

Parare Domino Plebem Perfectam

A lokisetse Morena Sechaba se phetheleng (Luka 1,17)

MOELETSI OA BASOTHO

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#PARARE DOMINO PLEBEM PERFECTAM



MOELETSI

Re lebile kae hantle?

'Muso ka Lekala la Mesebetsi e Meholo le Lipalangoang le morerong oa ho tla hokela liter-eke tsohle tsa na ha ka tsela ea letšoana, e le hore motho a tlohele ho potoloha empa a e-tla haufinyane. Ntle ho moo ho boetse ho tl'o ntlatsoa maliboho a mangata ho thusa Basotho ho tšeleta Afrika Boroa ho etsa khoebo kapa ka mabaka a mang. Litaba tsena li monate haholo ho sechaba hobane e se e le nako e telele litsela li le likoti tse neng li baka likotsi nyene le bosiu. Ha joale ho se ho lokisitse litsela tse 'maloa 'me ho boetse ho ntse ho lokisoa tse ling. Tokiso ea litsela e thusa haholo kholisong ea moruo kaha hoo ho tla hohela batseteli 'moho le bahahlauli ho etela Lesotho. Ka hona ntlheng ena 'muso o sebelitse, o hloka ho opeloa liatla.

Ka lehlakoreng le leng, ho boetse ho na le taba e sa jeseng litheohelang e etsahallang Basotho ba phelang linaheng tse ling haholo Afrika Boroa. Taba ena hantle qalong e qalile kahar'a na ha ka mona, moo litokomane tsa boitsebiso le libukana tsa ho eta e leng pharela. Basotho ba phelang linaheng tse ling ba tl'o lelekao kapa ho romelo mahae hobane ba se na litokomane tse ba lumellang ho lula moo ka molao. Ho ba le litokomane tse joalo ba hloka tseo na ha ea habo bona e sitoang ho ba etsetsa tsona. Joale ba se ba lutse lejoe le motsu, ba hana leha tšintši e feta feela, ba hopola hore ke mapolesa.

'Mebuso ena e 'meli e leng oa Lesotho le Afrika Boroa ka matona a amaheng ba ile ba kopana ho tšohla litaba tse amang Basotho ba naheng ea boahelani. Hoa lokisoa hore ba tla fuoa nako e itseng ba sa lelekoe e le hore ba lokise litokomane tse hlokalang, le hoja ho bonahala eka seo ha sea tsoela Basotho molemo oa letho. Hantle-ntle bothata bo hokae hore ho be le tharollo ea moshoella tabeng ee? Ana ke hobane Afrika Boroa e sa rate Basotho ha ba lula naheng eo kapa Lesotho ka baetapele ba eona e hloleha ho phethahatsa tse hlokalang?

Tsela eo batho ba hlokalang ka eona matsatsing ana e hopotsa motho nakong ea seo sa COVID-19, moo ho neng ho bolokoa batho ba fetang bohlano ka letsatsi. Ka bomalimabe lekhetlong lena mafu a teng ke a iketsetsoang kaboomo, kaha ho bolaoa batho. Ke 'nete hore ntho e ntle e khopisa motho ea etsang bobe, hobane kamehla ha e bona kapa a bona motho ea e etsang o tlaloa ke khalefo. Ha se khale ke haifi mona ha ho elsoa molao khahlanong le 'Mino oa Famo hobane ho thoe beng ba ona ba baka tsitsipano ka ho lula ba bolaeana.

Joale sebini sa 'mino ona ka ho ho baballa talenta ea hae le tsa ba bang, o leka ho khutlisa seriti ka ho tsetsela tšoarelano le kopano lipakeng tsa bona. Moo a leng mothating oa ho etsa tsena tsohle o se bolaoa hobane o fetohetse lekholtla la habo ka ho tsamaea le balireng. 'Mino oa Famo ka lebaka la ho liphetoho o qeteletse o fetohile setso sa rona, hoo re seng re ikotla sefuba ka ona machabeng. Ha e le moo beng ba ona ba sa o sireletse ka ho bopa khotso ekaba re tla ithorisa ka'ng?

E khahlametsa bo-rakhoebo

Tšeliso Thakholi

Hlooho ea Khoebo ea Banka ea Standard Lesotho, Monghali Keketso Makara o re ho khakoloa ha lihlahisoa tse ncha tsa lichelete tsa khoebo, ke mosebetsi oa khoebo o reretsoeng ho atolosa menyeta ea likhoebo tse nyenyane, tse ma-

kaha e tlil'o thusa haholo-holo bo-rakhoebo ba Lesotho ba likhoebong le libankeng tsa khoebo. A supa hore ka lihlahisoa tsena ke moo ba tlil'o sebeletsa likhoebo tsohle tse phethang karolo ea bohloko ha-holo moruong oa bona e le banka hobane ke tsona khubu ea phephelo ea lihlahisoa le litšebeletso naheng ena. "Hape li phetha karolo ea bohloko e le bahiri ba Basotho ba

qeta bosiu re sa robale re nahana hore na re ka etsang hore khoebo e be bonolo, ho bareki ba rona le hore Standard Lesotho Bank e ka eketsa sa boleng ho bareki ba eona ba khoebo joang le ho holisa moruo oa na ha." O boletse joalo a bile a phethela ka hore lihlahisoa tsena tse ncha li tlil'o thusa ka tsela e khetheleng bo-rakhoebo ba Lesotho ba likhoebong le libankeng tsa khoebo.



hareng hammo ho le likhoebo tse sebetsang kahare ho Naha ea Lesotho. O buile tsena 'mokeng oa baphatalatsi ba litaba o bileng Ntlo-Kholo ea Standard Lesotho Bank, Maseru ka la 24 Phupu monongoaha.

O boleletse baphatalatsi ba litaba hore khakolo ena e bohloko

phelisang malapa na ha ka bophara." O boletse joalo.

A bontša hore bona e le banka e eteletseng pele bo-rakhoebo ba Lesotho, ba natefe-loa ke phephetso ea ho kena libakeng tseo ba sa li tsebeng e le ho fumana tharollo ea mathata ao khoebo ea bona e tobang le ona.

"Ke tlameha ho tiisa mona hore e hlile re

Mookameli e Moholo oa Standard Lesotho Bank, Monghali Anton Nicolaisen o thoholelitse

le ho leboha e mong oa bahoebi ba khoebo ea TP Techology, Mofumahali Lerato Sekolopata eo banka e ileng ea mo thusa ho kenya letsoho kholong ea eona ka ho mo alima chelete e kaalo ka M1Millione. A re o leboha haholo h'a ile a tsepa hore banka ea habo e ka mo thusa ho atlehisa khoebo ea hae.

Athe Mofumahali Sekolopata le eena o lebohile litšebeletso tse mofuthu tseo a ileng a li fuoa ke banka. A khothaletsa bahoebi ba bang ho tla fumana litšeletso tsena tse ncha tseo morero oa banka e leng ho holisa likhoebo tsa Basotho.



'Muso o hokela literereke

Nthabeleng Seitlheko

Letona la Lipalangoang le Mesebetsi e Meholo Mohlomphehi Matjato Moteane, ore ba ikemiselitse ho matlafatsa khokelo ea litsela ka maloting le literopong molemong oa ntlafalo ea moruo oa na ha le khoebo e tsamaeang ha bobebe. Tsena li hlaheletse polelong ea hae, ka la 23 Phupu monongoaha.

O supile hore Letona la Lichelete le Ntsetsopele ea Meralo Dr. Retselisitsoe Matlanyane, o tekenne tumellano ea kalimo ea chelete le Banka e Kholo ea Lefatše e tl'o thusa ho tshetsa morero oa mahaba libaka tsa maloti a Lesotho.

