



## ENGLISH

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## WENDANI - A SMALL GROUP: ENERGY SAVING JIKO SAVING US A LOT OF FOOD FUEL.

We Wendani - A small group, under Narumoro office, are happy for having been trained on development of Energy saving Jiko.

Our field trainers from Narumoro offices carried out a practical demonstration on how to construct this jiko. The demonstration took place at one of our member kitchen, Mrs. Mary Wamuyu Mwai.

All our 12 members attended this demo. We all learnt and we are now preparing ourselves to make the second jiko on our own. Our group comprises of 11 women and only one man. We are confident and determined to ensure that all our members have this kind of a jiko each.

## Gikundi kinini kia Wendani: Mariko ma kuhonokia ngu citu.

Ithui wendani – Gikundi kinini kiri rungu rwa Wabichi ya Narumoro, turi akenu niundu wa guthomithio iguru ria mariko ma kuhonokia ngu.

Atuthomithia kuma Narumoro nimatuonirie na ngerekano uria mariko maya mathondekagwo. Ngerekano ino yekiirwo rikoini ria umwe witu niwe Mary Wamuyu Mwai.

Andu othe 12 a Gikundi gitu nimokite. Ithuothe nitwathomire na turehaririria gwithondekera mariko maitu. Gikundi gitu gikoragwo na atumia 11 na muthuri umwe. Tunamwihoko ati o umwe witu ni ekugia na riko tariri.



**English:** TIST participants get an opportunities to learn on new technologies such as energy saving jiko when they come together. The picture show TIST members in a local seminar.

**Kikuyu:**

We have witnessed the enormous benefits of this jiko. Firstly, Mrs. Mwai now uses less wood fuel. This has enabled her to spend less money on wood fuel. Secondly, the jiko is smoke-free hence makes cooking even enjoyable! It also reduces the risks of our small kids from getting burnt, as they get closer to cooking place as it happens when using traditional jiko.

Besides the making energy saving jikos, we have also been taught on Conservation Farming. We have practiced it during this long rain season and the crops are doing well in the fields. We are optimistic of having better yields this year.

During a recent local seminar held at Muriru Catholic Church, we learnt so many new things. Most importantly, we were taught on servant leadership and rotational leadership. This has helped us in managing our small group better.

We were also taught on importance of planting trees in regard to cleaning the air by reducing pollution levels. Members now feel that they have a role to play in making our atmosphere clean.

We are thankful to field trainers and TIST trainer for facilitating the seminar.

### **NARUMORO OFFICE: WHO'S A SERVANT LEADER?**

One hand cannot nurse a child,  
Admit a mistake  
Listen to others first.  
Do not command  
Rather give directions.  
Do not curse  
Rather Bless.

Nitwioneire wega wa mariko maya. Wambere,mutimia ti Mwai riu ahuthagira ngu nini gukira mbere. Uu nigutumite ahuthagire mbecha nini kugura ngu. Wakeri, mariko maya matitogaga nakogwo ugakenerera urugi waku! No rinyihagia ugwati wa ciana citu kuhia ni mwaki, riria makuhiriri mariko maya makiruga ta uria kuhanikaga makihuthira mariko ma ngu.

Hamwe na mariko maya, notuthomithitio urimi mwega. Nituraugeri kimera giki na mimera itu niireka wega muno.twina mwhoko wa kugia na magetha maingi mwaka uyu.

Nitwathomie maundu maingi meru thenaini iria yari kanithaini wa gatoreki wa Muriru.nitwathomithirio iguru ria utongoria wa gutiganira. Uyu ni ututeithitie hari kurugamirira ikundi citu wega. Notwathomithirio hari wega wa kuhanda miti niundu wa gutheria riera. Twina muigirira wa gutheria riera ritu.

Niturachokia ngatho kuri arutani kuma TIST niundu wa themina iria matureheire.

