere wapafupipafupi.

Mau Otsendera

Aepiskopi Achikatolika akuyembekeza kuti alangizi a mabanja akhale Akatolika amene angathandize anthu ena za kusiyana kwa njira zolera zachipatala ndi njira zakulera zachilengedwe ndiponso azifotokozera zifukwa zake. Izi zikusowa kuti adziwe mokwanira Maphunzitso a Mpingo pa nkhani ya kulera zomwe zikutambasulidwa pa mutu wotsatirawu wa nambala 6.

Ndemanga

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21. Interview with Mr Rodney Ngalande, Dedza Catholic Health Commission, Wednesday 10 June 2015. 22. Sr Kelechi J. Agugo, Marital Intimacy and Communion: A Mutual Vocation to Holiness. Lagos: Fourth Man Creations, 2013, pp. 145-148.

6 Njira Zakulera

Monga zanenedwa kale pa mutu wa 5, Mpingo wa Katolika umaphunzitsa ndipo umalola kuti amene ali m'banja azitsatira njira zakulera zachilengedwe basi. Mpingo umavomereza njira zimenezi chifukwa sizisokoneza chilengedwe cha thupi la munthu monga m'mene Mulungu mwini anatilengera. Njira zakulera zachilengedwe zimagwirizana ndi chimene munthu ali pamaso pa Mlengi wake ngati chifaniziro chake mthandizi wake pa ntchito yolenga. Njira zakulera zachilengedwe zimasunga ndi kuteteza ulemelero wakugonana. Motero, kugwiritsa ntchito njira zakulera zachilengedwe kumathandiza mabanja kuti azindikire, kuti pamodzi, iwowo ndi kachisi wa chikondi ndi moyo pa banja.

Mfundo za Umchembere Wabwino za ECM, (2013, tsamba 13) zikufotokoza zomwe mabanja ayenera kuganizira pamene akusankha njira zakulera:

- Kulemekeza choona mokhudza kugonana mwachikondi ndi pa nkhani yakubereka.
- Kuganizira ubwino wa mwana wosabadwayo.
- Kuganiziranso ubwino wa chilengedwe chonse m'dziko.

Poona mfundo zonse zili pamwambazi ndi maso achikhulupiriro Chachikatolika, kusiyana kwakukulu pakati pa njira zakulera zachipatala ndi njira zakulera zachilengedwe kuli motere:

- *Njira zakulera zachilengedwe* zimatanthauza ukwati womwe cholinga chake ndi moyo ndipo kuti pogwiritsa ntchito njira zakulera zachilengedwe, mwamuna ndi mkazi amasanduka anakubala anzeru.
- *Njira zakulera zachipatala* zimatanthauza ukwati womwe kugonana kwao sukhala ndi cholinga chobereka ndipo pogwiritsa ntchito njirazi, mwamuna ndi mkazi sakhala okonzeka kubereka ana.

Ngakhale zili chonchi, tinene pano kuti "Mpingo suganizira kuti kugwiritsa ntchito njira zakulera zachipatala monga mapilitsi ochiza matenda nkulakwa", ai, makamaka pamene ngati nkofunikira kuchiza matenda kapena pamene mai akupeza mavuto ndi msambo (ECM Sexual Reproductive Health Policy, 2013, tsamba 14).

6.1. Njira Zakulera Zachilengedwe

Mogwirizana ndi Maphunzitso a Mpingo wa Katolika, njira zakulera zachilengedwe:

- Zimathandiza kuti mwamuna ndi mkazi akwaniritse udindo wao waubereki mogwirizana ndi cholinga cha Mulungu.
- Zimapereka mwai woti ku banja wotha kubereka.
- Zimathandiza kuti munthu alemekeze kuyera ndi kudabwitsa kwa moyo.

Mwa mau ena, banja limadziika pamaso pa Mulungu ndipo m'banja ndiwo malo oyenera kukwaniritsana ndi kupeza chimwemwe pakati pa mwamuna ndi mkazi kudzera m'kugonana.

Njira zakulera zachilengedwe zimalimbitsa chipangano chaukwati motere:

- Kulera potsata njira zakulera zachilengedwe m'banja kumachititsa kuti pakhale kudzipereka kwathunthu kwa wina ndi mnzake pogonana komanso pa moyo wauzimu. Ndipo potero, kulimbitsa umodzi m'banja.
- Njirayi imalimbitsa mtima womvetsetsana ndi wogwirizana nthawi zonse zomwe zimapangitsa kuti mwamuna atengepo gawo pa nkhani ya kulera.
- Imathandizanso kuti am'banja azitha kukambirana ndi kulimbitsa maukwati kudzera nkupewa kugonana pa masiku amene mai angathe kutenga pathupi.
- Imathandiza mabanja kuti aphunzire ndi kuzindikira momwe matupi ao amagwilira ntchito chifukwa amasowa kuzindikira zakusintha kwa matupi ao ndi kumaonetsetsa masiku achonde mogwirizana ndi ndondomeko za njirayi.
- Kulera kwachilengedwe kumathandiza kuti mwamuna akhale omvetsetsa komanso olemekeza mkazi wake.
- Masiku amene bambo ndi mayi akupumula kugonana amathandiza awiriwo kukhala anthu odzigwira komanso kulemekeza thupi lawo ndipo ichi chimakhala chitsanzo chabwino kwa ana awo.

6.1.1. Momwe njira zakulera zachilengedwe zimathandizira mabanja

- Palibe chiopsezo chaumoyo kwa munthu otsata njirazi.
- Zimagwira ntchito nthawi yomweyo.
- Sizivuta kuzileka.
- Sizisowa ukadaulo kapena mankhwala aliwonse.
- Ndi zaulere chifukwa sizisowa kulipira kanthu.
- Zimapereka mpata waukulu am'banja asakugonana.