O re morero ona o tla shebana le ho ntla fatsa khokhanoo ea tsela ea letšoana



e kopanyang Katse le Thaba-Tseka, tokiso ea likarolo tse khethhehileng tsa tsela e tlohang Maseru le Hlotse Seterekeng sa Leribe, le ho ntla fatsa maliboho a Maseru, Maputsoe le Qacha 's

Nek. H'a tsoelapele o re o tla boela o ntla fatsa tsamaiso ea thepa ho ea naheng ea boahelani le likepeng hore e fihle libakeng tse ling ka nako. A re mahaba libaka tsa maloti a Lesotho

e lebeletsoe ho nka lilemo tse hlano, 'me o tla qala ka khoeli ea Phato selemong se holimo ho isa Phupjane 2029.

O itse o tlo etsoa ka mekhahlelo 'me oa pele o

hakanyetsoa ho chelate e kaalo ka M60Millione, o lebeletsoeng ho fetola khokahanyo ea libaka ka ho nyolella tsela Katse le Thaba-Tseka ho tsela ea letšoana e bolele ba 55KM. A re e tla phethelo tla botsamaisi ba lefapha la lit-sela ka tataiso ea litsebi, ho boele ho ntla fatsa maliboho a Maseru, Butha-Buthe.

O itse mokhahlelo oa bobeli o tla kena tshetsong ka Lekala la Likhoebo e le ho potlakisa le ho matla fatsa khoebo le na ha ea boahelani, le ho fana ka thuto ho makala a tl'o sebetsana le mokhahlelo ona.

Are ba tla fana ka thuto ea mahlale le thuto ho makala a amehang, le litsebi li tla tlatsetsoa ka litsebo tse hlokalang ho matla fatsa khoebo, le ho bona horemekonteraka e etsa mosebetsi ka tsela e nepahetseng. Haele mekonteraka eona e tla qala ho sebetsa ka khoeli ea Motšeanong isao, ebe litsebi li qala ka khoeli ea Pulungoana monongoaha. A khotlaletsa lipuisano le batho bohole ho nolofatsa katoloso ea moruo na ha ka bophara.

Puisanong le e mong oa bahoebi Thaba-Tseka Mohau 'Musi, o supile hore e bang 'muso o ka phethahatsa tshetsosha ena joalokaha o hhalosa ho tla ba thusa haholo, kaha ba tla tseba ho lata lithepa naheng ea boahelani ha bonolo. A re ha ho na lebaka la hore ebe motho ha hloka ho ea Afrika Boroa o tla Maseru.

O re le baeti ba sebetsang Natala ba tl'o nolofalloa ke maeto, hape ha litereke li ka hokela 'moho hoo ho tla thusa hore moruo oa na ha o bonahale o sebetsahala hantle. A re o lumela hore ho tla etsoa likeiti tseo ho lefshoang hore ho hokeloe litereke e le hore chelete e tsebe ho bokelloa ha bonolo.

O thoholelitse 'Muso oa Lesotho ka likhato tseo o li nkileng hobane taba ena e tl'o thusa hore batho ba fihle litšebeletsong ha bonolo, kaha ba bang ba nka mae-to a malelele ho fihla litšebeletsong.

Maparamente tlohelang ho supana-Sekhamane

Nthabeleng Seitlheko

Motsamaisi oa Lipuisano Paramenteng Mohlomphehi Tlohang Sekhamane, o re maparamente ha lokele ho supana ka menoana empa a tle ka tharollo litabeng tsa lipolao tsa batho kaha ba filoe matla ke molao. Tsena li hlaheletse tulong ea para-

mente, ea kamor'a phomolo ea Mariha ea la 22 Phupu monongoaha.

O re hore ba bokolle joalka sechaba ke ntho e sa khahlising hobane ba tlameha ho sebetsa ka thata hore tharollo ea moshoelella e fihleloe litabeng tsena. O re lipolao tse tjametseng nahena ke kobo-anela eo ba lokelang ho sireletsa sechaba, liketsahalong tse se behileng tlakotsing e kholo.

A re o tla khotlaletsa Letona la Sepolesa, Borena le tsa Lehane, ho tla etsa polelo e khobang sechaba matšofo kahara paramente. Boemong bona a kopa maparamente ohle ho thusa 'muso ho bona hore ba hlola mathata ana.

Ka lehlakoreng le leng Thabo Maretlane, o supile hore kholumo-lumo ea lipolaeano e metsa sechaba, ka hoo ba lokela ho ema ka

maoto ho felisa taba ena, e etsang hore batho ba phele ba sosobantsi lifahlelo, ba tshohile. A re ha joale ho se ho se bolokolohi kahar'a na ha.

O itse ba tshoenyehile ke lipolao tsena tse felisang bophelo ba batho letsatsi le letsatsi, 'me taba ena e beha Naha ea Lesotho boemong bo bobe machabeng, hoo e tla furalloa ke batseteli.

Mpobile eena o bontšitse hore e le basali kahar'a lipolotiki ba tsitsipane ke lipolao tsena tseo joale ho seng ho hlaseloa malapa. Ka hona a re 'muso o tle ka maano a hlahileng a ho thibela liketsosha eseng o kenyi letsoho ka ho halefisa karolo e 'ngoe ea sechaba.

A re ho felisa ha 'Mino oa Famo ha ho phekole letho empa joale ho bona-hala lipolaeano li ata ho feta. O re bothata boo eena a bo hlokomelang ke tlhokahalo ea mesebetsi kahar'a na ha hoo batho ba seng ba utloisana bohloko nako le nako.



RE TŠEHETSA BACHA



Tseliso Thakholi

Hara basali ba bangata ba ntseng ba le bacha haholo lilemong, bao e leng mehlala ho bacha litabeng tsa khoebo le ho iphelisa ka ho itsorela ka matsoho, re ka qolla Mof. Selloane Motsemai ka kampani ea hae e bitsoang Leaps & Bounce Pty LTD, e etsang lihlahisoa tsa littolo ka mefuta ea tsona, lisepa le ho fana ka lithupelo ho bacha le batho ba baholo, molemong oa ho iphelisa ka ho iqalla likhoebo tseo e leng tsa bona. Puisanong ea hae le koranta ka litaba tsa khoebo ea hae le ka bohloko ba ho ithehela likhoebo o li beha tjena:

U kene neng litabeng tsa khoebo, 'me u qalile kae?

Litaba tsena tsa khoebo ke li qalile lilengoaneng tse 'maloa tse fetileng, empa ka selemo sa 2017 ke ha

ke theha kampani ena ea Leaps & Bounce PTY Ltd. Ka e ngolisa ka molao ka la 24 Mphalane 2018. Re bahlahisi ba littolo le lisepa ka mefuta ea tsona. Re bile re fana ka lithupelo tsa mekhahlelo e meraro bakeng sa bacha ba ratang ho itsorela ka matsoho ka morero oa ho iqalla likhoebo tsa bona.

Ke mekhahlelo efe ea lithupelo eo u buang ka eona?

Mokhahlelo oa pele oo re o etsang ke ho fana ka koetiso ea khoeli le khoeli ho bacha le batho ba baholo. Mokhahlelo oa bobeli ke moo re tsoang kahar'a liofisi re leba literkeng ho ea fana ka lithupelo. Atha oa ho qetela teng, ke moo re rupelang batho ba hlokang e le hore le bona ba tsebe ho iphelisa. Mona moo re fanang ka lithupelo ha re shebe mangolo a motho bakeng sa lithupelo, empa re thusa motho e mong le e mong. Leha ho joa-lo ha motho a batla ho ba

morupeli ke hona moo re tla hloka mangolo a hae a lithuto tseo a li entseng.

Le fumana thepa ho kae bakeng sa ho etsa lihlahisoa?

Kahare ho kampani ea rona re na le Lefapha le bitsoang Afri Beauty e leng lona leo re etsang lihlahisoa tsa rona li lokela hore re thusoe hore li be maemong a machaba. Re sebelisa

rosemary le lengana.

Liqholotso ke life tseo le kopanang le tsona?

Qholotso e kholo eo re kopanang le eona ke hore melao e sireletsang bahlahisi ba likhoebo tse etsang littollo e bonahalang e ntse e le morao. Lihlahisoa tsa rona li lokela hore re thusoe hore li be maemong a machaba.