### **Wabichi ya Narumoro: Nu ngombo mutongoria?**

Guoko kumwe gutingirera mwana  
Itikira ithia riri.  
Thikiriria angi mbere.  
ndugathane  
no uheane njira.  
Ndukarume.  
No urathime.





Speak no ill about others  
Note that you are sailing  
Even though you are a captain  
Always be humble  
To neighbours be ordinary.

Withhold no respect for others  
Hear more, see more, talk less  
Remember, “listen and silent” contain same letters  
When criticized, take it easy  
Listen keenly, you will improve.

Do not do something you aren't sure of  
You won't regret  
Act after consulting others  
Do not defer important issues  
Strike when the iron is hot  
Keep the fire burning.

By **Patricia Wachuka**.

Ngukarie uru iguri ria aria angi.  
Ririkana ati niuragata meri.  
Onakorwo niwe munene merini iyo.  
Winyihie hingo ciothe.  
Wiigananie na andu a itura.

Korwo na gitio.  
Igua muno, wone maingi, na warie manini.  
Ririkana “Guthikiriria na gukira” niundu umwe.  
Wokirirwo ndukamake.  
Tega matu biu nani

Ndukaneke undu utari na uma naguo.  
Na ndukerira.  
Oya ikinya thutha wa kuaraniria na angi  
Ndugatarie mundu ma bata  
Meke riria mabataire.

Rihaririirio ni **Patricia Wachuka**.



**English:** USAID Team sharing with TIST participants in an In-house training.

**Kikuyu**



**KINYARITHA OFFICE: TIST SMALL GROUPS JOINING HANDS WITH COMMUNITIES IN WATER HARVESTING PROJECT.**

TIST small groups in Limauru sub-location of the newly created Tigania district are teaming up with other community members in construction of water pans that harvest rainwater.

This initiative has received support from the area member of parliament, Hon. Kiremi Mwiria, who also doubles as an Assistant Minister for Education. Hon. Mwiria was impressed by this technology and has approached our Kinyaritha Office to extend our services to community to other areas. He's particularly appealing to our office to extend the program to Muriri area.

The communities and TIST small group are now able to nurture more seedlings in the nurseries as they get easier access of water from water pan points. This has resulted to a tremendous increase of new trees transplant in the farms.

We, Kinyaritha office are happy about this new best practice. We intend to replicate in other areas. As we focus on new areas of Kalithilia, Ndiriine, Laare, Karama, Buuri and Muriri, we will also incorporate this technology in our trainings.

In new areas that we have already covered, such as Karama and Buuri towards Isiolo district, we have trained TIST farmers on Conservation Farming, HIV/Aids, Energy saving jikos and Tree planting. The farmers have embraced TIST program fully and they were happy to learn new things that will ultimately improve their lives.

In Buuri area, which is an arid area, farmers were anxious to learn Conservation Farming. They were optimistic and hopeful that they will make harvest from Conservation Farming. Most of residents in this area are nomadic pastorists. They are now slowly adopting arable farming & conservation agriculture has impressed them.

**WABICHI YA KINYARITHA: IKUNDI NINI CIA TIST KUNYITANIRA NA ANDU A MATURA GUTEGA MAI.**

Ikundi nini cia TIST kuma Limauru thiinii wa gicigo kiria kirathondekirwo kia Tigania nimaranyitanira na andu angi a itura hari gutega mai ma mbura.

Mutaratara uyu ni unyituo mabru ni mumbunge wa gicigo giki niwe Hon. Kiremi Mwiria, uria nowe Minister munini wa githomo. Hon. Mwiria niakenirio ni mibango na akiuria Wabichi ya Kinyaritha matheremie wega uyu kuri andu angi maturaini. Ni aroria wabichi itu ithemie utungata uyu kuri itura ria Muriri.

Riu ikundi nini nicirahota kuhanda mimera miingi tondu nicirahota kuona mai maingi maria mategaga. Uu nigutumite miti miingi youngererkemuno migundaini.

