



IHWANIRO RY'URWARUKA  
FORUM DIOCESAIN DES JEUNES  
2022

Icivugo :  
“ NKA BIKIRA MARIYA, DUHAGURUKE,  
TWHUTE KUMENYESHA INKURU NZIZA ”

IKIBANZA : PARUWASE UWASAMWE ATA  
GICUMURO Y'I GIHANGA

AMATARIKI:  
Kuwa kabiri 19/7 - Kuwa gatanu 22/7/2022



**INYIGISHO YA MBERE: TWESE HAMWE TURWANYE IKIBI  
CO GUKORORA INDA. Yatanzwe na Dr Cédric  
SIMBANANIYE (Etudiant en Médecine)  
na  
Godeliève KANYAMUNEZA (Ikigo Marthe Robin kijejwe  
gukingira ubuzima) Fraternité pour la vie**

GIHANGA, KUWA 21/7/2022

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## **TWESE HAMWE TURWANYE IKIBI CO GUKORORA INDA.**

### **Ijambo ry'Imana : Amamko 4. 9-11**

Muri Amerika habaye itegeko ryo kwemerera abakenyezi gukorora inda. Munyuma iyo ngingo yarahagaritswe ibi vyo gukorora inda bigiye ku rugero rurenze. Twigishwe, twumve ko gukorora inda ari akabi k'agahomerabunwa.

1. Gukorora inda ni iki ?
2. Inkwirikizi zo gukorora inda ni izihe ?

**Gukorora inda ni guhagarika imbanyi iriko irakura ntibikunde ko ibandanya ikura.** Gukorora inda bivuye **ku bushake bw'umuntu, umwana aba yatswe ubuzima ; ni kwica, gukora amaraso y'intungane.**

Intambanyi itangura ryari ? Kw'isamwa. Ihura ry'urubuto rw'umugabo n'urw'umugore. Kuva uwo musi *ubuzima buba butanguye.*

Bimaze guhura bica bigira *akaranga kayo bwite* (ADN). *Kubuza ako kantu* ko gakura ni *ugukorora inda*. Asamwe hakenewe ko akura, ibihimba bigenda birakura, umuntu-ubwonko-umutima-amaboko. Mu kwezi kumwe aba angana na mm munsu ya zitanu (moins de 5mm).

### **Hari inyigisho zigenda zirakwiragizwa :**

- **Umubiri ni rwanje ndawukoresha ico nshaka.** Mugabo ibihimba vyawe birafise aho bigarukira. Umwana afise akaranga kiwe bwite kuko ntari mu bihamba bwite vy'umuvyeyi.
- **Mugihe umupfasoni afashwe ku nguvu, agasama inda, iyo mbanyi niveyo.** Uwafashwe ku nguvu ategerezwa gukurikiranwa. Uciye ukorora iyo nda uba ushatse guhana uwo mwana

ku kibi yakorewe n'uwafashe nyina ku nguvu. Uwo mupfasoni nakurikiranwe n'amategeko

- **Ntakuvyara umwana udafise ibimutunga.** Imana ishimiye kurema icyiye kuri wewe, kandi imufiseko umugambi ; mwakirane urukundo. Hariho imiriyango ishoboye kumurera, izomwakira.

Hari abahungu bavugaga ngo gukorora inda ntaruhara babifisemwo sivyo. Nta samwa ryobaho umuhungu n'umukobwa batabonanye. Bose birabaraba.

### **Inkwirikizi**

1. Imiti : Hari abafata imiti mugukorora inda ikabamerera nabi ikabarwaza bakagira igwirirana ry'amaraso.
2. Ivyuma : Hari abakoresha ivyuma bacishije mubihimba vy'irondeka maze inda ntiveyo yose. Ivyasigayeyo birashobora kuba isoko ryo kudakwiza amaraso, bishobora kandi kuba isoko ry'izindi ndwara (infections).
3. Kwugurura inzira : ubu buryo bushobora gukomeretsa ubwinjiriro bw'igitereko mu gutobora igitereko, bushobora no gutobora ibindi bihamba vy'umubiri.
4. Ushobora gutakaza amahirwe yawe yo gusubira gusama.
5. Ushobora gusama inda y'umwana adashobora gukura (adashobora kuzobaho).
6. Gutimbisha (anesthésie) birashobora kumumerera nabi.

**Izo nkurikizi zose zishobora guhitana uwabikoze.** Gukorora inda rero ni igicumuro kandi bituma n'umubiri tuwica.

Hari abavugaga bati : « Hako tuzikorora reka tuzivyare » ariko rero no kuzivyara ukiri muto, utarahezagirwa birafise inkurikizi nazo ni izi :

- Umukobwa aba ataye agaciro
- Kazoza kiwe karahungabana
- Abavyeyi, incuti n'abagenzi baramukurako amaboko.