- Sizikhala ndi chisokonezo kwa mai woyamwitsa.
- Kwa amai onse ofuna kaya osafuna kukhala ndi mwana angathe kugwiritsa ntchito njirazi kuti azindikire masiku ao achonde.

6.1.2. Momwe njira zakulera zachilengedwe zimagwirira ntchito

- Pozindikira nthawi imene mai amakhala ndi chonde ndiponso nthawi imene msambo umayamba ndi kutsiriza.
- Pakupewa kugonana nthawi imene mai ali ndi chonde.
- Kumvetsetsa bwino za m'mene thupi la mayi limayendera makamaka pakuzindira za masiku oyenera amene a.
- Kupumula kugonana pa masiku odziwika amene mayi atha kukhala ndi pathupi.

6.1.3. Njira zozindikirira masiku achonde

Pali njira zingapo zothandiza munthu wamai kuzindira masiku ake achonde. Njira zi zingathe kugwiritsidwa ntchito ndi munthu mmodzi kapena ndi anthu angapo mogwirizana. Njirazi zilipo zamitundu itatu:

Furthermore, there are three types of NFP methods:

1. Njira yotsata masiku apamwezi (Kalendala)
Njira zimenezi zimasowa kuti mai aziwerenga ndi kutsata mwachidwi masiku ake a msambo kuti athe kuzindikira nthawi yeniyeni imene chonde chimayamba ndi kutsirizika.

- Njira yolera yotsatira masiku okhazikika (Standard Days Method)
- Njira yotsatira masiku achonde amene podalira kalendala basi (Calendar Rhythm Method)

2. Njira yodalira kuyang'ana zizindiro
Njirayi imayang'anira zizindikiro zomwe zingasonyeze kuti mai wa tentha ndipo akhoza kukhala ndi pathupi atagona ndi mwamuna.

- Kuyang'ana kateleredwe kapena kalimbidwe kachikazi ka maiyo akatentha ndi chilakolako chofuna kugonana ndi mwamuna.
- Njira ya kulera potsata katenthedwe ka thupi lake tsiku ndi tsiku.
- Kuphatikiza njira yodalira kuyang'ana zizindikiro komanso katenthedwe ka thupi ka mai makamaka pamene dzira lake lakonzeka ndikuyamamba kutsikira m'chiberekero.

3. Njira yodalira kuyamwitsa

Mwana akamayamwa mwakathithi mai amapewa kutenga pathupi podalira. Njirayi ndi yodalirika kuyambira pamene mwana wabadwa mpaka atakwanitsa miyezi isanu ndi umodzi akuyamwa mwakathithi.

Nkofunika kudziwa kuti njira zamakono zakulera monga njira yokhazikika nthawi zonse (Standard days method) ndi njira zimene zili zosavuta kugwiritsa ntchito kusiyana ndi njira zakale zakulera.

6.2. Njira Zakulera Zachilengedwe Mwatsatanetsatane

6.2.1 Njira zodalira masiku okhazikika

Kubereka mwanzeru, Unakubala ndi Chiwerengero cha anthu m'dziko

✠ Njira yodalira masiku okhazikika

Mai angathe kutsata njira yotsatira masiku okhazikika (Standard Days Method) ngati masiku a msambo wake ali ochuluka kuyambira pa tsiku 26 mpaka 32.

Ngati mai akhala ndi masiku ochuluka kapena ochepa pa chaka, ndiye kuti njira yotsatira masiku okhazikika singamuthandize, motero, ayenera kutsata njira ina.

- Potsatira njira imeneyi, mai ayenera kukhala tcheru posunga bwino tsiku lenileni limene wayamba kusamba.
- Mwamuna ndi mkazi apewe kugonana kuyambira tsiku la 8 mpaka la 19: Masiku amenewa amaganiziridwa kuti ndi achonde omwe mai angathe kuten ga pathupi.
- Mai agwiritse ntchito zinthu zomuthandiza kukumbukira monga mikanda ya mitundu yosiyana yosonyeza masiku achonde ndiponso masiku opanda chonde, kapena angathe kumachonga pa kalendala, kapenanso angathe kugwiritsa ntchito zinthu zina zomuthandiza kukumbukira bwino.

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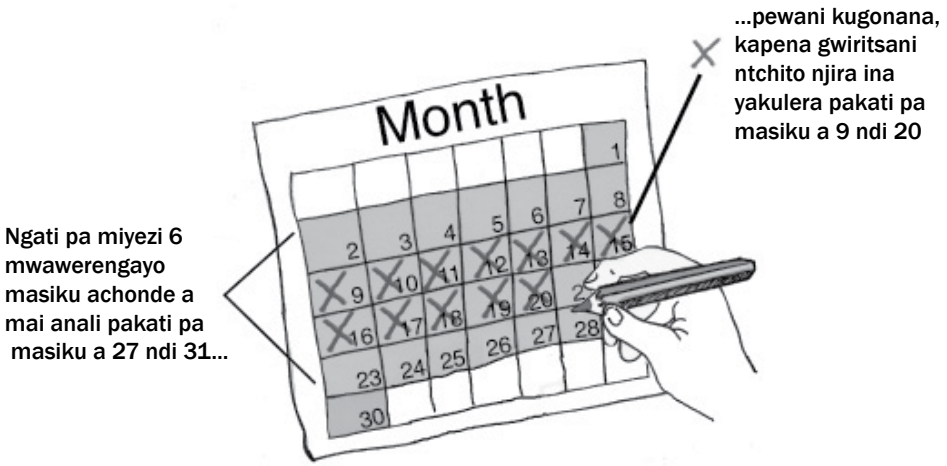
✠ **Kagwiritsidwe Ntchito ka njira yamikanda**:

- Mkanda uliwonse umaimira tsiku limodzi la msambo.
- Pa tsiku lomwe msambo udayamba, sunthani kakhoza kufika pa mkanda wofiira.
- Tsiku lotsatira, sunthaninso kakhoza kufika pa mkanda wina wofiira.
- Pa Masiku osonyezedwa ndi mikanda yoyera, mai angathe kutenga pathupi ndipo ayenera kupewa kugonana.
- Masiku osonyezedwa ndi mikanda yotuwira, ndiwo maziku opanda chonde, omwe mai sangathe kutenga pathupi. Apa ndi pamene angathe kugonana mopanda nkhawa.
- Ngati msambo uyamba tsiku losonyezedwa ndi mkanda wotuwira kwambiri lisanafike, zitanthauza kuti kusamba kwa mayiyo, n'kosakhazikika. Motero, n'kofunika kuti mayi asankhe njira zina zakulera.
- Koma ngati msambo uyamba atadutsa pa mkanda wotuwira kwambiri, ndiye kuti msambo wake umachitika patadutsa masiku 32. Izi zitanthauza kuti msambo wake ngosakhazikika, motero n'kofunika kuti mayi asankhe njira zina zakulera.

✠ Kugwiritsa Ntchito Njira Yodalira Kalendala

- Asanayambe kugwiritsa ntchito njirayi mai ayenera kuchonga pa kalendala masiku a msambo wake kwa miyezi 6. Iye ayenera kukhala tcheru ndi kudziwa bwino ndi kuchonga molondola tsiku lenileni limene adayamba kusamba.
- Kudziwa kutalika kwa masiku achonde. Mai achotsere masiku 18 kuchoka pa tsiku limene iye anayamba kusamba, kusamba komwe kunali kwa masiku ochepa. Akatero, angathe kuzindikira tsiku lenileni limene amakhala ndi chonde. Kenaka achotsere masiku 11 kuchokera ku masiku a msambo umene unali wa masiku ochuluka. Izi zimamuzindikiritsa za tsiku lotsiriza lachonde.
- Apewe kugonana pa masiku achonde.
- Mai ayenera kupitiriza kuwerenga masikuwo mwezi uliwonse kwa miyezi 6.



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6.2.2. Njira yodalira kuwona zizindikiro zachonde

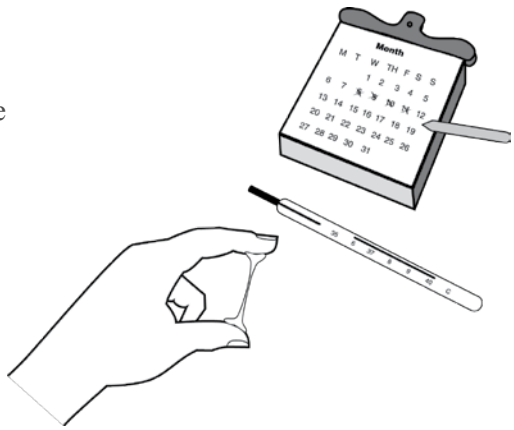
Njirayi imadalira kuti mai aziyang'ana katereredwe kapena kalimbidwe ka chikazi chake. Pamene mai aona chikazi, nkutheka kuti panthawiyo ali ndi chonde. Mwina kuti panthawiyo mai amatha kumva kunyowa chabe m'njira yoberekera.

Chenjezo:

- Ngati mai apezeka kuti ali ndi matenda m'ziwalo zake zoberekera, kapena ngati pachitika kanthu kena kosokoneza chikazi nkovuta kutsata ndi kugwiritsa ntchito njirayi. use.

✠ Njira yoyang'ana chikazi

- Njira iyi imadalira kuti mai aziyang'ana chikazi. Mai amayenera kuyang'ana ngati chikazi chayamba masana aliwonse kapena madzulo aliwonse pogwiritsa ntchito chala, kabudula wam'kati, kapena pepala lakuchimbudzi (tissue) kapena kuwona momwe akumvera pa khomo la chiwalo choberekera.
- Mai akangoona chikazi kapena akamva kunyowa, aganizire kuti chonde mwina chayamba pa tsikulo ndiponso pa tsiku lotsatira.



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- Pewani kugonana pa msiku achonde.
- Kenaka mungathe kuyamba kugonana patadutsa masiku awiri ouma, ndiye kuti masiku amene sipakuwoneka chikazi kapena pamene mai sakumvanso kunyowa pa masiku otsatana.

✠ Njira yoona ngati chonde chayamba

Njira iyi imalira kuti mai aziyang'ana ngati chikazi chayamba tsiku lirilonse. Iye ayenera kuchita izi pogwiritsa ntchito chala chake, chovala cham'kati kapena pogwiritsa ntchito mapepala akuchimbudzi (Tissue) kapena aone ngati akumva kunyowa pa khomo la chiwalo chake choberekera.

- Mai asagonane ndi mwamuna wake pa masiku amene akusamba kwambiri. Ngati mai akusamba kwambiri, nkupezekanso kuti dzira lakhwima, kungakhale kovuta kuzindikira chikazi mu nthawiyi.
- Mungathe kuyamba kugonana kufikira chikazi chitayamba kuwoneka. Pakati pa kutha kwa msambo ndi kuyamba kwa chikazi, mwamuna ndi mkazi atha kuyamba kugonana, koma osati masiku awiri motsatana. Mukayamba kugonana, dumphani tsiku lotsatira pofuna kuti umuna uthe ndi kuti potero muthe kuzindikira bwino ngati chikazi chayamba.
- Ndibwino kuti mwamuna ndi mkazi azigonana madzulo pambuyo poti mai wakhala ali choimirira kwa maora angapo ndipo kuti mai wakhala ndi mwai woona ngati chikazi chayamba.