Bokamoso ba kampani

ke bo fe?

Nka rata ho bona lihlahisoa tsa rona li rekisoa kahare ho naha le kantle, haholo linaheng tse hole.

Molaetsa ua hau ho bacha ke ofe?

Bacha ba eme ka maoto ba itšoarele ka matsoho. Re butse mamati ba tle lithupelong ba tsebe ho iqalla likhoebo tsa bona.



Lefahlao o bolaoa ka sethunya

Nthabeleng Seitlheko

MISA Lesotho e ntšitse phatlalatso ea litaba e tšoelang ka mathe polao ea motlalehi oa litaba Se-ea-le-Moeeng sa MXXL, Pulane Macheli ea neng a tsebahala ka "Lefahlao" ea neng a e-na le sebini sa 'Mino oa Famo Khopolo Kholuo, ka la 20 Phupu monongoaha. Phatlalatso ena e ntšitsoe ka la 23 Phupu monongoaha.

Litaba tsena li hhalosoa li etsahetse kopanong ea bona Masowe, Maseru, moo bobeli bo bileng ba feloa ke bophelo hona sebakeng sa ketsahalo, 'me bona ke baahi ba Thabana-Morena, Mafeteng.

Macheli o hlahile ka selemo sa 1990, Marallaneng, o qalile leeto la hae la bophatlalatsi ba litaba Mafeteng Community Radio ka selemo sa 2017, a fetela Radio Maria ka selemo sa 2018, o boetse a sebetsa Se-ea-le-Moeeng sa 357FM a etsa lenaneo la Re Khotla Mariba ho tloha ka selemo sa 2020 ho fihlela ka Motšeanong monongoaha, 'me lefu le mo khaoletsa a se a sebetsa MXXL. O suptja e le seboholi sa pele sa



ho mema Khopolo lenaneoing, ho tla buisana ka bonngoe le ho bopa khotso ho libini tsa famo.

MISA e re ho bolaoa ka sethunya ha hae ho ba tsozelitse maqeba, kaha ka la 12 Motšeanong ngoahola, ho ile ha thunngoa Ralikonelo Joki eo e neng e le seboholi sa Tšenolo FM ke batho ba sa tsejoeng. Ha ka la 9 Phupu 2016 ho ile ha hlaseloa mophatlalatsi oa litaba oa Koranta ea Lesotho Times le Sunday Express Lloyd Motungami-

ri eo kulo e ileng ea ama monoana o ileng oa lokeila ho sebetsoa Setsing sa Bophelo, 'me tsena tsohle kaofela li ama karolo ea ho tlaleha litaba tsa sechaba ka bolokolohi.

President ea Mokhatlo oa Basali Bophatlalatsing 'Marafaelo Mohloboli, o supile hore lefu la Macheli le sile sekheo se seholo kahare ho baphatlalatsi ba basali, kaha e ne e le motho ea ratang mosebetsi oa hae a bile a le matjato. O re batho ba tlameha ho

utloisia hore motho pele e ba mophatlalatsi ke karolo ea sechaba ka hona ho ka etsahala a ikenye kahara lintho tse ling a sa elelloe.

O re taba ena ha e'a ba tšoara hantle kaha ba ne ba ntse ba lebeletse tse kho-lo ka ena, joaloka ho etella mokhatlo pele. O re ketsahalo ena e ba kenyetsa let-soalo hobane ba ipotsa na o ne a shebiloe kapa ho tse-koeng. A phethela ka ho ipiletsa ho Basotho ho emi-

sa ka lithunya, 'me ba bope khotso.

Lelapa la Macheli le tiisitse ho timela ha moralia lona, 'me Lerato Macheli o re hang h'a bona taba ena marang-rang o ile a potlake-la sepetlele empa a fumana ho se motho ea joalo a fetela sepoleseng se ileng sa netefatsa hore eo Pulane ke mofu. O re lefu lena le ba amme ha bohloko kaha eo a sia bana ba banyenyane haholo.



Makhotla a khutlise seriti sa nah

Nthabeleng Seitlheko

Lekhotla la Kanana ea Basotho (SR) le ntšitse phatlalatso e supang le tšoenyehile ke lipolao, bosholu ba liphoofo, bobolu, tlala le ho hloka botsitso ka kakaretso, ka la 24 Phupu monongoaha.

Raliphatlalatso oa SR, Phakiso Moleko o re lekhotla le tšoenyehile haholo ke ka moo lipolao tsa batho li ntseng li e-ja setsi ka teng kahar'a nah. O itse lipolao tsena li kenyeltsa lipolao tsa basali le bana, hoo ho bonahalang sethunya se ja bana ba Basotho nyene le bosiu. A re menyenetsi e supa hore ke babolai ba letoto la batho, 'me ba bang ba bona ba fuoe beile makhetlo a mangata tlasa maemo a sa utloahaleng.

A bontša hore ba bolaoa ka lithunya tse kholo tse ho tsebahalang hore li tšoaroa ke Litsi tsa Tšireletso, 'me

mehlala ke Khubelu, Fobane, Liphakoeng, Berea, Maseru, Mafeteng le libakeng tse ling.

O re se makatsang ke hore kamehla ba bona mapolesa mebileng, ho pitikisoa batho, feela littale-ho tse tebileng tsa Mautloela a Sesole, Sepolesa le NSS tsona ha li hlahelle.

"Re ne re hopola hore lipolao tsena ho latela moo li seng li le hona teng baokameli ba litsi tsena ba tla sibolla ka botebo batho ba unang molemo mesebetsing ena e soto, 'me toka e ajoe." Ke Moleko eo.

O re ba ipiletsa ke hona ho Tona-Kholo, Letona la Sepolesa, Bookameli ba Litsi

tse Hlometseng ho nka mehato kapa ho itokolla kaha ba hlotsoe ke mosebetsi oo sechaba se o lebeletseng, feela likhafa tsona se li ntša ho tloha ka ngoana lesea.

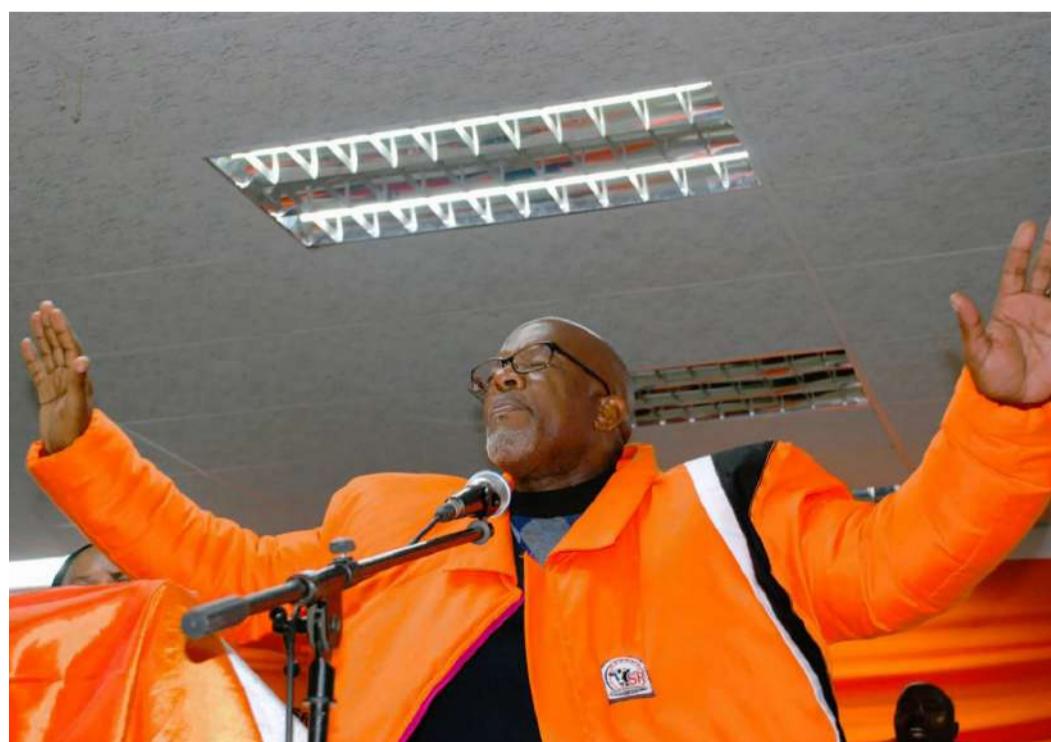
O itse littolo tse ling tsa molao tse bonahalang li nyoloha ka sekhhala se seholo ke bobolu haholo sepoleseng le Lekaleng la tsa

Lehae, ho latela boithuto bo entsoeng ke mokhatlo oa lipuputso.