Ithui ta Wabichi ya Kinyaritha nitukenete ni undu uyu. Twina wendi wa gutamba icigo ingi. Tugikirira muno icigo cia Kalithilia, Ndiriine, Laare, Karama, Buuri na Muriri, notu gwikirira undu uyu urutanini witu.

Icigo iria njeru tuthiite ta Karama na Buuri hakuhi na Isiolo, nituthomithitie Arimi iguru ria urimi mwega, Murimu wa muingo, mariko ma kuhonokiangu na uhandi wa miti. Arimi nimakenete ni mitaratara ya TIST na nimarakena ni guthoma maundu maingi maria makwagiria miturire yao.

Gicigo kia Buuri kiria gitonaga mbura nyingi, Arimi metereire na gikeno muno kumenya urimi mwega. Mari na mwihoko ati nimakuona magetha kumana na urimi mwega. Andu aingi kuma gicigoini giki ni ari-ithia a mahiu. Riu nimarambiriria kurima na urimi mwega ni umakenetie.



**KAGUIRIA SMALL GROUP:  
IMMEASURABLE BENEFITS OF TREES.**

You are final in my life  
The role you play is immeasurable  
From giving fresh air to sheltering me  
That's why my ancestors preserved you

Every creature on earth depends on you  
They all require you for their survival  
Where would birds make their nests?  
Where would squirrels hide from predators?

Sometimes, we humans underestimate your  
value  
We destroy you with impunity  
Lest we know that we destroy ourselves too  
Without you there is no life.

TIST has come  
As a friend indeed  
Calling upon all people  
To make you live  
So you may give life to all  
Plant a tree make a life!

By **Carol**

**WABICHI YA KAGUIRIA: MAWEGA  
MATANGITARIKA MA MITI.**

Uri wa muthia mututireini wakwa.  
Wega waku ndungithimika  
Kuhe riera itheru na hakwigitia  
Nikioaciari aitu mamutungatire.

Indo ciothe thi ci-ihokaga wee.  
Cikubataraga nigetha citure.  
Nyoni ingithondeka itara ciao ku?  
Nduru ingihithaga ku?

Rimwe, ithui andu nitunyahagia mawega maku.  
Tukamuthukangia  
Tutekumenya ni ithui rurethukia  
Tutari nawe gutiri uturo

TIST niyukite  
Ta murata  
Ikiuria andu othe  
Kumuhe uturo  
Nigetha muhe uturo kuri othe  
Handa muti uthondeke uturo

Kuharirio ni **Carol**



**English:** A Local Administrator in a TIST farmer's groves. The Government through local administration is working hand in hand with TIST program in promotion of Tree planting among the communities.

**Kikuyu:**



**CHUGU OFFICE: TAKE CARE OF NATURE AND IT WILL TAKE CARE OF YOU.**

Human beings have a tendency to think that we can survive without the rest of creation. This may not be quite so explicit, but our actions suggest this kind of thinking. Looking at pollution in the world today; air, water and soil are mercilessly abused.

Forests are becoming desert and wild animals experience little mercy from humanity. Sometimes, it is as if there is no one who really cares. It's now well known that we cannot exist if the other parts or locations do not exist. The Bible and science agree that before humanity existed, the earth with all its components existed; they existed before we did.

**WABICHI YA CHUGU: TUNGATA MARI MATUTHIURURUKIIRIE NAMO MAGUTUNGATE.**

Andu mechiragia ati no mature matari na umbi uyu ungi. No ukorwo utarataukirwo uu, no ciiko citu niciratuonia. Ukithingata uria mai, riera na tiri irathukangio bururini.

Mititu iratwika thi nyumu na nyamu cia githaka itiraiguirwo tha ni andu. Rimwe, titakuri mundu utindanagira. Riu nikuikaine wega ati tutingitura maria matuthiururukiirie mategutura. Utaaramu niugite ati mbere ya mundu aturite maundu macio mangi mathi no maturaga.