- Pamene chikazi chayamba, pewani kugonana ndipo chikazi chokhuthala chitatha musagonane kwa masiku anai litadutsa tsiku “lakupsa” kwa dzira (“Peak day”). Mai akangoona zizindikiro za chikazi kapena akamva kunyowa, aganizire kuti chonde chayamba ndipo apewe kugonana. Iye apitirize kuyang’ana zizindikiro za chikazi tsiku ndi tsiku.
    - Chikazi chimafika pachimake pamene mai aona chikazi choyera kwambiri, choterera kwambiri, chotamuka ndipo mai amamva kunyowa kwambiri. Iye adzadziwa kuti tsiku lotsiriza ladutsa, pamene tsiku lotsatira awona kuti chikazi chija ndi chonanda kapena chouma, kapena pamene aona kuti sichikutulukanso. Likadutsa tsiku lotsiriza chikazi la (Peak) aziganizira kuti akadali ndi chonde kufikira patadutsa masiku atatu.
- Banja lingathe kuyambanso kugonana pa tsiku lachinai litadutsa tsiku limene dzira lidapsa (lidakhwima) kufikira pamene msambo wina udzayambenso.

6.2.3. Njira zakulera zotsamira pa kutentha kwa thupi

Njira zimenezi ndi zoti mai aziwona momwe thupi lake likutenthera. Kutentha kwa thupi la mai kumakwera pamene dzira lake lakhwima, ndipo nthawiyi ndi yoti mai angathe kutenga pathupi. Kutentha kwa thupiro kumapitirira mpaka pamene adzayambe kusambanso.

Chenjezo:

- Ngati mai adwala malungo kapena ngati zinthu zina zisintha m’thupi mwake, nkovuta kutsata njira yotsamira kutentha kwa thupi lake.

✠ Njira zakulera zodalira kutentha kwa thupi

- Mai ayeze kutentha kwa thupi lake tsiku lirilonse:
    - Mai ayenera kuyeza kutentha kwa thupi nthawi imodzimodzi ya m’mawa uliwonse, asanadzuke ndiponso asanadye kalikonse. Ayenera kulembera papepala zomwe akupeza.
    - Ayenera kuwona kutentha kwake kukukwera ndi madigri a 0.2ºc mpaka 0.5ºc (0.4ºf mpaka 1.0ºf)—dzira litangopsa (Litakhwima) (Cham’kati mwa msambo wake)
- Pewani kugonana kuyambira pamene kutentha kwa thupi la mai kwayamba kukwera—ndipo mungathe kuyamba kugonana patadutsa masiku anai mpaka pamene msambo wina udzayambe.

6.2.4. Njira zakulera zowona zizindikiro zingapo za chonde cha m'thupi

Njirazi zimalira kuti mai ayang'anire njira zingapo zosonyeza kuti mai ali ndi chonde.

✠ **Kutsatira njira zodalira kuphatikiza njira zingapo zazizindikiro, zoyang'ana chikazi ndi njira zina zosonyeza kuti mai ali ndi chonde.:**

- Mwamuna ndi mkazi asagonane pamasiku amene mai ali ndi chonde.
- Pezani masiku achonde ndiponso opanda chonde pogwiritsa ntchito njira yoona zizindikiro ndi nthawi yozindikira kuti dzira lapsa (lakhwima).
- Amai angathe kuzindikira nthawi imene ali ndi chonde pogwiritsa ntchito njira yoona kufewa kwa mawere ndi kumva ululu pachinena pamene dzira lakhwima.
- Banja lipewe kugonana kuyambira tsiku loyamba la msambo mpaka patadutsa masiku anai dzira litakhwima (Pambuyo pa kutha kwa chikazi chokhathamira) kapena litadutsa tsiku lachitatu pambuyo pa kukwera kwa kutentha kwa m'thupi malinga ndi chomwe chingayambire kuchitika.
- Mabanja ena amene amagwiritsa ntchito njira zophatikiza, amayambanso kukhala malo amodzi pakati pa kutha kwa msambo ndi kuyamba kwa kuwoneka kwa chikazi, koma kugonanako sikuyenera kuchitika masiku awiri otsatizana.

6.2.5. Njira yakuyamwitsa mwana mwakathithi (LAM)

Iyi ndi njira yakulera yomwe imagwiritsidwa ntchito pa kanthawi kochepa ndipo ndi yodalira kuti mai aziyamwitsa mwana mwakathithi. Njirayi ndi yodalira kuti mai aziyamwitsa mwana koma asanayambe kusamba. Njirayi ili ndi ubwino ungapo kuphatikizapo kuti mwana amapindula pakukhala ndi nthawi yokwanira yoyamwa.

- Njira yodalira kuyamwitsa mwana imagwira ntchito bwino m'miyezi 6 imene mwana amayenera kuyamwa mwakathithi.
- Njira yodalira kuyamwitsa mwana imasowa kuti zinthu zitatu zikwaniritse.
    - Kuti mai akhale kuti sanayambe kusamba;
    - Kuti mwana akuyamwitsidwa mwakathithi, usiku ndi masana. Panthawiyi mwana sayenera kudya zakudya zina kupatula kuyamwa mwakathithi.
    - Ndipo mwana ayenera kukhala wa miyezi yochepera 6.

- “Kuyamwitsa mwana mwakathithi:” kutanthauza kuti mwana sakudalira chakudya china kupatula kuyamwako—panthawiyi mwana sayenera kupatsidwa ngakhale chakumwa chilichonse kuphatikizapo madzi, kuwonjezera pa mkaka, mwanayo akamakula atadutsa miyezi 6, angathe kuyamba kulandira zakumwa monga madzi, majuwisi kapena zakudya zina zopatsa thanzi ndi mavitamini.
- “Nearly fully breastfeeding” means that the infant receives some liquid or food in addition to breast milk, but the majority of feedings—more than three-fourths of all feeds—are breast milk.