O re haele mona ho nyehlile ha kana Litsing tsa Tšireletso hoo ho bonang le Machaba, ba lakatsa hore 'muso o ke o tlalehele sechaba ka mehato e nkoang ho loantsa littolo tsena tsa molao, le hore ba keneng maqujoana a littoli tsa molao, ba hlobole liaparo tse tsa likhafa tsa sechaba le ho tlohela korone ea Motlotlehi.

Ba re ho bonahala mehato ea likobo e luba sechaba nyene le bosiu, e fiela malapa le ho rinya Basotho joalo ka likokoanyana, ka hona "Re ipiletsa ho Litsi tsa Tšireletso ho sebetsa litaba tsena ka ponaletsa le kanne, ka morero oa hore li felle ruri.

SR e re ba okametseng makhotla ba sebeltsi ho khutlisa seriti sa ona, likahollo li akofisoe, 'me batho ba se ke ba fumana beile tse fetang bonngoe haholo tse amang lipolao tsa batho, bosholu ba liphoofo le ho qheketsa matlung.



Mamelang litaelo tsa ngaka-Makhozonke

Nthabeleng Seithheko

Tšebeliso ea littare life kapa life e phethaha-la hantle ha e etsoa ka taelo ea ngaka, ho baleha ho eketsa mafu a sieo 'meleng. Tsena li boletsoe ke setsebi litabeng tsa thuto ea bophelo bo botle, 'Mamonica Mokhesi Makhozonke, ho hla-ha Setsing sa Kokelo sa Healthdirect Pharmaceutical Solution and Clinic, ka la 23 Phupu monongoaha.

O re batho ba bang ha ba tšoeroe ke hlooho ha ba e ise ngakeng empa motho a noele litlhare tse fetang tekanyo, ebile e le mefuta e fapananeng ho se phe-toho. O re taba ena e bakela batho mafu hobane ba sebelisa litlhare ho feta tekanyo, tseo ba li rekang ba tsoafa ho bona lingaka.

A re batho ba bang ba reka litlhare tse tšoanang ba sa hlokomela, ho mpa ho fapanane mabitso a likampani tse li etsang. O re taba eo e kotsi hobane



motho o bokella setlhare se le seng ka bongata 'meleng oa hae a qetelle a e-na le mafu a sebete, pelo le matšoaf.

A supa hape hore ka linako tse ling hlooho e

supa moo 'mele o nang le bothata teng, ha se hore motho o opeloa ke hlooho hakaalo empa ke karolo ea bohloko ea 'mele o qalang ho itšupa ka eona. O re motho o lokela ho ea

setsing ho hlahlobela mafu haholo ha ile a bona hore hlooho e mo tšoara khafetsa e sa phekolehe.

A bontša hore motho ha tseba litlhare tseo a li sebelisang ho bohloko

or not clearly stipulated. We get blinded by our pain and we want those who inflicted us to go through the same pain that we feel. We go on a mission to hurt them, without realising that by being on a mission to hurt them we literally turn into them, they make us change our character and our being, we lose focus on everything; our ambitions, dreams and desires. We are now hell bound to hurt someone, because after all we are convinced they deserve it. We are not aware that we have lost ourselves in the process, we are missing an appointment with our future. The revenge we so long for will never give us the peace we are looking for. What benefit do we stand to achieve after the revenge? When we are busy looking for a revenge we allow

those who hurt us to have control over our emotions even in their absence, they are still in charge. We give them permission to hurt us every time, we are carrying them with us everywhere we go because we are looking at ways to share our hatred and make them feel it. However, if we make a conscious decision that we aren't going to allow what

hore a tsebe hore na pilisi e joalo e tšetse'ng kahare, ka ho etsa lipatlisiso pele molemong oa bophelo bo botle.

O itse ho na le batho ba nang le phallo e holimo ea mali ba bonahalang ba ithekela litlhare ha ba loke-la ho ea litsing, 'me taba eo e kotsi hobane lefu leo ha le le boemong bo itseng motho o tlameha ho tlohe-la litlhare, ka hoo ho kotsi hore batho ba ithekele litlhare ha li felile.

O bontšitse ha litlhare tse ling li na le 'caffeine' e leng tseo motho a li tloaelang a qetelle a li sebelisa leha a sa li hloke 'meleng oa hae, 'me litlhare tse joalo li ka fetola motho lekhoba la li-thetefatsi.

O re ho bohloko hore hang ha motho a ikutloa a e-na le matsatsi a mangata hlooho e sa fole leha a ile a sebelisa litlhare a etele Setsi sa Bophelo. A fana ka keletso ea hore ha ho nepahetse, e le ho qoba ho beha kelello le 'mele tlasa khatello, motho o lokela ho phomola ka nepo, a boele a noe metsi khafetsa.

happened to change our outlook to life, we would look to find ways to heal, not to give control of our emotions to the situation. Only if we can find the power and magic found in healing we would heal and stay in control. We should never wrestle with the pig in the mud because we will both get dirty while the pig will enjoy it.

Healing is more valuable

We go through life carrying a lot of pain from the people we agreed to bring into our lives. Either people we date or those we choose as friends. Most of the time we get hurt when we least expect it, when our trust and hope are highest at all times. The pain mostly stems from our unmatched expectations, the expectations probably not communicated

bound to hurt someone, because after all we are convinced they deserve it. We are not aware that we have lost ourselves in the process, we are missing an appointment with our future. The revenge we so long for will never give us the peace we are looking for. What benefit do we stand to achieve after the revenge? When we are busy looking for a revenge we allow

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Nthabeleng Seithheko

Mokhethoa oa Thaba-Bosiu Issac Malebaleba, o re o senyehetsoe ke chelete e kaalo ka M100,000.00 kamor'a hore masimo ao a lemang seahlo le sechaba sa Ha Makhoathi a che. O hhalositse tsena puisanong le Koranta, ka la 23 Phupu monongoaha.

O re litaba tsena tse etsahetseng li se ke tsa bapisoa le mopolotiki ofe kapa ofe kaha tšenyo e bakiloe ke balisana ba neng ba alositse haufi le



masimo. O re balisana ba ne ba besitse mollo, ba

chechisa poone eaba ka lebaka la moea o monga-

ta lelakabe le ile la tlola 'me mollo oa anela.

O re ho chele liakere tse 10, 'me ho setse tse 'ne. O itsee sena

se mo baketse bolutu hobane o tlameha ho phethisa tumellano ea hae le sechaba ea ho se fa poone kaha e se bohlasoa ba beng ba masimo.

O re temong ea selemo se fetileng o atle-

hile ho fepa sechaba hantle kaha chai e ne

e le ea boleng bo ho-

limo. A re ha joale ho

boima kaha a lokela ho

ta etsa matsapa ohle

ho bona hore sechaba

se fumana lijo.

E mong oa baahi ba

Ha Makhoathi 'Makele-

bone Pelea, o supile

hore ts'imo e 'ngoe e

cheleng ke ea hae,

'me esale a qalile mok-

hoa ona oa temo, ba

fumana lijo empa ha e

le mona ho chele ha ba

tsebe se tla etsahala.

O re tahlehelo ea lijo

nakong ena eo naha e

tobaneng le phephet-

so ea tlala ke ntho e

bohloko haholo joang

ha 'muso o kothaletsa

sechaba ho iphepa.