N'abahungu bavyaye abana bene uko baragira ingorane :

- Iyo yihakanye umwana biraza biramugarukamwo maze agashobora kurwara ingwara z'umutima.
- Iyo yavyaye abana akabata, nta mahoro aronka mu mutima kandi aguma yiyagiriza
- Iyo afise umuryano aragira ibibazo mu gihe umenye ko afise abana atabibabwiye, arahungabana mu buzima asanzwe arimwo.

Kuri abo bana, bavutse badashakwa, bakurira mu bikomere. Gutwara inda ukiri muto bizana ingorane nyinshi. Urwaruka rw'ubu ruvuyara cane. Hari abivugira ngo basumbwa n'ibikoko kuko vyovyo bivuyara hageze.

### **None iyo ngeso y'ubusambanyi iva kuki?**

- Hariho **ishetani ifise ubutumwa ku rwaruka** kugira ibinjizemwo iyo ngeso y'ubusambanyi. Uwufise iyo shetani aryamana n'abana n'abakecuru aryamana n'ikizira. Mwene abo bantu baraterwa mw'ijoro.
- **Ibikomere:** Umwana akiri muto atakunzwe aragira ibikomere. Ata rukundo rwa papa, ata rukundo rwa mama aca aja kwironderera ikigabo canke ikigore comuha urwo rukundo yabuze ku bavyeyi.
- **Ivyo turaba:** pornographies, inyigisho z'ibiterasoni: Uwo uraba niwe musa, uraba Yezu ugasa nawe.
- **Gutungana ningoga**

Rwaruka nimwige, mushobore gutunganya neza itunga Imana yabaremanye, yabahaye.



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The banner features a photograph of a church building on the left and a religious figure, possibly a saint or a religious leader, on the right.





**INYIGISHO YA KABIRI: UGUHANAHANA AMAKURU  
ASONERA UMUNTU AKANATSIMBATAZA INKURU  
NZIZA. Iyo nyigisho yashikirijwe na Patiri Dieudonné  
NIBIZI, Patiri Mukuru wa Paruwasi Mutima  
w'Ubwitonzi**

**I. IBIKORESHO: TERETONE, ORDINATEUR,  
TÉLÉVISION.**

Imana yahaye ubwenge umuntu ngo ahingure ivyuma akoresha kugira abeho neza. Iyo Mana yaturemye kugire tuyvimenye, tuyikunde kandi tuzobane na yo mw'ijuru. Ibi vyuma rero ni bimwe mu vyodutasha kumenya Imana no kuyikunda. Bitegerezwa gukoresha nk'uko Imana ishaka ni ukuvuga bigahesha icubahiro Imana kandi bigasonera iteka ry'Umuntu.

**II. IVYO TEREPHONE IDUHA CANKE TUYICISHAMWO:  
AMAJAMBO, AMASANAMU, AMAFOTO, AMASINEMA.**

Turavuga, turandika, turakoresha amafoto, turaraba amafoto n'ama video. Birashobora kudufasha canke bikatwica. Bivanan'umutima

ubikorana. Ugive urabimenyera, bigenda biragushindura buke



buke.

**III. IBISHOBORA KWICA UMUNTU BICIYE MURI  
TELEPHONE**

1. Terefone **icamwo inyigisho z'ibinyoma** kandi barazumviriza cane, bakazihanahana; bakazigendana, bakazigenderako, bagata ukwemera. Musigaye mwumviriza indirimbo z'Imana tutazi iyomuzikura. Uzisanga ku ma status mwashizeko. Bamwe mbere biharaje n'invugo itari iy'Ekleziya ugasanga no mu bisabisho vyabo biriko birajamwo. Ngiyo intango yo guta ukwemera ni guta Ekleziya.
2. **Itesha umwanya**, igukura mu bantu ugasanga wigunze mbere n'ibintu bikononekara kubera yagusamaje: abana bagasha, inkono ikazigira, umwanya wo kuryama ukawumara uraryamye, ha kwiga ukishinga usamara.
3. **Irabuza abantu kubana n'abandi**: ha kuyaga, kwitanaho, kuramukanya, kwumvirizanya, usanga abantu batwawe maze ukamengo uwo bari kumwe nta gaciro afise. Uko ni ugukengera umuntu.
4. Irabuza **abanyeshure kwiga neza** kuko ituma uruha vuba. Irabuza umuntu guca ubwenge kuko ubushobozi bwo gufata ku mutwe bugenda buragabanuka. Barasamara cane mw'ishure (trouble d'attention), concentration iragabanuka cane, ntibategera (trouble de compréhension), baribagira cane (mémoire à court terme), bagira ngo bariko baragira étude bagaca baruha vuba...
5. **Ituma bamwe barwara amaso** kubera kuyamako canke kuyikoresha cane mwijoro
6. **Irabuza itiro kubera kwama uyiraba ugiye kuryama** ukongera ukayivyukirako. Uwuyamako arashobora kwumva yama arushye. Hari n'abakurizamwo indwara z'umutima kubera kutaruhuka
7. **Itera ubwishime kuri bamwe bamwe** baguma biraba amafoto bagashima ko abandi babashima kuri whatsapp kwe facebook
8. **Aba jeunes baravugirako amajambo yibiterasoni menshi**, bararaba amasanu ateye isoni. barahendana ngo barakunda, barasabana amatoto bari gusa. Gukoresha iterefone bisaba