Kodi njira yakulera yoyamwitsa mwana imagwira bwanji ntchito?

- Njira yakulera yoyamwitsa mwana imagwira ntchito pakulepheretsa kukhwima kwa mazira komwe kumachititsa kuti mai asatenge pathupi.
- Kuyamwitsa mwana mwakathithi kumalepheretsa michere (Natural hormones) ya m’thupi la mai isagwire ntchito yokhwimitsa mazira.

Ndani ayenera kutsata ndi kugwiritsa ntchito njira yakulera yoyamwitsa?

- Mai wina aliyense kuphatikizapo amai opezeka ndi kachirombo ka HIV omwe angathe kukwaniritsa mfundo zitatu zatchulidwa pamwambapa.

Nanga ndani amene sayenera kutsata ndi kugwiritsa ntchito njirayi?

- Amai amene adayambiranso kusamba.
- Amai amene akuyamwitsa mwana koma osati mwakathithi.
- Amai amene ana ao akula kuposa miyezi 6 kapena kuposera apo.

Njirayi ingayambe kugwiritsidwa ntchito liti?

- Kutsata ndi kugwiritsa ntchito njira yoyamwitsa mwana mwakathithi iyenera kuyamba mwana kangobadwa.

LAM

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Malangizo kwa amai amene akutsata ndi kugwiritsa ntchito njirayi.

- Aziyamwitsa mwana mwakathithi (Onani zomwe tanena pamwambapa)
- Pamene mai wayambiranso kusamba kapena pamene mwana wakula kuposa miyezi 6, adzasowa kuti ayambe kugwiritsa ntchito njira zina zakulera.

Kodi njira yoyamwitsa mwana mwakathithi ili ndi zovuta zanji?

- Palibe.

Kodi njirayi ili ndi chiwopsezo ku mbali yaumoyo?

- Palibe.

Kodi kutsata njira yoyamwitsa mwana kuli ndi ubwino wanji?

- Imalepheretsa mai kutenga pathupi.
- Imalimbikitsa kuti mai aziyamwitsa mwana mwadongosolo labwino, ndipo ndi yothandiza ku mbali ya moyo wa mai ndi wa mwana.

Kumvetsa bwino za njira yakulera yoyamwitsa mwana mwakathithi

- Imagwira ntchito bwino pamene akwaniritsa mfundo zitatu zimene zatchulidwa kale pamwambapa.
- Imagwira ntchito bwino kwa amai onenepa ndiponso kwa amai ochepa matupi.
- Amai amene amadya zakudya zopatsa thanzi angathe kugwiritsa ntchito njira yakulerayi – asoweka kuti akhale ndi zakudya zapadera.
- Ingathe kugwiritsidwa ntchito kwa miyezi 6 popanda kupatsa mwana zakudya zoonjezrea. Mkaka wa mai wokha ndi wokwanira kupereka thanzi kwa mwana kwa miyezi 6. Zoona nzakuti chakudya choyenera mwana amene sanakwanitse miyezi 6 ndi mkaka wa m'mawere wokha.
- Njirayi ingathe kugwiritsidwa ntchito kwa miyezi 6 mopanda kukhala ndi nkhawa yakuti mkaka ukutha. Mkaka umakhala ukupangidwa kwa miyezi 6 ndi kupirira apo malinga ndi m'mene mwana akuyamwira kapena kutengera m'mene mai akuyamwitsira mwana wake.

Njira yotsata masiku apamwezi (Kalendala) (Calendar-Based Methods)		
	Njira yolera yotsatira masiku okhazikika (Standard Days Method)	**Njira yotsatira masiku achonde amene podalira kalendala basi (Calendar Rhythm Method)**
Tsatirani bwino masiku amene ali achonde	Tsatani bwino masiku a kusamba – kuwerenga tsiku loyamba la kusamba ngati tsiku loyamba (Day 1	• Tsatani bwino nambala ya masiku a kusamba kosachepera miyezi isanu ndi umodzi. • Tsiku limene iye wayamba kusamba alitenge kuti ndi Tsiku Loyamba (Day 1) • Chotserani masiku 18 kuchoka pa tsiku limene mwayamba kusamba pakuti limenelo ndilo tsiku loyamba lachonde. • Chotserani masiku 11 kuhcoka pa tsiku limene kusamba kwake kunali kwakutali – limenelo ndilo tsiku lomaliza la chonde.
Mupumire kugonana pamasiku achonde	Pumirani kugonana kuyambira tsiku la 8 mpaka 19.	Pumirani kugonana pakati pa tsiku loyamba ndi tsiku lomaliza lachonde potsata m'mene tanenera pamwambapa.
	Bambo ndi mai atha kugwiritsa ntchito mikanda kuti iwathandize kuwerengera bwino masiku ndi mosaphonyetsa.	Tsatani m'mene zikukhalira mwezi ndi mwezi kwa miyezi isanu ndi umodzi mwakhala mukusamba chaposachedwa.
	Dziwani kuti: Mai amene kusamba kwake kukuyamba masiku 26 asanakwane, kapena.ndipo sakuyamba kusamba mpaka tsiku la 32 ameneyo asagwiritse ntchito njirayi.	