**English:**TIST field trainers from a Best Small Group Training others small groups. TIST encourages small groups to share experiences and best practices themselves.

**Kikuyu:**

The way we relate to our God is confiscated by the way we react with this creation. A person who ruthlessly abuses nature is likely to be ruthless in dealing with himself and other people. This is because egotism is in play. But we need to remember that being part of creation, we suffer the consequences of the abuse inflicted on the earth and what it contains. One of the questions addressed day-by-day is "Famine disaster: what is the cause of this problem?"

The cause according to answers is poverty, and some may wonder what causes this poverty. My simple answer would be; nature has failed to provide because we have been merciless with it. One may have money, but if nature fails to provide, we all starve with money in our hands. Thus we cannot afford to underestimate the environment. Each bit of nature relies on the other to be. It is this mysterious symbiotic relationship that helps us appreciate the existence of God.

Christians should be in the lead in representing and preserving nature, something we fail to do. We leave it to a few personalities like professors. I wonder how many Christians use natural environmental during prayers and meditation, how many humble people that call for preservation of our environment or how often people engage in tree planting events. Do we as people utilize the rains by planting trees? Praying for flooded or dry areas while carelessly abusing nature is like choking someone to death while at the same time imploring God to help the victim. Let us be practical. Why ask others to do what we are not willing to do.

Let us learn how to preserve land and stop living as if those who shall live after us will be so extraordinary, they will not need water or oxygen. Whoever thinks he can own the earth is a fool; in fact, nature does not belong to us but we belong to it and it belongs to God and we can only be faithful and respectful stewards.

We all need a serious reconciliation with our environment; and the time is now.

Kumenyana gwitu nangai kuringanaga na uria twikaga na umbi wake. Mundu uria uteri tha na maria matuthiururukiirie ndari tha na andu aria angi. Turi eendi. Twagiriire kumenya ati turi amwe a indo iria ciombirwo na kogwo hindi iria maria matuthiururukiirie mathukio oro naithui nituhutagio. Kiuria kimwe kiaragiririo muno ni Ngaragu": Nikii kirehaga Ngaragu?"

Irehageo ni uthini, amwe no meurie nikii kirehaga uthini uyu. Aja yakwa huthu ni, maria matuthiururukiirie ni maremetwo ni gutuhe tondu tutiramaiguira tha. No ukorwo na mbecha, no angikorwo maria matuthiururukiirie matiri na giagutuhe ithuothe tuthinikaga mbia iri mokoini maitu. Kogwo tutuiagiri-ire kwagira maria matuthiururukiirie bata. Kindu giothe thi ino nonginya kihuthire kindu nigetha giture, uteithani uyu niguu utumaga twone nima nikuri Ngai.

Akristiano magiriire gutongoria kumenyerera maria matuthiururukiirie. Rimwe turigagwo, na tugatigira andu anini ta ataramu. Ndireuria ni andu aigana maririkananga kuhoers mari matuthiururukiirie. Ni andu aigana mechiragia uria mangimenyera mariamatuthiururukiirie ona kana ni andu aigana manyitanagira hari uhandi wa miti.

Ithui ta andu nituhuthagira mbura na kuhanda miti? Kuhoera kuria kwarahite mai kana kuria kumu muno oro tugithukagia maria matuthiururukiirie nita kumakia mundu undu angikua orohinda riu ukihoyaga ahone. Reke tutwike andu a ci-iko. Nikii gitumi kia turie andu meke uria tutareka!

Reke twirute kumenyerera migunda na tutige gutura ta aria magatura thutha witu ta matagakorwo mari ama, ati matikabatara mai kana riera. Uria wothe urechiria ati thi no ikorwo iri yake, ni kirimu;

Uma niati, thi ti itu no turi ayo , nayo thi ni ya Ngai. No tukorwo turi andu mari na gitio na ehokeku.