ama unités, ama méga. None ava he ? hari n abasigaye basega bama muri Ndungikira

9. Agatoki kama kuri telefone gatuma umuntu ata na kimwe asoma ngo aheze, ntaco afata mu vyo yabone kuko aguma yiruka, aruhisha umuntu wiwe.
10. Terefone ni inkwezi y'amabi menshi ibitutsi, ibinyoma, ukumaramaza abantu, tukwagirizanya, ukwimenyereza intambara, nguhahaza umuntu (harcèlement), ugusambura ingo z'abandi, ukwiba mu mashini y'abantu ivyo banditse,...

**IV. TEREPHONE MU MINWE Y'UMUKRISTU (ICO IFASHA)**

- a) I jambo ry' Imana
  - b) Indirimbo
  - c) Inyigisho
  - d) Ugukurikirana inyigisho bibera kure
  - e) Kuwakira canke kurungika ubutumwa bari kure (Recevoir et envoyer un message qui vient de la hiérarchie à distance.)
  - f) Guhanagana amakuru ku bari kure na kure (Permettre une communication entre les membres à distance)
  - g) Gushikira vba na vuba inyigisho z'Ekleziya n'izindi nyigisho ngiirakamaro bu buzima ndoramana (Accords rapide aux documents du magistère et aux autres documents utiles à la vie spirituelle)
  - h) Guhanahana amakuru yerekeye ubutumwa mu migwi no hagati y'imigwi (La circulation rapide de l'information en rapport avec l'apostolat : la communication intra et intergroupes)
  - i) Gushingura/Kubika inkuru ngirakamaro (Conservation des données)
  - j) Igisabisho mugihe bikenewe (La prière en cas de force majeure)
  - k) Kurungikiranira amafaranga y'ubutumwa (Transfert d'argent pour les besoins pastoraux)
  - l) Gutanga ubutumwa mu ngero zitandukanye (La diffusion des messages sous différents formats)
  - m) Amakuru (L'information)
  - n) Ubushakshatsi mu bijanye n'ubutumwa (Des recherches pour la pastorale)
- V. INGINGO NGENDERWAKO ZO GUHANAHANA AMAKURU NK'ABAKRISTU**
- a. Banza ubisome neza canke ubirabe neza
  - b. Reka kwihutira kuba uwa mbere abitanze
  - c. Vyoba ari vyo canke harimwo uguhuguza
  - d. Tohoza neza ubanze umenye ko ari vyo
  - e. Ibaze niba ari vyiza kuri wewe, bikwubaka, bigufasha mu buzima
  - f. Raba ko uwo muntu canke abo bantu babikeneye

- g. Emera ko ubirungitse kandi ibishika kubera iyo nkuru uvyemanga
- h. Niwabona vyubaka ubone kubirungika