Njira zodalira kuwona zizindikiro zachonde				
	Njira yoyang'ana chikazi (Two-day Method)	**Njira yakulera yodalira kutentha kwa thupi (Basal Body Temperature Method)**	**Njira yoona ngati chonde chayamba (Ovulation/ Billings Method)**	**Kutsatira njira zodalira kuphatikiza njira zingapo zazizindikiro, zoyang'ana chikazi ndi njira zina zosonyeza kuti mai ali ndi chonde (Sympto-thermal method)**
Tsatirani bwino masiku amene ali achonde poyang'ana izi:	Chikazi cha mai	Katenthedwa ka thupi la mai	Chikazi cha mai	Chikazi cha mai, Katenthedwa ka thupi lake ndinso zizindikiro zina za chonde.
Choyamba: yang'anitsitsani zizindikiro za nthawi yachonde	Yang'anani m'mene chikazi chiliri masana ndi madzulo aliwonse. Mai akhakhala ndi chikazi cha mtundu uliwonse nthawi imeneyi zimatsonyeza kuti ali ndi chonde kwa tsiku limeneli ndinso mawa lake	YYesani kutentha kwa thupi la mai tsiku ndi tsiku ndipo nthawi yake ikhale imodzimodzi—kum'mawa asanachoke pa bedi kapena asanadye kalikonse. Muzilemba zotsatira zimene mukupeza pa pepala lapadera ngati kuti mukulemba mzere wolumikiza masikuwo (Graph) Muwonetsetse ngati kutentha kukukwera Pakati pa 0.2 0C ndi 0.5 0C - zimasonyeza kuti dzila lakhwima. Masiku achonde amabwera pakadutsa masiku atatu kuchokera nthawi imene thupi linatentha kwambiri	Yang'anani chikazi cha mai madzulo aliwonse. Chikazi cha ntundu ulionse chimatanthauza kuti mai ali ndi chonde. Pali masiku amene chikazi chimakhala pa chimake (onani tsamba 36) Mayi amakhala ndi chonde pakadutsa masiku atatu kuchokera pa tsiku limene chikazi chake chinali pa chimake	Zindikirani tsiku limene mai wayamba msambo wake, ndinso chimodzi mwa izi: tsiku la 4 chichokereni pamene chikazi chinali pa chimake (onani tsamba 33), kapena tsiku la chitatu kuchokera pa nthawi imene thupi linatentha.
Pumirani kugonana pa masiku awa:	Pa tsiku limene chikazi chazindikirika, ndinso mawa lake	Pumirani kugonana kwa masiku atatu kuchokera pa tsiku limene kutentha kwa m'thupi wayamba kukwera.	Pamene chikazi chayamba, kufikira patadutsa masiku anayi kupyora nthawi imene chikazi chifika pa chimake.	Pakati pa tsiku loyamba la msambo ndi tsiku la 4 kuchokera pamene chikazi cha mai chinali pa chimake, kapena mpaka tsiku lachitatu kuchokera pomwe thupi linatenthera.
Yambani kugonana pamene:	Pakapita masiku awiri otsatana osatulutsa chikazi. N'koyenera mwamuna ndi mkazi agonane madzulo pofuna kuti mayiyo akhale atayimilira kwa maola angapo, ndinso akhale ataona chikazi chake	Patadutsa masiku anayi chitenthereni thupi – kufikira pamene mai angadzayambenso msambo	Kuchokera pamene msambo wa mai watha kufikira nthawi imene chikazi chayambiranso, (koma pewani kugonana masiku awiri otsatana). N'koyenera mwamuna ndi mkazi agonane madzulo pofuna kuti mayiyo akhale atayimilira kwa maola angapo, ndinso akhale ataona chikazi chake	Kuchokera pamene msambo wa mai watha kufikira nthawi imene chikazi chayambiranso, (koma pewani kugonana masiku awiri otsatana).

6.3. Njira Zakulera Zachipatala

Njira zakulera zachipatala ndi njia zomwe mabanja amatsata pogwiritsa ntchito mankhwala, pambuyo pogonana kuti alepheretse mai kutenga pathupi. Mpingo wa Katolika suvomereza kuti Akhristu ake azigwiritsa ntchito njirazi ngati njira zolerera pa zifukwa zomwe zatambasulidwa pa mitu 4 ndi 5. Komabe kabuku kano kakufotokozera tsatanetsatane wa njirazo chifukwa nkutheka kuti mabanja angathe kupita kwa Alangizi ao ndi mafunso ambiri pa za njira zakulera zachipatala. Motero, ndi kofunikira kwambiri kuti Alangizi a mabanja azindikire za njirazi pokhala ndi mauthenga okwanira okhudza njira zakulera zachipatala.

Alangizi a mabanja azikhala okonzeka kuphunzitsa mabanja amene amakumana nawo za mfundo za Mpingo wa Katolika pa za kugwiritsa ntchito njira zakulera zachilengedwe ndi kuti mabanja Achikatolika sayenera kutsata ndi kugwiritsa ntchito njira zakulera zachipatala. Alangizi ayenera kufotokozera momveka bwino za njira zakulera zachilengedwe, ndipo ngati pali zovuta zina zokhudza ndi ubereki, anthuwo atumizidwe kwa madokotala kapena kwa akatswiri ena azaumoyo ngati nkofunikira.

Mfundo zofunikira kwa alangizi amabanja a Katolika:

Njira zakulera zachipatala sizigwirizana ndi maphunzitso a Mpingo wa Katolika chifukwa:

- Zimachititsa kuti mwamuna ndi mkazi m'banja azingogonana mosapereka mwai woti atha kubereka.
- Mabanja amatsata njirazi mwadala ndi cholinga chakuti azingonana popanda kulemekeza kuitanidwa kwao ngati athandizi a Mulungu pa ntchito yolenga.
- Kugonana pakati pa mwamuna ndi mkazi m'banja kuyenera kuyenderana ndi cholinga choti apereke mwai wotha kubereka: Koma njira zachipatala zimachotsa mwai umenewu ndi kulepheretsa kuti chikondi cha m'banja chisabereke zipatso.
- Njirazi zimalira kuti pakhale zida kapena mankhwala kapenanso kuchitidwa opereshoni.
- Njirazi zimatha kuika miyoyo ya a m'banjamo pachiwopsezo chodwala matenda osiyanasiyana.[23]

6.3.1 Njira zotchinga

Izi ndi njira zomwe zimalepheretsa mbeu za mwamuna kuti zisafike m'chiberekero ndi cholinga choti zisakumane ndi dzira pamene lakhwima.