Twagiriire kugia na ngataniro na maria matuthiururukiirie, na ihinda niriu.



## TREE PLANTING.

### The Importance of Trees

Trees are very important for environmental and material reasons:

#### A. Environmental improvement:

1. Trees cover soil, which protects it from wind and water erosion.
2. Leaves and twigs fall to the ground and provide the soil with extra nutrients.
3. Trees increase soil moisture by covering the soil and hence reducing evaporation.
4. Tree roots help bind the soil and therefore reduce erosion.
5. Tree roots also help water to enter the soil and hence improve underground water circulation.
6. Trees improve local weather conditions by increasing the amount of water vapor in the air (increased humidity).
7. Trees improve air quality by absorbing carbon dioxide and releasing oxygen.
8. Trees provide shade and shelter.

#### B. Material and nutritional value:

1. Construction materials (furniture, posts, fences, rope etc.)
2. Fuel wood
3. Medicine
4. Food/fodder

## PREPARING SEEDLINGS FOR TRANSPLANTING (HARDENING OFF)

Seedlings first need to be prepared for the harsher conditions of the field. If seedlings have been properly looked after in a nursery, they may have received more water and shade than they will have once they have been planted.

## UHANDI WA MITI

### Wega wa muti.

Miti ni ya bata muno hari maria matuthiurukiirie:

#### A. Kwagiria Maria matuthiururukiirie:

1. Miti ni ihumbagira tiri, na ikagiririria tiri gukuo ni mai na ruhuho.
2. Mathango maguaga tirini na makongerera unuru tirini.
3. Miti yongagirira mai tirini riria yahumbira nakogwo ikagiririria mai kunyuo ni riuu.
4. Miri ya miti inyitithanagia tiri hamwe na ikagiririria tiri gukururio.
5. Miri ya miti niiteithagia mai kuingira tirini na kogwo igatuma mai machere wega rungu wa tiri
6. Miti noyangagirira riera hindi iria yongerera ugunyu rieraini.
7. Miti niyangagirira riera nanjira ya kunina riera ithuku na kuongerera riera riria tuhuhagia.
8. Miti niituheaga kiruru na hakwigita.

#### B. Mabataro mangi na irio:

1. Indo cia guaka (indo ta metha, ikingi, rugiri, mikanda, etc.)
2. Ngu.
3. Ndawa
4. Irio ciandu na cia mahiu.

Uhandi miti na hinya niwa bata munene muno hari ithui.

## KUHARIRIA MITI NIUNDU WA GUTHAMIA.(KUNIARITHIA)

Miti yagiririre kuhandwo riria kuri na mbura. Ni wega kumenya ati mimera yagiriire gukorwo iri mikinyu ya guthamio na gutwarwo mugunda.



Gradually reduce the watering and expose the seedlings to full sunlight during this month.

As a general guide (remembering different species have different characteristics) good seedlings for planting out have the following characteristics:

1. The shoot should be twice the length of the roots or the pot.
2. The stem should be strong and woody.
3. The seedlings should have many thin roots in addition to the main roots.
4. Many seedlings will achieve these characteristics two months after germinating.

## TRANSPLANTING

- 1 Transport the seedlings in an upright position
- 2 Mark out a circle with a diameter of 30cm in the field
- 3 Remove the topsoil and place in a pile
- 4 Remove the next soil layer to a depth of 30cm and place in a separate pile
- 5 Put in a 5cm layer of grass (dry grass in rainy season, fresh grass in dry season), (called mulching). Some groups add manure as well.
- 6 Remove the seedling from the polythene bag. Do not break the earth-balls around the roots.
- 7 Place the seedling in the hole
- 8 Replace the topsoil first, then the second soil layer.
- 9 Some groups do not fill the hole completely, but leave a gap of a few cm. This helps the rainwater enter the hole and infiltrate the soil.
- 10 Any remaining soil can be placed in a mound on the downhill side of the seedling. This will help trap any rainwater and divert it into the hole.
- 11 Water the seedlings.