A ipiletsa ho beng ba

mehlape ho bua le bal-

isana ba bona ho qoba

tšenyo ea mofuta ona

kaha ho sia sechaba

se se na lijo. A re le

'muso o tle o ba shebe

ka mohau hore ba mpe

ba fumane seo ba tla

se ja.

DMA e itlhophela likoluoa

Nthabeleng Seithheko

Mookame li Lefapheng la Thibelo le Taolo ea likoluoa (DMA) Reatile Elias, o re Naha ea Lesotho e lokela ho lula e itlhophetse maemo a likoluoa nako eo-hle hobane ke qholotsa e tobileng lina-ha tsohle. O boletse tsena, ka la 22 Phupu monongoaha.

O re ho lokela ho be le sehlopha se thehiloeng kahar'a naha sheba-

nang le litaba tsena, ho beha sechaba leseling sebakeng sa boitlhopho ba sona, ho se thusa ho khetha libaka tse napahetseng sebakeng sa ho aha.

A re linaha tsohle le-fatsheng li tobane le maemo a phetoho ea leholimo ho bakang mee a matla, lipula tse ngata le lifeo tse siang malapa a mangata a le tlokotsing. O re litaba tsena li hloka naha e itlhophileng ho baleha hara tse ling sechaba se hlokang bolulo ka lebaka la khaello ea tsebo.

O supile ha sehlopha se tla thehoa se tla seb-

etsa ka thata 'moho le sechaba metseng ka likomitjana tsa metseng ho bona hore bohole ba lula ba itlhophetse maemo ana le ho tseba hore litaba tsa likoluoa li tlalehoa ke mang, hokae e le ho baleha tsubuhellano e bang ofising tsa bona.

'Mamonyaku Koloti ea shebaneng le morero ona ho hlaho DMA, o hhalositse hore ba ile ba qholotsa ke hore nakong ea COVID-19 ba ne ba sa itlhophetse haholo Makhotleng a Puso ea Libaka a Litoropo kaha e leng moo sechaba se khobokanang ka bongata.



Ho hloka tsebo ho bohloko

Nthabeleng Seitheko

Mookameli Lefapheng la Liphuputso Mokhatlong o Ikemetseng oa Liphuputso (Afro-Barometer) Libuseng Malephane, o re batho ba sa rutehang ba hlahella kaholimo-limo ba le tlakotsing ea ho iphumana e le mahlatsipa a thekisetsano ea batho kaha ba se na litsebo tse phethahetseng. O boletse tsena puisanong le Koranta ka la 24 Phupu monongoaha.

O re selemo le selemo mokhatlo oa habo o etsa liphuputso ka litaba tse fapananeng, 'me ha joale ba phatlalatsa boithuto ba bona bo ileng ba ba ka khoeli ea Tlhakubele ngoahola, mabapi le litaba tsa thekisetsano ea batho. O itse ba fumane hore boholo ba batho ba tsebang ka litaba tsa thekisetsano ea batho, ke ba phelang literopong ha ka maloting e le bothata.

A re ba ntša phatlalatso ba ipapisitse haholo le ketekelo ea Letsatsi la Lefatše la Thekisetsano ea Batho le ketekoang ka la 30 Phupu selemo le selemo. A bontša hore ka liphuputso tsena ba kothaletsa maano a tla thusa hore ho fihleloe tharollo bothateng bona.

O re ba fumane hore ho fihlela ha joale ke mokhatlo o le mong o tšoereng ka thata toantsong ea litaba tsa thekisetsano ea batho, 'me linyoe tsa litaba tsena li bonahala li sisintha ka makhotleng.

O kothalelitse Naha ea Lesotho ho sebetsa ka thata ho anetsa thuto mabapi le litaba tsena, ka lebaka leo marena le makanselara a nke karolo ka hore ho hlake ha motho a batletsoe mosebetsi hore na o ile hokae, o tsamaile le mang.

Ho sa le joalo, tlaleho ea liphuputso e phatlal-



itsoeng ke mokhatlo ona, ka la 24 Phupu monongoaha, e supa ha thuto

ka litaba tsena e pharalitse ho barutehi le batho ba literopong. Ke 60%

ea Basotho ba phelang mabalane ba tsebang ka litaba tsena ha 39% e

le batho ba phelang ka maloting, ha 73% e le batho ba reng ha ba es'o utloe ka litaba tsena, 'me 49% ea bona e le ka mabalane. Bonyane 65% ea Basotho e re Litsitsa Tshireletso li lokela ho sebetsana le taba ena, 28% e re ebe sechaba se nkang boikarabello, 2% e re marena le makhanse-lara a nke boikarabello ho thibela taba ena kahar'a metse ea bona le 3% e re bahoebi ba lokela ho sebetsana le taba ena ka matla.

Ho latela phatlalatso ena, banna ke 65% e tsebang ka litaba tsena, basali 62%, batho ba phelang literopong 73%, ka lithabeng 49%, ba sa rutehang 23% baithuti ba Likolo tsa Mathomo 50%, ba Thuto e Bohareng 50%.

Ha ho ngoan'e motle Afrika Boroa

Nthabeleng Seitheko

Mothehi oa Mokhatlo oa Basebetsi ba kantle ho naha le ba sebetsang libakeng tseo e seng tsa habo bona Lerato Nkhetše, o re 'Muso oa Lesotho o lokela ho lula khafetsa o lokisa litaba le naha ea baelani hore Basotho babe le bolokolohi ba hophela naheng eo. O boletse tsena puisanong le Koranta ka la 24 Phupu monongoaha.

O supile a tšoenyehile ke littaleho tse etsoang ke puso tsa hore Basotho ba phelang naheng eo ba se na litokomane tsa boitsibiso ba tl'o leleko. O re 'muso o tlameha ho nkela taba ena khato e potlakileng hobane boholo ba Basotho ba fumana mesebetsi naheng eo. A re ha joale e ntse e le bothata hore Basotho ba fumane mangolo a ba lumellang ho sebetsa, a hokena sekolo le a fang Basotho ba seng ba nyetsoe naheng eo tumello ea bolulo.

O re e le mokhatlo ba beha Basotho leseling ka litaba tsena hore ba tsebe hore batho bohole ba Afrika Boroa eseng ka molao ba tl'o phahloa. A re ho se ho e-na le Basotho ba bang ba seng ba tšoeroe, ba bang ba tinngoe le mokhoa oa ho itefella beile.

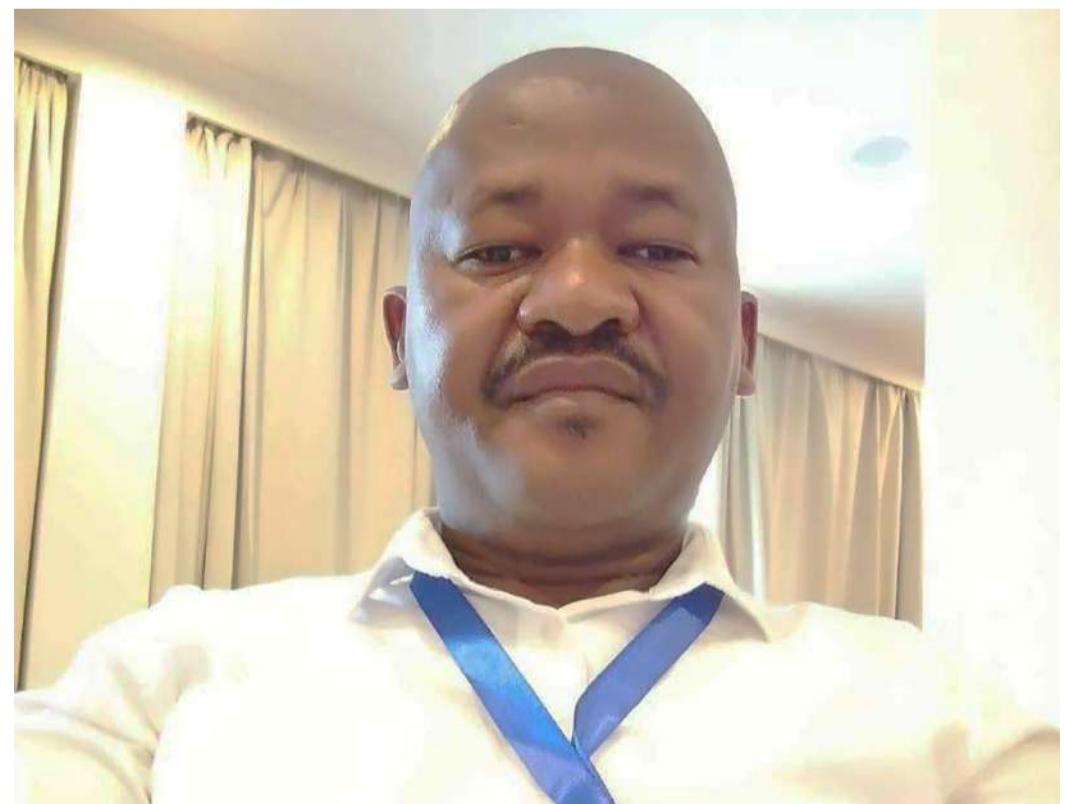
O re ba rata ho bona Naha ea Lesotho e ba le lipuisano le ea Afrika Boroa ho seng joalo Basotho ba tl'o kena chocholong. A re ho lokela linaha