✠ **Njira zotchinga ndi monga**
Makondomu achimuna: Makondomu achimuna ndi zida zapulasitiki zomwe zimapangidwa ku mafakitale zimene mwamuna amavala ku chiwalo chake. Amachita izi kuti pamene akugonana, umuna utsiridwe mu kondomu kuti usafike m'chiberekero cha mkazi.

Kondomu yachikazi: Makondomu achikazi ndi zida zapulasitiki zopangidwa ku fakitale zomwe amai amavala akamakonzekera kuti agonane ndi mwamuna. Pa nthawi yogonana chiwalo choberekera cha mwamuna chimalowa m'kondomu ya mkaziyo mwa njira yoti pemene mwamuna afika poti atsire umuna wake, umunawo umafikira mu kondomu ija, potero mai sangatenge pathupi.

6.3.2 Njira zakulera za mankhwala

Izi ndi njira zomwe zimalepheretsa kuti mazira asamapangidwe ndikuti asamakhwime.

✠ **Njira zamapiritsis:**

- *Pali mapiritsi othandiza kulera okhala ndi mphamvu ziwiri (COCS):* Awa ndi mapiritsi okhala ndi mphamvu zomwe zimachepetsa mphamvu yakubwereka m'thupi la mai posokoneza momwe thupi la mai limayendera pa nkhani ya kubereka (Combined oral contraceptives).
- *Palinso mapiritsi okhala ndi mphamvu imodzi (POPS):* Awa ndi mapiritsi otchedwa (Progestin) okhala ndi mphamvu imodzi yomwe imachepetsa mphamvu yakubereka m'thupi la mai ndipo imalepheretsa maiyo kutenga pathupi. Mankhwalawa angathe kugwiritsidwa ntchito ndi mai amene akuyamwitsa ndiponso ndi amai amene sangathe kugwiritsa ntchito njirazi limodzi ndi mankhwala otchedwa (Estrogen).

✠ **Njira zakulera zajakisoni:**
Iyi ndi njira yobayitsa mankhwala otchedwa (Progestin) olepheretsa mai kuti asatenge pathupi.

✠ **Njira yalupu:**
Iyi ndi njira imene amagwiritsa ntchito mankhwala oikidwa m'tizingwe ting'onoting'ono tapulasitiki tomwe timaikidwa m'chiberekero mwa mai pofuna kuti asatenge pathupi. Mitundu imeneyi ilipo ndi yapulasitiki yomwe imakhala ndi mankhwala a mtundu wa wofiilira, kapena mankwala a progestin, (kuno ku Malawi alipo ambiri) ndipo amapezeka m'malo ogulitsira mankwala.

✠ **Njira yolera ya pankono:**
Njirayi ndi yoti dokotola amaboola pa khungu la padzanja la munthu wamai ndi kutsenderamo mankhwala okhala m'timapulasitikiti ting'onotong'ono. Akatero, malo obooledwawo amasokedwa. Njira iyi imachititsa kuti mai asatenge pathupi kwa zaka zisanu.

6.3.3 Njira yotseketsa

Iyi ndi njira imene mkazi kapena mwamuna amatseketsa ziwalo zao zoberekera kuti asadzakhalenso ndi mwai wotenga pathupi ku mbali ya mkazi ndiponso kuti mwamuna asadzathe kupereka pathupi kwa mkazi wake.

6.4. Udindo wa mwamuna pa za kulera

Pa nkhani yotsata ndi kugwiritsa ntchito njira zakulera, alangizi ayenera kulimbikitsa mabanja kuti mwamuna ndi mkazi aziyamba akambirana ndi kumvetsetsana bwino ngati afuna kutsata njira yotseketsa. Azigwirizana za nthawi imene angafune kuti adzakhale ndi mwana wina, za nthawi imene angafune kutsata njira zakulera ndiponso za momwe angapewere kapena za momwe angachedwetsere kubwera kwa pathupi pena. Motero, pafunika kuzindikira ndi kudziwa mfundo zina monga izi:

- Amuna ali ndi udindo waukulu pa nkhani ya kulera mokhudzana ndi kutsata ndi kugwiritsa ntchito njira zakulera zachilengedwe zomwe Mpingo wa Katolika umavomereza.
- Pamfundoyi, mwamuna ndi mkazi ayenera kugwirizana kuti athe kugwiritsa ntchito njirayi mowapindulira. Nkofunika kuti mwamuna ndi mkazi amvetsetse momwe njirayi imagwiritsidwira ntchito.
- Alangizi Achikatolika a mabanja ayenera kulimbikitsa mabanja kuti azikambirana za kugonana ndi za kulera ndipo kuti azimanga mfundo mogwirizana.
- Kumasukirana kwa pakati pa mwamuna ndi mkazi kotere, kumazamitsa chikondi, kukulitsa chikhulupiriro kwa wina ndi mnzake, kumachepetsa mikangano pa nkhani ya kugonana ndi kubereka komanso kuthandiza kuti banja lithe kumakonza ndi kukwaniritsa maloto ao (Mapulani) ngati amodzi.
- Alangizi a mabanja ayenera kupereka mauthenga oyenera othandiza kuti anthu amvetse za ubwino wotsata ndi kugwiritsa ntchito njira zakulera zachilengedwe.