Yagiririre kuharirio niundu wa mahinda maria mariua inene. Angikorwo miti irari mihariririe wega riria irari tutaini, nogukorwo yathie mugunda ndikonaga mai na ugunyu muingi ta mbere. Thii ukinyihagia mai maria uraitiriria okahora na ukareka muti wonane na riuu mwerini ucio.

Guguteithiriria hanini (ukiririkananaga miti ni ya mithemba miingi) reke twone miti imwe uria yagiriire:

1. Uraihu wa mumera ukorwo uri maita meri ma muri waguo.
2. Kamumera gakorwo kari kanyitu na kena hinya.
3. Gakorwo na tumiri tuingi twinyitiriire murini wa itimu.
4. Mimera miingi igiaga na maundu maya twagweta haha iguru, mieri iri thuthat wa kumera.

Ikundi ciagiriire kwanjia kwenya marima ma warie na uriki wa 30cm angikorwo marina mimera miingi ya kuhanda. Ikundi tinjerere muno guthondeka tuta cingiajia riu. Ririkania arimi githomo kiria giathomirwo mweri muthiru iguru ria guthondeka tuta.

## GUTHAMIA MIMERA YAKU.

1. Thamia mimera yaku irungii.
2. Thima irima ria warii wa 30cm
3. Egutia tiri wa iguru na uwige gatutu kando.
4. Egutia tiri uci ungi wa uriku wa 30cm na uwige gitutu mwanya.
5. Ikira nyeki 5cm (nyeki nyumu hingo ya mbura na nyeki njigu hingo ya riuu) (mulching). Ikundi imwe cikagira thumu, na nowega.
6. Ruta mumera waku kuma karatathini na umenyere ndugaite tiri uria winyitiriire mumeraini.
7. Harukia mumera waku irimaini.
8. Ikira tiri wa iguru urumiriirwo ni ucio ungi.
9. Ikundi imwe itithikaga irima riothe no niritigagia handu hanini hatari tiri nigetha mai ma mbura mone ha kuingirira.
10. Hangitigara tiri, wige mwena wa kianda wa mumera nigetha werekagirie mai ma mbura irimaini.
11. Itiriria mumera waku mai.

Also remember that to give your seedling the best chance of survival you should plant the 2.5 - 3m apart. If you plant them closer together then the seedlings will not get all the water and soil nutrients they need because there is much competition. They will become weak and may die, so follow the best practice of a spacing of 2.5 - 3m.

### WEEDING.

Now that the rains have started you should already have transplanted your seedlings into your groves. If you have not yet transplanted your seedlings you need to do so as quickly as possible. Your seedlings need to be transplanted now so that they can grow strong in the rainy season and survive the drier months.

You have seen in the section above how important trees are. We need to make sure we look after our seedlings so that they survive to become strong trees. The most important activity this month is to weed your seedlings. Keep the area where your seedlings are as clean as possible. Pull up any weeds that are growing near your seedlings.

Weeding is important for these reasons:



Kuhe mumera waku kamwanya ga kuringura, wagiriirwo kuhanda mumera waku utiganu wa 2.5 - 3m. ungikuhaniiriria mimera yaku muno, ndingikura wega niundu wa gutharana mai na unuru. Igukura itari na hinya na noikue. Kogwo rumirira utaganu wa 2.5 - 3m.

### KURIMIRA.

Mbura tondu niyanjitie, wagiriire gukorwo uthamitie mimera yaku. Angikorwo nduthamitie miti yaku wagiriire gwika uguo onaihenya muno. Wagiriire gukorwo uthamitie riu nigetha ikure wega hindi ya mbura na ikahota kuhurana na riu inene.