tsena ka bobeli li be le lipuisano ebe ho akofisoa phano ea lits'ebeletso kahar'a naha le ea Afrika Boroa hore Basotho ba sireletsehe.

A bontša hore Basotho ba phela mahlomoleng hobane ba lula ba phalisoa nako le nako ka lebaka la tlhokahalo ea mesebetsi kahara' naha ea habo bona. A re ba rata ho bona Tona-Kholo a khutlisetsa Basotho hae hobane a hlahisitse mesebetsi ho latela tšepi-

so ea hae.

H'a phethela o re naha e ratang sechaba sa eona, e potlakela ho etsa maano a se sireletsang. A re mesebetsi e meholo eona e ntse e itsoellapele empa sechaba sona se tlakotsing e leng ntho e boholo hobane ha batho ba bangata ba hloka mesebetsi ho ameha moruo, kholo ea naha, ebe tahlehelo ea bophelo le liketsahalo tse bolulu naheng e joalo lia iponahatsa.





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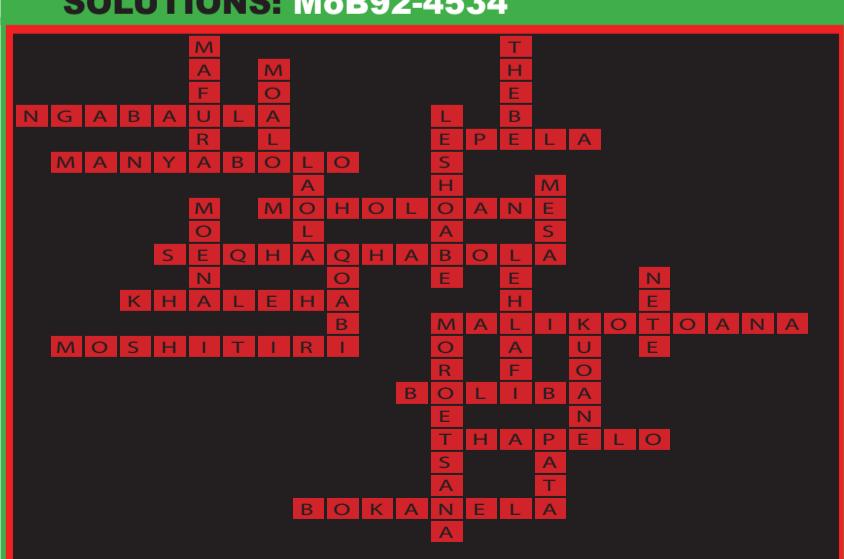
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TSK KEREKE

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Kopano ea Bana ba Maria Parishing ea Mofumahali oa Lefatše e hla-hisitse Komiti e ncha e nang le likhoeli tse peli e kene tšebetsong ka la 21 Phupu monongoaha, Mazenod.

Mookameli e mocha o bontšitse a khothetse haholo hobane litho tse neng li se li tsamaela

tsa kereke e leng se neng se sa etsahale. O supile hape hore ba ile ba ba le bakokoti ba bane ba seng ba apesitsoe, 'me ha joale ba na le bararo ka hona kopano e'a hola.

Ka lehlakoreng Motsamaisi oa Kopano o itse qholotso e kholo eo a kopenang le eona ke litho tse bonahalang li sa mamele le ho latela litšoanelo tsa tsona. Moqebelo

sa 'Missa ebe kamor' a sona ba rapela, empa tsena tsohle o re litho li li furaletse.

Litho tsa Komiti; Mookameli ke Seithati Sylvia Tlابali, Motlatsi oa hae ke Likopo Lydia Lechela, Mongoli ke Motšelisi Marcelline Maiketso, Motlatsi oa hae ke Tšepiso Agnes Lebitsa, 'Mamatlotlo ke 'Mampeli Adolphine Le-



hole le kopano li khutile ho phetha litšoanelo. Ho feta moo kopano e se e nka karolo litšebeletsong

oa pele oa khoeli ke o khethetsoeng Kopano ea Bana ba Maria ho tla Sihlabelong se Halalelang

saoana ebe Litho baeletsi ke Rearabetsoe Vivian Mahloko le Lineo Josephine Makate.



2023-2024 SELEMO B

SONTAHA SA 17 HAR'A SELEMO

Likhosi 4,42-44

Pesalema 144

Ba-Efese 4,1-6

Joannes 6,1-15



Khohatso

Kopanong le Moea o Halalelang

Thutong ea Pele (2 Likhosi 4:42-44) monna o tisa litholoana tsa pele tsa kotulo ea hae kapel'a Elisha mohlanka Morena, 'me sena o se etsa mabapi le taelo ea Morena ka lentsoe la Moshe. (Exoda 23:19) Ka ho ba ntho e le 'ngoe Moeeng oa Morena Elisha a laela hore lijo tseo ho feptjoe batho ka tsona. Mohlanka ha utloa sena a botsa hore na makholo-kholo ao a batho a ka feptjoe joang ka lijo tse nyane hakaalo. Elisha ka ho tšepa Morena a boela a ntša taelo, "Li feng batho 'me ba je hobane ke sena seo Morena a se bolelang, 'Ba tla ja ho be ho sale.'" Eaba mohlanka o phethahatsa ka moo a laetsoeng ka teng.

Mantsoe ao a Morena a hore 'ba tla ja ho be ho sale tse ling' a bontša seo Morena Jesu Kriste a neng a tla se etsa mohla a tlāng; ho fepa bohle ba lapileng 'meleng le moeeng. Ka ketso eno ea monna ea tlitseng litholoana tsa pele tsa kotulo ea hae, Elisha, mohlanka 'moho le sechaba se ileng sa ja, bohle le bona hore sechaba se ne se tseba Morena se bile se mo mamela. Le boetse le bona lerato, sechaba sea hlokamelana 'me sena se tisa thabo le khotso. E le letšao le bontšang hore Morena o ne a e-na le likamano tse ntle le sechaba sa hae, litholoana tseo li ile tsa eketseha 'me bohle ba ja ba khora.

Thuto ea Bobeli e etsa thapeli ho bohle ho phela bophelo bo arabelang pitso ea e mong le e mong oa lona ka boikobetso, mamelo, bonolo le ho mamellana hohle le ho boloka kopano ea Moea molemong oa khotso. Joaloka Paulosi ea inkang e le motšoarua oa Morena, le lona ka lebaka la tlatsuo le entse tšepiso e le tlāng ho se etse ka moo le ratang ka teng. E le ho lebaka Morena ka grasia ea hae le bilelitsoe ho phela tumelo ea lona ho Kriste le le ntho e le 'ngoe ka Moea oa Morena.