vi. **ICO TWOFATA**

- i. Kirazira kwandika ikinyoma, kirazira kwubeshya kuri terefone ari mu majambo canke mu nyandiko. **DIRE LA VERITE**
- ii. Menya ko ico wanditse gishobora kugira inkurikizi mbi ku bantu: banza wibaze ivyo ugomba wandike iyo bishobora gushika n'inkurikizi vyogira bimenyekanye hose **ETRE RESPONSABLE**.wemanga ibizobavyose;
- iii. Kirazira kurungikira abandi ibintu utatohoje neza ngo urabe ko ari vyo, utazi ivyo vyavuye, utazi uwavyanditse, utazi ico yarondera. Banza uhagarara wibaze. **AVOIR UN ESPRIT CRITIQUE**
- iv. Kirazira gushira isoni, kuvuga ibiterasoni, kwikura agashambara kuri terefone. Hagarika ubugenzi butari bwo n'amajambo bijanye. Sonera agateka kawe n'akabandi. **ETRE INTEGRÉ ET POLI**
- v. Itondere inyigisho zose zirora ku Mana. Futa izo nyigisho zose zitari iza Ekleziya gatolika, reka kuzihanahana kuko harimwo ibinyoma, harimwo n'abatyoza Ekleziya. **CROIRE EN L'EGLISE CATHOLIQUE**
- vi. Koresha terefone wigerera kugira ntute umwanya, ntiguze ku bantu, ntikubuze gusenga, ntikujane mu buhumbu, ntikunyweshe imicafu. Koresha umwanya muto uwe urayibika: **ETRE MODERE ET DISCIPLINE**



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**INYIGISHO YO MU NKUKA NYERANDA YA  
MISA YO KUWA KANE 21 /7/2022**  
(Patiri Dieudonné NIBIZI, Patiri Mukuru wa  
Paruwasi Mutima w'Ubwitonzi)

Muri icyo Nkuka ya Misa yashikishirije Ijambo ry'Imana ryavuye mu gitabu c'umuhanuzi **Yeremiya 2, 1-3. 7-8. 12-13**, hamwe n'Inkuru Nziza yanditswe na Matayo 13, 10-17. Yatanguye avuga ati : « Nka Bikira Mariya duhaguruke, twihute kumenyesha Inkuru Nziza. Ibibuza umuntu guhaguruka ni vyinshi : imizigo agenda arakwega. Tureke kugendera mu migenzo itariyo. Uwuryamyeye nahaguruke. Yihute agende kumenyesha Imana muri benewabo.



Yeremiya ati : « **genda uborogere mu matwi ya Yeruzaremu** » Umukama ashaka kutwibutsa iteka yaduteye. Wewe ukiri muto, Imana yarakubungabunze, kuva abavyeyi bawe bakigusama, bakagufata izosi, mu makuba Imana irakurinda. Igihe wabatizwa wavuze uti : « **Mukama ndi uwawe bwite** ».

kera waratinya igicumuro, ibuka ingene wasenga, ibuka ingene wavuga ishapule, irozari, ingendo wagira ugiye gusengera kure, kera warakunda Imana. Umukama agomba ko uyu musi wibuka. Umukama ashaka ko yokugira uwiwe bwite, akwikundire. Ibuka nawe ivyo Umukama ariko aribuka. Nanje ndibuka ivyo Umukama yankijije, uvuge uti bwabundi narashaye k'urukundo rwawe. Raba ivyo usigaye ukora, warahumanije ubuzima bwawe, warahumanije igihugu nagushizemwo, warahumanije iteka ryawe, warahumanije ubuto bwawe.

Umukama yipfuzaga ko twohinduka tuvuyere iragi ry'abana b'Imana, tuvuge duti : « **Mukama tubabarire** ». Abasaseredoti barasemereye ariko ntwigeze wibaza uti mbega Mukama meze gute ? Ibigirwamana, ibiterasoni : ngivyo ivyaduhumanije. Tubishire hasi, duheze nka Bikira Mariya duhaguruke, tuguruke ku Mana.

**TWIBUKE ITEKA YADUTEYE.**

Ese ingene Umukama yama ariko araduhezagira mugabo tukagenda dusubira inyuma. Twarateye akagere Umukama turamuheba. Aho ugomba kuronderera Imana siho.

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Ijambo rikwirikira nuko Umukama ashaka kudutuma. Gende mu mihari yanyu, mugende munyaruka, mubwire abandi mudatinya : “ **ico mutegereye k’Umukama nico nanje nje kubabwira**”. Gende mwigishe, mugorore, mute ibigirwamana. Umukama yashavuye kuko twahevyeye Imana.

Turi n’iteka ridasanzwe. Turahiriwe twebwe Umukama atumira tukamwitaba. None rero duhinduke. Iri hwaniro ridutume twururuka umusozi dukayangana. Ijambo ry’Imana n’inyigisho twahakuye bidushike mu mitima yacu. Umviriza ico Umukama akubwira wewe, ureke kuriroresha ku bandi. Amaso yawe arahiriwe ko yibonera Umukama, amatwi yawe arahiriwe ko yumva Ijambo ry’Umukama, tugendere iryo raji, dushikire n’urugero rwiza mu kwemera.

Amen.



DIOCESAIN BUBANZA 2022