Niwonire haha iguru uria miti iri ya bata. Twagiriire gutungata mimera itu wega nigetha ikure itwike miti ina hinya. Wira wa bata muno mweri uyu ni kurimira mimera itu. Reke haria uhandite mimera yaku hakorwo hari hatheru muno. Munya ria riothe rirageria gukura hakuhi na mumera waku.

Ta uria twonire mweri muthiru, miti niya bata muno niundu wa itumi ici:

**English:** TIST participants in a local seminar. Such seminars offers farmers a good chance to share best practices in planting trees.  
**Kikuyu:**



1. Your seedlings need water, soil nutrients and light to grow strong. If there are weeds they will compete with your seedling for these things. The weeds will use the soil nutrients and water that your seedlings need. The result is that your seedlings will be weaker and may not survive.
2. If your area is not weeded there will be more pests attracted to the area. Pests can damage and kill your seedlings. The fewer weeds there are, the less chance there will be of snakes and insects.

Here are some of the advantages of weeding your groves:

1. Trees grow faster because weeds don't take the nutrients and water from the soil
2. Trees will become stronger and grow taller in a shorter period of time
3. Trees can get the sunlight they need unhindered
4. Trees are not exposed to as many diseases
5. Trees are more protected from a fire spreading
6. Clean groves indicate that small groups are maintaining them and are good examples of the TIST program. This will attract many people to come and see your work.
7. Clean groves enable the quantifiers to count the trees quickly and accurately

It is important to protect the seedlings so that animals (e.g. goats) do not eat them or trample on them. Consider fencing the grove or surrounding seedlings with some thorn bushes.

1. Miti yaku niyendaga mai, unuru wa tiri, na utheri nigetha ikure wega. Ria rigayanaga maundu macio na mumera waku. Ria rihuthagiira mai na unuru wa mumera. Maumirira ni ati mumera waku ugukorwo utari na hinya na nowage kuhonoka.
2. Handu hatari harime nihakoragwo na tutambi tuingi. Tutambi notuthukie mumera waku. Uria hari na ria inini noguo tutambi na nyoka ciri nini.

Maya nimo mawega makurimira mimera yaku.:

1. Miti ikuraga wega tondu ria ritihuthagira mai na unuru.
2. Miti igukura ina hinya na iraihe na ihenya.
3. Miti ni ikuonana na riu itaguthikwo.
4. Miti ikehererio mirimu miingi.
5. Miti ikagitiwo kuma kuri miaki.
6. Tuchigo tutheru nituronania ati ikundi nini ni irahota guciiga na njira njega na ni kionereria kiega. Uguo nigugutuma andu angi moke kwionira.
7. Mimera mitheru niiteithagia Atari a miti matare miti na ihenya na matehuhitia.

Kuringiriria arimi kurima icigo ciao. Kwirutira nigugutuma miti yao ikorwo na hinya.

Ririrkana kugitira mimera yaku nigetha nyamu ta mburi itikamirie. Kana kumithukia. Irigira miti yaku na rugiri ruri na miigua..

Mithenya miingi ingihituka gutari na mbura, ririkana guitiriria miti yaku mai.

## WHY KUJENGANA IS A VERY IMPORTANT PART OF YOUR SMALL GROUP WEEKLY MEETING.

Kujengana is a very important part of your Small Group weekly meeting. It says in Ephesians 4:15,16 that we are to build each other up into the fullness of Christ. Each person in your TIST Small Group brings his or her own special talents and gifts to the entire group. One of the wonderful things that happen in the Small Group is recognizing, sharing and using those God-given talents.

Kujengana is a way to let those talents be seen and be used. There are two parts to Kujengana:

1. Before the closing prayer, every person in the group says one specific, positive thing that the leader did at that meeting. For example, smiled, kept to time, made good plans, encouraged all group members to speak, greeted me and made me feel welcome, pointed out something that was going very well in the meeting or in the work the group was doing, etc. Each member needs to say something different. This is not optional. Everyone gives Kujengana to the servant leader. Some groups also give Kujengana to the co-leader.
2. In addition, if someone sees a gift shown by the leader, a group member can also say that. This is optional.