Joaloka Makatholike ana le na le khetho ea ho se mamele Morena ka ho etsa tsohle tse khahlanong le thuto ea hae? Khetho le na le eona empa ha le na tokelo ea ho se mamele Morena Molimo hobane le batšoarua ba hae ba nang le mokitlane ka lebaka la pholohoa ea lona.

Evangeling le utloa ka ngatafalo ea mahobe le tlāpi tse neng li e-tsoa ho mohlankana, eaba Kriste oa li ngatafatsa. Barutua ba ile ba mamela Kriste, eaba ba laela batho ho lula ka lihlotšoana 'me bohle ba ileng ba mamela ba ile ba feptjoe, ba amohela grasia ea Morena ka ho ngatafala ha mahobe. Mangolo a Halalelang ha ho moo a le bolellang ka hore na ba ileng ba se ke ba mamela ho ile ha etsahala'ng ka bona. Empa a bolela ka ba ileng ba mamela 'me ba feptjoe, ba e-ja ba khora.

Bana be'so kopano ea rona ka Moea e re thusa ho beha litholoana tsa thabo le khotso, re boela hape re hola bo-mong bo re isang kholong ea 'Mele oa Kriste e leng Kereke. Ka hona boinhanong ba rona ba beke ena ha re ipotseng hore na re fela re tšepahalla Kriste, Kereke le babishopo ba rona. Ha re elelloe botho ba rona bo nang le likhohlano le ba bokriste e le hore re tsebe ho amohela tseo e leng tsa moea.

Bahalaleli har'a Beke

29 Phupu Martha

30 Phupu Peter Chrysologus

31 Phupu Ignatius Loyola

1 Phato Alphonsus Marie Liguori

2 Phato Eusebius of Vercelli

3 Phato Lydia Purpuraria

Basketball e hola ka potlako



Tšeliso Thakholi

Papali ea Basketball e hhalosoa ke President ea Mokhatlo oa Lesotho oa Papali ea Basketball(LBA), Monghali Molupe Ratšolo e bonahala e hola ka potlako e kholo kamor'a nako e ka etsang selemo feela ba fuoe boikarabello ba ho e aloosa.

Sena Ratšolo o se hhalositse kamor'a lipapali tsa mokhahlelo oa bobeli oa Liki e Kholo, tse neng li bapalla Ha Ratjomose, Maseru ka la 20 Phupu 2024, moo Sharks e hlahang maemong a bone liking ea basali e

ileng ea makatsa ba bangata ha e ne e teteka Dolphins e li hulang pele lokong ka 33-31. Athe Alumni e ile ea khakhatha ntla le qenehelo Razz ka 76-25.

A re o khotsofetse haholo ke 'mapalo o tsoileng matsoho le kholo, eo ba nang le eona mekhahlelong e meraro ea papali ena, e leng

Mokhahlelo oa Liki ea Basa- li, oa Corporate moo e leng oa likamphani le oa Banana(Senior Men). "Re boetse re ntse re e-na le Mokhahlelo oa Likolo tse Phahameng oo re o bapalang ka linako tse itseng hobane bona e le barutoana. Ka Phato re na le morero oa ho tla ba ba tšoarela litlholsano.

Sepheo e ntse e le ho otla bana le ho ba kenya moea oa lerato la papali." A rialo.

A re ha e le mona ba se ba e-na le mekhahlelo ea batho ba baholo ka lilemo tse fapaneng e ntseng e hola ka katleho e kholo, ba boetse ba shebile ho ba le mokhahlelo oa ho qetela o bitsoang Mini League Basketball, bakeng sa bana ba U12 ho isa ho U18. A supa hore mafelong ana a beke lipapali tsa Liki li tli'l'o khefutsa kaha ba tla be ba tšoere Litholisan tsa Mariha tsa matsatsi a mabeli.

A tiisa hore kholo e teng ea papali ena, le hoja ba ntse ba se na botšehetse ba lipapali tsena. A re sepheo sa bona se seholo ke hore litsiane tseo ba tlang ho li fumana ho tsoa ho Komisi ea Lipapali le Boithapallo(LSRC), ba tli'l'o li sebelisa haholo bakeng sa ho otla bana papaling ena. "Ke hona moo hara e meng ea meralo ea rona re shebileng ho tla holisa papali ena ka ho otolla thupa e sa le metsi." Ke Molupe eo. A ipiletsa ho bafani ho etsa letsoho la monna molemong oa kholo ea papali.

Lesotho le emetsoe



Tšeliso Thakholi

Nakong ena eo ho setseng matsatsi a se makae, pele ho lipapali tsa Lefatše tsa Li-Olympic, sechaba sa Basotho se behile tšepo e kholo ho libapali tse tharo tse tli'l'o emela naha lipapaling tsena, mafuteng e fapaneng ea lipapali e leng Tebello Ramakongoana, Michelle Tau le Mokulubete Makatisi.

Lipapaling tsena tsa Paris is Olympic Games 2024, tse tli'l'o thakhoha ka la 26 Phupu ho isa la 11 Ph-

to monongoaha, Michelle Tau o il'o emela Naha ea Lesotho papaling ea Taekwondo. Tau ke mosali oa boraro kahar'a basali ba tikocho ea Afrika ba ipabolang ka papali ena. O boetse o hlaho boemong ba bo-26 lethathamong la libapali tsa Li-Olympic. E le ho itokisetse lipapali tsena ka tsela e phahameng haholo, o tlasa bokoetlisi bo matla ba Monghali Hugo Tartora Naheng ea Spain.

Haele Tebello Ramakongoana o tli'o emela naha lipapaling tsa mabelo a malelele a 42.1km. Hajoale o ntse a le tlasa leihlo le nchocho la bokoetlisi ba

Monghali McKirdy tikolohong ea Phoenix, Linaheng tse Kopaneng tsa Amerika(USA). Mokulubete Makatisi le eena o tla emela naha mabelong a bolelele ba 21km. O ile a etsa nalane ngoahola lekhetlo la pele ka ho tlola nako e neng e behiloe bakeng sa Li-Olympic ka 01:09:45. Eena e sa le a itokisetse lipapali tsena a ntse a ikoetlisetsa Naheng ea Afrika Boroa.

Sechaba sa Basotho sa barati ba lipapali se tho-



holelitse le ho lakaletsatse libapali tsena katleho le mahlohonolo, lipapaling tse boima tseo li tlang li li lebile. Sa re tšepo le toro ea sona ea ho ba tlela limentlele tsa khauta, e mahetleng a tsona. Ba thoholetsatse bohole ba kentseng letsoho ho bona hore libapali tsena li fumana likoetliso tsa boemo bo holimo ba machaba.

Ke libapali tse fetang 10,000 tse tsoang linaheng tse 200 tse tlang ho qothisan lehllokao lipapaling tse 32 tse fapaneng. Lipapali tsena li tli'l'o buloa ka molao ka menyakoe le lipapali tse kang tsa Gymnastics, Taekwondo le lipina.



O beha meja fatše



Raliphatlalatso ea sa tsoa beha meja fatse, Bokang Phasumane

Tseliso Thakholi

Q hoku litabeng tsa raliphatlalatso lihlopheng tsa bolo ea maoto, Mongali Bokang Phasumane o behile meja fatše mosebetsing oa ho ba Raliphatlalatso oa Komiti e Kholo e Tsamaisang Bolo ea Maoto(PLMC).

Ho ea ka Phasumane qeto ena eo a e nkileng o re ke ka lebaka la hobane a se a holile, 'me a ikutloa a khathetse

kaha a sebelitse nako e telele bolong ea maoto e le raliphatlalatso. O re o ile a qala pele ka ho itokolla sehlopheng seo a neng a ntse a sebetsa ho sona sa Linare kaha a kene kahare ho PLMC ka lebaka la sona. Hamorao ke ha a tla ngolla PLMC lengolo la ho itokolla.