Kutsendera zonse

Ndikofunikira kuti alangizi a mabanja azifotokozera bwino za njira zakulera zachilengedwe pofuna kuthandiza mabanja kuti azizindikira ndi kumvetsetsa za maphunzitso a Mpingo pa za kutsata njira zakulera. Mpingo wa Katolika umalimbikitsa kuti mabanja azigwiritsa ntchito njira zakulera zachilenegdwe. Maphunzitso a Mpingo wa Katolika pa nkhani ya kulera umafotokoza momveka bwino zomwe Mpingowo umakhulupirira. Mpingo umazindikira ubwino wa kutsata njira zakulera kwa mai ndiponso kwa mwana, komanso ku banja lonse. Pakulimbikitsa mabanja kuti azipewa kugonana pa masiku achonde, mpingo umalimbikitsa kuti azigwiritsa ntchito njira zakulera zachilengedwe ndi kuti azindikire mpaka zitatha zaka ziwiri kuti mwana akule bwino mai asanatenge pathupi pena. Motero, alangizi a mabanja ayenera kuthandiza mwamuna ndi mkazi kuti avomere ndi kutsata njira zakulera zachilengedwe kut lizipewa kugonana pamene mai ali ndi chonde.

Ndemanga

23. Katanthauzidwe ka njira zakulera za chilengedwe kanachokera mu ndondomeko za Malawi National Reproductive Health Service Delivery Guidelines (2014-2019). Komanso magawo 6.2 ndi 6.3 abukhuli anachokera mu bukhu la Family Planning: A Global Handbook for Providers (lokonzedwanso mu chaka cha 2011), limene linatsindikizidwa ndi a bungwe la World Health Organisation, nthambi yoona za umoyo wa uchembere ndi kafukufuku (WHO/RHR), ndinso a bungwe Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Knowledge for Health Project.

7 Mau Otsiriza

Kukhala mwamuna kapena mkazi ndiye umunthu. Motero, ndikofunika kuti achinyamata, iwo amene akukonzekera kulowa m'banja ndiponso amene ali m'banja kale athandizidwe kuti amvetse za umunthu wao monga Baibulo linenera (Gen. 1:27-28) ndiponso momwe anenera maphunzitso a Mpingo, makamaka mfundo za ku msonkhano Wachiwiri wa Vatikani pa za malamulo a Mpingo ndi mabuku ena a Mpingo. Zomwe limanena Baibulo pa za kulengedwa kwa mwamuna ndi mkazi, ndiye thime la chikhulupiriro cha Mpingo, osati pa za malire a momwe munthu angagwiritsire ntchito ziwalo zake zoberekera komanso pa za kubereka, unakubala wanzeru ndiponso pa za kuchuluka ndi kukwera kwa chiwerengero cha anthu m'dziko.

Pamene chiwerengero cha anthu m'Malawi chikunka chikwererakwerera, chuma cha dziko chikunka chichepa kuphatikizapo kuti zachilengedwe zikuwonongeka, chinthu chomwe chikudzetsa kusintha kwa nyengo ndi mavuto ena azachuma. Ndipo ngati amuna ndi akazi achikhulupiriro, Mpingo wa Katolika kuno ku Malawi ukutipempha kuti tizikonda kuwerenga zizindikiro zamakono ndi kuchitapo kanthu.

Motero, kabuku kano komwe kakonzedwa ndi Alangizi a mabanja, kakonzedwera ife ncholinga choti tizindikire ubwino wa kubereka ndi unakubala wanzeru poona kuti chiwerengero cha anthu ku Malawi chikunka chikwererakwerera. Mabuku ndi zolembalemba zina zimene Alangizi amabanja akugwiritsa ntchito akhala akuthandiza anthu mwa njira zosiyanasiyana. Ngakhale zili choncho, sadathandize mokwanira achinyamata, iwo amene akukoznekera kulowa m'banja kapenanso iwo amene ali kale m'banja pa nkhani ya kukwera kwa chiwerengero cha anthu ndi momwe zimalumikizirana ndi udindo Wachikhristu ngati athandizi a Mulungu pa nkhani ya kulenga ndi kusamalira zachilengedwe.

Chifukwa cha ichi, kabuku aka kabwera pa nthawi yake, makamaka nthawi ino pamene Mpingo ukufufuza njira zamakono zofalitsira Mthenga Wabwino. Kudzera m'kugwiritsa ntchito kabuku kano, pali chiyembekezo choti Alangizi a mabanja, adzalimbikitsa abale ndi alongo athu amene ali m'banja kale, iwo amene akukoznekera kulowa m'banja ndiponso iwo amene ali m'banja, kuti amvetse bwino maphunzitso a Mpingo pa za udindo wao mokhudzana ndi kukhala ndi banja, kubereka ndiponso unakubala wanzeru.

Masiku ano, atumiki a Mpingo, anthu a m'banja ndi achinyamata ayenera kukhala patsogolo kupeza njira zothandiza kuchepetsa kukwera kwa chiwerengero koma motsogozedwa ndi chikhulupiriro chao chokhazikika. Alangizi a mabanja, ayenera kusunga choona cha Mthenga Wabwino pa nkhani zakulera motsogozedwa ndi kulimbikitsidwa ndi Maphuznitso a Mpingo.

Mpingo wa Katolika uli ndi zomwe umakhulupirira pa nkhani yogwiritsa ntchito njira zakulera ndipo umatsindika kuti ndife athandizi a Mulungu pa nkhani yolenga (Gen 1:22ff). Motero, chiyembekezo cha Aepiskopi a Mpingo wa Katolika ku Malawi, nchakuti Alangizi a Mabanja agwire ntchito yao yophunzitsa ndi yolimbikitsa kuti anthu m'mabanja azitsata ndi kugwiritsa ntchito njira zakulera zachilengedwe, njira zimene zimalemekeza cholinga cha kugonana m'banja, za ubwino wa ukwati ndi ulemerero wa munthu. Mwa njira imeneyi, adzathandiza Akhristu kuti aziwona nkhani za kukwera kwa chiwerengero cha anthu mozindikira udindo wao ngati akapitawo a Mulungu pa zachilengedwe.

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