**English:** Members of a small group doing a drama on how to conduct 'Kujengana' in an In-house Training  
**Kimeru:**

## GITUMI GIA KUJENGANA GUKORWOKURI KWA BATA MICHEMANIO-INI ITU

Kujengana nikwa bata Munene muno hari michemano ya o wiki ya ikundi nini. Ephesians 4:15,16 irauga ati twagiriire gwakana ta uria Kristu Endaga.

Oro mundu kuma ikundi nini cia TIST arehaga ugi wake na iheo ciake kuri andu acio angi a gikundi. Umwe wa maundu maria mahanikaga hari ikundi ici nini ni kumenya, kugayana na kuhuthira iheo iria Ngai aheanite.

Kujengana ni njira ya gutuma iheo icio cienekane na cihuthirwo. Kuri miena iri ya Kunjengana:

1. Mbere ya kuhinga na mahoya: mundu woth ekuma gikundini akoiga kaundu kamwe ka uthii wa nambere karia mutongoria oigire mucemano-ini ucio. Ta guchanjamuka, kuiga mathaa, athondeka mibango miega, kuendekithiriria andu othe marie. Angeithia na atuma njigue njiganiire, auga kaundu kamwe gaguthiaga wega muno mucemanoini ucio kana wira uria ikundi ireka,na mangi maingi. U mumemba agiriire kuga kaundu mwanya. Uu ti wa guchagura. Mundu wothe atuike mutongoria ngombo.
2. Ngiongerera, mundu angiona mutongoria ena kiheo mwanya, mundu no akiuge.

With Rotating Leadership, each week a new leader will receive Kujengana. Through Kujengana we encourage each other on the good things that week's leader did in the meeting and the talents the person showed.

Kujengana is also the way we learn to look for positive things about people and then say them. We all need to train our tongues to say the positive. In addition, the whole group learns what that group thinks is important in a servant leader. The next leaders will benefit from what they have heard in Kujengana about previous leaders and know what the groups think is important in being a servant leader.

In response to Kujengana, that week's servant leader just says, "Thank you." after each group member's specific, positive statement. There is no discussion about how it could have been done better, or differently. It is common for the person to be happy when he or she is told the good things he or she did during the meeting. Sometimes we learn things about ourselves we didn't know!

Kujengana helps the leader on that day recognize his or her talents and keep on using them. Kujengana also is a help to the Small Group because all the members improve their servant leadership as they learn. Kujengana is a double blessing!

Tukihuthira utongoria wa guthiururukana, oro wiki mutongoria mweru ni arigiaga na Kujengana. Kuhitikira kunjengana ni twonagia aria angi maundu mega maria atongoria a wiki mekire mucemano-ini naiheo iria mundo ucio unanirie.

Kujengana ni njira iria tuhuthagira guthoma na kuona mwihoko uria uri anduini na kuuga. Ithuothe twagiriire kwiruta kugaga maundu mari na mwihoko. Gikundi giothe nikihotaga guthoma uria kirechira ati ni wa bata hari atongoria. mutongoria ucio ungi ni aguteithika na uria aigua Kujengana iguri ria atongoria acio angi a haukabere na mamenye ati undu uria wa bata riria uri mutongoria ngombo.

Tugikirira Kujengana, wiki iyo mutongoria umwe augire "ni ngatho" oro gikundi kiaugaga uguo. Gutiaragiririo uria ingiekirwo wegegega kana undu ungi mwega. Mungu niakenaga angirwo maundu maria mega ekire mucemano-ini. Rimwe nituthomaga maundu maitu tutaroi!

Kujengana guteithagia mutongoria amenye iheo ciake na aikarage agicihuthagira. Kujengana ninjega hari ikundi nini niundu amemba othe nimagiaga na ugi iguru ria atongoria ngombo. Kujengana ni kirathimo!