A hlakisa hore Sehlopheng sa Linare le PLMC o sebelitse ka mofuthu ho se liqabang tsa letho. "Ke tsamaea tjena re ntse re utoana, ke hore feela ke mpe ke emelle ka thoko, ke sebelitse kannete papaling ea

bolo ea maoto. Ke kopa hore nke ke il'o phomola." Ke Phasumane eo.

H'a bolela tsa katileho ea hae lihlopheng tse kholo o boletse hore ke lerato la mosebetsi, ho etsa mosebetsi ka boitelo, lerato la papali ea bolo ea maoto, boitšoaro bo botle le mamello e leng tsona mokokotlo oa kat-leho ea hae.

Phasumane ea nang le lilemo tse ngata haholo a sebetsa lihlopheng tsa bolo ea maoto e le raliphatlalatso, o lokolisitse pale ea bophelo ba hae mosebetsing oa ho

ba raliphatlalatso ho tloha ka selemo sa 2010 h'a ne a qala ho sebetsa sehlopheng sa Lioli le mofu Moeketsi Pitso. Hamorao a fetela sehlopheng se ileng sa tuma haholo ka papali ea sona e tsoileng matsoho sa FC Likhopo.

Ho tloha moo ea e-ba raliphatlalatso oa sehlopheng se seholo kahar'a naha sa Bantu, 'me a sebetsa ka bokhabane bo boholo. Mosebetsi oa hae o motle o ile oa khahla sehlopheng sa mehleng sa Sandawana, se ileng sa mo amoha Makaota, empa Bantu ea boela ea mo

lata hape. Atho o khutela ho Bantu joalo, sehlopheng sa Linare se ne se ntse se shebile makhabane le boiphihlelo ba hae le sona sa mo nka ho fihlela a ba a khethelo a ho ba raliphatlalatso oa PLMC.

Phasumane o lebophile monyetla oo a ileng a o fuoa oa ho bontša talenta ea hae. A leboha le bohole bao a sebelitseng le bona ba neng ba mo fa letsoho kahare ka mehla. "Le lona baphatlalatsi ka ho fapakana ha lona kea le rata kaofela 'me kea le leboha." Phasumane eo.

E khetha boetapele

Tseliso Thakholi

Mongoli e mocha oa Mokhatlo oa Lesotho oa Bakoetlisi(LCA), Mongali Teele Ntšonyana o re har'a e meng ea mesebetsi ea mokhatlo ke ho bona hore bakoetlisi ha ba sebetse tlasa khatello e matla ea ho lula ba tlama thoto ka linako tsohle e le ha ba se ba lelekue kaha ba le bohloko papaling ea bolo ea maoto, hobane ba hlahabobeling ba boemong ba pele e le libapali.

Litaba tsena Ntšonyana o li buile ka 'Mantaha kamor'a ho likhetho tsa komiti e ncha. O re har'a tse ling tsa lintho tseo ba tlil'o sebetsana le tsona haholo ke pabaloo le tlhokomelo ea bakoetlisi kaha ba etsa mosebetsi o moholo haholo. "Re lokela ho bona hore ha ho na eng kapa

eng e kotsi e ka hlaelang mokoetlisi, e le hore bophelo ba hae bo sireletsehe." A rialo a bile a eketsa ka hore ntho ea mantlha ke bophelo bo botle ba bona.

A re ha mokoetlisi a koetlisa sehlopheng eba sebapali se hlajoa ntlha khahlanong le sehlopheng seo a se koetlisang, mokoetlisi ea joalo o molato ho sa shejoe le mabaka a entseng hore ntla e joalo e kene. "Re tlil'o leka ho bona hore na re thusa bakoetlisi joang litabeng tsa mofuta o kang ona. Hoba likarolo tsena tse peli li bohloko, 'me ha li le sio ha ho na papali ea bolo ho hang." O boletse joalo.

A qetella ka hore se ba thabisitseng haholo ka komiti ena e ncha, ke hore e na le boemeli ba bakoetlisi ba mafapha ohle a tsamaisang papali ea bolo ea maoto le boemeli ba literike tse leshome tsa naha. A etsa



li. Ba bararo ba ile ba hloka baphephetsi ba bona, 'me ba

ema ba le bang litulong tseo ba neng ba iketetse tsona.

U phathahantsoe ke'ng?

Bophelo 'meleng;
Motho e mong le e mong o phela nameng, 'me khaho ea 'mele ke boikethelo ba motho ka mong. Ke ka lebaka lena batho ba shebahala ba sa tšoane; lilemo, seemo, lebala, boima, joalo-joalo. Leha 'mele ea batho e fapanaka ka chebahalo joalo, litlhoko tsa eona tsona lia ts'oana. Batho ba bang ba na le ho nyelisa ba bang ka tsela eo ba shebahalang ka eona, empa ba sa lemohe hore le bona chebahalo ea 'mele ea bona ke boemo bo ka fetohang neng le neng. Mang le mang ea phel-

ang o monyetleng oa ho shebahala ka tsela e 'ngoe e fapananeng le ea kajeno. Setho ka seng sa 'mele se na le mosebetsi oa sona.

'Mele e hloka moea oa phefumoloho, o finyellang lithong tsohle tsa 'mele ha ho nepahetse, oo bophelo ha bo tloae-hile o sa rekoeng. Oona 'mele oo o hloka lijo, metsi a ho noa le ho hlapa, bolulo, litlolo le liselisoa tse ling. Lintho tse-na tse hlokoang ke 'mele lia sebeletsoa hore li fumanehe. Na u phathahantsoe ke bophelo ba 'mele?

Bophelo kelellong: Kelellong le eona ka ho tšoana le 'mele e hloka ho otloa, ho tloha motho a sa le monyenyan e matla-

fatsoa ka ho rutoa lintho butle-butle holatela nako ea hae. H'a ntse a hola o ea sekolong ka sona sepheo sa ho holisa Kelellong ea hae, ka hona se bohloko ka kholsong ea kelellong ea motho. Ke lebaka lena thuto e leng tokelo ea mantlha ea botho, eo motsoali e mong le e mong a tlangoang ke molao ho e phethahatsa baneng ba hae e le boikarabelo ba hae. Hape thuto ha e tsfaloe, batho ba ithuta ntho e ncha hore ba 'ne ba matlafale kelellong. Ha motho a ntse a ithuta le boleng ba hae boa hola. Na u phathahantsoe ke bophelo ba kelellong.

Bophelo moeeng: Motha e mong le e mong o na le bophelo moeeng, moea oa rona

o phela kahare ho 'mele ea rona. Moea le oona oa feptjoa tumelong, ke lebaka lena batho ba tla ea likerekeng, sepheo ke ho holisa tsebo litabeng tsa bona tsa semoea. Batho ka litumelo tsa bona tse fapananeng ba itokisetsa ho ea fepa moea oa bona ka matsatsi a hloahiloeng hore ba be hammoho ho matlafatsa tumelo. Na u phathahantsoe ke bophelo ba moea?

Bophelo maikutlong: Batho bohole ba na le maikutlo, maikutlo ana a angoa ke lietsahala tsa letsatsi ka leng likamanong lipakeng tsa motho le motho kapa batho ba mo potapotileng. Ekaba malapeng, likolong, mesebetsing, likerekeng joalo-joalo. Maikutlo le

oona a hlokomeloa, a matlafatsoe. Na u phathahantsoe ke bophelo ba maikutlo?

Motho h'a lokele ho phathahangoa ke e le 'ngoe ea tse boletsoeng kaholimo, bone ba tsona li etsa bophelo ba motho hore bo phethahale, bo otlolohé, ka hona bohole re lokela ho tsitsisa lintlha tsona bone ba tsona. Re li ele hloko hore re tsebe ho lemoha kapele ha bothata bo le teng, hore re se 'na re oka nama empa ho kula maikutlo. 'Me le bana litaba tsona li ba ama ka kotlolohé joalo ka batho ba baholo. Le bona re lokela ho ba thusa ho itemoha le ho itlhokomela ba sa le lilemong tse tlaase.

**Puseletso Moeti;
Mother's Touch**

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